

## “Miracle Mind”

### Mental Health Awareness Program 2022 MHAD#6.0

Guidance & Counselling Cell under the guidance of IQAC and Help Yourself Foundation organised Mental Health Awareness Drive - MHAD#6.0 through the event title “Miracle Mind” on 4th October, 2022 for the students of Rizvi Springfield High School SSC and CBSE. The Guidance and Counselling Cell organized the drive to create awareness amongst school students about the importance of mental wellbeing of an individual and to identify simple ways of self help. Through continuous deliberations and meeting with the organizing committee 6 activity counters were designed. The counters were beautifully decorated by the students. The event began with the lighting of the lamp by the Principal Mrs Nahida Mandviwala, and the Chief Guest Mrs. Deepika Lobo, Lecturer St. Andrews Junior College and alumni of RCoEd. After a brief introduction about the significance of Mental Health Day the program kick started with warm up exercises conducted by Dr. Priyanka Pandey. The session showed students how through simple exercises one can feel light and energized to face the day. After that, students started visiting the counters one by one. A glimpses of the same is attached below



Welcoming of the Guest and participants

## Counter 1 – Wellness Test - Registration



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**IN COLLABORATION WITH HELP YOURSELF FOUNDATION  
ORGANIZES  
MIRACLE MIND**   
**MENTAL HEALTH AWARENESS PROGRAM 2022  
WELLNESS TEST**





## Counter 2 – Check Your Mood



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**CHECK YOUR MOOD**







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MANDELA ART THERAPY**







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"I AM THE BEST"**





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COLOUR THERAPY**







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HAPPY TO HELP**

