



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

*Affiliated to University of Mumbai NCTE Recognized Institute (Code No: 123005)*

*NAAC Accreditation - 'B+' Grade (1st Cycle)*

GOVIND PATIL MARG, KHAR DANDA, KHAR (W), MUMBAI – 400 052

Website: <http://bed.rizvi.edu.in/> email: [rizvi.college.education@bed.rizvi.edu.in](mailto:rizvi.college.education@bed.rizvi.edu.in)

## **Mind Matters – Stress Awareness and Well-Being Session**

The Guidance and Counselling Cell of Rizvi College of Education organized “*Mind Matters – Stress Awareness and Well-Being Session*” on 13th April 2026 in Room No. 504 as part of Stress Awareness Month. The session aimed to create awareness about stress management and promote mental well-being among students.

Keeping in mind the academic pressures and personal challenges faced by students, the programme was designed to help them understand stress and learn healthy coping strategies. The session began with an interactive discussion where students actively shared their experiences related to stress and exchanged ideas on effective stress management techniques. This activity encouraged openness, self-awareness, and emotional understanding among participants.

A special highlight of the programme was the *Rainbow Meditation Session* conducted by Dr. Madhuri Ma'am. The guided meditation session helped students relax, reduce anxiety, and experience a sense of calmness, focus, and emotional balance.

The session also included a *Gratitude Wall Activity*, where students wrote positive messages, words of encouragement, and things they were grateful for. This activity promoted positivity, emotional connection, and a supportive environment within the classroom.

The programme concluded with reflections on the importance of mental well-being and the need to practice stress management techniques in daily life. Overall, the session proved to be interactive, informative, and beneficial, encouraging students to maintain emotional stability, positive thinking, and self-care practices.



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**GUIDANCE & COUNSELLING CELL  
ORGANISES**

# **Mind Matters: Stress Awareness & Well-being Session**

**“Let the colors calm your mind and heal your thoughts.” - In today's academic journey, stress has become a common part of student life.**

**This session is designed to create awareness about managing stress and promoting mental well-being in a healthy and positive way.**

**Join us for a meaningful and calming experience featuring:**



**INTERACTIVE STUDENT  
DISCUSSION ON STRESS**



**RAINBOW MEDITATION SESSION  
(GUIDED RELAXATION)**



**GRATITUDE WALL  
ACTIVITY**

**Let's come together to understand stress, share experiences, and build a more mindful and supportive environment.**



**13th April 2026**



**504**



**12:00 pm**

## **CHIEF PATRONS**

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

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

**Mrs. Nahida Mandviwala**  
I/C Principal

**Ms. Nazia Farooq**  
Cell Coordinator



Rizvi College Of Education



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