



**URSULINE CONVENT SR. SEC. SCHOOL**  
GREATER NOIDA

## **REPORT ON WORKSHOP CONDUCTED ON MENSTRUAL AWARENESS & HYGIENE FOR THE GIRLS OF CLASS VIII & IX**

**Ursuline Convent Sr. Sec. School, Greater Noida** conducted a workshop for the girls of class VIII-IX on **Menstrual Awareness and Hygiene** on 20<sup>th</sup> May, 2022.

The workshop was conducted by Mrs. Poonam Verma and Ms. Anjali Naithani. Menstruation is a natural part of the reproductive cycle. However, in most parts of the world, it remains a taboo and is rarely talked about.

Girls and women need to maintain good menstrual hygiene to uphold their health and dignity.

They explained the same in very simplistic terms and with lots of activities.

During the workshop, the students were told about the science behind menstruation and the myths surrounding it. The girls were also taught basic hygiene that should be maintained during periods. It helped in sensitising them on various complications arising out of lack of menstrual hygiene. In the end, a question-answer round was also conducted.

