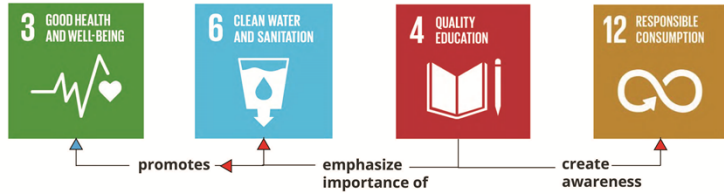




MENSURATION HEALTH AND HYGIENE MATTERS TO FOLLOWING GOALS



ENVIRONMENTAL HYGIENE



Environmental hygiene is directly impacted by waste disposal. During medical waste disposal segregation should be done for incinerating, autoclaving and microwaving. In household, waste segregation is done on basis of wet and dry. Dry waste is further segregated to retrieve different types of material. In both cases sanitary waste should be incinerated according to WHO standards i.e. **>= 800 degree Celsius** to avoid it's harmful effects on environment.

HARMFUL EFFECTS OF DISPOSABLE SANITARY

WHAT DOES A COMMERCIAL SANITARY NAPKIN CONTAINS?

Super absorbent polymers(gel) 0.6g
 • Causes napkin to bloat when flushed.

Feel-dry plastic top layer +
 • Non - biodegradable.

Plastic Back sheet 0.96g
 • Non - biodegradable

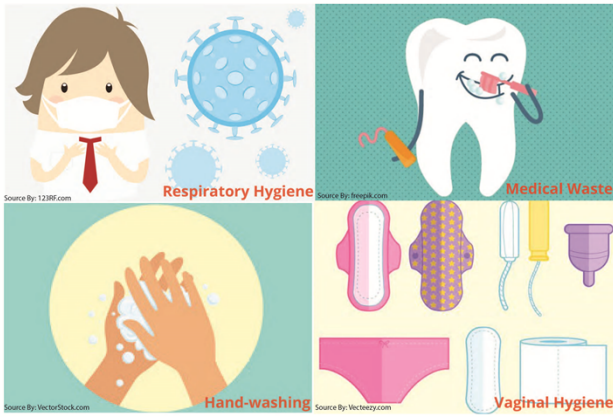
Silicon paper 0.67g
 Hot melt seal 0.45g
 Hot melt posing seal 0.14g

Bleached cellulose wood pulp 4.5g
 • Dioxides are present because of chlorine bleach process.
 • Pesticides are present in the wood pulp.

Health Hazard :
 Skin is the largest organ in our body, and also the thinnest. It is highly permeable especially the skin in and around the vaginal area. Chemicals on skin may be worse than eating them. When they touch our skin, they're absorbed straight into your bloodstream, going directly to our delicate organs. .

- ⚠ Chemicals like BPA and BPS that are used to make plastic layer can complicate embryonic development.
- ⚠ The fiber in the absorbent pads can cause cervical cancer.
- ⚠ The dioxin present in the menstrual pads can cause ovarian cancer.
- ⚠ Pesticides and herbicides sprayed on Cotton crops used in making of pads.
- ⚠ Chemical called dioxin is used to bleach the cotton this can cause skin darkening and altered liver function.
- ⚠ Chemicals used in the scented pads can cause complications on your baby's embryonic development.
- ⚠ Prolonged use of sanitary pads in a day can cause toxic shock syndrome.

PERSONAL HYGIENE



Personal hygiene involves practices performed by individual to maintain one's health and well being, through cleanliness. Vaginal hygiene is a major part of women hygiene. The famous brands used by women during menstruation make non-biodegradable pads. These are harmful for health as well as environment. Awareness, information and confidence are required to manage menstruation with safety, dignity and eco-friendly practices.



According to Indian Census 2011, there are **943 females per 1000 of males** and around 31.6% of the total people resides in urban areas. Total **12% women** mostly living in urban India are using non- biodegradable pads. An average Indian woman throws away about **150kg pads** every year. **432 million pads** are disposed every month and each pad takes **800 years** to decay into smaller particles of plastics. So, do we have to change our practices or a shift in disposal system of sanitary napkins is required?

PAD MADNESS

THE AVERAGE WOMAN USES 14,800 MENSTRUAL PADS IN HER LIFETIME

16.8K

One menstrual pad is equivalent in plastic waste to 4 plastic bags

That means over 67,200 plastic bags over the average woman's lifetime, in menstrual pads

Environmental Hazard :
9000 tonnes of sanitary waste (of 432 million pads) gets generated annually and more than 80% of this waste either gets flushed down the toilet or gets dumped in the landfill.

- ⚠ **AIR POLLUTION:** When pads are burnt these toxins are released into the atmosphere and can travel a long way from the point of emission causes respiratory problem.
- ⚠ **SOIL POLLUTION:** Time taken by plastic to degrade is longer than lifespan of the women. It contaminates soil and then ground water after degrading into particles.
- ⚠ **WATER POLLUTION:** Some pads get into drains and pollutes river, lakes, stream etc. These pads after decaying are eaten by fish thus entering into food cycle.

SUSTAIN BY DESIGN

Sustain by Design was a studio in investigating the Sustainable Development Goals in creative and critical ways. Art and Design students engaged with specific issues on the ground in Bangalore, India.

SDGs Project Lead: Forum for Law, Environment, Development and Governance (FLEDGE).

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