



SRI SIDDHARTHA ACADEMY OF HIGHER EDUCATION
 (DEEMED TO BE UNIVERSITY Declared under section 3 of the UGC act, 1956)
 Accredited A⁺ Grade by NAAC
SRI SIDDHARTHA MEDICAL COLLEGE
 Agalakote, B.H. Road, Tumkur – 572107
 (Recognized by the National Medical Council)



REPORT OF THE HEALTH AWARENESS TALK ON MENSTRUAL HYGIENE DAY
2026 IN KARNATAKA PUBLIC SCHOOL, NAGAVALLI, TUMKUR.

SI NO	PARTICULARS	
1	ARN Number	SSAHE261391
2	Department	Community Medicine
3	Date of activity conducted	05/06/2026
4	Type of the activity	Health Awareness Talk
5	Title of the activity	Health Awareness Talk on Menstrual Hygiene Day - 2026
6	Number of participants	90

Report:

In observance of Menstrual Hygiene Day, the Department of Community Medicine, Sri Siddhartha Medical College, Tumkur conducted a health talk for school students at Karnataka Public School, Nagavalli. The session commenced with formal inauguration of the event. It was followed by main speech delivered by Dr. Harshini R Subramanya regarding Menstruation, proper use and disposal of sanitary pads, menstrual cup awareness, hand hygiene, and prevention of reproductive tract infections. Myths and misconceptions related to menstruation were also discussed to encourage positive attitudes toward menstrual health. Dr. Chirag. M addressed the gathering with the Significance of Menstrual Hygiene Day 2026 and the importance of menstrual health in adolescent girls. Total number of participants were ninety in number.

CIRCULAR:

Savitri

 Professor & Head
 Dept. of Community Med
 S.S.M.C., TUMKUR



SRI SIDDHARTHA ACADEMY OF HIGHER EDUCATION
(DEEMED TO BE UNIVERSITY Declared under section 3 of the UGC act, 1956)
Accredited A⁺ Grade by NAAC
SRI SIDDHARTHA MEDICAL COLLEGE
Agalakote, B.H. Road, Tumkur – 572107
(Recognized by the National Medical Council)

