

THEME: Students' Enrichment

REPORT: Decoding Puberty

DATE: Tuesday, August 18, 2026

CONDUCTED BY: Ms. Kritika Saxena, Flawsome

ATTENDED BY: Students of V and VI (180 students)

EVENT REPORT

Health, according to the World Health Organization, is “a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity.” It becomes all the more important for adolescents to be aware of their growing bodies and learn the psychological effects of growing up especially at puberty.



In order to equip our students to handle this sensitive and important topic, we invited Ms. Kritika Saxena, B2B Partnerships and Strategic Alliances Head at Flawsome. Flawsome is a **government-recognized innovation**, funded by the **Ministry of Textiles** and supported under the **NTTM (National Technical Textiles Mission)**.

Ms. Ranu Khade, the founder of Flawsome and an alumna of **IIM Bangalore**, has always believed in building solutions that blend engineering, empathy, and social impact.

Their B2B partnerships and strategic alliances head - Ms. Kritika Saxena took a session for the students of Classes V and VI through the beautiful journey of growing up. She not only discussed the bodily changes during puberty but also helped break many taboos and myths so that children grow up to become confident, compassionate and aware adults of tomorrow.

Her session made our students become aware about the use of sustainable products for menstrual hygiene. Her path breaking presentation with both boys and girls together was truly laudable as it helped take a step towards normalizing conversation about puberty and growth among children.

Ms. Kritika's interactive approach and discussion with the students helped them deal with the changes with much more confidence.

WORKSHOP IN PROGRESS

