



VIDYA BAL BHAWAN SR. SEC. SCHOOL

Recognised & Affiliated to CBSE, Delhi

Awareness
Confidence
Care
for a
Brighter
Tomorrow

Workshop on **Health and Hygiene** During Puberty

A STEP TOWARDS A HEALTHIER, MORE CONFIDENT YOU

Healthy
Habits
Happier
You



A workshop on **“Health and Hygiene During Puberty”** was organised for girls from Classes V to XII, conducted by **Brand Side Story & Spoke person Ms. Manjari**. The session aimed to create awareness among students about the physical and emotional changes experienced during puberty and to equip them with the knowledge and confidence to manage these changes in a healthy and responsible manner.

KEY HIGHLIGHTS OF THE SESSION



Personal Hygiene



Menstrual Health



Nutrition and Healthy Lifestyle



Emotional Changes



Self-Care and Well-being



Open Discussion & Doubt Clearing



Positive Attitude towards Health and Self-care



INTERACTIVE & ENGAGING SESSION

Students actively participated, asked questions and clarified their doubts in a safe and comfortable environment.



GREATER AWARENESS & CONFIDENCE

The workshop enabled students to understand and accept the natural changes in their bodies with confidence.



A HEALTHIER BRIGHTER TOMORROW

The session encouraged students to adopt responsible personal habits and maintain a positive approach towards their health and well-being.