

## **School Report: Workshop on Puberty and Hygiene**

The Air Force School, Subroto Park, conducted a comprehensive workshop titled **"Growing Up: Understanding Puberty and Hygiene"** for girls in Grades VI, VII, and VIII as part of their Life Skills curriculum, facilitated by Ms. Anjela Dahiya, the school counsellor in the month of Aug & Sep 2024. The primary aim of this workshop was to provide the students with essential knowledge about the physical and emotional changes associated with puberty, as well as practical guidance on personal hygiene and self-care.

The workshop commenced with a friendly icebreaker activity, "Two Truths and a Lie," which focused on health and self-care topics. This engaging activity was designed to establish a comfortable and supportive atmosphere, allowing students to feel at ease. The workshop's structure ensured that students could freely interact, ask questions, and express their concerns in a small, safe group setting. This openness was crucial in addressing the various aspects of puberty, including the physical changes, emotional impacts, and personal hygiene practices. The topics covered ranged from an overview of puberty and its stages to detailed hygiene practices and management strategies.

Feedback from the students was overwhelmingly positive. The students expressed satisfaction with the knowledge gained and reported feeling more informed and prepared to manage the changes they are experiencing or will soon encounter. The workshop effectively reduced the stigma around puberty, boosted the students' confidence, and equipped them with practical tools for self-care.

Overall, the workshop successfully met its objectives of education and support, fostering an environment of openness and understanding regarding this important developmental phase.





