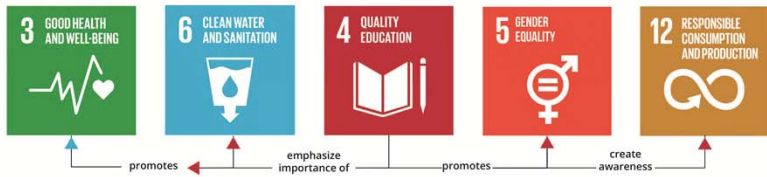




MENSTRUAL HYGIENE AND MANAGEMENT MATTERS TO FOLLOWING GOALS



REUSABLE SANITARY PADS

Reusable sanitary pads are made from cloth and layers of highly absorbent cotton fennel. They can be washed and reused number of time. They are healthy and ecofriendly option to manage menstruation
 Example- Uger Pads (Rajasthan, India)
 Gladrags (Portland OR, USA)



source: www.eco-femme.com

Health benefits are given below
 Health - It is made up breathable natural cotton fabric which is completely chemical free hence pose no health risks.
Hygiene- Sundrying is enough to disinfect washed pads. If proper care is taken there shouldn't be any hygiene problems.
Comfort-These pads come with absorbent and leak-proof layers in different sizes used according to amount of blood discharge. Apart from Uger and Jaioni all pads have leak proof layers. As they are made from cotton they are gentle on skin and comfortable to use. Also they come with attractive colours. They can be used for 70 to 75 washes
Cost-for 5-6 pads per cycle a woman has to spend average sum of 1200 rs for time period of 3 years. It is cost effective in long run.
Ecofriendly-As they are made of cotton with or without Poly Urethane layer, they can be composted or recycled. This reduces waste created due to disposable sanitary pads. One person switching to sustainable sanitary product can reduce up to 125 kgs of sanitary waste.

disposable sanitary pad vs reusable cloth pad

CAN CAUSE
 ITCHINESS
 RASHES
 URINARY TRACT INFECTION
 due to
 DIOXINS AND FURANS
 PESTICIDE RESIDUE
 ADHESIVE CHEMICALS
 UNKNOWN FRAGRANCE
 CHEMICALS



GENTLE ON SKIN
 NO RISK OF SKIN DISEASES
 REUSABLE
 HEALTHY
 ECOFRIENDLY

BIODEGRADABLE PADS

Biodegradable sanitary napkins are composed of natural materials which decompose easily and does not contains substances which are harmful for the skin.
 Examples- Anandi Pads by Akaar innovations (Mumbai, India)
 SHERO pads (Bountiful, Utah)



source: https://akaarinnovations.com/

BIODEGRADABLE PADS

Biodegradable substances on breaking up are converted into simple organic matter and becomes a part of the carbon cycle of the atmosphere
 Biodegradable pads does not contain gels, chemicals or synthetic fibres near your body, to prevent itching and rashes
 Biodegradable Sanitary napkins usually decomposes within 6 months

NON BIODEGRADABLE PADS

Non-biodegradable substances are resistant to the environmental factors and take longer or never decompose.
 Non biodegradable pads contain 85-90% plastic and contains substances which may be harmful for the skin.
 Non biodegradable takes around 800 years to decompose



source: https://www.thewatchtower.com/article/watch-compar-ny-makes-biodegradable-sanitary-pads-banana-fibre-54747



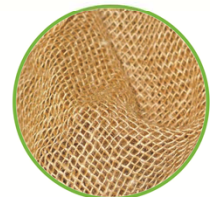
source: https://www.livemint.com/Politics/20k4LAnspkjmbyv11g8N/Use-of-sanitary-pads-sparse-despite-good-schemes-studies.html

ALTERNATIVE MATERIALS USED

Biodegradable Sanitary napkins uses alternative materials like-



Bamboo fibre



Jute

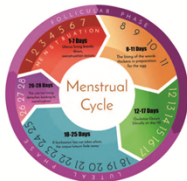


Banana Fibre



Water Hyacinth

CONCERNS IN USING REUSABLE PAD



https://www.amigan.com/pages/what-about-menstruation

Washing of cloth pads-

Menstruation is a natural biological process where egg and endometrial lining is discharged out of the body. Inside uterus endometrial lining is formed to hold fertilized egg for pregnant. In case of egg not being fertilized, endometrial lining, blood and unfertilized egg is discharged out of vagina.
 There is nothing bad or shameful about menstruation or menstruation blood. Hence there no reason for women to feel uncomfortable about washing the cloth pads. Decision to make a choice and change in thought process can help to make this process comfortable.

Carrying cloth pads-

Cloth pads could be carried in plastic bags when outside or travelling. They then could be washed after reaching home. They should be soaked for some time in water so that blood drains away and then they could be either hand washed or machine washed.

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).
 Poster created in collaboration with:
 Graduate students at the SriShri Institute of Art, Design and Technology :
 Shreya Gowri, Priyanka Agarwal, Himani Airan, Gayatri Chudekar, Charley Vincent.

