

An Initiative of RIZVI GROUP



RIZVI GROUP



Proudly presents

INTERNATIONAL WOMEN'S DAY

#HelpYourself

5th March to 12th March 2019

Talk on Legal Rights

Self Defence Workshop

Saqib Rizvi Memorial Cancer Awareness Marathon

Abis Rizvi Memorial Women's Cricket Tournament

Mental Health Workshop

Campaign on Cancer Awareness

Celebrate Eminent Women

Wellness and Nutrition Workshop

**Poster Competition:
Strong Women Strong Nation**

*You never help anyone without helping yourself.
You never pick up anyone without making yourself stronger.*

ABOUT US :

Help Yourself Foundation is a Non Government organisation commonly referred to as NGO which is totally non profitable. It is an organization initiated by RIZVI Group which under its brand name upholds, a construction company - **"The RIZVI BUILDERS"** and **"The RIZVI Hotels and Estates Pvt. Ltd."** Under the RIZVI Group, they have Educational Institutions all over India which belong to the Muslim Minority Community.

Apart from holding construction companies and educational setup, this is the first time that RIZVI Group has an initiated to help the society by way of organising a foundation, **"HELP YOURSELF"** to assist and provide remedy to Women & Children of minority sector. This foundation has also taken an initiative concerning the health of Women and Children in the past and endeavour it in future.



We need to reshape our own perception of how we view ourselves. We have to step up as women and take the lead. We need to Help Ourselves to make our lives safe. This initiation by Adv. (Mrs.) Rubina Akhtar Hasan Rizvi is for the women and children who want to help themselves.

Adv. (Mrs.) RUBINA AKHTAR HASAN RIZVI
Director, Rizvi Education Society

IWD SCHEDULE

DAY AND DATE	EVENTS	VENUE	TIME
5th March, Tuesday	1. Wellness and Nutrition Awareness	Auditorium : New Rizvi Education Complex	10:00 AM – 12:00 PM
	2. Legal Rights of Women	Auditorium : New Rizvi Education Complex	2:00 PM – 4:00 PM
6th March, Wednesday	Cancer Awareness and Screening Drive	Auditorium : New Rizvi Education Complex	10:00 AM – 3:00 PM
7th March, Thursday	1. Workshop on Mental Health Awareness of Women	Auditorium : New Rizvi Education Complex	10:00 AM – 12:00 PM
	2. Cancer Awareness Programme	Rizvi Institute of Management Studies	3:00 PM – 5:00 PM
8th March, Friday	Main Day: Panel of Eminent Women, Speeches, Book Launch and Felicitation	Auditorium : New Rizvi Education Complex	10:00 AM – 12:00 PM
9th March, Saturday	Self Defence Training Program	Auditorium : New Rizvi Education Complex	10:00 AM – 1:00 PM
	Inter college Poster Making Competition for college students on the theme 'Strong Women Strong Nation.'	Auditorium : New Rizvi Education Complex	2:00 PM – 4:00 PM
10th March, Sunday	Saqib Rizvi Memorial for Cancer Awareness Marathon	Bandra Kurla Complex	6:00 AM
11th March, Monday	Abis Rizvi Women Cricket Tournament for Cancer Survivals	Auditorium : New Rizvi Education Complex/ Air India Cricket Ground Santacruz	8:00 AM
12th March, Tuesday	Inter Collegiate Abis Rizvi Memorial Women Cricket Tournament	Auditorium : New Rizvi Education Complex / Air India Cricket Ground Santacruz	8:00 AM