



PODAR INTERNATIONAL SCHOOL, DAVANAGERE

INFORMATION CIRCULAR

Date: 16 June 2026

Empowering Our Children: Insights from the Welfare Committee Sessions

Dear Parents,

Adolescence is one of the most transformative, beautiful, and challenging phases in a young person's life. As children transition from childhood to adulthood, they experience a whirlwind of rapid physical, psychological, and emotional changes.

At Podar International School, Davanagere, we believe that education must extend beyond textbooks to support the holistic development of our students. To guide them through this crucial growth phase, the **Girls and Boys Welfare Committees** recently (on 15 July 2026) organized specialized, gender-segregated guidance sessions led by Dr. Neha S Mokashi and our teachers. Conducting these sessions separately provided a comfortable, respectful, and safe space for our students to learn, reflect, and ask questions without hesitation.

Here is an overview of the vital topics covered during these sessions:

1. Girls' Welfare Session (Grades 5 to 10)

Led by medical expert **gynecologist, Dr. Neha S Mokashi**, this puberty education session aimed to build confidence and remove the stigma around growing up.

- **Understanding Physical Changes:** Dr. Neha explained the natural physical transformations that occur during puberty, reassuring the girls that these changes are a normal part of development.
- **Menstrual Hygiene & Health:** The girls received practical guidance on personal hygiene, the correct use and safe disposal of sanitary products, and essential habits to prevent infections.
- **Shattering Myths:** Common social taboos and myths surrounding menstruation were scientifically debunked to instill a positive, informed, and dignified perspective.
- **Open Dialogue:** The session concluded with an interactive Q&A where students freely cleared doubts regarding their emotional and physical well-being.

2. Boys' Welfare Session (Grades 5 to 7)

Theme: The Journey from Childhood to Adolescence

This session focused on preparing our younger boys (ages 11 to 13) for the onset of puberty.

- **Navigating Growth Spurts:** Boys were educated on what to expect as their bodies change—including rapid height and weight gain, muscle development, deepening voices, and the appearance of body hair.
- **Emotional Shifts:** The session addressed the psychological side of puberty, preparing them for shifting emotions, mood changes, increased self-awareness, and the growing importance of friendships and independence.

3. Boys' Welfare Session (Grades 8 to 10)

Theme: Academic, Emotional, and Social Development

Tailored for our senior boys, this program tackled complex challenges unique to teenage young men.

- **Academic Excellence:** Strategies were discussed to close the gender achievement gap through learning and active mentorship.
- **Mental Health & Vulnerability:** We placed a strong emphasis on breaking down the stigma around male vulnerability, encouraging boys to speak up about stress, anxiety, or bullying rather than suppressing their feelings.
- **Healthy Masculinity & Mutual Respect:** Students were taught emotional regulation, digital etiquette, and conflict resolution. Crucially, they were counselled on **respecting the feelings of both peers and girls**, understanding that treating every girl with the respect they would show their own sister is a hallmark of true character.
- **Accepting Growth:** The boys learned to accept their bodily and psychological changes as a natural blueprint of growth, helping them build inner resilience and strength.

Our Appeal to You as Parents

While the school provides the structural knowledge, **the real anchoring happens at home.** We cannot shield our children from the challenges of growing up, but we can equip them to face them with confidence. We earnestly appeal to you to support your children through the following steps:

1. **Keep the Conversation Open:** Create a judgment-free zone at home. Let your daughters and sons know that they can talk to you about their changing bodies, awkward feelings, or school stress without fear of being dismissed.
2. **Normalize the Process:** Treat discussions about puberty and menstruation as healthy, normal conversations. When parents speak about these topics without hesitation, children absorb that confidence.
3. **Reinforce Respect and Boundaries:** Actively talk to your sons about healthy masculinity. Teach them the value of consent, emotional control, and treating girls with absolute respect, both online and offline.
4. **Watch for Emotional Changes:** Adolescence brings mood swings. Instead of reacting with anger, offer patience. Help your child understand that managing stress and seeking help when overwhelmed is a sign of strength, not weakness.

Growing up is a joint venture between the school and the home. With our combined guidance, support, and understanding, we can ensure this transition is a positive, rewarding, and empowering experience for our children.

Thank you for your continued partnership.

**With Warm Regards,
Event Team of PIS Davanagere**

Visual Glimpses of the Session



