***Gal Menu Menu Bol***

**Greensphere WWF Project Echo**, in collaboration with **Avataran**, the e-magazine of IGDTUW organized the first session of their project, **Meno-organic** -‘’ Gal Menu Menu Bol’’ on 17th January. It was kick started with **Rahnuma**, the dramatics society, using their booming voices to gather the attention of everyone in the main ground. Girls of all years and branches formed a periphery around the speakers to not only listen but also share. With, an ice-breaking session where everyone discussed the much hush-hush period stories to the **Q&A,** was an attempt to discuss menstruation and menstrual hygiene. But that’s not all that they had to share. Their aim was to make the crowd aware of and provide them with biodegradable and sustainable alternatives of sanitary napkins, namely, menstrual cups and biodegradable pads. The speakers **Shambhavi Chaturvedi**, **Shana Agrawal**, **Apoorva Singh** and **Aanchal Sabharwal** assured the crowd by sharing their experiences having tried the products themselves. The project with its central theme as **plastic reduction** has been expanded to cater to other social needs of the time. This session caused a sensitization towards waste and hazards due to pads and tampons. Safe and good quality cups and biodegradable pads were provided at nominal prices for promoting usage amongst fellow students. An enthusiastic response was received by the ever woke crowd at IGDTUW. The pads also cater to NGOs for women empowerment.

Overall, the session was a success as they fulfilled in creating awareness on the environmental problem of plastic pollution and broad-mindedness towards menstruation providing women on the campus with alternatives that are going to make them feel happy and safe.