

Health and Hygiene

Date: Thursday, 19th December 2024

A highly informative and enriching session on Health and Hygiene was conducted for the students of Classes IX and XI at Carmel Convent Senior Secondary School. The session, organized under the exemplary guidance of our beloved Principal, Rev. Sr. Ramya, featured the distinguished guest speaker Dr. Roza Olyai, a renowned expert in adolescent health.

The interactive session focused on vital aspects of health and hygiene, with special emphasis on the menstrual cycle, its management, and the importance of maintaining personal hygiene. Dr. Roza Olyai broke down these essential yet often overlooked topics into simple, relatable terms, ensuring every student felt comfortable and informed.



Students actively engaged in the discussion, asking numerous questions to clarify their doubts. Dr. Olyai's empathetic approach and clear explanations fostered an environment of trust and openness. While the concepts discussed were basic, they laid a strong foundation for understanding the significance of self-care and holistic well-being.

We extend our heartfelt gratitude to Rev. Sr. Ramya for her visionary leadership in organizing such a session. It not only addressed key health concerns but also equipped students with knowledge to make informed

decisions for a healthier future. Such initiatives reaffirm our commitment to nurturing well-rounded individuals who grow in the right direction.



This session was undoubtedly a step towards building awareness and promoting a culture of well-being among students.