

## St. Cecilia's Public School Grow up Girl



Adolescence is one of the most rapid phases of human development and during this body, goes through many changes. One of the most challenging problems in girls is of menstruation. It is a natural part of reproductive cycle, but it remains a taboo and is rarely talked about.

A workshop was organized for girls in St. Cecilia's Public School on the issue of menstruation and its safe practice by Ms. Ritika.

The workshop laid emphasis on menstruation hygiene and management. It ensures that one can continue with daily routine and proper hygiene should be maintained for one's well being and development. The workshop focused more on the important issue and how to control impulsive behavior during menstruation time.

The workshop was quite informative and agenda behind this workshop was to make girls aware that menstruation is the natural process of human development.