



Session: 2023-24

**A Seminar on Smart Girl
(Menstrual Hygiene & Adolescent Nutrition)**

(Classes: VI to XII Girls only)

The seminar on menstrual hygiene was held on 07.08.2023, with the objective of raising awareness about menstrual hygiene and dispelling myths surrounding menstruation. The seminar aimed to educate girls students on proper menstrual hygiene practices and adolescent nutrition.

The seminar was conducted by:

Dr. Sunita Chouhan (MBBS, MS, FMAS), Consultant-Gynec Laparoscopic Surgeon at BCM Kokilaben Dhirubhai Ambani Hospital, Indore and

Dr. Ruchira Pahare (MBBS, MD), Consultant - Pediatric Medicine at BCM Kokilaben Dhirubhai Ambani Hospital, Indore

The interactive & engaging session, left students with valuable knowledge and empowered them to make informed choices about their menstrual health.

