



# SESSION ON MENSTRUAL HYGIENE

India International School organized an awareness session on *Menstrual Hygiene* for the girls of Grades V and VI, along with their mothers, on 19th September 2025 in the school auditorium. The session was conducted by Ms. Nitya Chaudhary, CSR Executive, Unicharm India.

The resource person sensitively addressed the physical and psychological changes that young girls experience as they step into puberty. She also emphasized the importance of maintaining proper menstrual hygiene to ensure good health and well-being.

A significant aspect of the session was the encouragement of open and healthy communication between mothers and daughters. Ms. Chaudhary highlighted that such dialogue not only helps young girls manage stress and anxiety during this transitional stage but also strengthens the mother–daughter bond.

The session was highly informative, interactive, and reassuring, leaving both students and mothers better equipped to approach this natural phase of life with confidence and positivity.









