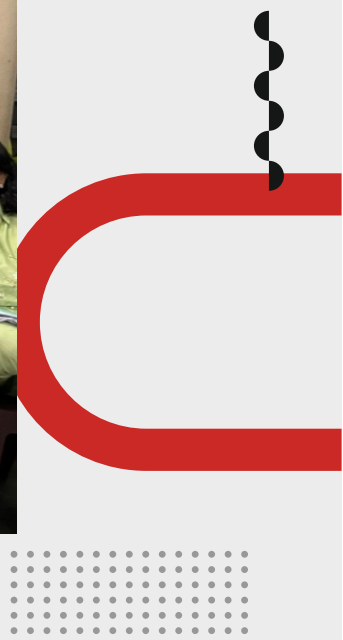




Workshop on Project "PRAKRITI" - Menstrual Health & Hygiene

18th of September, 2024, Duration of Event : One Day

Location : Platinum Valley International School, Ghaziabad





Review of One-Day Teacher's Training Workshop on Project "PRAKRITI" Menstrual Health & Hygiene

Location: Platinum Valley International School, Ghaziabad

On 18th September 2024, SHINING SOULS organized a comprehensive one-day teacher's training workshop under Project "PRAKRITI" at Platinum Valley International School, Ghaziabad. The session, led by Miss Sumeena Sawhney, a professional menstrual health trainer, aimed to equip educators with essential knowledge and tools to address menstrual health and hygiene among their students.

Miss Sawhney's approach was highly interactive, engaging participants in open discussions about the myths, taboos, and misconceptions surrounding menstruation. The workshop provided a thorough understanding of the biological and emotional aspects of menstrual health, highlighting the importance of creating a supportive environment for students. Teachers were trained on how to handle sensitive conversations, ensuring that girls feel empowered and comfortable in seeking help or guidance regarding menstruation.

Practical strategies were also discussed, focusing on how to introduce the topic in a classroom setting and integrate it into the school's curriculum. The importance of breaking the stigma attached to menstruation was emphasized, with actionable steps on how teachers can foster an inclusive and informed dialogue with both male and female students.

Overall, the workshop was highly beneficial, leaving teachers well-prepared to act as advocates for menstrual health in their respective classrooms. SHINING SOULS, through Project "PRAKRITI," continues to take vital steps in promoting menstrual health and hygiene awareness, ensuring that educators are adequately trained to support the next generation.

