



**A. M. SHAIKH HOMOEOPATHIC MEDICAL COLLEGE,
HOSPITAL & P.G. RESEARCH CENTER, NEHRU NAGAR,
BELAGAVI-590010**



“A. M. SHAIKH MEDICAL COLLEGE CONDUCTED MENSTRUAL HYGIENE AWARENESS SESSION FOR SCHOOL STUDENTS”

A. M. Shaikh Homoeopathic Medical College conducted an informative awareness session on **Menstrual Hygiene and the Proper Usage of Sanitary Pads** for students of Classes 6 to 10, promoting health education and confidence among adolescent girls. The interactive session was led by **Dr. Nahida M. Mulla, Professor and Head of the Department of Paediatrics**, who explained the importance of menstrual health, personal hygiene, and the correct use and disposal of sanitary pads.

She also addressed common myths and misconceptions surrounding menstruation, encouraging students to view it as a natural biological process without fear or stigma. Through open discussions and practical guidance, the programme empowered students to manage menstruation safely, hygienically, and with dignity. The session reflected the institution's commitment to community health awareness and adolescent well-being while fostering self-confidence, informed decision-making, and positive attitudes toward menstrual health among young learners.



