

• REC

LIVE



"MENSTRUAL BLOOD IS THE ONLY SOURCE OF BLOOD THAT IS NOT TRAUMATICALLY INDUCED. YET IN MODERN SOCIETY, THIS IS THE MOST HIDDEN BLOOD, THE ONE SO RARELY SPOKEN OF AND ALMOST NEVER SEEN, EXCEPT PRIVATELY BY WOMEN."

~JUDY GRAHN

*I love [♥]
my period!*

*-said no
one ever.*

REC LIVE

PERIOD

POWER

IT'S OKAY TO BE
A WOMAN



PERIODS
are
COOL

MENSTRUATION
IS NOT
A TABOO

World Menstrual Hygiene Day
28 May



We need to step up action and investment in Menstrual health and Hygiene now!



Love Your Menses

Flowing through life, unapologetically!



Healthy Periods Happy Periods



Watch later



Share



Dr. Tanveer



Dr. Shalini Agarwal



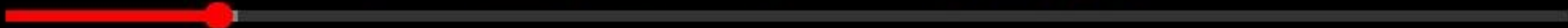
Dr. Shehla Jamal



Dr. Meenakshi



Dr. Anju Rai



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Guest Of Honour

Dr. Deepa Tyagi

Additional Director medical care at Directorate Lucknow.



Chief Guest



Leadership, Impact and Awards

- Vice President Elect FOGSI •
- 21, MBBS ,MD, FICOG, and Associate member of RCOG •
- Founder President of West UP Chapter
- Organizing Chairperson •
- UPCOG 2020
- Past President gzb,O G Society
- Organizing Secretary North Zone YUVA FOGSI 2016 •
- Organizing Secretary UP ISAR 2015
- Organizing Secretary MID •
- TERM UPCOG 2015
- Chairperson, Public Awareness Committee, FOGSI 2016 -18
- Member Rotary, Lions ekta, •
- Udaan BVP
- India book of award winner
- President Fogsi ,Be Committee Appreciati Award
- UP Governor, Uttarak Governor Appreciation award for Menstrual Hygiene
- Appreciation award from CRPF Director for E Programs 2019
- Women Of The Year Health Award from wives association.
- Faculty in 300+ national and international CME

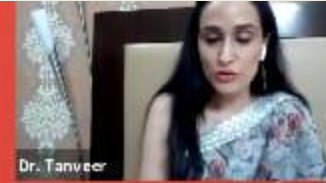
Dr Archana Verma ,V.P (Fogsi)



Our Eminent Speaker



Dr Shalini Agrawal Senior Obstetrician and Gynaecologist Shivam Hospital and Heart centre Ghaziabad MBBS ,MD from KGMC Lucknow Laparoscopy training from AIIMS Delhi Past secretary and Vice President GOGSPresident GOGS 21-22



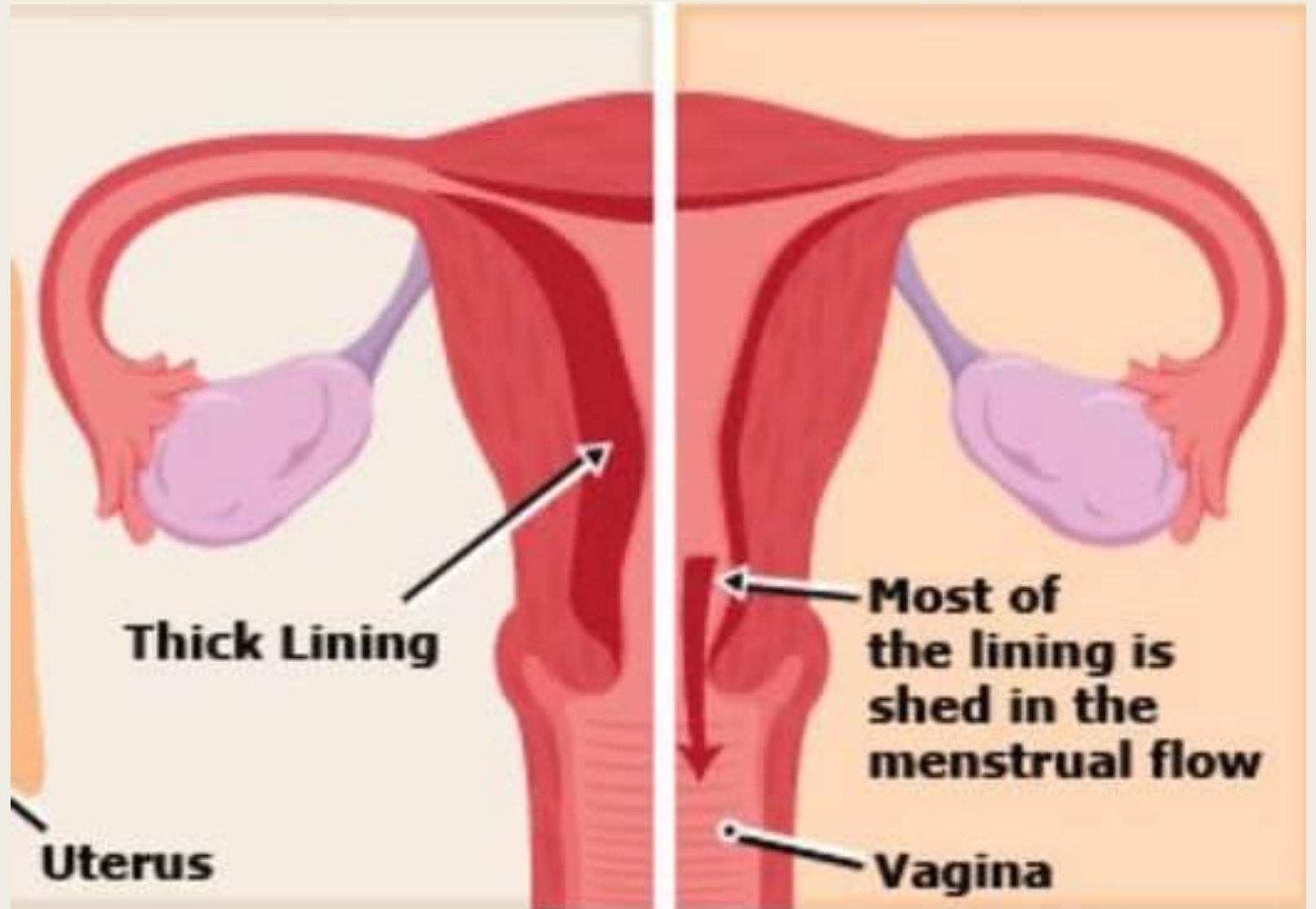
Period.....

Its a "taboo" topic???????

"Unclean or Embarrassing"



MENSTRUATION



That Era

Those Days

“Periods” / menstrual cycle - would be looked down upon with shame

Lot of secrecy around the topic

Men from Mythology to Modern India have tried to keep woman weak by citing “impurity” due to “periods”.

Menstruating women were isolated and made to sit in one place without touching anything - lest it become “impure”

Restrictions

on a **menstruating girl**





Breeze

■ *"Menstruation is not a problem, poor menstrual hygiene is.*

Depends on several factors:

- Economical conditions
- Culture and thought process of a community
- Individual upbringing (education by parents)
- Access to /availability of hygiene management

43%

of women in
India have no
access to
sanitary pads

45%

of women
surveyed
accepted that
menstruation is
still considered
taboo in India

Poor menstrual hygiene questions

- Do I know what is menstruation?
- My menstruation just started this year - am I comfortable with my body?
- What am I using for absorbing the menstrual fluid?
- How do I dispose of the used pad/cloth?
- How many times do I change the pad/cloth?
- How many times do I wash myself?
- How do I buy pads (if at all)?

The barriers to adopting menstrual hygiene practices are three-fold: lack of awareness, lack of acceptance and lack of access

A **lack of awareness** leads to girls having no prior information about periods before they experience them for the first time.

The lack of acceptance means most women want to keep their period a secret, which results in them not using sanitary hygiene products and missing school as a way to manage menstruation..

- **A lack of access** to quality hygiene products continues to be a barrier to achieving 100% coverage for menstrual hygiene. Most girls do not have consistent access to good-quality menstrual hygiene products with [88% of women and girls in India using homemade alternatives, such as old cloth, rags, hay, sand or ash](#). In addition, women and girls lack access to appropriate sanitation facilities.

Talk about it

- RED is good (It's not blue)
- **Proud** to be a woman
- Body's **natural** capability to reproduce
- As natural as taking a restroom break
- This is **nature's call** too
- Nothing to be ashamed about
- **Know** your body
- Understand the Pre Menstrual Syndrome (PMS)

Learn

I, ME, MYSELF

- Understand your body's cycle
- Record / use a Period Calendar
- Keep a spare napkin/tampom with you always
- Manage PMS by being aware of its symptoms and their occurence
- TALK, TALK, TALK
- Share your problems and seek support

The Tools

- What to use?
 - Sanitary Napkins
 - Cloth Pads
 - Tampons
 - Menstrual Cup
- How to use?
- When to change?
- Cleaning and bathing
- Pain management
- PMS symptom management

My Period, My Choice

- Asha is an athlete and finds tampons to be the best option for menstrual hygiene
- Priya is very concerned about the harmful effects of plastic on the earth. She has chosen menstrual cup for managing her periods

Support

Institutions

- Schools, colleges, workplaces, offices must provide pads through dispensing systems and disposal mechanisms

Policy

- Governments should include tax rebates for menstrual hygiene products
- Governments should make provision for safe disposal of menstrual waste

Men

- Men should also receive education on the physical, biological and mental changes of the opposite gender

Celebrate

- 28th May
- World Menstrual Hygiene Day
 - Talk about it
 - Blog about it
 - Group discussions
 - Outreach

- Break taboos
- Break the stigma
- Each individual's views upgraded becomes your success

Popular hashtags:

#menstruationmatters

#stopthestigma

#nomoret taboo

#periodtalk

#nomorelimits

INTRODUCTION TO MENSTRUAL MANAGEMENT



International Menstrual Hygiene Day

28th May

HOW OFTEN TO CHANGE SANITARY NAPKIN

- Change atleast once a day
- Changing every six-eight hours is recommended
- During heavy menses, may need to change every 3-4 hours
- Do not keep till completely soaked

WHAT IF USING CLOTH?

- Ensure that clean, soft, dry and absorbent cloth is used
- In case, it is being reused, it must be washed thoroughly and dried in private but sunny place.
- After drying, if possible it should be ironed
- store in a clean and dry place
- Do not share this cloth with anyone
- After multiple use, dispose off this cloth

HOW TO DISPOSE NAPKINS?

- Napkins should not be thrown into the toilets particularly the water closet.
- Keep old newspapers/waste paper ready to wrap the used napkin. Drop it in the bin.
- You can dispose the contents of the bin after your cycle bleed is over or daily.
- In case there is no disposal mechanism prevalent in your locality, see about disposing it within your backyard itself either by sanitary pit (burial) or incineration(burning).

PRESENT SITUATION

- Each female menstruates approximately 35-40 years
- For ages, Indian women cloth had been used to control menstrual flow
- Lately they have switched on to disposable for convenience, like:
 - Sanitary napkins
 - Tampons
- While intent of this move is noble, it has led to dangerous and unsustainable directions for the following reasons:
 - Economic
 - Environmental
 - Waste Management crisis
 - Violation of Human Rights and Dignity of Sanitation workers
 - Health issues



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VIOLATION OF HUMAN RIGHTS AND DIGNITY OF SANITATION WORKERS

- The rag pickers separate soiled napkins from the collected and dumped garbage
- This causes diseases like HIV, Hepatitis, E-Coli infection
- The disposable sanitary napkins are normally flushed down the toilet and these bloat up clogging the sewers
- Sanitation workers have to go down into the drains and remove these by hand
- This endangers and lowers dignity and quality of their lives

HEALTH ISSUES

- Contact with vaginal skin every month leads to rashes, fungal infections, irritation because of chemicals like SAP, PLASTIC, BLEACH AND PERFUME in the disposable pad
- Dioxins released during burning and burying can cause endocrine disorders infertility and cancers
- Attracts flies insects and animals
- TOXIC SHOCK SYNDROME
- Repeated urinary infections

ENVIRONMENTAL REASONS & WASTE MANAGEMENT CRISIS

- 336 million menstruating women are in India of which 36% are using pads
- Plastic in the sanitary napkins takes about 800 years for degradation
- Each Sanitary napkin has plastic equivalent to 4 plastic bags
- Each Indian woman, on an average, uses 6000 pads in her lifetime
- This is equivalent to 24000 plastic bags per woman
- 150 kg menstrual waste per female during her lifetime (pad)
- When buried, burnt or flushed, they cause serious air and water pollution due to chemicals in the absorbent fillers and gel
- In rural area the pads are just thrown in the water bodies, drains etc.
- Uncounted harm to environment/ecosystem

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. .



GREEN MENSTRUATION DRIVE



Save our Mother Earth

NO MORE PERIOD BURDEN ON MOTHER EARTH

Lets go green

Use reusable cloth pad/cup

Save money

Save mankind

Save animals

Save mother earth

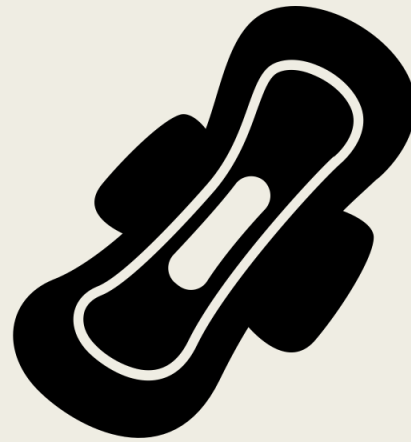


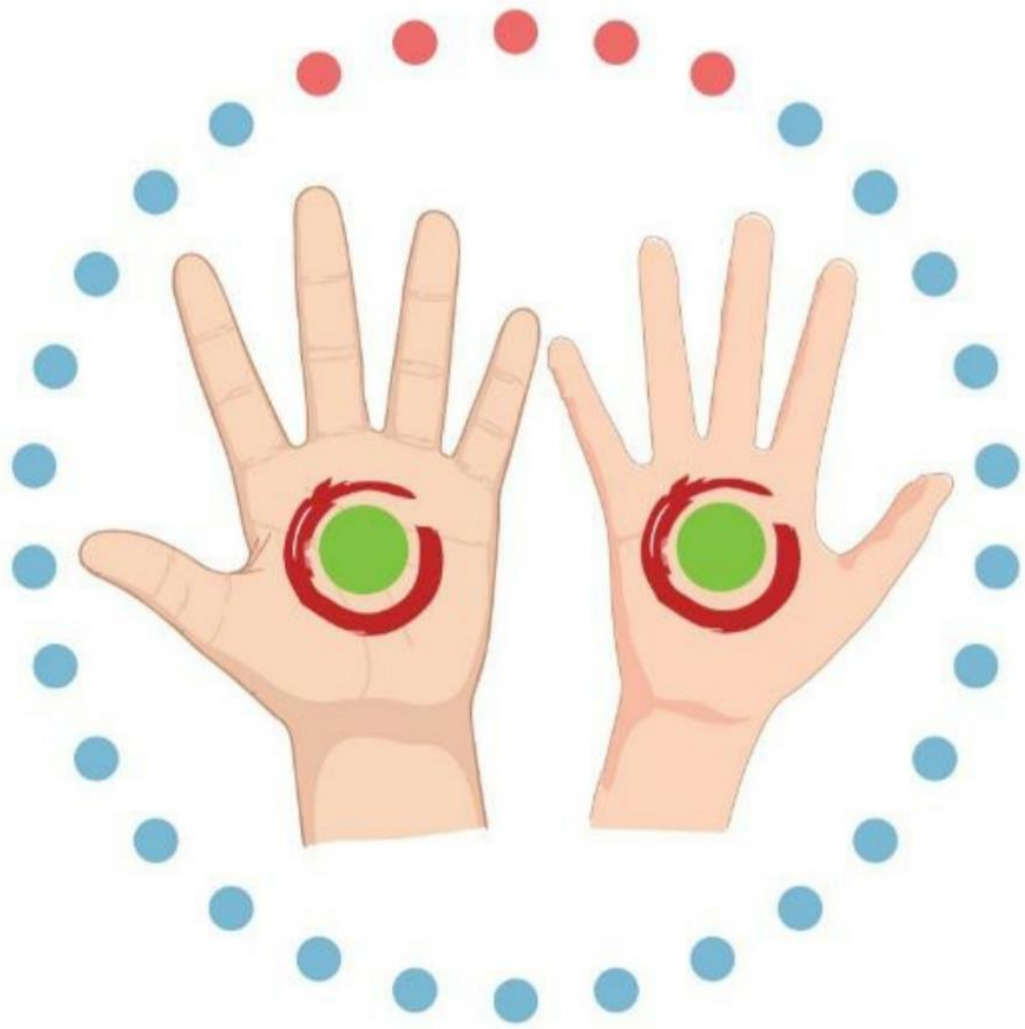
Save our Mother Earth

GREEN MENSTRUATION



- Means using menstrual products that are
 - Sustainable;
 - re-usable; and
 - Eco-friendly.





Green the Red Days.

Dr. SHALINI AGRAWAL

Thanks

SOLUTIONS

- Compostable/biodegradable sanitary napkin & tampons
- Menstrual Disc
- Menstrual cup
- Reusable cloth pads
- Period Panties
- Interlabial pads



BIODEGRADABLE PADS /TAMPONS

- Pros
 - No plastic no dioxins
 - Takes 8 months to deg
 - Better than ordinary napkin in term of years to get biodegrade
- Cons
 - Expensive
 - Still people /animal get exposed to if not segregated properly
 - Disposal issue
 - Pollution and contamination
 - Still awaited 100% results of composting

Bamboo Fibre



Banana Fibre



Corn Starch



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
- Need washing manually
- Might be issue for drying place
- Carrying soil pads to home



PERIOD PANTEEZ/ PERIOD UNDERWEARS



thinx period panties review...
zero.debralwallace.com



Blog - Applesed Fertility
applesedfertility.com



Thinx Period Panties Revie...
zero.debralwallace.com



Always Aubrey: Review: T...
alwayaubrey.com



I Tried THINX Period Unde...
mypregnancybaby.com

MENSTRUAL CUP

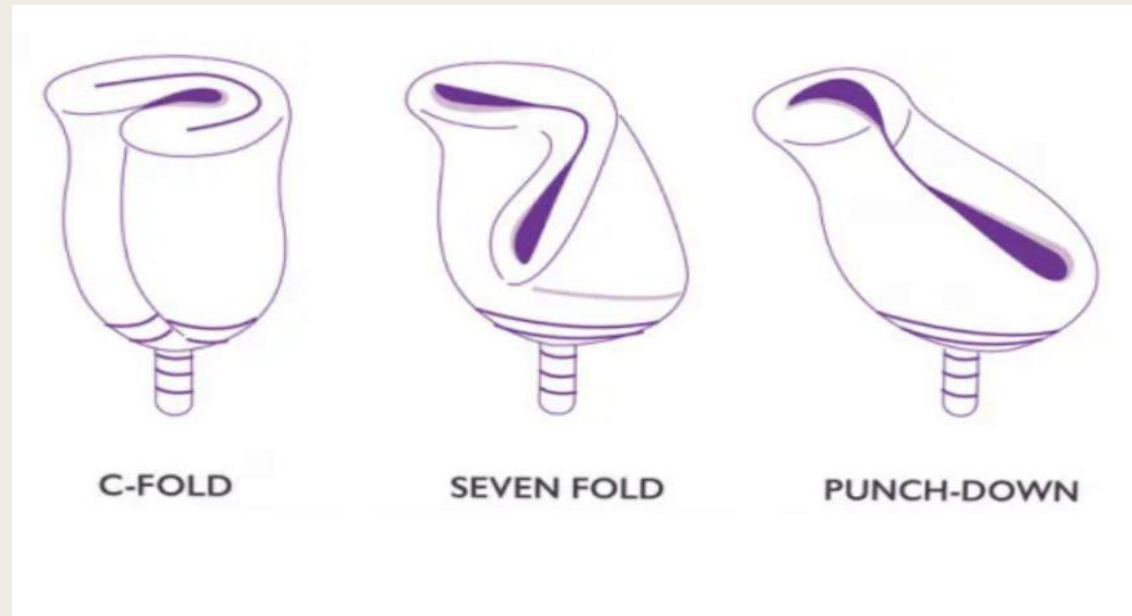
- Pros
- Made of soft ,silicon-medical grade
- Very economical
- Eco friendly
- Lasts for 8-10 yrs
- Need sterilisation(boiling only before periods and at the end)
- Just wash and reinsert
- https://youtube/JjWUPQPw_xA

- 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



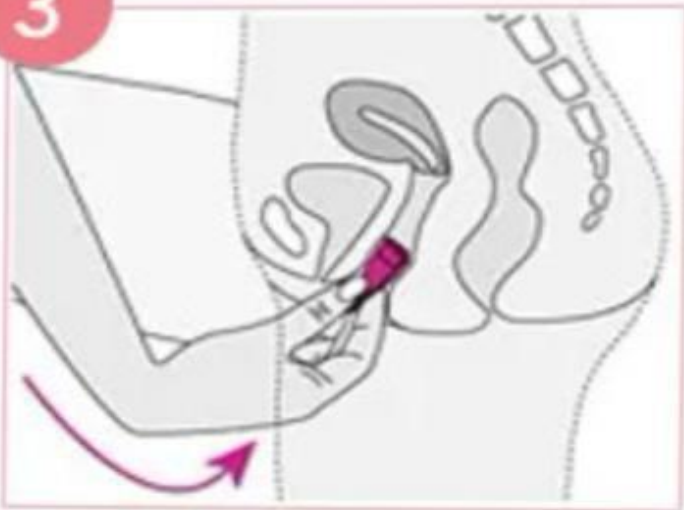
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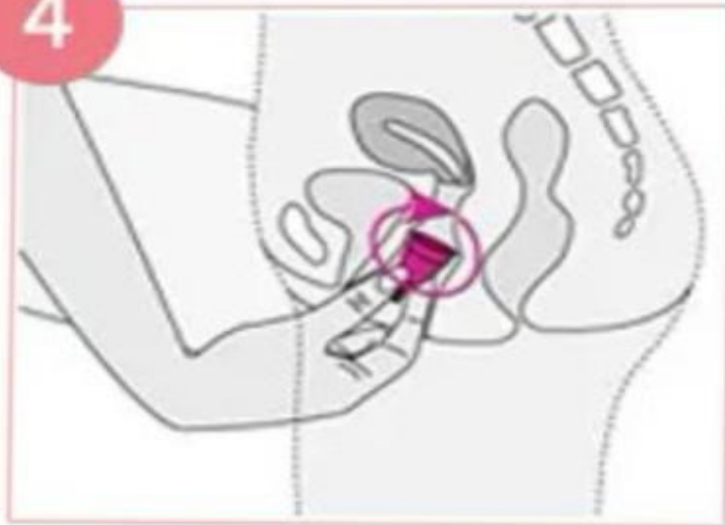
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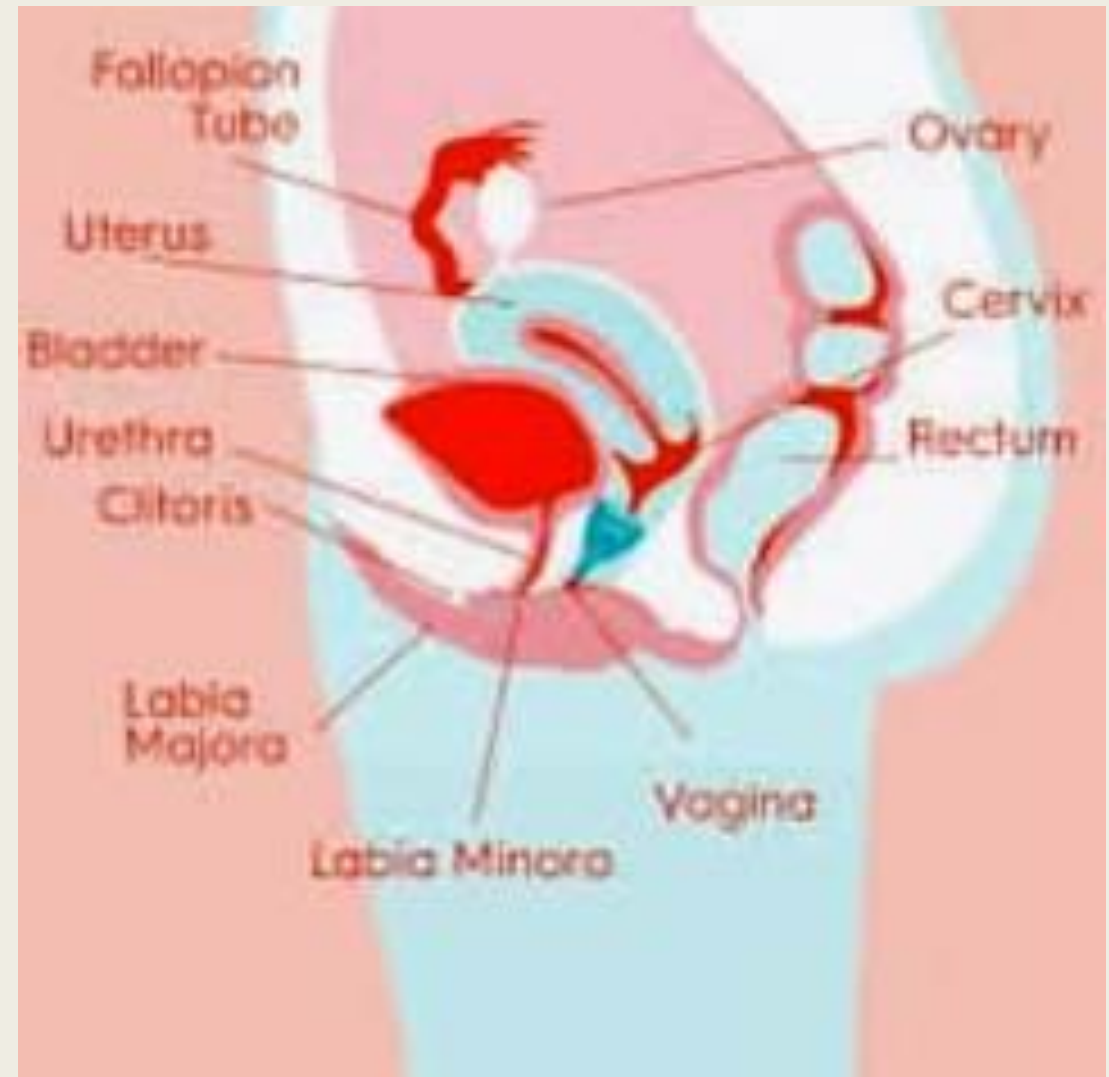
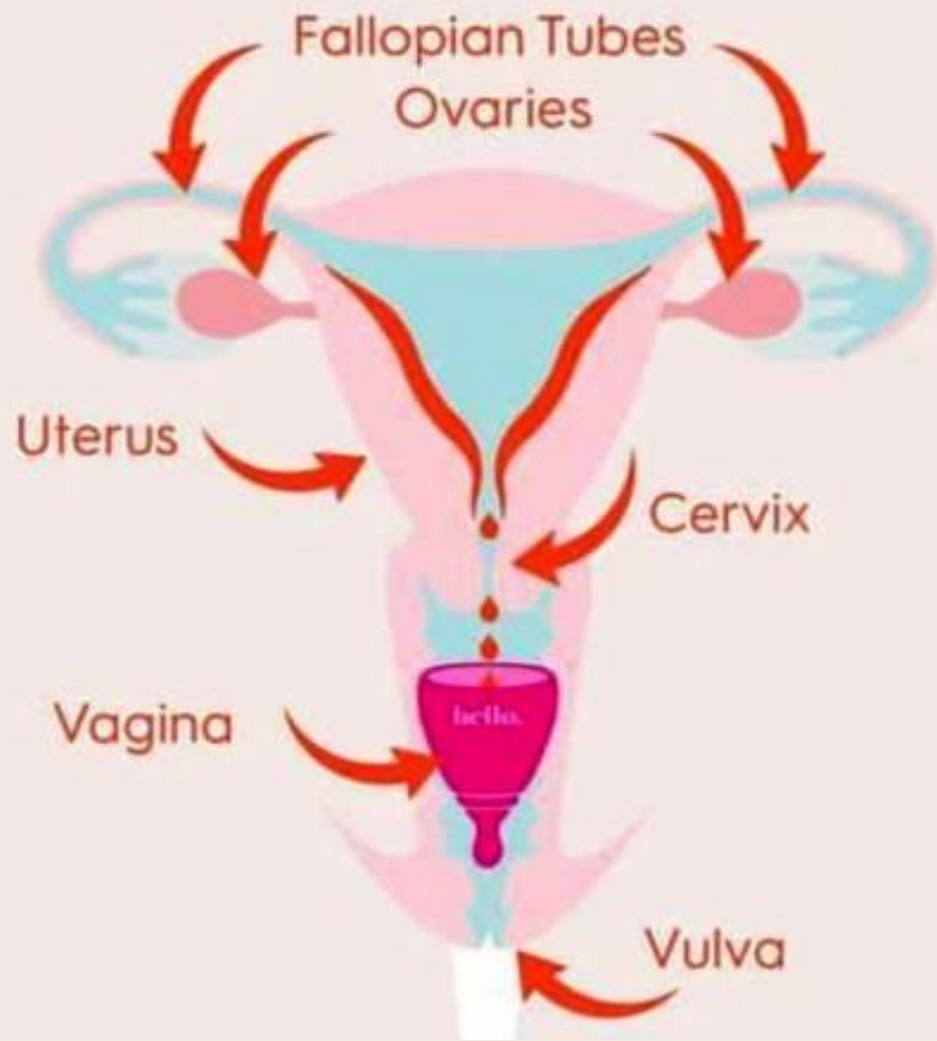


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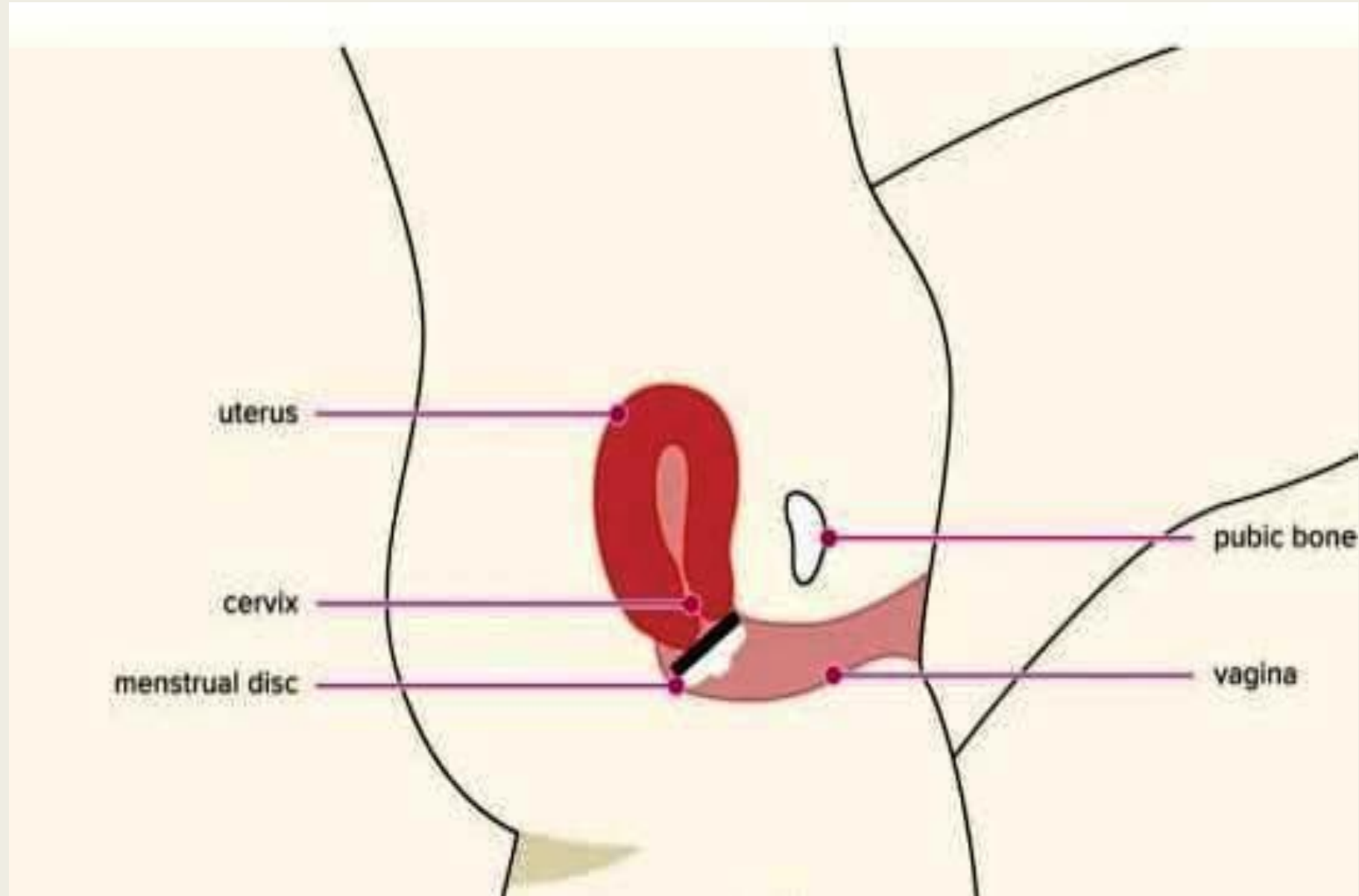


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MENSTRUAL DISC



ARE YOU SCARED??

- Don't 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 will find it blessings so they need not to miss swimming, going to gym, 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 of the days 8-10 hrs (need to understand your pattern-you are the best judge)
- Your mobility is not affected
- It does not rub against thighs
- You can do all sports activities



Dr. Anju Rai

Debalina (CLIRn...



Dr. Tanveer



Dr. Shalini Ag...



Dr. Apoorva A...

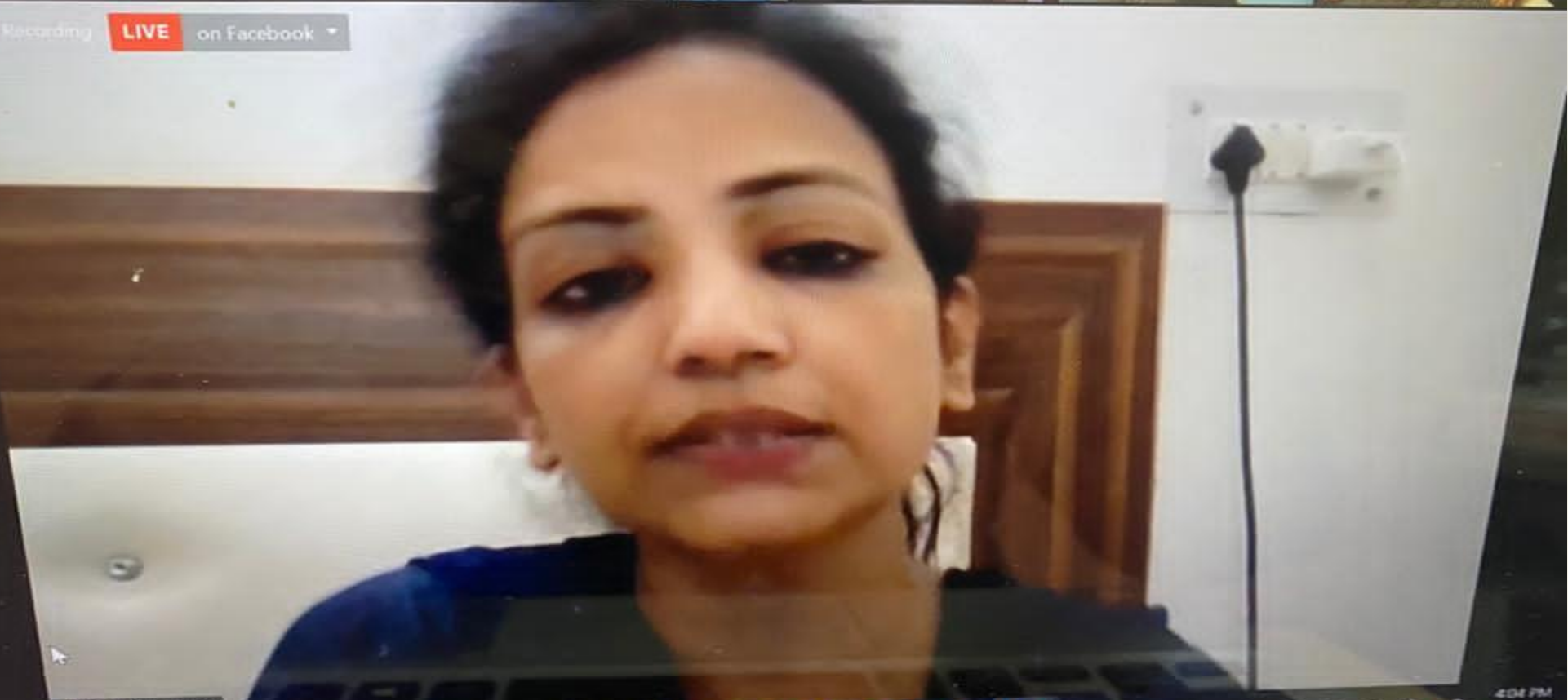


Dr. Diksha Sab...

Recording

LIVE

on Facebook



Dr. Shehla Jamal

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DELL

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6/28/2021

Sustainable menstruation solutions PowerPoint

alpha kansal

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What do most of us currently use for Menstrual Hygiene?

Disposable Sanitary Pads and Tampons

OUR HEALTHY REALITY

Click to add notes

Raise Hand

Q&A

More

Slide 1 of 30 English 22%

• REC LIVE, burns,
Itches, bad
odour



It may be your
sanitary pad...

Impact on HEA



Studies show that up to a 1/3rd of women who complain of vaginal itching and rashes, soreness and/or discharge, may be experiencing the symptoms of Vulval Dermatitis or intimate Irritationdue to sanitary pads.

Pena 1962
Obstetrics and Gynaecology 19(5)

REC LIVE

Disposable Sanitary Napkins and Tampons



- A woman uses 10-15 sanitary pads per period x 12 months x 35 yrs > = appx 6000 disposable sanitary pads in a lifetime!
- Most of sanitary waste is disposed in open landfills in unsanitary conditions.
- For safe disposal, sanitary napkin waste needs to be incinerated at temperatures > 800 degrees



Biodegradable single-use

PADS

Made from organic cotton or bamboo fibre mix, any plastic materials are biodegradable



TAMPONS

Made from organic cotton fibres

These are compostable and break down quickly once disposed of (around 3 months in optimal conditions).



SOLUTIONS ?



Pads/
Tampons/
Diapers



Chemicals/
Plastics



Health &
Environment
Problems



Biodegradable napkins
& tampons/Cloth Pad/
Menstrual Cups/
Cloth Diapers



Reusable/
Bio-
Degradable



Better for
Health & the
Environment



Bio Degradable Pads

REC LIVE

Biodegradable, disposable 'Suidha' pads, by the Ministry for Chemicals and Fertilizers, Government of India

- These pads are oxy-biodegradable and made available in packs of 4, priced at Rs. 2.50 per pad.
- Available across 586 Indian districts, at Pradhan Mantri Bhartiya Janaushadhi centres.
- Contains a special additive that renders the napkin biodegradable when exposed to sun and air
- The oxo- biodegradable napkin starts decomposing six months after its disposal in a landfill under certain pressure conditions.
- By comparison, an ordinary pad starts degrading after 500 years.



- The aim is to enable more women to have access to affordable and healthy menstruation products.
- These affordable sanitary pads promise to promote hygiene, ensure the ease of disposal, and keep the environment clean.

• REC LIVE

Responses of girls who received Relief pads Ghaziabad Obstetric & Gynaecological Society in y

Out of 72 girls 53 responded



Q1. What would you like to use during periods from now on

A. Relief Pads 100% B. Regular napkins 0%

Q2. Did you find these pads easy to wear in comparison to regular disposable pads

A. Yes 64% B. 35.7%

Q3. Did you observe any leakage during use

A. Yes 28.6% B. No 71.4%

Q4. Did you use all the pads in the kit

Ayes 64.3% B. No 35.7%

Q5. After how many hours did you change your pads

A. 4 hours 7.1% B. 6 hours 21.4% C. 8 hours 28.6% D. 24 hours 42.9%

Q6. How many times did you wash the pad

A. 2-3 times 35.7% B. 3-4 times 50% C. 5-6 times 14.3%

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7. Did you find the pad soft as it was originally before use

A. Yes 100% B. No 0%

8. Did you feel any irritation on its use

A. Yes 0% B. No 100%

9. Will you recommend the use of relief pad to your mother, sister, friends etc. so that they may avail a scientifically developed medically complaint product

A. Yes 100% B. No 0%



Comments

It is good

It is comfortable

Will recommend to others

Mujhe achha laga