



# RIZVI EDUCATION SOCIETY'S RIZVI COLLEGE OF EDUCATION

(Affiliated To University Of Mumbai)  
Accredited B+ by NAAC



## Sports Club

Organizes a Talk On:

### "TEACHING WITHOUT STRAIN: UNDERSTANDING POSTURE AND SPINAL WELLNESS"

This session empowers teacher's with key strategies to maintain posture and spinal health for a sustainable teaching journey.

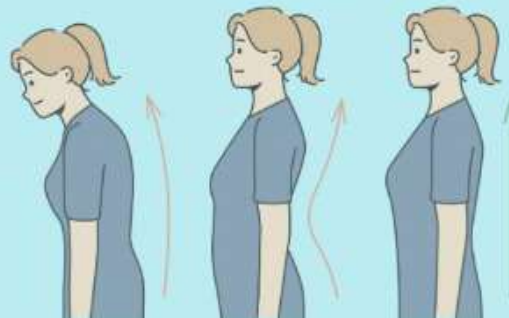
Resource Person

**Dr. Sadiya Vanjara**

Physiotherapist



**7TH APRIL, 2025 FROM 11.00AM**



**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**

**Co-Ordinator**  
Dr.Gyanprakash Arya

**Club Student Members**

Misba Shaikh  
Sabah Shaikh



Rizvi College Of Education



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