

## MENSTRUAL HYGIENE AWARENESS PROGRAM & DISTRIBUTION OF SANITARY PADS AND HOMOEOPATHIC IRON SUPPLEMENTS BY A.M SHAIKH HOMOEOPATHIC MEDICAL COLLEGE

The Department of Community Medicine A.M. Shaikh Homoeopathic Medical College Belagavi under the banner of NSS unit organized an awareness program on “Menstrual Hygiene” for high school students of Shaikh Central School on 27/6/2022.

The programme began with introduction by Miss. Shaheen Mujawar.

The students were educated about the normal process of menstrual cycle and regarding the hygiene to be maintained during menstruation. The whole event was conducted by third year students Miss Khushali Thakkar, Miss. Namrata Sanadi & Miss Mahin. T.

The programme was followed by distribution of sanitary pads and free Homoeopathic iron supplementation.

The sanitary pads were sponsored by RPSL & Arvind Agency Belgaum.

The event was well supported by the management.

Dr. Ratna Bendigeri Principal of Shaikh central school, Mrs. Deepa Dodabhangi Vice principal of Shaikh central school, Dr. Girija K HOD Dept of OBG were present.

The event was planned and executed by Dr. V.R. Kulkarni HOD & Dr. Manjunath Oulkar Assistant professor Department of Community Medicine.

