

MENSTRUATION AWARENESS & HYGIENE WORKSHOP

Subject: Menstruation Awareness & Hygiene Workshop - Class VIII

Date: May 06, 2026

Description:-

A Menstruation Awareness & Hygiene Workshop for Class VIII girls was conducted to educate students about menstrual health, hygiene, and the importance of breaking myths related to menstruation. The session focused on biological changes during adolescence, understanding the menstrual cycle, and the reasons behind menstruation. Common misconceptions, such as periods causing anaemia, excessive blood loss, or making girls impure, were discussed and clarified. Students were also guided about the dos and don'ts during menstruation, proper use of sanitary products, maintaining hygiene at home and school, and correct disposal of sanitary napkins. The workshop was highly interactive, where students freely asked questions regarding abdominal cramps, irregular periods, sanitary pads, and menstrual cups. The session helped students become more aware, confident, and comfortable about their bodies and overall well-being.

