

# Outcomes of the Life-Skills Sessions



IAM is a mental health organization that conducts life skills sessions with 7<sup>th</sup> to 12<sup>th</sup> grade students. These interactions help the students to inculcate positive behaviour and be able to express themselves. These sessions include topics like menstrual health, hygiene, importance of nutrition, etc. that are neither discussed at school nor at home. The sessions provide a safe conducive environment where the students can express their emotions and discuss difficult/taboo topics.

## Here are few anecdotes from the students regarding the life skills sessions:

*"I was able to educate my mother and sister-in-law about the adverse health impact of using cloth during periods."* – Shweta (name changed), class 8<sup>th</sup>

*"I learned about the reality of the different myths related to menstruation like not eating pickles during periods and not going to temples and I understand why they should not be propagated further in our society."*

– Neha (name changed), class 7<sup>th</sup>

*"I didn't like milk but after the nutrition session, I understood its significance and included fruits & milk products for a healthy life. Now, I have started having milk on a daily basis."*

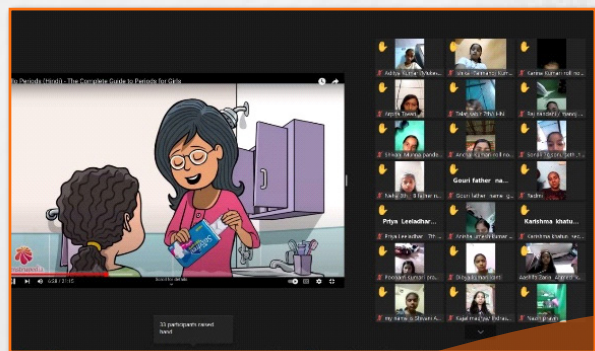
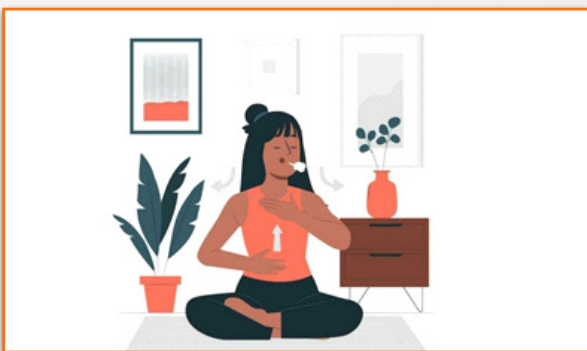
– Preeti (name changed), class 12<sup>th</sup>

*"To deal with the stress of studies and scoring well, I have started meditating for some time every day. It has helped me to maintain my calm and enhance my focus."*

– Aarti (name changed), class 12<sup>th</sup>

*"I have included light and nutritious items for my breakfast like poha and dalia which I never liked before, but I know its importance now,"*

– Manshi (name changed), class 11<sup>th</sup>



By Raveena, CSR Team