



NATIONAL PUBLIC SCHOOL

KENGERI, BENGALURU

Report on Puberty and Health Session

"Wellness is the complete integration of body, mind, and spirit."



Menstrual Health session aimed to educate Grade 5 students on menstrual health, fostering a stigma-free understanding of periods and puberty while encouraging open discussions and practical self-care.

Through engaging icebreakers, respectful communication guidelines, and reflective discussions on growing up, students explored the physical and emotional changes of puberty

Key topics included understanding menstruation, myth-busting common misconceptions, managing emotions, and maintaining personal hygiene. Practical tips for handling periods at school, recognizing when to seek medical advice, and building confidence through open Q&A reinforced a supportive, informed environment.

The session empowered students with knowledge and practical strategies for well-being during this transitional phase.

