

Mental Health Awareness programme 2022 OCTOBER 4th

Rizvi College of Education conducted a Mental Health Awareness programme on 4th Oct, 2022 for the CBSE & SSC secondary students of Rizvi Springfield schools. The program was inaugurated by Mrs. Deepika Lobo, a psychologist and alumna of the college. There were activities like wellness test followed by different stress relief therapies like Check Your Mood, Mandela Art Therapy, I am the best & Colour Therapy. A short mental health test was conducted and based on that test few students were provided guidance and counselling at the 'Happy to Help' counter.





World Mental Health Day observation 2021 OCTOBER 11TH

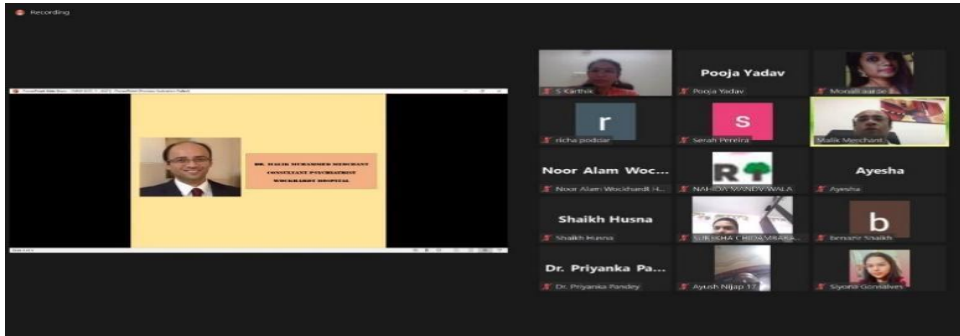
Rizvi college of Education in collaboration with Wockhardt Hospital organized a health talk as part of World Mental Health Day observation. It was conducted online on Zoom platform. Dr. Mallik Merchant practicing psychiatrist of Wockhardt Hospital made an erudite talk on the topic of 'Mental Health for All'. He gave inputs on how teachers can identify children with mental health issues and deal with them effectively.



World mental health day and a Mental health talk 2020 OCTOBER 13TH

On October 13th 2020, Rizvi college of education in collaboration with Prince Aly Khan Hospital, observed World mental health day and a Mental health talk, which focused on mental health challenges faced by health care workers, students adapting to schooling from home, workers etc. The keynote speaker was Dr. Malik Merchant practicing Psychiatrist at Prince Aly Khan hospital, Mumbai. Dr Malik talked about how the world is facing 2 types of pandemics, Covid 19 and Mental health illness. He spoke about the misconceptions about mental health

that how psychological issues are related to being mad, he talked about common mental illness faced by majority of individuals that is depression, and how is it caused, Addiction its types; Stress, anxiety and its impact on human beings regular functioning. The program was conducted online.



World Mental Health Day on 2019 October 10th

The student-teachers and the professors at Rizvi College of Education observed World Mental Health Day the college campus on 10th October 2019. The objective of the event was to make making people aware of how mental health is important in today's stressful life. And to address the stigma and discrimination around mental health.

For the program there were 6 counters with activities related with mental health issues. Students of Rizvi Arts, Science & Commerce colleges enthusiastically participated in it. The activities were essentially mental stress therapy activities. A stress test was done and those scoring high on the scale were provided counselling by experts; Dr. Priyanka Pandey & Mrs. Spoty Karthik. Therapy activities included check your mood, chromotherapy, Positive Self Affirmations. Mandala Art Therapy and others. All participants were encouraged to take up a pledge to fight stigma against mental health issues.



Cerebral Palsy through an Awareness Program-2019 - In association with Help Yourself Foundation the Student Teachers of RCoEd created Awareness in their respective Internship Schools about Cerebral Palsy through an Awareness Program. An effort was taken to create awareness about not only cerebral palsy but also about Inclusive Education among teachers and students through videos, role plays, short talks and other creative activities. Student teachers carried out various activities creating awareness about cerebral palsy among the school children on 04.10.2019 observing Cerebral Palsy Day.

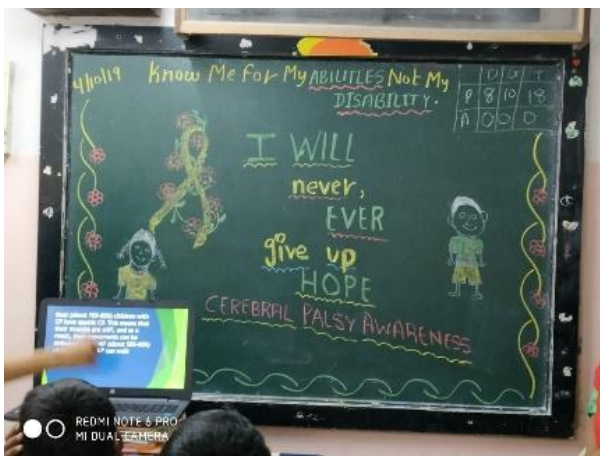
The program enabled one to appreciate the individual differences in another and look beyond disability. Through this program the students learnt to love, respect and care for each other, lend a helping hand and celebrate diversity.

Activity on creating empathy towards people suffering with Cerebral Palsy conducted in Purshottam High School by RCoEd Interns





Talk and Role Play on creating empathy towards people suffering with Cerebral Palsy conducted in Air India Modern High School by RCoEd Interns



Presentation on creating empathy towards people suffering with Cerebral Palsy conducted in
Bandra Hindu Association High School by RCoEd Interns

2018 OCTOBER 10

On 10th October 2018, marking the occasion of World Mental Health Day, Rizvi College of Education arranged a remarkable event, consisting of varied activities to emphasize mental fitness of individuals, especially adolescents at large. This was in tune with the World Health Organisation's Mental Health Awareness Day 2018 theme, "Young People and Mental Health in a Changing World". The event had many activities aimed at mental wellness.

- Emoji Activity - Check your mood – A Smiley activity where the students express their mood using emoticons.
- Stress Screening Test – A short test to identify the stress level of the test takers.
- Counselling Sessions – Based on the above stress screening the students are referred for further counseling session in the college or other counseling clinics.

The counseling sessions were conducted by Dr. Trupti Barchha, Mrs. Spoty Karthik, Dr. Priyanka Pandey and Dr. Rakhi Sawlane. For spreading awareness, posters depicting the significance of mental health and the need of removing the stigma associated to mental ailments were displayed throughout the venue.



Health and Well-being Awareness-2017

Mental Health Awareness Camp at Bandra Railway Station -2017 - Rizvi college of education organised a Mental health awareness drive at Bandra Railway station on 10/10/2017. The camp kick started at 09:30 am in the morning with student teachers displaying placards which built curiosity amongst the commuters on the theme reflected i.e. Mental Health. Second activity was based on the emotion where commuters had to select one emoji according to their mood and stick into the emoji corner. In the final round of the event Dr. Priyanka Pandey gave personal counselling to those who sought the same.



Workshop on Emotional Intelligence 2017 - Emotional Intelligence is a part of the Core Paper- Childhood and Growing up for First Year B.Ed students. Rizvi College of Education organised a workshop on Emotional **Intelligence** on 18th November 2017 at 13.00 Hours. Dr. Fr. Clifton Lobo who is an expert in this area was the resource person. The workshop enabled the participants to recognize one's own emotions as well as others and highlighted ways to manage them appropriately.

