

# MENSTRUAL HEALTH AND DIGNITY WORKSHOP

The Menstrual Health & Dignity Workshop at Dar Al Taliba Al Hajeb represented a groundbreaking initiative that successfully bridged medical expertise with adolescent education, creating a safe space for open dialogue while equipping young women with both the scientific knowledge and confidence to challenge deep-rooted societal taboos surrounding their reproductive health.



This pioneering initiative brought together healthcare professionals and students in a powerful collaboration, blending medical expertise with youth empowerment to dismantle menstrual stigma – resulting in educated, confident young women prepared to advocate for health dignity among their peers and beyond.