



**Bal Bharati**  
**PUBLIC SCHOOL**  
M A N E S A R

## **WORKSHOP :- Puberty and Hygiene**

**Class:VI**

**Date: (26/09/2023)**

### **Description:-**

**“Puberty is a natural journey of self-discovery; good hygiene is the compass that guides us through it.”**

**A workshop for students of class VI was organised in school on “Puberty and Hygiene” which aimed to educate adolescents on the physical and emotional changes during puberty and promote good hygiene practices. The workshop covered topics like menstruation, growth spurts, and emotional changes, offering a safe space for questions and discussions. Practical hygiene tips, including proper handwashing and skincare, were also shared. Students gained a better understanding of their bodies and the importance of maintaining personal hygiene. This workshop fostered confidence and self-awareness among adolescents, equipping them with valuable knowledge to navigate this crucial stage of life with confidence and cleanliness.**

Regards

BBPS MANESAR

### **Glimpses:**



