

Report : MENSTRUAL HEALTH ADVOCACY FOR YOUNG MINDS

Date: 27. August 2024

Conducted By- SUDHA NGO

Participated By- Classes-VI To XII

"From Stigma to Strength: Menstrual Health Advocacy for Young Minds" with SUDHANGO, WHO & GD Goenka School, Varanasi

We are proud to host a transformative health advocacy session organized by SUDHANGO (Social Upliftment and Development for Health Action) in collaboration with WHO, under the leadership of Ms. Geetha Nair. This initiative focused on raising awareness about menstrual health and hygiene, especially for our girl students from grades 6 to 12.

During the session, our students gained invaluable insights into the importance of menstrual health and hygiene, breaking the stigma and misconceptions around periods. They learned about the biological aspects of menstruation, proper hygiene practices, and how to manage their health confidently during this phase.

By providing factual information and encouraging open discussions, the program empowered our young girls to take charge of their health, fostering self-care and body positivity. The session also emphasized the importance of menstrual hygiene for overall well-being and its role in preventing infections and complications.

We are incredibly honored to be one of the 36 schools in Uttar Pradesh chosen for this impactful session, which has undoubtedly left a lasting positive impact on our students' lives.

A heartfelt thank you to Ms. Geetha Nair and the dedicated team at SUDHA NGO for their unwavering commitment to making a difference in society. Together, we are shaping a healthier, brighter future for our community!

