



**AVIT**  
AARUPADAI VEEGU INSTITUTE OF TECHNOLOGY



**VINAYAKA MISSION'S  
RESEARCH FOUNDATION**  
(Deemed to be University under section 3 of the UGC Act 1956)



**WEC**

**Report on 'Personality Development & Menstrual Hygiene'**

**2024-2025**

Women Empowerment Cell of AVIT, Vinayaka Mission's Chennai campus conducted a seminar on 'Personality Development & Menstrual Hygiene' for all the girls' students and female faculty of AVIT on 1/8/2024 at 11.00 in the indoor auditorium. Dr. S.P Sangeetha, the coordinator of the WEC & VP- Academics welcomed all the participants and wished them a memorable year with this first activity of WEC for the academic year 2024-2025. During this session, Dr. Swathi Praveen, Dentist, Mental Health Counsellor, Psychotherapist, Soft Skills, Trainer, NPL Practitioner, interacted with students and helped them to understand the need for menstrual hygiene and the ways to maintain menstrual hygiene. She also focused on the methods to enhance their personalities and elaborated how a healthy body will lead to a better self-confidence and personality. Around 250 students and faculty benefitted from this session.

In the interactive session, many students shared their personal experience and cleared doubts and myths regarding the topic of discussion. Meanwhile the feedback session revealed the extent to which this session had impressed and really helped the participants to have a better understanding.

In her vote of thanks, Dr. Jennifer G Joseph, the co-coordinator, WEC & HOD, H&S thanked the management, the resource person and the coordinator of WEC. She also conveyed her gratitude to the members of WEC, AVIT for their support in organising this event. After the session all the participants received a wellness pack.

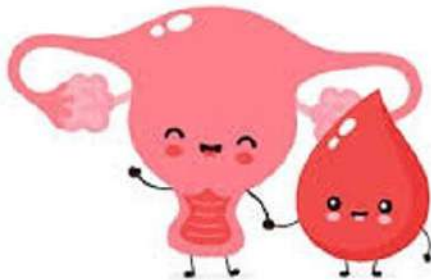


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*Cordially invites you all for the seminar on*

## **Personality Development & Menstrual Hygiene**



*Resource Person*

**Dr. Swathi Praveen**

Dentist, Mental Health Counsellor,  
Psychotherapist, Soft Skills Trainer,  
Career Guidance Coach, Life Coach,  
NLP Practitioner, POSH and PCOSO Trainer.



1<sup>st</sup> August 2024



11.00 a.m.



Indoor Auditorium



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Organized by  
**Women Empowerment Cell**