

SENSITIZING THE YOUNG NDDP STUDENTS ON MENSTRUAL HEALTH



NDDP includes life skills development sessions in its Self-Motivation and Development Program for girls from classes 6th to 8th.

To educate the girls on this significant process in the female body, I-Am-Well-being (project implementation partner) conducted a session in June 2023 with students of grade 6 on 'Menstrual Health,' a topic still surrounded by many myths and misconceptions.

Here are a few key takeaways shared by the students:

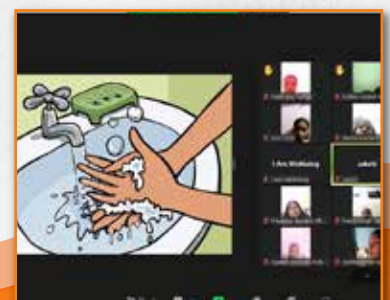
"We must ensure the sanitary pad is wrapped properly while disposing. This helps maintain hygiene and keep the environment clean." – [Shreya, Tekhand](#)

"Being active with light movements and exercises during periods can help us feel better and give relief from the cramps" – [Aliya, Tekhand](#)

"Changes in our body take place due to hormonal changes, especially visible during teenage."
– [Pari, Harkesh Nagar](#)

"I got to know about the pituitary gland in our body, which is responsible for releasing hormones and due to which certain changes happen in our body." – [Kaira, Tekhand](#)

"I would like to share that iron in food is very important for all girls. Without proper iron, we feel tired. We must include food like milk, fruits, and green vegetables in our daily diet." – [Pihul, Tekhand](#)



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