

**MODERN COLLEGE OF BUSINESS AND SCIENCE
COLLEGE CLINIC & WELLNESS SOCIETY**

**Accomplishment Report – Co-Curricular Activities
AY 2022-2023**

I. Purpose

This report describes the activities and accomplishments of the College Clinic & Wellness Society for the School Year 2022-2023 for Co-curricular Activities.

II. Activity

**Mental Health Awareness
Seminar**

| | | |
|------------------|--------------------------------|---|
| Speakers: | Day 1: January 30, 2023 | Dr. Mohamed Shiyam Farook Specialist Psychiatrist Medical Center Royal Guard of Oman |
| | Day 2: January 31, 2023 | Catherine Baker General Education Lecturer Modern College of Business and Science |

III. Objectives

- Promote mental health among the students
- Update students on what's going on in their society
- Explain the causes of anxiety & depression
- Discuss the symptoms of anxiety & depression
- Determine ways to with cope stress
- Identify people or agencies in your area, where you can seek help.
- Apply time management skills effectively.
- Serve as a forum where the speaking and critical thinking skills of the students about mental health may be developed

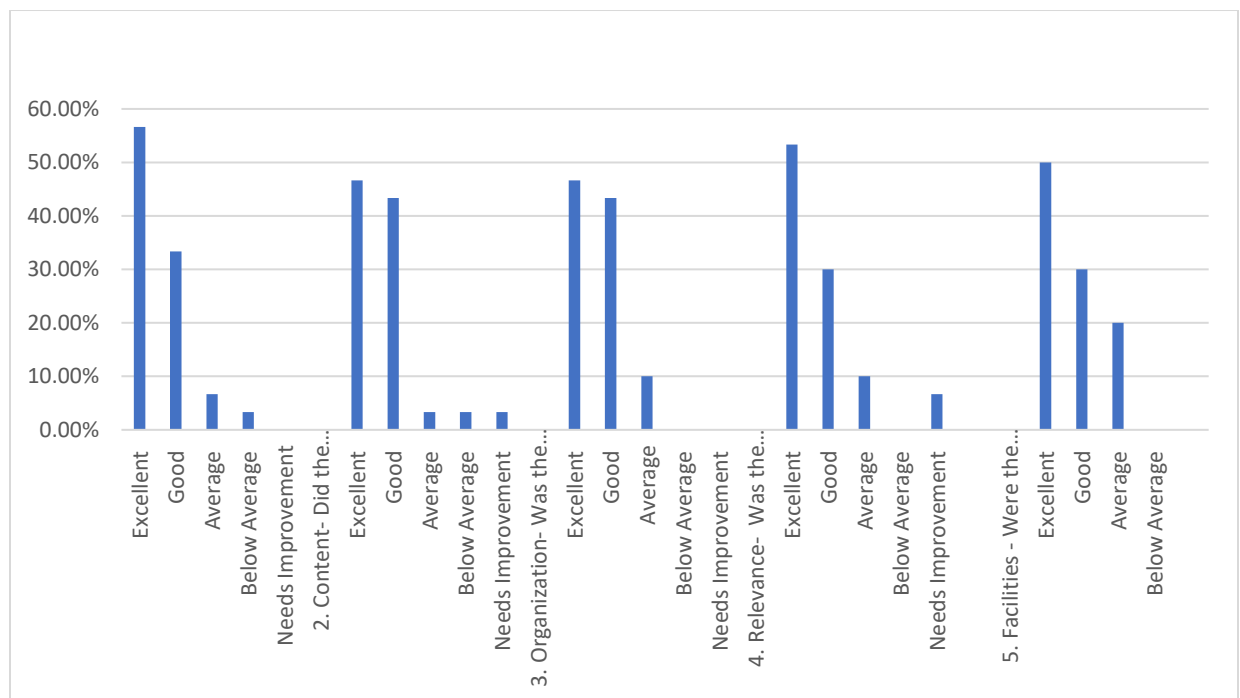
IV. Participants

- MCBS students who are enrolled during Spring 2023
- Interested students shall go straight to the designated venue:

V. Feedback

Out of 65 registrants, 30 of them answered the feedback form. The results are as follows:

1. Objective/Purpose- Were the objectives of the workshop achieved effectively?
2. Content- Did the speaker/speakers present enough information/resources that address your needs or expectations?
3. Organization- Was the workshop carried out smoothly and spontaneously?
4. Relevance- Was the workshop useful for you?
5. Facilities - Were the facilities and IT support used for the workshop effectively used?



6. What did you like best in the workshop

"When the give as exercise "

"I really like the presenter how she explains the topic and how she makes it easy and not boring, also I like the activity

how they give us to do "



7. What suggestions do you have for the College clinic improve its programs

"Better to educate some student for Emerging when the nurse was not there. "

"I think if they change the room to another room, it will be much better, also they should advertising more "

"To do more practical activities and involve the students more in workshop and let them have voice"

There were sixty-five students present at the MCBS Clinic and Wellness Society's Mental Health Awareness Seminar, which was well attended. The seminar's objectives were to address important mental health issues and create a welcoming environment for academics.

The sixty participants' feedback revealed a high degree of engagement and offered insightful information. The workshop's objectives were effectively delivered, as indicated by the majority of participants (56.66%), who rated it as excellent. An additional 33.33% rated it as good. Concerning the content, 43.33% rated it as good and 46.66% thought the information and resources offered were excellent. This indicates that the presenters successfully met the needs and expectations of a sizable portion of the audience.

The workshop was well received for its organization; 46.66% of participants rated it as excellent and 43.33% as good, indicating the event's easy and impromptu execution. In addition, 53.33% of attendees thought the workshop was very relevant, highlighting its value, and 30% thought it was good. Positive evaluations were also given to the facilities and IT support, with 50% citing them as excellent and 30% as good. 20% of participants thought the facilities were mediocre, but no one responded that anything needed to be improved.

VI. Challenges

The information shows that the Mental Health Awareness Seminar needs to improve in a few different areas. The objectives, content, organization, and relevance were all rated favorably by most participants, but there were still sizable percentages in the "Average" and "Below Average" categories. Furthermore, a smaller percentage indicated dissatisfaction with the workshop's relevance and content, suggesting room for improvement in these areas.

VII. Recommendation

It is advised to add interactive elements and a variety of viewpoints to increase participation. Furthermore, getting input from those who chose not to reply could yield insightful information for upcoming upgrades. Furthermore, it's critical to make sure the workshop stays current and pertinent to the changing needs of the students.

VIII. Documentation (Pictures)













Links:

1. Registration -
<https://forms.office.com/Pages/DesignPageV2.aspx?subpage=design&FormId=FRIEusuJRkKHN5uio1lXtq7kEwlvmlxMm6Xyj2cAQK5UMEpPQ0NWSlo0TktORzBKUVdYWFFNRDU5UC4u>
2. Feedback -
<https://forms.office.com/Pages/DesignPageV2.aspx?subpage=design&FormId=FRIEusuJRkKHN5uio1lXtq7kEwlvmlxMm6Xyj2cAQK5UNkhWTFZKMEhPSkZXS01LWFhZRE1QTEpWVY4u>

MODERN COLLEGE OF BUSINESS & SCIENCE

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