

Workshop on Menstrual Hygiene

	SDGs covered	<div> <div>3 GOOD HEALTH AND WELL-BEING</div> <div>5 GENDER EQUALITY</div> </div>
		SDG 3, 5-
1.	Title	Workshop on Menstrual Hygiene
2.	Classes	VIII – XI
3.	Resource Person	Dr. Ruchi Agarwal
4.	Brief description	<p><i>Hygiene is two thirds of health. – Lebanese proverb</i></p> <p>In pursuit of promoting holistic well-being and spreading awareness about menstrual hygiene, a workshop was organised at ITL Public School on 16th November, 2022. Conducted by Dr Ruchi Agarwal, M.B.B.S, M.D in gynaecology, it endeavoured to spread awareness about menstruation and ways to deal with issues relating to the same. It highlighted the management of Pre-Menstrual Syndrome, ensuring health and hygiene during periods, popular products that are available in the market and the correct ways to use and dispose them. She also focused on basic exercises and essentials of a healthy lifestyle during the menstrual cycle. The students actively interacted with Dr. Ruchi Agarwal to discuss their queries on the topic.</p> <p>#menstrualpositivity #menstrualhygiene #awareness #periods</p>
6.	Time period of the workshop	16th November, 2022 11.30 am -1.30 pm
7.	Evidences included	