

## Infographic



The infographic features a background of soft, colorful watercolor flowers in shades of pink, purple, and yellow. On the left, there is an illustration of a woman with dark hair in a bun, wearing a blue sleeveless top, looking thoughtful with her hand to her chin. Next to her is a calendar icon. On the right, there are illustrations of a pink menstrual cup, a white reusable pad, and a white disposable pad, all surrounded by small floral and leaf motifs.

**DR. AKHILESH DAS GUPTA**  
**INSTITUTE OF PROFESSIONAL STUDIES**  
(Formerly Dr. Akhilesh Das Gupta Institute of Technology & Management)

**BBD**

Centre of Legal Education  
Organises

**Utkarsh '24**  
"Silver Starlight: Illuminating a Quarter-Century Legacy of BBD Group"

COMMUNITY REACH PROGRAMME  
On  
**ENVIRONMENT PROTECTION THROUGH SUSTAINABLE  
MENSTRUAL HYGIENE MANAGEMENT.**

Faculty Coordinator:  
Dr. Kriti Mishra  
Ms. Priyanka Singh

Menstrual hygiene  
is a human right

#ShapingGenerations

Student coordinator:  
Garima Singh  
Deepanshi  
Ashwin

**DATE: 13TH MARCH 2024, 10AM ONWARDS**

**Dr. Akhilesh Das Gupta Institute of Professional Studies  
CENTRE OF LEGAL EDUCATION**

**A REPORT ON COMMUNITY REACH PROGRAMME**

**Topic: Environment Protection through Sustainable Menstrual Hygiene Management**

**Date:** 13.03.2024

**Day:** Wednesday

**Time:** 10:00 A.M Onwards

**Venue:** ITO, Yamuna Vihar Slum

**Objective:**

The Community Reach Programme projects to spread awareness regarding sensitive Socio-Legal problems prevailing in the Society. The topic emphasized to promote Sustainable Menstrual Hygiene among the marginalized section of the Society. The aim was to make them understand about the Sustainable Menstrual Practices which will help them maintain good health and hygiene and also be beneficial for the Environment. Moreover, the objective was also to develop the inter-disciplinary method of studying the Law among the B.A.LL.B (H) B.B.A.LL.B (H) students of first and third Semester.

**Brief Report:**

The Community Reach Programme is an initiative by Centre of Legal Education, ADGIPS. The topic of the Programme was “Environmental Protection through Sustainable Menstrual Hygiene”. The Faculty Coordinator of the programme was Dr. Kriti Mishra, Assistant Professor, CLE, ADGIPS, Ms. Priyanka Singh, Assistant Professor, CLE, ADGIPS and Ms. Anjaneel Goel, Assistant Professor, CLE, ADGIPS. The 15 Students of B.A.LL.B (H) B.B.A.LL.B (H) first and third Semester participated in the event. Faculty Members along with the 15 Students started the programme from 10:00 AM onwards at ITO Slum, Yamuna Vihar.

The program was designed to engage our students’ in-service community activities where they have the opportunity to interact with adolescents’ girls and Women of the slum to aware the community about the Sustainable Menstrual health and hygiene.

The Programme started with the general introduction where Dr. Kriti Mishra, Assistant Professor, CLE, ADGIPS enlightened the crowd about the Menstrual Practices that needs to be followed by them for maintaining the health and hygiene. She added that good menstrual hygiene management (MHM) plays a fundamental role in enabling women, girls, and other menstruators to reach their full potential. She emphasized on that when girls and women have access to safe and affordable sanitary materials to manage their menstruation, they decrease their

risk of infections. This can have cascading effects on overall sexual and reproductive health, including reducing teen pregnancy, maternal outcomes, and fertility. Poor menstrual hygiene, however, can pose serious health risks, like reproductive and urinary tract infections which can result in future infertility and birth complications. Neglecting to wash hands after changing menstrual products can spread infections, such as hepatitis B and thrush. She concluded on making them realize that it is very important for them to follow good Menstrual Practices.

Thereafter, Ms. Priyanka Singh, Assistant Professor, CLE, ADGIPS added on different sustainable Menstrual products which can be used during those days. She said that promoting menstrual health and hygiene is an important means for safeguarding women's dignity, privacy, bodily integrity, and, consequently, their self efficacy. She insisted on using the Bio-degradable Menstrual products. She explained the consequences of not using bio-degradable products on the health of the Women.

Ms. Anjaneel Goel, Assistant Professor, CLE, ADGIPS threw light on the positive impact of following Sustainable Menstrual Practices on the environment. She explained that prevalent use of non-recyclable and non-biodegradable disposable menstrual sanitary pads harms the environment. Their lifecycle pollutes water bodies and landfills, leading to microplastics and other environmental and health hazards. Lastic menstrual products generate more than 200,000 tons of waste per year. Also she added that most menstrual hygiene products are made up of plastic and are non-biodegradable, taking approximately 500 to 800 years to decompose. Menstrual hygiene products such as pads and tampons usually contain dangerous chemicals, like pesticide residues, bleach, and phthalates that cause harm to the body and environment. She concluded by putting focus and emphasis on using Bio-degradable Sanitary Napkins.

The whole team of CLE acted as a counselor and made efforts to understand the problem of each and every girl and women present there. The informative pamphlet was also designed by the Faculty Members of CLE which was distributed to the Women and Girls. The pamphlets had basic information regarding practicing Sustainable Menstrual Hygiene.

The students of CLE also prepared posters to attract the attention of the community and make them understand the importance of the topic through diagrams and flow charts.

Afterwards, Biodegradable sanitary Napkins were distributed to the Women and Adolescents girls of the Slum Area. Lastly all the question and queries regarding Sustainable Menstrual Hygiene was answered by the Faculty Members.

### **Learning Outcome:**

1. Strengthening interdisciplinary method of studying Law.
2. Establishing quality standards for MHHM products to ensure they are safe for both people and Environment.
3. Exploring effective communication channels to raise awareness among diverse groups about environmental impact of menstrual products.

**Beneficiary:** Women and Adolescents girls of the Slum Area.



## GLIMPSES OF THE EVENT





