



JKPS

‘B’ Paschimi, Shalimar Bagh, Delhi-110088

Workshop on Girls’ Body Awareness and Education Training

At Jaspal Kaur Public School, we believe in empowering young girls by providing them with knowledge and resources to confidently manage their physical and mental health. With the same aim a workshop on girl’s body awareness and education training was organized in the school auditorium in collaboration with Whisper India and Right-Side Story on April 24, 2024. The main aim of the workshop was promoting self-confidence, positive body image, and menstrual hygiene among girls.

The representative from Right Side Story at length discussed the nuances of puberty and the related changes that occur during this critical period, with a compassionate focus on fostering physical and mental well-being, along with setting healthy relationship boundaries. A compelling short film that captivated the girls in classes V, VI, and VII highlighted the significance of menstrual health and hygiene.

The speaker also highlighted the importance of self-acceptance and self-esteem and how they are related to emotional well-being. The girls were encouraged to see self-care as a crucial component of their general development. In order to guarantee a thorough comprehension, the workshop ended with an engaging question and answer session where students could ask questions and get more clarity.

