

## Those Days of the Month' -A webinar on Menstrual Health and Hygiene

The postgraduate students of the department conducted a webinar for 8<sup>th</sup> and 9<sup>th</sup> grade adolescent girls of St. Mary's High School, Bangalore on 26<sup>th</sup> August 2021. The webinar aimed to create awareness about menstrual health and hygiene among the girls. The topics covered in this webinar were an introduction to the menstrual cycle, primary and secondary characteristics, menstrual hygiene and products, and myths and realities. The students had also put together a skit to portray the prevalent myths and realities about menstruation. The response and feedback received were very positive from the girls and teachers who were a part of the webinar, and the principal of the school personally acknowledged the efforts put in by the students. Around 50 students participated in the webinar

