

## Report on Menstruation and Reproductive Health

Menstruation is a natural process but it is rarely talked about as it is considered a taboo. To break this barrier and to educate girls on how to manage menstruation safely, a session on 'Menstruation and Reproductive Health' was conducted by Ms. Ashwini Shivakumar Bidnurmath, Medical Consultant, WHO on Friday, 9<sup>th</sup> December 2022 for the girls of class 7.

During the workshop, the students were apprised about the science behind menstruation followed by a discussion about the myths surrounding it. The students were also explained about basic hygiene that should be maintained during periods and were sensitised about taking care of their own health. Ms. Bidnurmath also spoke about the hormonal and mental changes which the body undergoes during the menstruation period.

It was an interactive session wherein the girls not only clarified their doubts but also confidently discussed their experiences and challenges.

