

Workshop on Menstrual Health and Hygiene for girls



On 5th November, 2014, a workshop regarding 'the changes which occur during puberty in girls' was held in JM International School, Dwarka, New Delhi for the girls. It was made practical and real with the help of presentations and helped to augment the knowledge of girls about upcoming changes in their bodies. Whole school girls were involved. The session was totally interactive and proved really helpful for the girls as there were many myths about the menstruation cycle in females. Those got cleared. Many queries, issues and problems were raised by the girls that were duly sorted out. It was truly a knowledgeable session which ended with warm thanks to the counselors and members of the team.