

Topic of the session: Health and Hygiene Awareness

Grade: VII & VIII (All sections).

Date: 30th June 2026

Venue: High School Auditorium and Primary Block Computer Lab

Resource team of the session: Wonderwork events in partnership with Plush, Dr.Nayla Manaal from Mythri Hospitals conducted session for girls and Dr.Jahnavi from Sunshine hospitals conducted the session for boys.

Objectives of the session: A Health and Hygiene session was conducted to create awareness about adolescence, physical and emotional changes, personal hygiene, and healthy lifestyle habits. Students gained age-appropriate knowledge on topics such as puberty, menstrual health, bodily changes, emotional well-being, nutrition, sleep, and responsible screen time. The session encouraged open discussions, addressed common myths and doubts, and emphasized self-care and respect for one's own body and others. It also highlighted the importance of healthy diet, hygiene practices, and making informed choices during adolescence. The session was well received by students and contributed to their overall understanding of health, well-being, and responsible peer behaviour.

