

**Topic of the session: IMPORTANCE OF ADOLESCENCE, HEALTH & HYGIENE**

**Grade:** VIII & IX Girls

**Date:** 23<sup>rd</sup> January 2025,

**Venue:** Main block Auditorium.

**Resource team of the session:** Dr. Nikhila Singireddy, Obstetrician & Gynaecologist, J.J. Hospital.

**Objectives of the session:**

- Talk about general health and maintenance
- Signs and Characteristics of primary and secondary characteristics, pertaining to menstrual cycle.
- Signs of anaemia
- Talk on Cervical cancer vaccination
- How to check BMI

The students were curious to know the answers for various questions and doubts which were clarified at the end of the session.



