



RIZVI EDUCATION SOCIETY'S  
**RIZVI COLLEGE OF EDUCATION**

(Affiliated To University Of Mumbai)

**Guidance and Counselling Cell**

In Collaboration With

**HELP YOURSELF FOUNDATION**

**World Mental Health Day**

Themed

***Our Mind - Our Right***

The student teachers of RCoEd and Help Yourself Foundation on this day will highlight the importance of Mental health

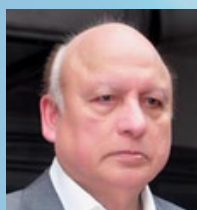
➤ Nukad Natak  
"Prison Without Walls"  
📍 Bandra station  
🕒 11am

➤ Treat 4your Mind  
(Activity Counters to promote ways to improve students mental health)  
📍 RCoEd Praticce Teaching Institutions

**10<sup>th</sup> October, 2023**

***"Break the silence and stigma surrounding mental health.  
- A healthier mind is a happier life."***

**CHIEF PATRONS**



**Dr. Akhtar Hasan Rizvi**  
President,  
Rizvi Education Society



**Adv. Mrs. Rubina A. H. Rizvi**  
Director,  
Rizvi Education Society

**Dr. Spoty Karthik**  
I/C Principal

**Guidance and Counselling Cell- Members**

**Co-ordinator**  
**Dr. Priyanka Pandey**

**Organising Committee,  
Staff Members**  
**Mrs. Nahida Madviwala**  
**Dr. Gyanprakash Arya**

**Organising Committee,  
Student Members**  
**Ms. Zoya Khan**  
**Ms. Fatima Khan**

