

Nurturing Awareness, Ensuring Dignity: A Step Taken Towards Menstrual Health Education at M.K Dav Public School, DaltonGanj

In thoughtful adherence to the guidelines issued by the Central Board of Secondary Education, the Institution organised an informative and sensitisation session on Menstrual Hygiene Management for students. The initiative aimed at fostering awareness, dispelling myths and cultivating a healthy and dignified approach towards menstrual health among young learners.

The session was graced by the esteemed presence of Dr. Sushma Sabnam Horo, a renowned Obstetrician and Gynaecologists and Dr. Nishtha , an alumna of the institution who shared their valuable insights with clarity and empathy. The programme commenced with a gracious welcome wherein the Honourable Principal, Mrs. INDRANI CHATTERJEE presented saplings to the honoured guests. The gesture beautifully echoed the essence of the initiative—nurturing young minds while promoting holistic health. Then started an engaging and interactive discourse in which the distinguished medical professionals addressed common concerns, emphasised hygienic practices, broke the long-standing myths and taboos associated with menstruation and also encouraged students to approach the subject with confidence and openness. The session proved to be highly enlightening equipping students with essential knowledge and nurturing a sense of self-care and responsibility.

The Honourable Principal, in her address, highlighted the biological and emotional significance of menstruation describing it as a natural process reflecting the body's readiness for the possibility of motherhood. Emphasising the need to view it with respect rather than hesitation, she encouraged students to understand it as a sign of growth and the remarkable ability to nurture life. She further noted that such awareness programmes are essential in today's educational landscape as they not only impart vital health education but also help in challenging deep-rooted misconceptions surrounding menstruation. She remarked that when students are equipped with informed awareness, they are empowered to make healthier choices and build their self-esteem which contributes towards the creation of a supportive and inclusive school environment.

The session concluded on a note of understanding and clarity leaving a lasting impact on the students and strengthening the school's commitment to holistic education and student well-being.





