



**Gyan Bharati School  
Saket, New Delhi**

**Date:** 07.02.2025

**Name of the Event/Session:** Puberty Workshop for M1 Boys & Fathers

**Teacher In-charge(s):** Ms. Vanshika Kohli (Counsellor)

**Report:**

The Puberty Workshop for M1 Boys & Fathers was organized to educate young boys about the changes they experience during puberty. The session aimed to provide a safe space for discussions on physical, emotional, and social aspects of growing up, while also encouraging open communication between fathers and sons. The session was conducted by Ms. Mansi Gaur who is a counselling psychologist.

The session was divided into several interactive segments:

**1. Understanding Puberty:**

- The facilitator explained the biological changes that occur during puberty, including growth spurts, voice changes, hormonal shifts, and physical development.
- Emphasis was placed on normalizing these changes and addressing common misconceptions.

**2. Personal Hygiene & Self-Care:**

- The importance of regular bathing, skincare, oral hygiene, and body odor management was discussed.
- A practical demonstration on proper hygiene practices was conducted.

**3. Emotional Well-being & Self-Identity:**

- The session addressed mood swings, emotional regulation, and developing a positive self-image.
- Boys were encouraged to express their feelings and seek support when needed.

#### 4. Managing Peer Pressure & Decision-Making:

- Fathers shared personal experiences and guided their sons on handling peer pressure, making responsible choices, and building confidence.

S1 student volunteers; Siddharth Jain, Abhishek & Angad Singh helped in facilitating the workshop to represent different nuances of puberty for the boys. Students actively participated, asked insightful questions, and expressed relief at having their doubts addressed in a non-judgmental space. Fathers appreciated the opportunity to discuss sensitive topics openly with their sons and found the session informative and engaging. The workshop ended by a concluding thought, given by our middle in-charge, Ms. Roma Doraiswami.

**Report by:**  
**Vanshika Kohli**  
**(Counsellor)**



