



**Gyan Bharati School
Saket, New Delhi**

Date: 22nd & 23rd January 2025

Name of the Event/Session: Understanding Puberty & Menstrual Hygiene

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

Report:

A session on **Understanding Puberty & Menstrual Hygiene** was conducted by Ms. Malina Bose (Senior Direct Marketing Executive) from P&G for classes P5 & M1 girls alongside their mothers to create awareness about puberty, foster healthy attitudes towards bodily changes, and educate young girls on menstrual hygiene management. It focused on breaking taboos around menstruation, promoting self-confidence, and equipping participants with practical knowledge for managing their menstrual health. The session focused on:

1. Introduction to puberty
2. Explanation of physical and emotional changes during puberty.
3. Normalizing these changes and addressing common myths.
4. Understanding menstruation
5. Scientific explanation of menstruation and its role in the reproductive cycle.
6. Discussion on the menstrual cycle phases and duration variability.
7. Importance of maintaining cleanliness during menstruation.
8. Use and disposal of sanitary products.
9. Common practices to avoid and why.
10. Encouraging open conversations about menstruation.
11. Building self-esteem and confidence by removing the stigma attached to menstruation.

A short film was shown to all the mothers & daughters present where all the above mentioned pointers were explained in detail. Ms. Malina Bose even illustrated the right way of using a sanitary napkin & its disposal as well.

The session by Malina Bose successfully educated young girls on puberty and menstrual hygiene, addressing key aspects of health and empowerment. It left a lasting impact by encouraging open dialogue and fostering awareness.

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

