



ST. XAVIER'S COLLEGE JAIPUR

Nevta - Mahapura Road, Jaipur - 302029, Rajasthan, India

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Ref: SXCJ/ACAD/GSWC/2024-25/1786

10/12/2024

Gender Study & Women's Cell (GSWC)

Online Session on Body Image and Mental Well Being

The Gender Study and Women's Cell (GSWC) in collaboration with the Mental Health and Counseling Cell (MHCC) is organizing an online session on **Body Image and Mental Well-Being**. The resource person for the session will be **Ms. Shiromi Chaturvedi**, Founder & Lead Psychologist, *The Social Therapist*.

The details are as follows:

Date: 14 December 2024

Time: 10:00 AM

Meeting link: <https://meet.google.com/ywn-boox-bpp>

All students and faculty members are invited to join this insightful session to learn about the impact of body image on mental health and strategies to promote well-being.

For further details, kindly contact:

Dr. Priya Sahrawat (Event Coordinator, GSWC) - priyasahrawat@xscjpr.edu.in

Dr. Rama Hirawat (Coordinator, GSWC) - ramahirawat@xscjpr.edu.in

Student Coordinators:

Yash Mathur

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Copy forwarded to the following for information and necessary action:

1. Vice-principal, St Xavier's College, Jaipur
2. Coordinator, GSWC & MHCC, St Xavier's College, Jaipur
3. Heads of all the Departments, St Xavier's College, Jaipur
4. Coordinator, Website, St Xavier's College, Jaipur
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