

A Vital Session on Menstrual Health

NDDP Life Skills Program

We recently conducted our first session under the NDDP Life Skills Program. The session was focused on educating and raising awareness about menstrual hygiene and nearly 635 students from classes VII to XII attended the session.

The facilitators played an animated video explaining the science behind periods. Some of the students shared their experiences and asked questions about the topic. The facilitators also busted common myths and misconceptions related to menstrual health and enlightened the students with some facts.

Here are some thoughts shared by the participants that reflect their understanding on menstrual health after attending the session:

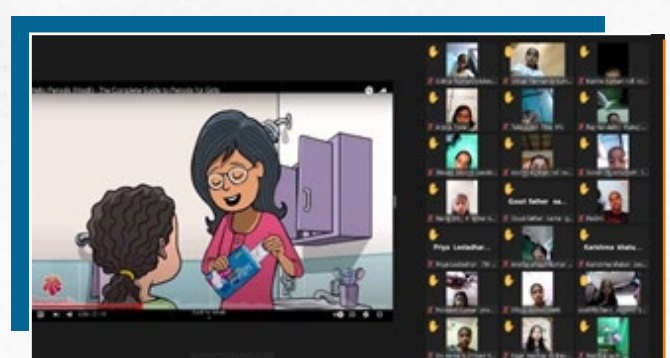
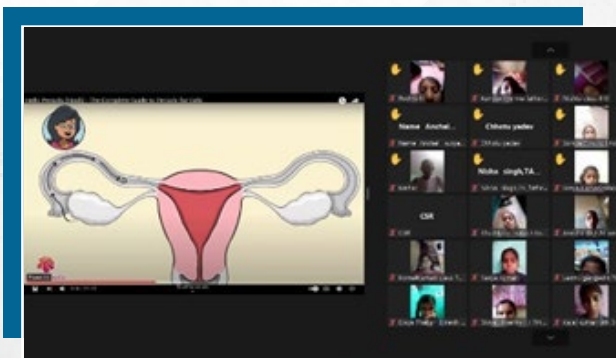
“Why do only girls bleed? I hesitated to ask this question to my mother or friends. After attending this session, I found answers to all my questions.” – Sona (name changed), Class VII

“The session addressed our menstruation-related misconceptions for the first time. We could easily understand and relate to the facilitator’s story.” – Pragya (name changed), Class VII

“I heard that we were not allowed to touch idols during menstruation because it makes us impure. After Charul ma’am’s guidance, I realized that it’s not true.” – Lara (name changed), Class IX

“Through the session, I realized that I was taking my body for granted by not learning enough about the menstruation process. The session helped me learn the science behind it.” – Rashi (name changed), Class X

“Though I already knew about menstruation, the session wiped out various myths that I used to believe since I started menstruating.” – Bharti (name changed), Class XII



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