





 Rizvi Education Society's
RIZVI COLLEGE OF EDUCATION
 Guidance and Counselling Cell
In Collaboration with
WOCKHARDT HOSPITAL
Observes



RIZVI COLLEGE OF EDUCATION
Quality Mental Health Care - Reduce Care Gap









#WORLDMENTALHEALTHDAY♥





**Mental health care for all;
let's make it a reality**


Chief Patrons



Dr. Akhtar Hasan Rizvi
 President
 Rizvi Education Society



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


A HEALTH TALK BY




DR. MALIK MERCHANT
 (Consultant Psychiatrist, Wockhardt Hospital)


Mental Disorder
 Worldwide - 1 billion people
 India - One In 7 people


**Depression - A leading cause of mental disability
Depression can lead to suicide**



When: 11th October, 2021 3p.m.
Where: Zoom
Meeting ID: 917 6574 9198
Passcode: 00000




Convenor
 Mrs. Nahida Mandviwala
 I/C Principal


Program Coordinator
 Dr. Priyanka Pandey
 Mrs. Spoty Karthik

Organising Committee
 Dr. Gyanprakash Arya
 Ms. Surekha Chidambaranath




#WORLDMENTALHEALTHDAY♥

Schedule of the Programme


 Date: 11th October, 2021
 Time: 3 p.m.

Welcome Message : Dr. Priyanka Pandey


Principal's Address : Mrs. Nahida Mandviwala


Guest Introduction : Mrs. Spoty Karthik


Mental Health Talk : Dr. Malik Merchant

Q & A Session : Mrs. Spoty Karthik

Vote of Thanks : Ms. Surekha Chidambaranath









World Mental Health Day
Mental Health Talk by Dr. Malik Merchant

“There is hope, even when your brain tells you there isn’t.”
— John Green.

Your mental health — your psychological, emotional and social well-being — impacts every area of your life. Having positive mental health allows you to effectively deal with the daily stressors of life, communicate well with others, make healthy decisions and live life to its fullest. World Mental Health Day is an international day for global mental health education, awareness and advocacy against social stigma. The theme of this year's World Mental Health Day, set by the World Federation for Mental Health, is 'Mental health in an unequal world'. This year, On the occasion of [#worldmentalhealthday2021](https://www.who.int/campaigns/world-mental-health-day/2021) Rizvi College of Education in collaboration with Wockhardt Hospital organised a talk on Mental Health by Dr Malik Merchant for the student teachers. It was a very informative session. Dr. Malik also answered and guided our students with all their doubts regarding mental health.

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Rahila Shaikh

Tasbeeha Shaikh

Dr. Priyanka Pandey


Muskan Naqvi

richa poddar

Siyona Gonsalves

zoom meeting

Recording



DR. MALIK MUHAMMED MERCHANT
CONSULTANT PSYCHIATRIST
WOOLHART HOSPITAL

S Karthik

Unmute Start Video Participants Chat Share Screen Record Reactions Apps Leave

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NAHIDA MANDVIWALA

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