



DELHI PUBLIC SCHOOL ONGC, NAZIRA

(Under the aegis of the Delhi Public School Society, New Delhi)

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Report on the Session on Menstrual Hygiene Management

Topic: Awareness Session on Menstrual Hygiene Management

Date: 24.06.26 (Wednesday), 25.06.26 (Thursday), 29.06.26 (Monday) and 30.06.26 (Tuesday).

Mode of Activity: Interactive Session, Activities with IEC materials, Flip cards, sanitary absorbents and Demonstration of Yoga Asanas.

Participants: Students (Only girls) of Classes V, VI, VII and VIII.

Venue: M P Hall, Delhi Public School ONGC, Nazira

Speaker: Ms Poonam Hazarika (School Staff Nurse).

Introduction

“Break the silence not your confidence.”

Menstruation is a normal biological process experienced by adolescent girls and women of reproductive age. Menstrual Hygiene Management is crucial for the health, dignity and education of adolescent girls. To address the gaps in knowledge and practices, a series of awareness sessions were conducted for the girl students of Classes V-VIII on “Menstrual Hygiene Management” from 24th June to 30th June 2026.



Objectives

1. To break myths and taboos related to menstruation.
2. To educate girls about safe menstrual hygiene practices.
3. To promote use of sanitary pads and proper disposal.
4. To discuss menstrual health problems and when to seek help.
5. To create a comfortable environment where girls can ask questions freely.



DAY 01 (24.06.2026)

Key Points Discussed

1. Breaking the Silence: The session started with breaking the silence by asking few questions on Menstruation, few experiences/observations shared by the students and activities conducted to discuss the myths and taboos related to menstruation.



DAY 2 (25.06.2026)

2. Concept of MHM: The female reproductive system and its parts were explained along with the biology of menstruation. Facts about menstruation were discussed. How to maintain hygiene during menstruation and use of safe menstrual absorbents during menstruation such as Disposable sanitary pad, Reusable cloth pad, Tampon and Menstrual cup were explained along with the advantages and disadvantages of the absorbents. The students were advised to practice safe menstrual habits.



DAY 3 (29.06.2026)

3. Safe Disposal Methods: The methods for safe disposal of used sanitary napkins were explained such as Deep burial, Composting and use of Incinerator.



DAY 4 (30.06.2026)

Conclusion

The session was successful in breaking silence around menstruation. Girls participated actively after the ice-breaking session. The session will help the girls to take care of themselves in their menstrual cycle.

Regards

(Poonam H, Ananya B & Beda Prakash D)
SHW Committee