

Report: workshop on girls' body awareness and education training

Jaspal Kaur Public School, in collaboration with Whisper and P&G, orchestrated an impactful workshop on girls' body awareness and education training on September 30, 2023. Partnering with their training ally, Right Side Story, the workshop welcomed both students and parents, aiming to instill awareness about menstrual health, hygiene, and the significance of establishing healthy boundaries in relationships.

The workshop commenced with a warm welcome address from the school's Principal Mrs. Asha Saran Srivastava, emphasizing the significant role of empowering young girls to confidently navigate the challenges of adolescence. The trainers from Right Side Story infused the session with engaging anecdotes and practical tips, underlining the importance of safety and health while affirming each individual's right to set boundaries in relationships. Representatives from Whisper and P&G elaborated on the crucial aspects of proper menstrual hygiene, offering practical guidance through product demonstrations. Participants received informational handouts for future reference, enhancing their understanding of menstrual health.

Parents in attendance conveyed their gratitude for the valuable insights provided by the trainers. They found the workshop instrumental in comprehending the evolving needs of their daughters, gaining practical tips to support their children's physical and emotional well-being.

Overall, the workshop emerged as a resounding success, leaving participants feeling more informed, confident, and empowered. Through collaborative efforts, the school and its partners aspire to persistently raise awareness about the challenges encountered by young girls, contributing to the creation of a happier and healthier future.

