DE LA SALLE-
COLLEGE
OF SAINT
BENILDE

Sustainable Development Goal #3

GOOD HEALTH AND WELL-BEING



BENILDE
LIKE NO OTHER

SDG 3 Good health and Well-being

3.1 Health Institution Collaborations for Well-Being

The University, through the Center for Health and Medical Services (CHMS), maintains collaborations, healthcare partnerships, and referral networks with various medical institutions and healthcare providers to support the health and well-being of its students, faculty, associates, and administrators. These include partnerships with accredited hospitals, medical facilities, and health care organizations such as Manila Medical Center, Manila Doctors Hospital and Makati Medical Center for medical and psych health. And Intellicare, the University's healthcare and HMO provider. Through these partnerships, members of the academic community are provided access to medical consultations, specialist referrals, and diagnostic services. The Benilde Well-Being Center demonstrates active collaboration with the accrediting professional organizations (PGCA and PAP) that sets standards, competencies and practices in the delivery of the well-being and mental health services and programs to Benildeans. In addition, BWC collaborates with Unilab Foundation, Inc. through the PGCA in the conduct of the Gatekeeper Training Toolkit for Suicide Prevention in Schools. The university collaborates with community health personnel and community partners to promote health and wellbeing through nutrition education and wellness initiatives. The Nutrition Masterclass for Hypertensive supports the development of knowledge and skills among Barangay Health Workers and Barangay Nutrition Scholars, enabling them to better understand dietary practices relevant to hypertension management. Meanwhile, the Nailed It! Wellness Program promotes personal care and wellbeing by providing accessible wellness services to students. These activities demonstrate the university's commitment to community partnerships and initiatives that support health awareness and wellbeing. The Benilde Antipolo Well-Being Center demonstrates collaboration with private, local and national organizations to promote well-being in the Benilde Antipolo Community. Collaboration with private companies to promote mental health and well-being by encouraging self-care and care for others. Benilde Antipolo Well-being Center constantly collaborates with the Philippine Red Cross Rizal Chapter, Province of Rizal and in partnership with the NSTP Classes. BAWC Promotes bloodletting activity as a habit that contributes to good mental health. This Bloodletting activity is part of the Benilde Antipolo NSTP - CWTS that promotes well-being of the community.

Benilde Well-Being Center SDG Goals

Does your university as a body have current collaborations with local, national or global health institutions to improve health & wellbeing outcomes?

The Benilde Well-Being Center demonstrates active collaboration with the accrediting professional organizations, namely Philippine Guidance and Counseling Association (PGCA) and Psychological Association of the Philippines (PAP) that set standards, competencies and practices in the delivery of the well-being and mental health services and programs to Benildeans.

In addition, BWC collaborates with Unilab Foundation, Inc. through the PGCA in the conduct of the RACE Against Suicide: A Gatekeeper Training Toolkit for Suicide Prevention in Schools. This training has been conducted to different Offices and Centers in Benilde, both teaching and non-teaching associates, hearing and the Deaf, to ensure that everyone in the community is equipped with the skills needed in supporting students' mental health and helping save the lives of students who are deeply troubled emotionally.


RACE Against Suicide
Gatekeepers' Training





Benilde Antipolo Well-Being Center SDG Goals
Does your university as a body have current collaborations with local, national or global health institutions to improve health & wellbeing outcomes?

The Benilde Antipolo Well-Being Center demonstrates collaboration with private, local and national organizations to promote well-being in the Benilde Antipolo Community.

Collaboration with private companies to promote mental health and well-being by encouraging self-care and care for others.

Benilde Antipolo Well-being Center constantly collaborates with the Philippine Red Cross Rizal Chapter, Province of Rizal and in partnership with the NSTP Classes. BAWC Promotes bloodletting activity as a habit that contributes to good mental health. This Bloodletting activity is part of the Benilde Antipolo NSTP - CWTS that promotes well-being of the community.

World Mental Health Day Celebration_9-11 October 2024

Benilde Antipolo Well-Being Center

World Mental Health Day Celebration_09 October 2024_9am-3pm
Day 1: Wellness Wednesday Booths



World Mental Health Day Celebration_9-11 October 2024

Benilde Antipolo Well-Being Center

World Mental Health Day Celebration_11 October 2024_9am-3pm
Day 3: Carefree Friday Booth and Bloodletting Orientation



Benilde Antipolo Bloodletting Day_5 November 2024

Benilde Antipolo Well-Being Center

World Mental Health Celebration and Benilde Week Celebration
Bloodletting Day_5 November 2024_8:30am-3:30pm_Function Hall



BLOODLETTING DAY

Benilde Antipolo Well-Being Center

BAWC x SHS: Bloodletting_7 April 2025_8am-3pm



BAWC Mentors' AeroDance Workout
24 January 2025_2:30am-4:30pm_Campus Lobby



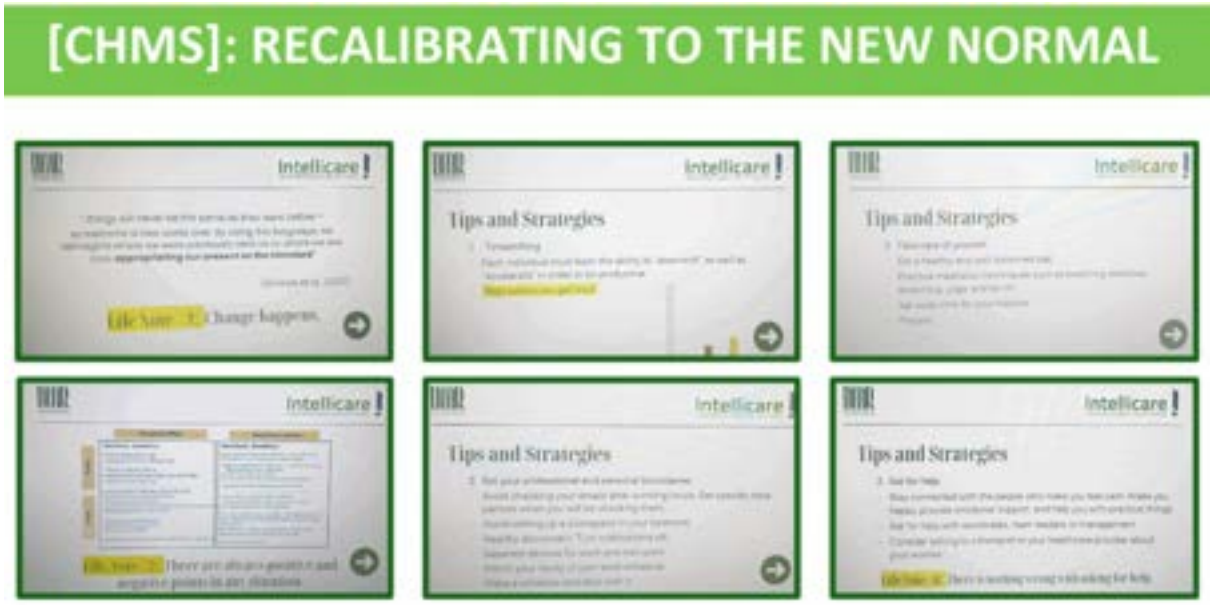
CHMS HEALTH TALK - ON RECALIBRATING TO THE NEW NORMAL WITH MS. ISABEL VICTORIA MALAPAD REGISTERED MENTAL HEALTH ADVOCATE

The **CHMS** invites Benildean Students and Associates to a webinar titled ***"Recalibrating to the New Normal."*** The session will help participants to adjust post-pandemic challenges while maintaining balance and well-being. The event covered topics such as work-life balance, self-esteem, empowerment, and physical health. A registered mental health advocate will share insights and lead an interactive Q&A. The CHMS encouraged everyone to register and join the session last February 20, 2025.

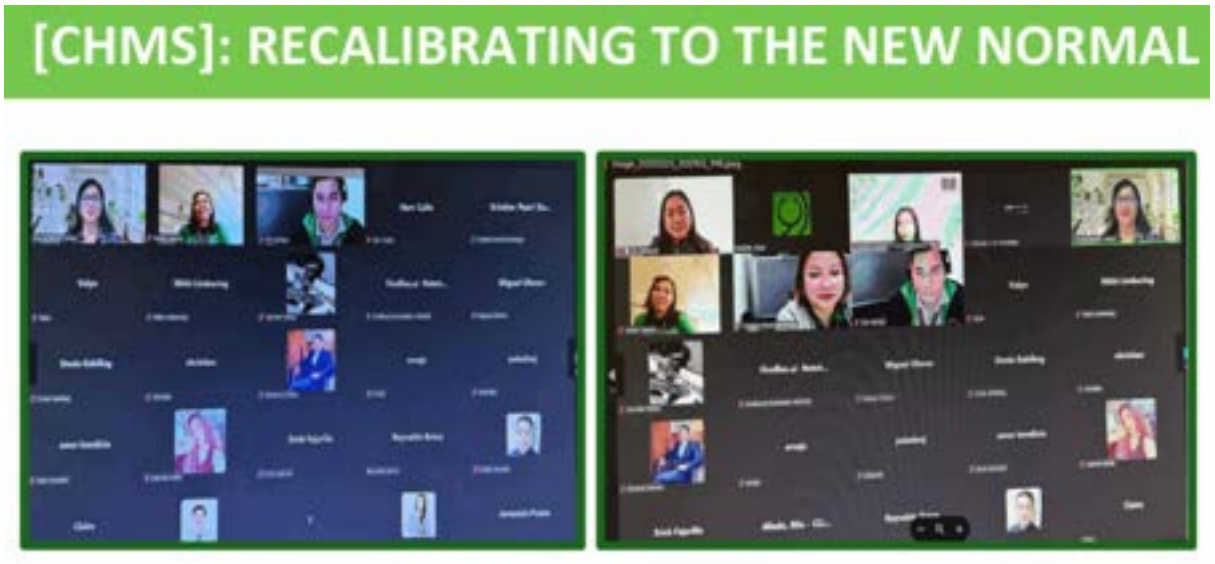


“Recalibrating to the new normal” means adjusting to a new way of living and working after major crises like World War I, the September 11 attacks, the 2007–2008 financial crisis, the 2008–2012 global recession, and the COVID-19 pandemic. The new normal is a changed state of society or the economy that is different from what people were used to before.

Today, we must learn how to adapt to these changes while maintaining a healthy work-life balance. This includes understanding the pros and cons of working in a physical office and working from home. It also reminds us to prioritize self-care and take care of our well-being. Part of adapting is learning time shifting, or managing time wisely and flexibly. By applying helpful tips and strategies, we can adjust smoothly and thrive in the new normal.



The above photo during the webinar suggests tips and strategies on how to overcome any struggle on the “new normal”.



Benildean student and associates who participated during the webinar for documentation purposes.

CHMS - AKIC CLINIC RENOVATION COMPLETION AND BLESSING CEREMONY

The **AKIC Clinic** proudly announces the completion of its renovation and the reopening of its newly improved facility last August 2024. After months of dedicated work to upgrade and enhance the clinic's environment, the doors are once again open – ready to provide safer, more efficient, and more comfortable healthcare services to the community.

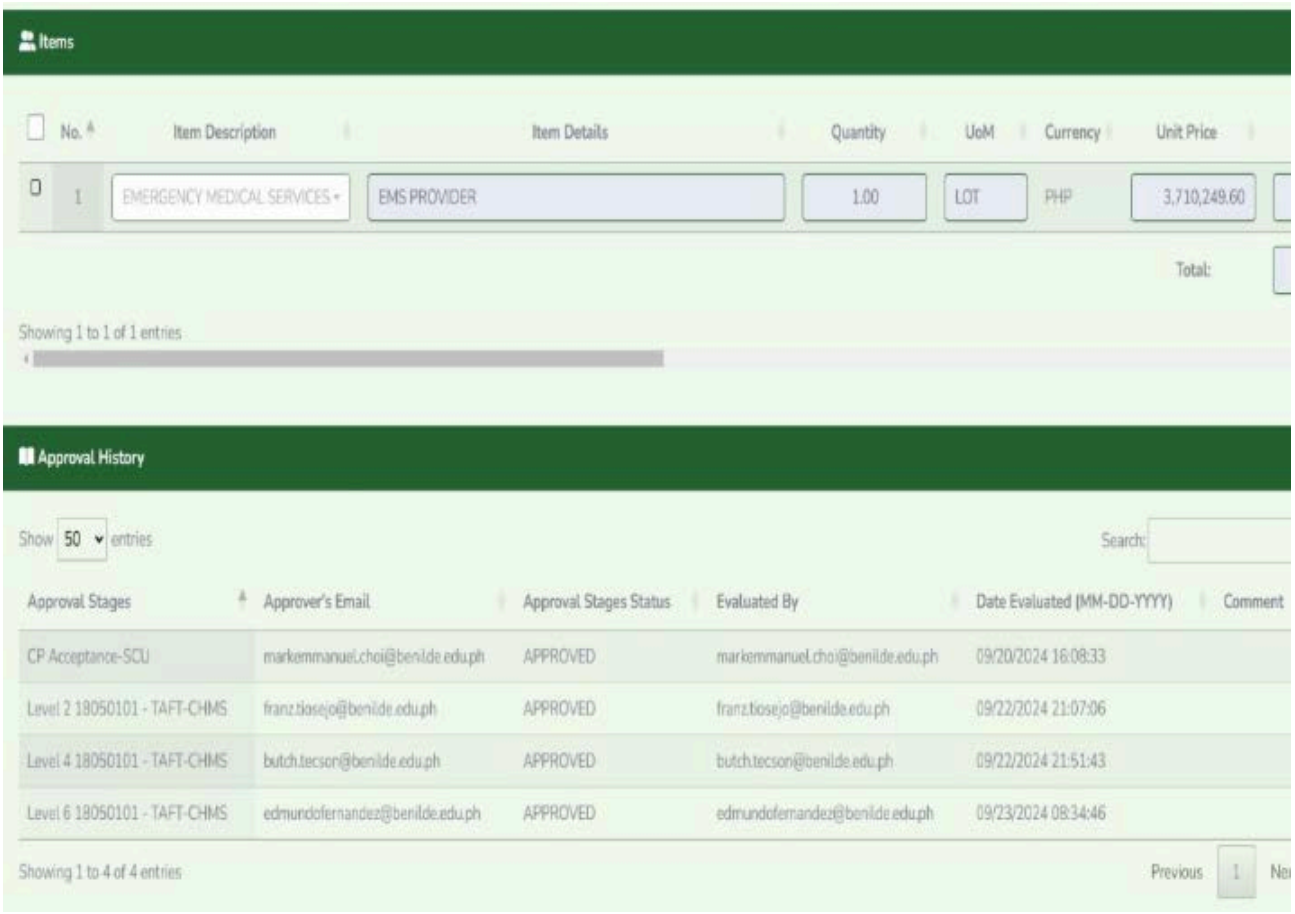
The photo shown captures a special moment during the clinic's blessing, a ceremony held to mark the beginning of a renewed chapter for AKIC. This blessing symbolizes not only the physical transformation of the clinic but also the commitment of the entire AKIC family to deliver compassionate, high-quality care.

With refreshed spaces, improved functionality, and a welcoming atmosphere, the renovated AKIC Clinic stands as a testament to continuous growth and service. The reopening is more than a return – it is a celebration of progress, dedication, and community support.



CHMS ON APPROVED MRF WITH MEDIC ONE SERVICES

In September 2025, CHMS made a significant stride in strengthening emergency care as its EMS (Emergency Medical Services) offering was formally approved under MRF 2204–2025 during the sessions held on September 20 to 23. This approval marks an important milestone for CHMS.



Items

No.	Item Description	Item Details	Quantity	UoM	Currency	Unit Price
1	EMERGENCY MEDICAL SERVICES	EMS PROVIDER	1.00	LOT	PHP	3,710,249.60

Total:

Showing 1 to 1 of 1 entries

Approval History

Show 50 entries Search:

Approval Stages	Approver's Email	Approval Stages Status	Evaluated By	Date Evaluated (MM-DD-YYYY)	Comment
CP Acceptance-SCU	markemmanuel.choi@benilde.edu.ph	APPROVED	markemmanuel.choi@benilde.edu.ph	09/20/2024 16:08:33	
Level 2 18050101 - TAFT-CHMS	franz.tiosejo@benilde.edu.ph	APPROVED	franz.tiosejo@benilde.edu.ph	09/22/2024 21:07:06	
Level 4 18050101 - TAFT-CHMS	butch.tecson@benilde.edu.ph	APPROVED	butch.tecson@benilde.edu.ph	09/22/2024 21:51:43	
Level 6 18050101 - TAFT-CHMS	edmundofernandez@benilde.edu.ph	APPROVED	edmundofernandez@benilde.edu.ph	09/23/2024 08:34:46	

Showing 1 to 4 of 4 entries Previous 1 Ne

Emergency Medical Services (EMS) play a critical role in any healthcare system, acting as the first line of response for acute medical emergencies, stabilizing patients, and transporting them safely to definitive care.

In short, the approval of MRF 2204–2025 for CHMS EMS services is more than just a milestone — it represents a commitment to enhancing emergency medical capacity into broader health delivery systems, and ultimately, saving more lives by ensuring timely, effective response to critical situations.

Question: Does your university as a body have current collaborations with local, national or global health institutions to improve health & wellbeing outcomes?

Activity: Nutrition Masterclass for Hypertensive

Write up: in collaboration with the School of Hotel Restaurant and Institution Management (SHRIM), Barangay Health Workers (BHW), and Barangay Nutrition Scholars (BNS), the Nutrition Masterclass for Hypertensive, improves the capacity of said BHWs and BNSs through a seminar dedicated towards nutrition, specifically hypertensive diets. The Project is to be led by the Chefs in Progress under SHRIM and was conducted in Halles de Rheims (AKIC) during Nutrition month (July 12, 2025)

Public link:



Nailed It! Wellness Program for the Lasallian Mission Week

Write up: Nailed it! is a wellness program conducted in the Lasallian Mission Week 2025 at the Greenway Square and MFC Parking area. Its goal as was to provide wellness services to the Benildean community like haircuts, hairdressing, massage therapy, manicure, and pedicure for free in collaboration with Kapitbahayan Partners and the OVPLMSL where an estimated 350 to 400 students participated in the program.

Public Link

