

Interactive session for Girl students
in association with
GMCH and GITS
April 9, 2024

Good morning esteemed guests, respected faculty, and our vibrant students. Today, we embark on an essential journey together—an interactive session dedicated exclusively to our girl students, focusing on critical aspects of health and well-being that affect millions of young women worldwide in association with GMCH and GITS.

We welcome **Dr. Shabdika Kulshrestha**, Professor and consultant for *obstetrics and gynecology*. Our agenda today covers three vital topics: Menstrual Hygiene, HPV Vaccination, and Adolescent Contraception. Each of these subjects plays a significant role in not just safeguarding health but also in empowering young women with the knowledge and tools they need to make informed decisions about their bodies.

This interactive session is designed not just to inform but to engage and empower. We're here to provide a safe, respectful space for learning and discussion. Questions are encouraged, and all perspectives are valued. We believe that informed young women are empowered to make choices that positively impact their health and futures.

As we move forward with today's session, we invite you to listen, learn, and engage. Your voice matters, and your well-being is our priority. Let's embark on this journey together, towards a future where every young woman is informed, empowered, and healthy.

Thank you for being here today. Let's get started.