

D. A.V. PUBLIC SCHOOL

No. 19, Sitaram Nagar, Velachery, Chennai – 42

Plot No. 131, 132, 130 & 135, Bhuvaneswari Nagar, 2nd Main Road, Velachery, Chennai – 42

Report on Puberty and Menstrual Health Awareness Workshop

A Puberty and Menstrual Health Awareness Workshop was conducted for the girls of Classes VI to XII by Ms. Jinsha from Brand Side Story, in collaboration with Whisper Company on 9 September, 2026. The session was conducted in an interactive and student-friendly manner to help girls understand the physical, emotional and psychological changes that occur during adolescence and puberty.

Key Topics Covered

Understanding Adolescence: Students were introduced to the concept of adolescence and the various changes that take place during this stage of growth.

Understanding Puberty: The facilitator explained puberty and the normal physical and emotional changes associated with it.

Physical Changes: Changes such as growth in height and body development were discussed, helping students understand that these changes are a normal part of growing up.

Emotional and Mental Changes: Students were made aware of mood changes, emotional sensitivity, self-confidence and other feelings that may occur during adolescence.

Understanding Periods: The session explained what menstruation is, the menstrual cycle and what girls can expect when they begin getting their periods. Students were guided on managing menstrual flow and choosing suitable menstrual products according to their needs.

Handling the Situation: Practical guidance was provided on how to stay comfortable, confident and prepared during periods, both at home and at school.

Menstrual Hygiene: The importance of maintaining proper hygiene and changing menstrual products regularly was highlighted.

Breaking Myths and Building Confidence: The workshop encouraged students to view menstruation as a normal and healthy part of growing up and to openly seek help when they have concerns.

The students participated actively in the session and listened with interest. The workshop provided them with age-appropriate information and practical guidance, helping them feel more confident and informed about the changes they experience during adolescence.

The Workshop was a valuable initiative towards promoting awareness, menstrual hygiene, confidence and healthy practices among adolescent girls.

MENSTRUAL HEALTH AWARENESS WORKSHOP



Every Change has a Story – Know it and Value it



Know Your Body; Respect Yourself



Puberty – A Journey of Growth and Discovery