

GANPATI EDUCATIONAL SOCIETY

NEWSLETTER

August 2024

Senstisation Programme

On August 21, 2024, a crucial Menstrual Hygiene Sensitization Programme was organized at Government Degree College Ramshehar by Ganpati Educational Society, Kunihar. The event aimed to raise awareness about menstrual hygiene among adolescent girls in rural areas. Dr. Roshanlal, a key speaker, emphasized the vital importance of menstrual hygiene and the need to dispel myths prevalent in rural communities. Ms. Anjana Thakur, a menstrual hygiene trainer, provided in-depth insights into the changes young girls experience during puberty. She explained how shifts in hormonal secretion directly impact physical, emotional, and social behavior, often leading to confusion among young girls. Ms. Thakur stressed the importance of proper counseling from teachers, health workers, and family elders to address these concerns. She also highlighted the interconnection between menstrual health, proper nutrition, balanced diet, and appropriate social behaviors. The programme featured an interactive discussion on common myths in rural society, encouraging active participation from both teachers and young girls. Attendees found the session engaging and informative, demonstrating an increased awareness of menstrual hygiene issues..



The positive response led to requests for more frequent sessions on the topic, indicating a strong need for continued education in this area. This sensitization programme marks a significant step in breaking taboos and promoting better health practices among adolescent girls in rural areas. To build on this success, it is recommended to organize follow-up sessions, develop a comprehensive school curriculum on menstrual health, engage local health workers for ongoing support, create and distribute informational materials in the community, and establish a support network for young girls to discuss menstrual health concerns. These efforts will help ensure that the impact of this important initiative continues to grow and benefit the community in the long term

Support In Alankar Mahotsav, Kunihar



On a special invitation from the Block Development Officer Arki, Ganpati Educational Society showcased a variety of small items prepared by special children at the grand Alankar Mahotsav on August 9th, 2024. The event was a phenomenal success, with around 16 special children relishing the cultural performances. The Chief Guest, Mr. CPS Awasthy, the Chief Parliamentary Secretary of Himachal Pradesh, interacted with these kids and learned about their unique challenges. Dr. Roshan Lal, the Director of Ganpati Educational Society, provided valuable insights to the Chief Guest on the issues special children face. Adding to the contribution were Local Self Help Groups who, on the appeal of the Block Development Officer, generously contributed towards the welfare of these unique kids. Additionally, Dr. Daman Ahuja, an expert in public health and community engagement, supported the special children's participation through GES. This event significantly highlighted the power of collaboration among officials, NGOs, and community groups in empowering special needs children, ultimately leaving a lasting and meaningful impact.