

Event: Awareness Program on Menstrual Health and Hygiene

Date: 10th August 2022

Classes: 8th & 9th (Girls)

Resources Person: Mrs. Jaspreet Kaur and Mrs. Minakshi Wadhawan

Report: Awareness Program on the Menstrual Health and Hygiene of the girls was organised in St. Xavier's School, Bathinda on 10th August 2022 in the school hall. School faculty members Mrs. Jaspreet Kaur and Mrs. Minakshi Wadhawan delivered lecture on Menstrual Health and Hygiene. Information about the natural biological process of human body, diet during the periods, safety precautions and disposal of used napkins in a proper manner was given. Video related to the topic was also shown to the students for more clarification. Initially students were feeling shy but later on they came up with their queries. They participated with great enthusiasm and clarified the myths and doubts.

Students interaction with faculty proved to be informative to the students.

