

Menstrual Hygiene Day 2025: A step towards a sustainable world



TRENDS

Reusable menstrual solutions as awareness around plastic waste and health concerns from disposable pads grows.

INSIGHTS

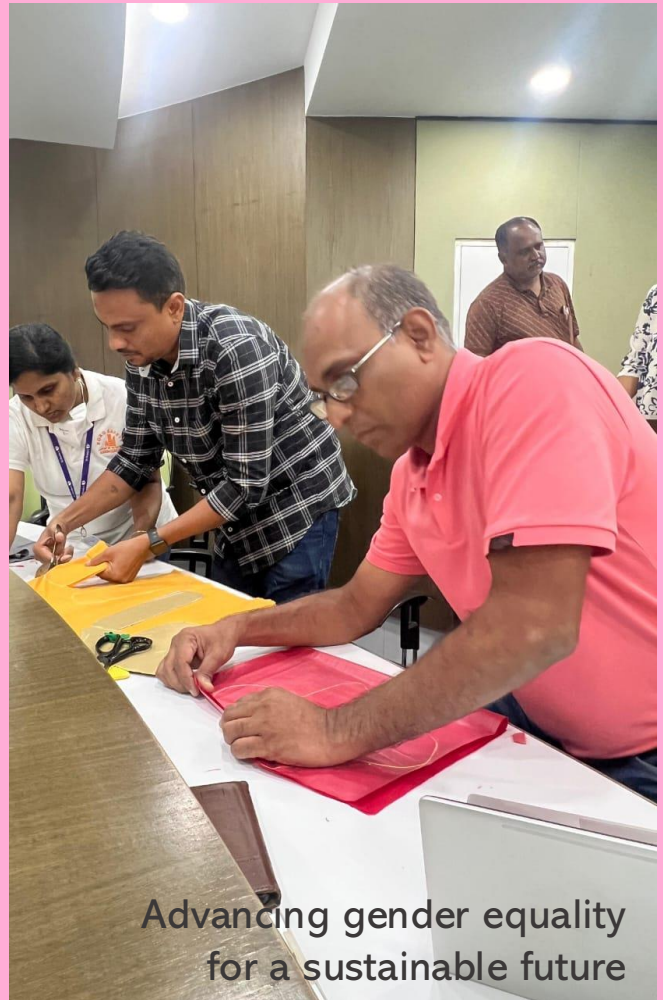
Teaching women to stitch their own pads bridges the gap between menstrual health and environmental responsibility.



INTRODUCTION

Naari is a dynamic initiative dedicated to women's empowerment, sustainability, and social impact. Through the provision of essential skills and resources, Naari empowers women to improve their quality of life while contributing to environmental sustainability.

In collaboration with Youngistaan Foundation, Naari conducted a DIY cloth-pad making workshop for the employees of Dr. Reddy's Laboratories. The session combined awareness on menstrual health with hands-on activity, encouraging participants to learn sustainable practices while engaging in a meaningful, skill-building experience. By creating this interactive space, the program not only built awareness but also encouraged employees to take forward the message of sustainability.



The session began with a discussion on health and environmental impacts of plastic based sanitary pads and introduction of cloth pads, followed by a hands-on workshop. The workshop was well received, with 200+ employees actively participating.

KEY ACTIVITIES AND METHODOLOGY



Team Naari's 3-day DIY Cloth Pad Making Workshop, conducted in collaboration with Youngistaan Foundation, for the employees of Dr. Reddy's Laboratories. The program began with discussions on the downsides of using conventional plastic sanitary pads, highlighting their negative impact on women's health and the environment. Participants were then introduced to the benefits of reusable cloth pads emphasizing their safety, sustainability, and long term economic advantages.

Following the discussions, the hands-on session began. Each employee received cloth materials, and facilitators demonstrated how to cut and prepare the different pieces for the pads. Trainers from team Naari assisted participants in stitching the pads and attaching button, providing close guidance to ensure everyone could confidently complete their own cloth pad.

IMPACT AND OUTCOMES

The workshop was highly successful in terms of both engagement and outcomes, also empowered employees with practical skills, awareness of sustainable menstrual hygiene practices, and an understanding of eco-friendly alternatives, marking a proud milestone for Team Naari on World Menstrual Hygiene Day 2025.



We Promote
Eco-Friendly
Periods,
Sustainable
Choices

Skill Acquisition: Each participant successfully learned how to stitch cloth pads, gaining confidence in their ability to create a sustainable product.

Health and Sustainability: Participants gained a deeper understanding of the health and environmental benefits of using reusable cloth pads, with several expressing interest in adopting them in their personal lives.

Community Building: A strong sense of solidarity emerged among women coming together to further explore sustainable business opportunities.



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