

MOTHER DAUGHTER WORKSHOP- REPORT

There is nothing more powerful than a mother's love for her daughter and there is nothing more healing than a daughter's gratitude.

Adolescence may begin with teenage years but its physical and psychological expression begins early. During this transitional phase, mothers often find it difficult to speak with their young daughters about this adolescent development. Understanding this inhibition, Delhi Public School, Gurgaon organised a session for the girl students of Class V on 26th July 2018. Dr. Meenakshi Sauhta, a renowned gynaecologist of Cloud Nine Hospital, Gurgaon was the guest speaker for this workshop.

This carefully crafted workshop proved to be a platform where queries were answered and problems were discussed in a candid and relaxed atmosphere. The workshop also gave an insight on the 'Menstrual Hygiene Awareness Program'- A School of Life Initiative of Haryana Government.

It was well appreciated by the participating mothers as it aimed at empowering our young girls to respond to real life situations in a positive and responsible way.

