

# Sustainable Menstrual Practice

**Overview:** A woman uses approximately 4000-6000 pads in her lifetime. Thane city generates approximately, 100 tons of menstrual waste every year, which ends up in landfills or our water bodies. Through adopting sustainable menstrual practice, women can ensure better health for themselves and the environment.

**Objective:** Educate female staff on menstrual hygiene and various options available for safe periods.

**Content:** Interactive session on different options available to practice sustainable menstruation

**Duration:** 1 hour

**Audience:** Female staff of the company/school/residential society

**Outcome:**

- Reduction in the sanitary waste generated in the office/ school/residential society