



RIZVI EDUCATION SOCIETY'S
RIZVI COLLEGE OF EDUCATION
(Affiliated to University Of Mumbai)



**RIZVI COLLEGE OF
EDUCATION**

GUIDANCE AND COUNSELLING CELL

MENTAL HEALTH AWARENESS DAY

REPORT

WORLD MENTAL HEALTH DAY

10TH OCTOBER, 2023

World Mental Health Day is observed on October 10th each year to raise awareness about mental health issues, promote mental well-being, and encourage efforts to support individuals who may be dealing with mental health challenges. It provides an opportunity to discuss and address the stigma surrounding mental health and advocate for access to mental health care and support services. It's an important day to remind us all of the significance of mental health in our lives. NEP 2020 recognizes that the approach to education should encompass not only academic development but also the mental and emotional well-being of students. To put this in effect, Rizvi Education Society's Rizvi College of Education and Help Yourself Foundation commemorated this day with great vigour and enthusiasm. The student teachers conducted various mental health related exercises throughout practice teaching institutions. Along with this, a street play titled 'Prison without walls' at Bandra Station, too, was conducted by their student teachers as a part of community engagement and creating awareness about mental health amongst the general public.

STREET PLAY AT BANDRA STATION

Student teachers conducted a Nukkad Natak titled 'Prison without walls' at Bandra Railway Station on 10th October to create awareness amongst the community about mental health to reduce suffering, save lives and promote a more compassionate and inclusive society. The aim of the play was to break down the stigma surrounding mental health issues and encourage individuals to seek help when they are struggling with such issues.



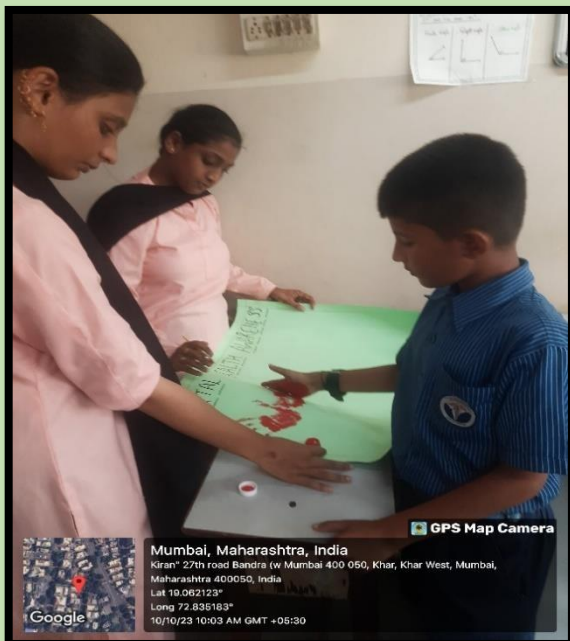
ACTIVITIES CONDUCTED IN THE PRACTICE TEACHING SCHOOLS

Many mental health issues begin in adolescence. Raising awareness in schools allows for early identification and intervention, preventing problems from escalating. Educating students about mental health fosters resilience, coping skills, and emotional well-being, which can benefit them throughout their lives.

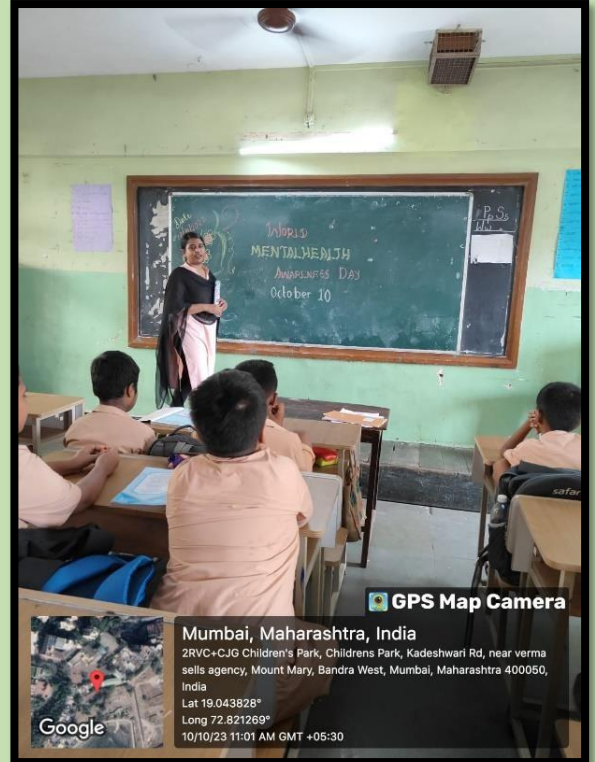
BANDRA CRESCENT ENGLISH SCHOOL - MEDITATION



BANDRA HINDU ASSOCIATION HIGH SCHOOL – COLOUR THERAPY



FR. AGNELS TECHNICAL HIGH SCHOOL – BALLOON ACTIVITY



PURSHOTTAM HIGH SCHOOL – ART THERAPY



RIZVI COLLEGE OF ARTS, SCIENCE AND COMMERCE – POSITIVE AFFIRMATIONS



RIZVI SPRINGFIELD HIGH SCHOOL CBSE – MANDALA ART



RIZVI SPRINGFIELD HIGH SCHOOL SSC – MANDALA ART



CONCLUSION

The Mental Health Day awareness activities conducted by the dedicated teachers in training of the Rizvi College of Education was a resounding success. These passionate educators not only raised awareness but also fostered an environment of empathy and support for mental well-being. Their efforts in organizing activities, open discussions, and promoting self-care practices left a lasting impact on the practice teaching school communities. As we move forward, it is clear that the commitment of these future educators to mental health awareness will continue to play a pivotal role in creating a more compassionate and understanding society. This event served as a poignant reminder of the importance of addressing mental health issues, reducing stigma, and promoting a culture of caring and inclusivity in our schools.