

PRIDE IN WHO WE ARE: THE GIRL TALK

Menstruation and Mental Health are topics that aren't openly talked about- so much that it is even considered a social stigma. And in our school, we took the responsibility to educate girls of grades 5-8 about menstrual period health and other mental disorders.

On the initiative of a few girls from grade 8 and 11 and the mentor, Ms Rachana, Faculty, Home Science, opened up and conducted an impactful session. The speakers debunked myths, answered queries and helped the girls feel comfortable. Different sessions were conducted to meet the level of understanding. The younger girls, who turned their curiosity into questions, were very active and enthusiastic during the sessions. And the older girls, focused on their mental stability and strength. The girls elaborated on problems and issues that we as adolescents face and spoke on body positivity.



Sanitary-pad disposal methods for good hygiene in the washrooms were demonstrated and the audience was also briefed about the menstrual period products available. The students even discussed about cramps, PMS and PCO's and packed the listeners with information about their own bodies.

The sessions received lot of feedback and positive response on how the students found the seminar very helpful and supportive. The objective of normalizing these topics, which is the need of the hour, seems to have realized.

