
Menstrual health & hygiene

On **7th August 2019**, by the grace of almighty Allah SWT, a quintet of 12th graders presented on **“MENSTRUAL HEALTH AND HYGIENE”** under the guidance of Ms. RAFATH AFSHAN, who dedicated her time and resources organizing the event from scratch. Principal NAJIA TAHMEEN ma’am was invited as guest of honor. The workshop was conducted for the students of classes 7 and above who were gathered at the ground floor of the school premises waiting excitedly for the event which began at 9:35am. The workshop briefed on the intricacies of growth and nutrition required for adolescents, physiology and preparation for menstruation and menstrual care and hygiene. It also threw light on the Islamic aspects of menstruation. The audience were interactive throughout the session as chocolates were being provided for every correct answer.

Projector displayed slide shows and videos for the better understanding of the concepts. Upon interviewing one of the teachers she remarked

“The presentation was like the work of the professional, Masha Allah”.

Another said,

“The way you were able to connect with the audience and convey your message was impressive”.

One of them even praised saying,

“Educating girls on this topic is the need of the hour. Your effort is greatly appreciated”.

The session concluded with recital of Dua by Ms. HALIMA, Head of Islamic Department. The team received the certificates as a token of appreciation from Ms. NAJIA TAHMEEN, The workshop ended at 11:35am with a cheerful note.

Menstrual Health and Hygiene Workshop photos

