

Bosco Public School organized a workshop on feminine hygiene on Oct 1, 2024. The workshop aimed at educating girls about proper menstrual health management. The session covered essential topics like understanding menstruation, the use of sanitary products and the importance of maintaining hygiene during periods.

The workshop began with a warm sapling welcome of resource person Ms. Ritika from P&G by our diligent Primary Incharge ma'am Ms. Neha Sadana.

The workshop started with the discussion on the risks associated with poor menstrual hygiene which leads to infections and provided tips on proper disposal methods and personal care. She emphasized the importance of exercise and balanced diet which directly impacts overall health of an individual.

Towards the end of the session, the students also engaged in an interactive Q&A session where myths and taboos surrounding menstruation were addressed