

D.A.V. PUBLIC SCHOOL, THANE

Report on Menstrual Hygiene Awareness Programme

Date: 20 August 2026

Attendees: Secondary Section Girls

Resource Person: Ms. Sarika Gupta, Menstrual Educator, Takara Events and Services

Topic: Menstrual Hygiene Awareness



A Menstrual

Hygiene Awareness Programme was organized for the girls of the Secondary Section on **20 August 2026**. The session was conducted by **Ms. Sarika Gupta, Menstrual Educator from Takara Events and Services**.

The programme aimed to create awareness among the students about the importance of menstrual hygiene and to encourage them to follow healthy and hygienic practices during menstruation. Ms. Sarika Gupta explained the importance of maintaining personal hygiene, proper use and changing of sanitary products, safe disposal of sanitary napkins, and the need to maintain a healthy lifestyle during menstruation.

The session was interactive and informative. The girls were encouraged to ask questions and clear their doubts regarding menstrual health and hygiene. The resource person also emphasized that menstruation is a natural biological process and should not be a matter of shame or embarrassment.

At the end of the session, **sanitary napkins were distributed to the girls** as part of the awareness programme. The programme was beneficial in promoting awareness, confidence, and healthy menstrual hygiene practices among the students.

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