

St. Cecilia's Public School
Period Awareness Workshop
25.11.2022



Under the able guidance of Worthy Madam Principal, the Student Council of St. Cecilia's Public School conducted 'Period Awareness Workshop' on 25.11.2022. Students of classes 9th to 12th were the audience.

The action plan of this workshop had an underlying objective – to normalize conversations around menstrual cycle and menstrual hygiene amongst girls as well as boys so that they have complete and correct information on this topic. The workshop began with a general introduction by a student council member that prompted the audience to understand the gravity of the issue.

The workshop was structured in the form of conversations and a talk show. The participants, acting as medical students, doctors and members of various women health organizations, explained the power point presentation that included discussions on different names given to the menstrual cycle, the female reproductive functioning, why periods occur and at what age. Participants also engaged the audience while deliberating on symptoms, myths and menstrual hygiene. Thereafter, a wonderful video was shown to the students that must have made them wonder about the hesitation most people feel while talking about periods when, in reality, it's just another bodily function. Some general facts were shared with the audience, too, such as the percentage of girls dropping out of schools due to less awareness on how to manage one's menstrual cycle days. Subsequently, a small question-answer session was put to effect in which the students realized the relevance of having accurate information on periods.

After this, Madam Principal encouraged the students to understand the need to have sensible and mature conversations amongst each other, especially, on topics that are not thoroughly discussed in society. This can help us to be more considerate and kind towards each other.

Overall, the workshop proved to be a fruitful attempt in fulfilling the aforementioned objective.