



K.S. INSTITUTE OF TECHNOLOGY ANTI SEXUAL HARASSMENT COMMITTEE

Webinar on

Go Green zero Waste Period

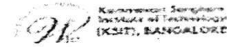
Talk on "Go Green zero Waste Period" by Dr. Hamsaveni Srinivasan, Motherhood Children and women Hospital, was conducted for IInd and IIIrd year students of all branches under Anti Sexual Harassment (ASH) committee, KSIT as per VTU notification dated 21/7/2017 with Ref:VTU/BGM/ICC/2017-18/3118 on 11th September 2020. This was a event of one hour (2pm am to 1 pm) webinar was organized KSIT in association with Motherhood Children and women Hospital and IEEE.



KSIT - ASH Committee in Association with Motherhood Hospital



Presents
A Talk
on



Go Green Zero Waste Period

SPEAKER



Dr. Hemavathi Srinivasan
M.B.B.S., D.N.B., F.F.M.M.
Consultant Obstetrician & Gynaecologist
Date: Friday, 11th Sept, 2020
Time: 2:00 PM

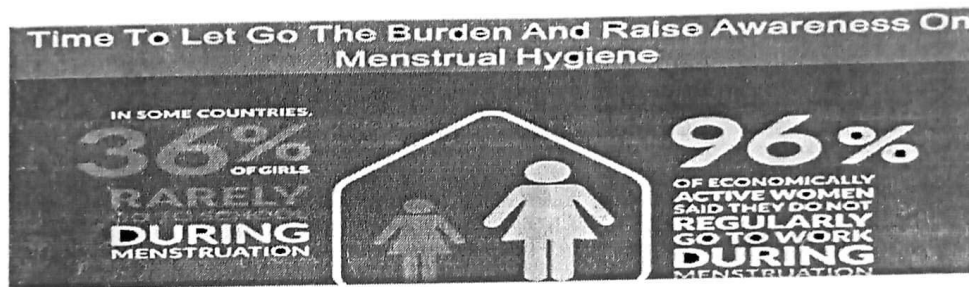
Registration link : <https://bit.ly/3hgkNew>

Dr. Hamsaveni, works as a Consultant Obstetrician and Gynaecologist, and also works as educator and content developer. She conducted number of workshops for children, teachers and parents. Dr. Hamsaveni became social worker from high school and joined Lions club international 10 year ago and currently serving as President for My Club BTM Nightingale, Bangalore.

Dr. Hamsavenipresented brief introduction on Women's hygiene and health issues during menstrual cycle. Speaker mentioned, now days women are getting the opportunities to talk freely about the problem that can face during menstrual cycle. Prime minister of India Mr. NarendraModi discussed certain related issue on menstrual cycle during independence speech 2020. Menstrual Hygiene Day is an annual awareness day on May 28 to highlight the importance of good menstrual hygiene management. It was initiated by the German-based NGO WASH United in 2014. In low-income countries, the choices of menstrual hygiene materials are often limited by the costs, availability and social norms.



28 May
**MENSTRUAL
HYGIENE DAY**



In webinar Doctor provided brief introduction on menstruation cycle, various risk factors of using sanitary pads and challenges in disposing of used sanitary pads.

Doctor also mentioned that usage of Disposal Tampons are not good and causes many health issues.

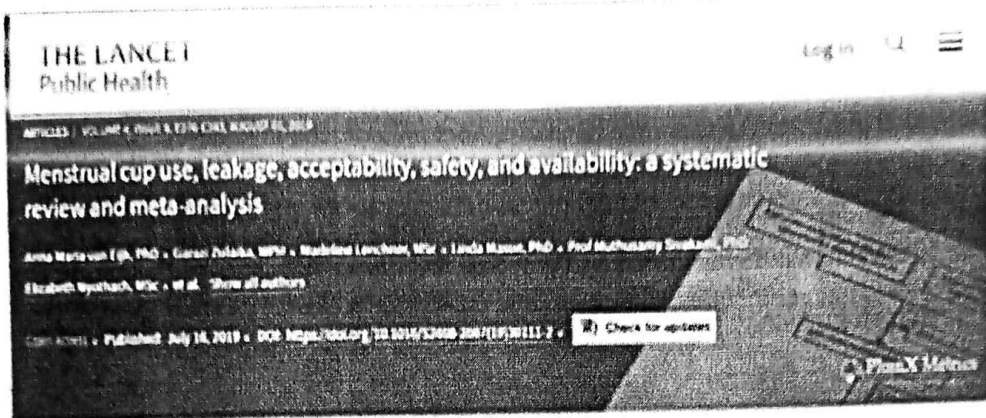
Eco hazards

- Single use product made up of plastic, chemicals
- No option of reuse/recycle/reduce
- Swells in water—chokes drains
- Foul smell
- Attract flies, insects and animals
- Dogs get them from garbage and spread all over roads
- Sanitary workers exposed to diseases as they separate it manually
- Sewage system clogging
- Contamination of underground water

Doctor provided information on various reusable/sustainable hygiene products such that

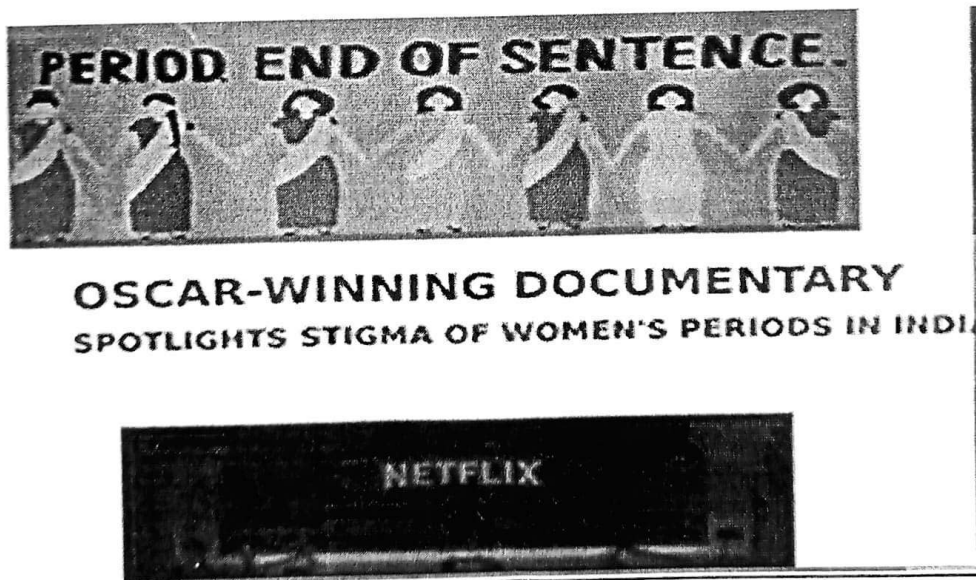
1. Reusable cloth pads
2. Reusable Tampons
3. Menstrual Cups
4. Bamboo Fiber Pads
5. Banana Fiber Pads
6. Water Hyacinth Pads

and usable of these products, advantages and disadvantages of these products.



This systematic review suggests that menstrual cups can be an acceptable and safe option for menstrual hygiene in high-income, low-income, and middle-income countries and menstrual cups are an alternative to disposable sanitary products, even where water and sanitation facilities are poor.

Published : July 16, 2019





Dr. Hemavati mentioned that food items like sprouts, dry fruits, green vegetables and fruits are good for girls to face the problems related to menstrual cycle.

Program outcome

Students acquired knowledge of positive and negative impact of usage of different sanitary products.


POs Mapping with rank

Talk	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12
Go Green zero Waste Period							1					1

Justification of POs mapping

- Students need the usage of different types of sanitary materials to avoid environmental hazards.
- Students must know the proper disposal of sanitary pads.
- As technology changes women must adopt to new hygiene product to avoid the health issues.


3/10/2020
Chief coordinator


3/10/2020
Principal