

Report on Awareness Program on “Sustainable Menstrual Hygiene”

The Women Welfare Committee of Sardar Patel College, in collaboration with the Sahaas Foundation, organized an awareness program on **Sustainable Menstrual Hygiene** on **9th September 2025** at the **III Floor Auditorium**.

The session was conducted by **Ms. B. Mounika**, Project Coordinator from the Sahaas Foundation. A total of **90 students**, along with the **College Principal, Dr. N. Hemalatha**, and all **women teaching and non-teaching staff**, actively participated in the program.

During the session, the speaker created awareness about sustainable menstrual practices, menstrual hygiene management, and the importance of using eco-friendly sanitary products. The discussion highlighted how adopting sustainable menstrual hygiene practices contributes to better personal health as well as environmental well-being.

At the conclusion of the session, sample menstrual hygiene products were distributed to the students and staff members by the Sahaas Foundation team. The program was highly informative and successfully enhanced participants' understanding of sustainable menstrual hygiene and its long-term benefits.

