



Department of General Education

Report on Wellness Activity

Title: The Wellness Reset 2025

Date: October 26, 2025

Time: 11:30 AM – 1:00 PM

Venue: Seminar Room

Presenter/ Facilitator: GE Department, MCBS Clinic & Wellness Club

1. Introduction

This program aims to help students reduce stress and enhance overall well-being through two complementary activities: Mindfulness Sessions and Group Yoga/Stretching Classes. The meditation sessions will introduce students to simple breathing and relaxation techniques to improve focus and emotional balance. The yoga and stretching classes, suitable for beginners, will promote physical relaxation, flexibility, and mental calmness. Together, these activities provide practical, accessible strategies for managing stress and encourage a healthier, more balanced lifestyle among college students.

2. Purpose and objectives of the workshop / lecture / activities

- To encourage participants to practice mindfulness and stress management techniques.
- To enhance physical flexibility and improve posture through group yoga and stretching.
- To create a sense of community and shared well-being.
- To support holistic wellness for both body and mind.

3. Brief Description of the workshop / lecture / activities

Program Outline

Duration: 60 minutes

1. Welcome & Introduction (5 minutes)

- Brief orientation and objectives of the session.

2. Guided Meditation (20 minutes)

Speaker: Khadija Al Maani

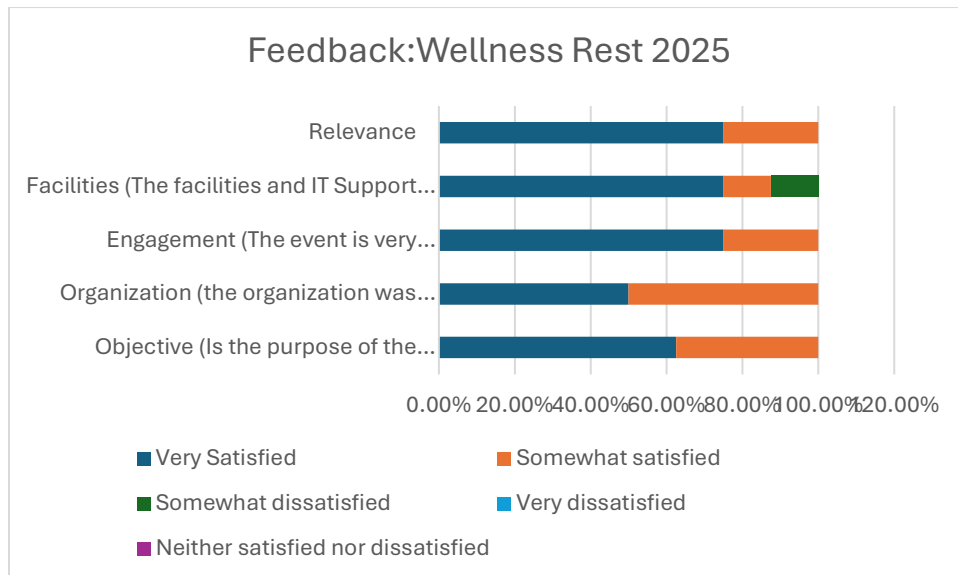
- Breathing exercises and mindfulness practice.
- Focus on relaxation, stress release, and mental clarity.

3. Group Yoga & Stretching (20 minutes)

Speaker: Nivedita Ram

- Gentle yoga poses and stretches suitable for all levels.
 - Emphasis on flexibility, posture, and relaxation.
4. Closing Reflection (5 minutes)
- Sharing of experiences and key takeaways.

4. Feedback from the audience/ Q&A session (attach the attendance sheet)



5. Analysis of the Feedback received

The evaluation results for the Wellness Reset 2025, held on October 26, 2025, at the Modern College of Business and Science indicate a highly positive response from student participants. Most students reported being very satisfied across all key areas,

particularly in engagement, facilities, and relevance, each receiving a 75% very satisfied rating. The objectives of the activity were clearly met, with 62.5% of students expressing very high satisfaction and the remaining 37.5% being somewhat satisfied. Organization was also well received, with all respondents indicating satisfaction. Notably, there were no reports of dissatisfaction in terms of objectives, organization, engagement, or relevance, and only a small percentage (12.5%) expressed some dissatisfaction with facilities and IT support. Overall, the findings suggest that the event was effective, well-organized, engaging, and relevant to students' wellness needs.

6. Issues and Challenges

Despite the overall success of *Wellness Reset 2025*, several challenges and obstacles were encountered during the implementation of the activity. One notable issue was the delay of the second speaker's arrival at the venue due to her previously scheduled class, which caused a minor adjustment in the program flow. In addition, a small number of students expressed some dissatisfaction with the facilities and IT support, indicating occasional technical or logistical limitations during the event. Managing time efficiently while maintaining participant engagement also posed a challenge, particularly when accommodating schedule changes. These challenges, however, were addressed promptly and did not significantly affect the overall effectiveness and positive reception of the activity.

7. Actions Taken / Mitigation Measures

To address the challenges encountered during *Wellness Reset 2025*, the organizing team implemented several immediate and practical measures. When the second speaker's arrival was delayed due to her scheduled class, the program flow was adjusted by extending interactive discussions to keep students engaged while waiting. This ensured that the schedule remained productive and that participant interest was sustained. Minor issues related to facilities and IT support were managed by coordinating closely with the technical team on standby, who promptly resolved equipment and connectivity concerns. These actions helped minimize disruptions and contributed to the overall smooth execution of the program.

8. Support Required

To ensure the successful completion of future wellness activities, additional support is recommended in several key areas. Stronger coordination with speakers ahead of the event would help prevent delays. Enhanced IT and technical support, such as pre-event equipment testing, would address potential facility-related issues more effectively. Additional manpower, could assist with time management, crowd coordination, and engagement activities.

9. Recommendations

To improve future wellness activities, it is recommended to choose better venues with improved facilities and IT support to ensure a more comfortable experience for students. Based on student feedback, inviting a greater variety of teachers or speakers with different teaching styles is also suggested to keep sessions engaging and avoid boredom. Better coordination with speakers and proper planning before the event will help ensure smoother implementation and overall success.









Benefits of Mindfulness

- Improved Concentration: Sustain attention during lectures and study sessions.
- Effective Stress Response: Manage academic pressure with greater calm and control.
- Emotional Awareness: Develop a kinder and more observant relationship with your thoughts.
- Enhanced Sleep Quality: Settle a restless mind to support restful sleep.