

**THEME:** Students' Workshop

**REPORT:** Health and Hygiene - Girls

**DATE:** Thursday, February 12, 2026

**CONDUCTED BY:** Dr. Neha Gupta, Metro Hospital

**ATTENDED BY:** Girls of classes V -VIII (approx. 150)



Health, according to the World Health Organization, is "a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity. It becomes all the more important for adolescents to be aware of their growing bodies and learn health and hygiene practices.

In order to equip our students to handle this sensitive and important topic, we invited a renowned gynecologist – Dr. Neha Gupta, who interacted with the girls of classes V – VIII and gave an understanding about pubertal changes, menstruation and the importance of maintaining hygiene at all times. Our health partners – Health basics helped liaison with Metro Hospital and organize this valuable session.

Dr. Gupta explained them about their growing bodies, changes taking place in them during adolescence and the biological significance of menstruation. The taboos and myths associated with this natural biological process were clarified. Importance of HPV vaccine to prevent severe diseases like cervical cancer and other infections were emphasized upon.

The session was comforting and informative, such that students opened up and asked several naïve questions to make it a fruitful session.

## WORKSHOP IN PROGRESS

