

Ghaziabad Obstetric and Gynaecological Society Team 20-21



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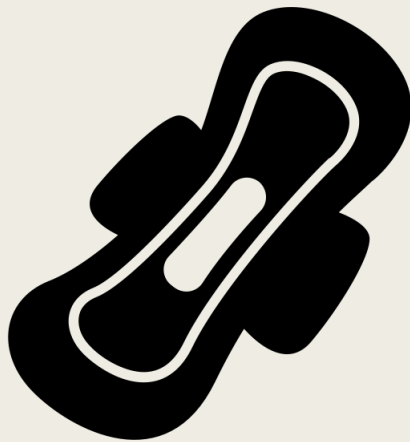
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Sustainable mensuration solutions



GREEN MENSTRUATION DRIVE



Save our Mother Earth

TIME TO THINK SERIOUSLY

- Each female menstruates approximately 35-40 years
- Each period 8-10 single use sanitary napkins are used
- 150 kg menstrual waste per female during her lifetime (pad)
- It takes 800-1000 years for degradation
- Very soon earth will be replaced with Menstruation products waste
- Money spent
- $50 \text{ rs} / 10 \text{ pads} \times 12 \text{ period} / \text{year} \times \text{for } 35 \text{ years} = 21000/-$
- Uncounted harm to environment/ecosystem

Eco hazards

Single use product made up of plastic ,chemicals

No option of reuse/recycle/reduce

Swell in water---chokes drains

smell

Attract flies,insects---animals

dogs get them from garbage and spread all over roads

Sanitary workers exposed to diseases as they seperate it manually

Sewage system clogging

Contamination of underground water

Bacteria and viruses and other pathogen

We are responsible for this



Joney is a 26 year-old sewer worker in Ghaziabad India, July 26, 2018. These workers clean the sewers by going inside the pits without any safety equipment besides a safety belt used to lift them up and out. .



with a red dot and dispose of it so the waste-pickers can properly identify the material.



Why to expose them disease /death

- kids and adult rag pickers
- Workers involve in garbage collection and segregation
- Sewer workers
- Animal feed on garbage
- Birds

Solutions

- Compostable/biodegradable sanitary napkin,tampons
- Menstrual cup
- Reusable pads

Biodegradable pads /tampons

- Pros
- No plastic no dioxins
- Takes 8 months to degrade
- It may vary from one- two years
- Better than ordinary napkin in term of years to get biodegrade
- Kindly read manual in detail before use
- We dont promot specific product
- Cons
- Expensive
- Still people /animal get exposed to if not segregated properly
- Disposal issue
- Pollution and contamination
- Still awaited 100% results of composting
- Need to try composting for data to believe

Reusable sanitary pads

- Pros
- No pollution/no landfills
- No contamination
- Cost saving (200-400 rs)
- Stain proof,odor free
- Lasts approximately for 2-5 years
- Soak in water 30 min--- scrub gently — dry in sunlight
- <https://youtu.be/AmnMTNIZNg4>
- Need washing manually
- Might be issue for drying place
- Carrying soil pads to home



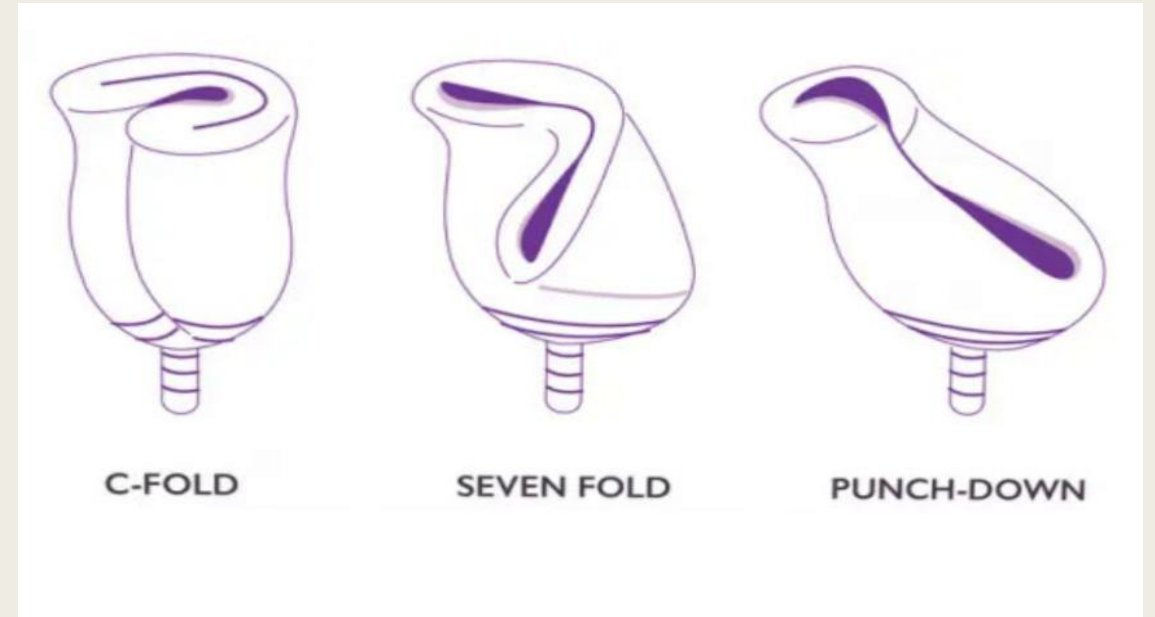
Menstrual cup



- Pros
- Made of soft ,silicon-medical grade
- Very economical
- Eco friendly
- Lasts for 8-10 yrs
- Need sterilisation(boiling only before periods and at the end)
- Just wash and reinsert
- https://youtube/JjWUPQPw_xA
- Cons
- Takes a cycle or two for self training/understanding
- Ready to soil two fingers
- Fear of placing in vagina
- Misplacement of IUCD
- Someone may get reaction/TSS

How to insert

- Boil cup in enough water for 3-5 min
- Wash your hands before and after
- Fold cup
- Relax and insert
- Check if it is open
- Removal after filling
- Pinch the base pull it out
- Wash with water and ready to use again
- Boil for 3-5 minutes—for next use



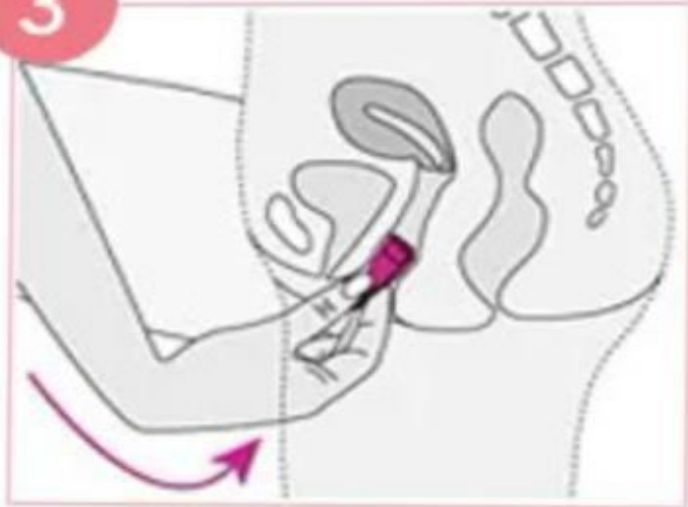
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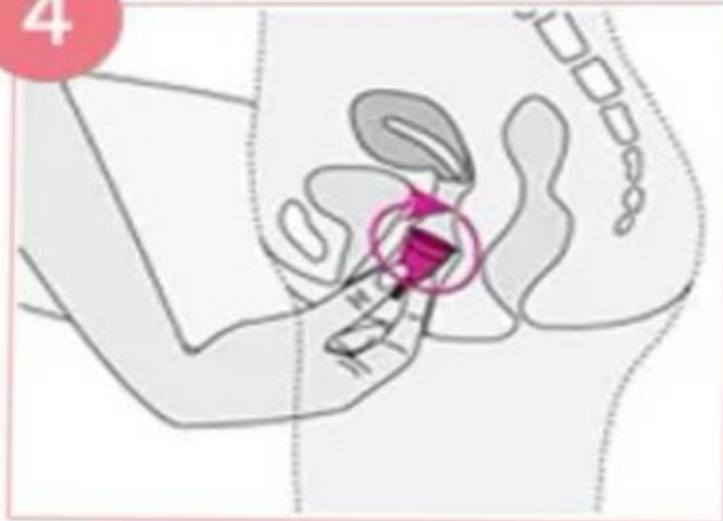
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Are you scared??

- Dont worry
- If intercourse is comfortable --- then cup should not be problem
- It can be learnt in one or two cycle
- Initially you might feel it messy but gradually you will be expert
- Women into physical activities wil find it blessings so they need not to miss swimming ,gyymmimg,running,etc
- Cleaning is easy....economical and eco friendly
- You will understand when it's time to empty the cup (women are smart)
- Believe me- you won't feel it if opened properly

It is comfortable

- No need to remove while passing urine or stool
- It holds around 15-20 ml blood
- During heavy flow days you need to empty after 6-8 hrs
- Rest days 8-10 hrs (need to understand your pattern-you are the best judge)
- Your mobility is not affected
- It doesnot rub against thighs
- You can do all sports activities

No more period burden on mother earth

Lets go green

Use reusable cloth pad/cup

Save money

Save mankind

Save animals

Save motherearth



Thanks

