

USHA MARTIN WORLD SCHOOL, PATNA

REPORT: Seminar on Importance of Health and Hygiene

MONTH: NOVEMBER'16 / DATE: 10.11.2016



A seminar on health and hygiene for girls of Classes V onwards of Usha Martin World School, Patna was held by the organization Unicharm, India. The session was conducted by Rashita Yadav and she very well spoke about the importance of hygiene among girls, especially the growing generation. A detailed explanation was given on menstrual cycle. The do's and don'ts, the myths and facts related to it were explained clearly. Importance on a balanced diet was emphasized. Overall, the seminar enlightens the students of Usha Martin World School on the importance of hygiene for a healthy and fit body. The whole seminar was coordinated by Ms. Kusum.



Compiled by: Ms Moumali/Mr. Minhaz