

## Workshop on Menstrual Hygiene by Dr. Bhawana Sachdeva for the girls of classes VII and VIII



In an endeavour to stress on health, hygiene and changes pertaining to puberty and adolescence, Sat Paul Mittal School, Ludhiana organized a workshop on Menstrual hygiene for the girls of classes VII and VIII on 20th December 2022. The aim of the workshop was to enlighten the girls about menstrual cycle, changes that occur in the body of female before and during menstruation, various measures which one should take to ensure clean, healthy and sterilized menstruation cycle and also about various taboos surrounding the issue. Dr. Bhawana Sachdeva, Sen. Vice President of LOGS (Ludhiana Obs. and Gynae Society) was the resource person of the day.

She etched out an informative session in which she educated the girls about different physical and psychological complications related to menstruation. In her lucid talk, she explained to the girls, the method to calculate their menstrual period, methods to battle menstrual stigma, PCOS (Polycystic Ovarian Syndrome) its causes, symptoms, and precautions, overcoming undue shyness and to maintain proper hygiene. She added that everyone has different type of body and that is why every female has her own journey of menstruation cycle and mood swings is a common issue among adolescent girls while menstruation. They should not isolate themselves during this period, instead they should try to manage their moods. She suggested to focus on adopting healthy lifestyle like yoga, gym, and balanced diet to have problem free periods.

Furthermore, in the interactive session the resource person answered every query of the students to their satisfaction. Stressing the fact that menstruation is a natural process, she encouraged the girls to take it in their stride confidently. She also gave tips to tackle minor ailments associated with it. All the students thanked Dr. Bhawana for dispelling the myths related with menstruation and for augmenting self-esteem, pride, and joyful spirit of being a girl in them. Indeed, it was a very informative session, and the students assured her that the tips suggested by her would be followed by all of them.