

Workshop on
‘Sustainable menstruation’

Speakers: Shambhavi Chaturvedi
Manya Ktaruka
Apoorva Gupta
Khushboo

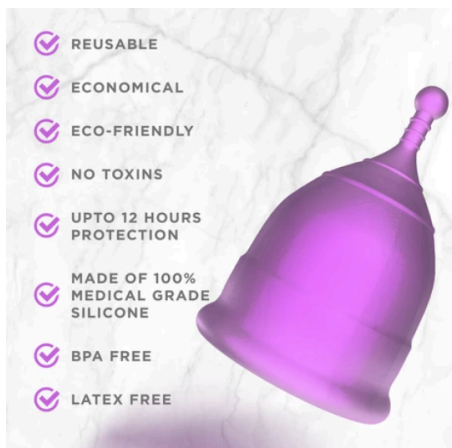
Organisation: Project Echo
Indira Gandhi Delhi Technical University for Women, Delhi
(IGDTUW)
with Palash, Ecoclub, Bharati College

Date: 23rd October, 2019 and followed by a workshop on
‘Menstrual cups’ on 13th Feb, 2020
Venue: Seminar Room, Bharati College, Janakpuri, Delhi



Summary:

Girls and women need effective, safe, and affordable menstrual products. Single-use products are regularly selected by agencies for resource-poor settings; the menstrual cup is a less known alternative. Palash, the Ecoclub of Bharati College conducted two workshops on sustainable menstruation and also on 'Menstrual cups' to sensitise the students and faculties of Bharati College, C-4, Janakpuri, Delhi on 23rd October, 2019 and 13th February, 2020. Around 51 students participated in the workshop.



Girls and women need effective, safe, and affordable menstrual products. Globally, an estimated 1.9 billion women—around 26% of the population—were of menstruating age in 2017, spending on average 65 days in the year dealing with menstrual blood flow. Menstruation is a normal body function and a sign of reproductive health. Few solutions are available to manage menstruation; additionally, ignorance, prejudice, costs, and safety fears can impede girls and women from testing the full range of products available. A lack of affordable and effective menstrual products can result in leakage and chaffing in menstruating girls and women and can affect their health. Use of poor-quality materials has been shown to predispose women to an increased risk of urogenital infections including bacterial vaginosis. In some situations, mostly researched in low-income and middle-income countries, menstruation can affect girls' schooling, make women and girls a target of sexual violence or coercion, and affect employment and work experiences of women. In low-income and middle-income countries, a lack of water, sanitation, and hygiene, inadequate education, and poor disposal facilities, raise public health concerns, particularly among schoolgirls. In several countries, the number of policy initiatives and donations to provide menstrual product have increased—eg, to keep girls in school and college. To allow such organisations to make informed decisions, information is needed on the full range of menstrual products. leakage, acceptability, and safety and explored menstrual cup

availability to inform the students.

Menstrual Cup is the most economical menstrual product so far. The cup is made of 100% Medical Grade Silicone and approved by the FDA. Over the course of their lives, menstruating women use nearly 12,000 pads or tampons. In landfills, these take hundreds of years to decompose. Menstrual cups are a sustainable, healthy, and convenient alternative to sanitary pads and tampons. They are leak-proof, require a change after 12 hours, and are free of chemicals, perfumes, and toxins.



A cup can last for up to ten years if properly maintained. Unfortunately, there are several myths and stigmas surrounding the use of **menstrual cups**. Here's the truth about the most common cup myths

How to Use Menstrual Cups ?

1. Wash your hand with soap and water
2. Fold the cup so it easier to insert
3. Insert it inside to your vagina

Advantages of using menstrual cups?

1. Affordable: A cost-effective alternative to your monthly period can be found in almost every pharmacy and store, and it comes with the highest assurance for a quality premium experience.

2. Better hold the blood: A cup guarantees that your blood will be held at a specific level and that you will be free throughout your experience. This is unquestionably a product worth trying.



3. Eco-friendly: The menstrual cup is made of a cost-effective material and medical-grade silicone that outlasts any other menstrual care product. This ensures that your contribution to environment protection is MAXIMUM and that you have a better option for covering your period.

4. Safer alternative: What most people don't realise is that, unlike most menstrual care products, Menstrual Cups hold the blood instead of absorbing it. This eliminates the risk of you contracting UTI or other dangerous infections.

Outcomes:

It inspired the students and faculties to switch to biodegradable pads or try menstrual cups instead. Menstrual cups in famous brand 'Sirona' was purchased by some students and faculties also during the second workshop. Some students along with volunteers switched to menstrual cups immediately after the workshop. The main outcome of interest was menstrual blood leakage when using a menstrual cup. Safety outcomes of interest included serious adverse events; vaginal abrasions and effects on vaginal microflora; effects on the reproductive, digestive, or urinary tract; and safety in poor sanitary conditions. Findings were discussed by the members of Project

ECHO. We also thorough discussion on costs and environmental savings potentially associated with cups.

The workshops were ended with vote of thanks.

Submitted by

Dr Rekha Sapra
Principal
Bharati College

Dr Sahaj
Convenor, Ecoclub
Bharati College

Dr Priyambada Patri
Member, Palash
Bharati College

Annexure I- Attendance of Students

1. Aanchal	17/2419	Bcom prog I
2. Anshu soni	17/2369	"
3. Yashika Sahgel	17/2417	
4. Vishaka Yadav	17/2415	
5. Vaishali claudes	17/2412	
6. Tanaya	17/2410	
7. Tamenna Dooland	2408	
8. Shrut Mishra	17/2406	
9. Seishri Tiwari	17/2405	
10. Soniya Sharma	17/2403	
11. Soniya	2424	
12. Goleni kuman	2402	
13. Simran Anwalani	2400	
14. Simran Adlaksha	2398	
15. Shubhangi Singh	2397	
16. Shivan Sharma	2395	
17. Shiveni Nakwal	2394	
18. Shivangi Duvied	2393	
19. Seema Goyal	2388	
20. Sangana Ahai	17/2444	
21. Sangeeta	2384	
22. Riya	2380	
23. Rita	2075	
24. Priyanka	2376	
25. priyanka	2375	
26. priya sharma	2374	
27. pooxina	2434	
28. poofa Rajput	2370	
29. poofa kumar	2368	
30. poofa shasin	2365	

1. Arunima Duggal	17/10	B.A Engg II
2. Siddhi Gupta	17/24	"
3. Aarav Tyagi	17/6	"
4. Akansha	17/55	"
5. Arjal	17/36	"
6. Anmol	17/22	
7. Anubha pathania	17/12	
8. Aparna Malik	17/62	
7. Anu	17/56	
8. Priyanka Sharma	17/30	
9. priyanshee Meena	17/58	
10. Sapna	17/50	
11. Shagun chopra	17/26	
12. Sheetal	17/18	
13. shiveni	17/14	
14. Siddhi Gupta	17/24	
15. Sonali Yadav	17/34	
16. Sonam priya	17/42	
17. Subhakaruthi Kantam	17/14	
18. Tahseem Haque	17/14	
19. Tayen Haya	17/46	
20. Vaibhavi Thapa	17/54	
21. Yashini	17/8	