

St. Cecilia's Public School
Menstrual Hygiene Awareness Session
28.07.2026

Theme: Growing Up with Confidence – Understanding Menstruation & Menstrual Hygiene



A Menstrual Hygiene Awareness Session was conducted for the girls of Grades VI–VIII by the school counsellor with the objective of promoting scientifically accurate knowledge, building confidence, and dispelling myths surrounding menstruation. The session combined an interactive PowerPoint presentation with the Menstrupedia educational video, enabling students to understand concepts through both visual learning and guided discussions.

The session began with the creation of a safe and respectful environment where students were encouraged to ask questions freely. Through discussions on puberty, hormonal changes, body development, and normal vaginal discharge, students were reassured that every girl's growth journey is unique. The video segments were interspersed with interactive discussions, allowing students to reflect on and reinforce their understanding of each topic.

Students learnt about the importance of a balanced diet, especially iron- and Vitamin C-rich foods, in maintaining menstrual health and preventing anaemia. Common myths, including the misconception that menstruation itself causes anaemia, were scientifically clarified. The physiology of menstruation was explained using a labelled diagram of the female reproductive system, helping students understand the menstrual cycle as a natural and healthy biological process.

Practical guidance was provided on menstrual cycle tracking, recognising common menstrual symptoms, managing menstrual discomfort, carrying an emergency sanitary pad, and adopting healthy self-care practices. An engaging 'Draw Without Seeing' activity highlighted the importance of body awareness and self-care.

The session also included a demonstration on the correct use and disposal of sanitary pads, menstrual hygiene practices, reusable cloth pads, and environmentally friendly menstrual products.

During the session, the Middle School Coordinator interacted with the students by asking relatable questions based on the topics discussed, encouraging them to share their thoughts and experiences. This

interactive exchange helped assess their understanding and kept the students actively engaged throughout the programme.

The workshop concluded with the 'Symmetry Painting' activity, symbolising that while every girl experiences similar phases of growth, each journey is unique and equally beautiful.

The session concluded with the message that knowledge empowers confidence, encouraging students to embrace menstruation as a natural part of growing up while making informed, healthy, and responsible choices. The enthusiastic participation and thoughtful responses from the students reflected the success of the session in promoting awareness and reducing stigma surrounding menstrual health.