



**SHRIMATHI DEVKUNVAR NANALAL BHATT
VAISHNAV COLLEGE FOR WOMEN (AUTONOMOUS)**

OWNED AND MANAGED BY CORK INDUSTRIES CHARITIES TRUST
(Affiliated to the University of Madras and Accredited with 'A+' Grade by NAAC)
Chromepet, Chennai - 600 044.

**PERSONALITY DEVELOPMENT AND MENSTRUAL HYGIENE
INVITED TALK
REPORT**



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COLLEGE FOR WOMEN (AUTONOMOUS)**



(Affiliated to the University of Madras & Re-Accredited with 'A+' grade by NAAC),
Chrompet, Chennai-600044

The Management, The Principal and The faculty members
cordially invite you to the

**INVITED TALK ON
PERSONALITY DEVELOPMENT AND MENSTRUAL HYGIENE**



DR SWATHI PRAVEEN

**DENTIST, MENTAL HEALTH COUNSELLOR,
PSYCHOTHERAPIST. SOFT SKILL TRAINER, LIFE COACH,
CAREER GUIDANCE COACH, NLP PRACTITIONER POSH
AND POCSO TRAINER**

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**Dr. C. VICTORIA PRISCILLA
SENIOR VICE PRINCIPAL (SFS)**

**Dr. RENU AGARWAL
VICE PRINCIPAL (SFS)**

The event had two sessions, (10:00 a.m to 11:00 a.m) and (11:00 a.m to 12:00 p.m). The event started with the prayer song followed by the welcome address. The Guest of the event, Dr. SWATHI PRAVEEN, Dentist, mental health counselor, psychotherapist, soft skill trainer, life coach, career guidance, NLP practitioner, POSH and POCSO trainer, has given valuable insights on menstrual hygiene. Mam presented a good menstrual hygiene routine and gave awareness on breast and cervical cancer.

Mam, explained about the mood swings and cramps during the periods and gave some solutions which included proper exercise and dieting. The students were allowed to ask questions regarding the menstrual cycle and the programme came to an end with the vote of thanks.



