

Report

Workshop on Puberty and Self Hygiene

In a profound effort to empower young girls on their journey through adolescence, Proctor and Gamble organized a special session on July 6, 2023. Led by the knowledgeable Ms. Anchal, the event took place in the school auditorium and centered around fostering good health and hygiene practices during the transformative phase of puberty.

With a compassionate focus on nurturing physical and mental well-being, the session delved into the intricacies of puberty and the associated changes that unfold during this pivotal time. Engaging the audience of girls from classes V and VI, a captivating short film underscored the importance of health and hygiene awareness.

Guiding the discussion, the speaker shed light on the significance of maintaining a balanced diet and cultivating a positive state of mental and physical well-being. The girls were encouraged to embrace self-care as an essential aspect of their overall growth and development. To ensure a comprehensive understanding, the session concluded with a dynamic question and answer round, allowing the students to seek clarity and gain further insights.

