





**“IT IS WOMEN WHO HAVE
GIVEN BIRTH TO EVERY SINGLE
MAN IN THE WORLD. TAKE
PRIDE IN THIS UNIQUE
BLESSING AND MOVE
FORWARD WITH FAITH IN
YOUR INHERENT POWER.”**

**- MATA AMRITANANDAMAYI DEVI -
(AMMA)**



MENSTRUATION MAKES THE CYCLE OF LIFE POSSIBLE

WHAT HAPPENS TO MY SOILED PAD AFTER I USE AND THROW IT AWAY?



One pad
➤ 500 to
800 years
to decompose



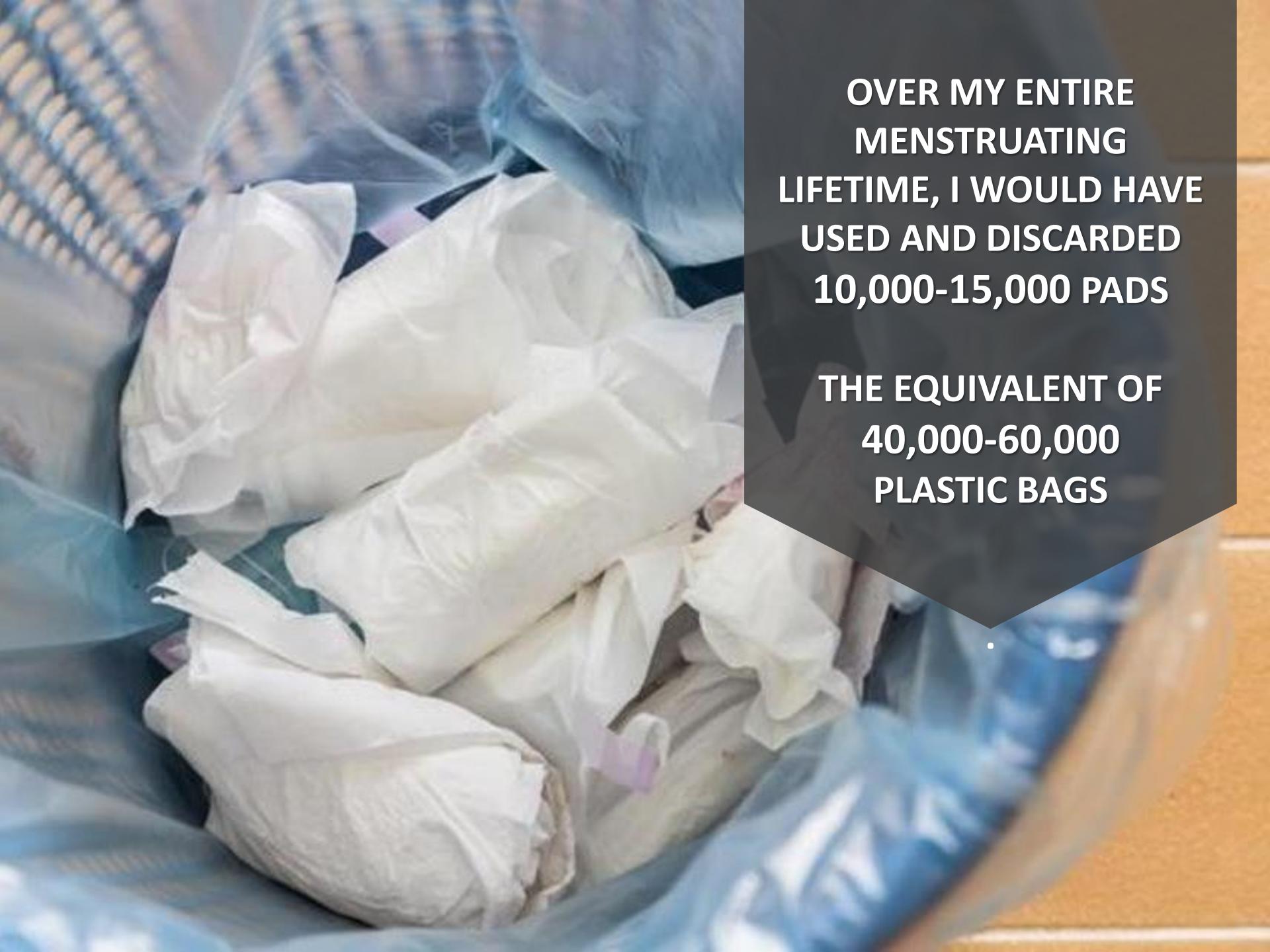
Incinerating
menstrual
waste
➤ highly
toxic
emissions



One pad
➤ 4
plastic
bags



A woman
➤ 50
plastic
bags
each month

A close-up photograph showing a large, messy pile of discarded menstrual products. The products are crumpled white pads and translucent plastic bags, all discarded in a single heap. The background is dark and out of focus.

**OVER MY ENTIRE
MENSTRUATING
LIFETIME, I WOULD HAVE
USED AND DISCARDED
10,000-15,000 PADS**

**THE EQUIVALENT OF
40,000-60,000
PLASTIC BAGS**



**IF 360 MILLION WOMEN IN INDIA USE SANITARY NAPKINS EVERY MONTH,
ASSUMING THE AVERAGE WOMAN USES 12-15 PADS PER MONTH,
IT ADDS UP TO 432 MILLION SOILED PADS, WEIGHING 900,000 TONNES, ENOUGH
TO COVER A LANDFILL OF 240 HECTARES (320 FOOTBALL FIELDS).**



MANY TREES
MUST BE CUT
DOWN TO MAKE
CELLULOSE FIBER,
THE ABSORBENT
MATERIAL
PRESENT IN ALL
DISPOSABLE
PADS.





Saukhyam
Reusable Sanitary Napkin





BANANA FIBER IS A NATURALLY OCCURRING ABSORBENT MATERIAL; IT CAN ABSORB UP TO SIX TIMES ITS WEIGHT IN FLUID.

ALL FLUFF PULP USED IN INDIA IS IMPORTED.

BANANA FIBER IS A MADE-IN-INDIA PRODUCT AS INDIA IS THE LARGEST PRODUCER OF BANANAS IN THE WORLD.



**SAUKHYAM UTILIZES
BANANA FIBER FOR
ENHANCED
ABSORPTION.**

**THESE REUSABLE
PADS ARE EASY TO
WASH AND DRY.**

**WITH PROPER CARE,
THEY CAN LAST AT
LEAST
3-5 YEARS.**

**DIOXINS ARE NOT JUST RELEASED WHEN USED PADS ARE BURNT;
THEY ARE ALSO PRESENT IN TRACE AMOUNTS ON ALL PADS AS A
BY-PRODUCT OF THE BLEACHING PROCESS.**



DIOXINS ARE ENDOCRINE DISRUPTORS



**SKIN IN THE VAGINAL AREA IS HIGHLY PERMEABLE;
ANYTHING IN CONSTANT CONTACT OUR SKIN WILL END
UP IN OUR BLOODSTREAM.**



DO YOU KNOW
HOW MUCH

DISPOSABLE PADS
REALLY **COST**



₹ 2,000

AVERAGE AMOUNT SPENT ON
DISPOSABLE PADS EVERY YEAR

₹ 60,000

AVERAGE AMOUNT SPENT OVER
ENTIRE MENSTRUATING LIFETIME



USING DISPOSABLE
PADS, I WILL SPEND AT
LEAST ₹2,000 RUPEES
EVERY YEAR,
AROUND ₹60,000
OVER MY LIFETIME
ON A PRODUCT THAT
IS SO UNHEALTHY,
AND BAD FOR OUR
PLANET.



EVEN LEADING WESTERN RESEARCH INSTITUTES LIKE THE STOCKHOLM ENVIRONMENTAL INSTITUTE, AN INDEPENDENT RESEARCH ORGANIZATION, NOW RECOMMEND “RE-INTRODUCTION OF REUSABLE MENSTRUAL PRODUCTS,” WHICH INCLUDES CLOTH PADS



**AWARDED
MOST INNOVATIVE PRODUCT BY
NATIONAL INSTITUTE OF RURAL
DEVELOPMENT IN DECEMBER
2016**



THESE PADS ARE AVAILABLE ONLINE @

saukhyampads.org



**SAUKHYAM MEANS HAPPINESS AND WELL BEING.
IT ALSO IMPLIES TRASH FREE, RASH FREE, AND
CASH FREE PERIODS.**



MORE AND MORE WOMEN ARE SWITCHING TO THIS
SUSTAINABLE, ECO-FRIENDLY, & HEALTHY OPTION.



**SAUKHYAM PADS ARE MADE BY WOMEN IN SELF-HELP-GROUPS IN THE
AMRITA SERVE VILLAGES.**



SAUKHYAM ENABLES WOMEN TO HAVE A STABLE SOURCE OF INCOME WHILE STAYING AND WORKING IN THE VILLAGE ITSELF; THEY NO LONGER HAVE TO MIGRATE TO FIND WORK.

“THE SET OF SAUKHYAM PADS DRIES VERY FAST. I FOUND THAT WASHING THE REUSABLE PADS BY HAND ONLY TOOK A SHORT TIME AND STAINING WAS NOT A PROBLEM AT ALL. FOR ME, THE EXTRA FIVE MINUTES PER PAD THAT IT TAKES TO WASH THEM IS WELL WORTH FOR OUR ENVIRONMENT AS WELL AS HEALTH BENEFITS OF USING THESE PADS. NOW I CANNOT IMAGINE MY LIFE WITHOUT THEM.”

- MEENAMBA HASS, UNITED STATES -

**“I FEEL SAUKHYAM PADS ARE MUCH MORE
COMFORTABLE THAN THE CONVENTIONAL
DISPOSABLE PADS. IN MY EXPERIENCE
THEY ARE VERY SIMPLE TO WASH AND DRY
SURPRISINGLY FAST.”**

- ISABEL SIGNES, SPAIN -

“I HAVE BEEN USING THE SAUKHYAM REUSABLE PADS MADE OF LOVELY COLORS AND PATTERNS DURING EVERY ONE OF MY MONTHLY CYCLES, AND THEY ARE STILL FINE AND WELL TO GO FOR SOME MORE YEARS. IT’S A NICE FEELING NOT HAVING TO THROW AWAY LIKE I USED TO DO FOR THE ONE TIME USE PADS, WHERE SO MUCH PLASTIC IS BEING WASTED AFTER SUCH A SHORT TIME OF ACTUALLY USING THEM.”

- SUNDANDA RAPPOPORT, FRANCE -

**“MY EXPERIENCE WITH SAUKHYAM COTTON
PADS HAS BEEN POSITIVE. I LIKE THAT THEY
ARE COTTON AND ARE COMFORTABLE TO
WEAR AND FEEL BETTER THAN THE
DISPOSABLE PLASTIC.”**

- VIMALA PURCELL, UNITED STATES -

**“I REALLY FEEL SAUKHYAM PADS ARE IDEAL AS
I DON’T HAVE TO PLAN AHEAD AND BUY
ANYMORE. THEY WORK VERY WELL DURING
TRAVEL AS WELL. I JUST HAVE THEM ALWAYS
WITH ME AND THE WASHING IS EASY AND
THEY DRY QUICK!”**

- SUDHA PILLET, FRANCE -