

## SESSION ON MENSTRUAL HEALTH AND HYGIENE

On 8<sup>th</sup> August, 2023, our school Army Public School Jammu Cantt conducted a workshop on Happiness Express under the aegis of NITI Aayog. NITI (National Institution for Transforming India) Aayog is developing itself as a state-of-the-art resource centre with the necessary resources, knowledge and skills.

The resource person for the today's workshop was Mr Deepak Gera and Ms Akriti. At the outset, Mr Deepak Gera, the resource person welcomed the participants for the workshop. He gave his introduction and then kick started with an ice-breaking session.

It was a wonderful session. They gave an informative insight on the topic of promoting menstrual health and hygiene. They discussed that menstrual hygiene is vital to the empowerment and well being of women and girls worldwide. Promoting menstrual health and hygiene is an important means for safeguarding women's dignity, bodily integrity and privacy. He took this sensitive issue in the most amiable way among boys and girls of classes IX and X. It will help them in building lasting relationships and adapt to change as they grow into adults. Overall it was the session of amalgamation of knowledge, experience, awareness and gaiety.

Ms Puneet Kaur, Principal Army Public School Jammu Cantt extended her gratitude to the resource person for having an instructive session with adolescents. The session ended with vote of thanks from Ms Priyanka Andotra, Counsellor of the School.



