



MBS INTERNATIONAL SCHOOL

WORKSHOP FOR STUDENTS

SESSION 2022-23

TOPIC: Personal Health & Hygiene during menstrual cycle

DATE: 4th August, 2022

ATTENDED BY: IX TO XII

VENUE: Auditorium

“Consciousness is only possible through change; change is only possible through movement.”

Workshop on Personal Health & Hygiene during menstrual cycle was conducted on **4th August, 2022** for girls of class IX – XII in auditorium. Major points were covered on how to maintain good hygiene for ourselves during these days otherwise it can lead to high levels of infection in female reproduction system. The girls were guided to change sanitary pads on time and also disposed it by wrapping it in the newspaper properly else it would lead to germ contamination. The myths & facts were also discussed regarding the same.

Teacher Incharge: Ms. PRATIBHA NANDA