

SESSION ON MENOPAUSE

A Menopause Awareness Session was conducted for teachers by Global Hunt Foundation under the CSR initiative of Unicharm India, with the aim of enhancing understanding of the physical, emotional, and physiological changes associated with menopause. Held on 1st December 2025, via Zoom was led by Mrs. Nitya Chaudhary, the session covered the stages of menopause, common symptoms, practical management strategies, and the importance of recognizing how hormonal changes can influence mood and overall well-being. The session provided valuable insights that encouraged awareness, empathy, and proactive self-care among the teaching staff, fostering a more informed and supportive school environment.

