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Shri Navalmal Firodia Law College & Ph. D. Research Centre, Pune.

(Affiliated to Savitribai Phule Pune University, ID No. PU / PN / LAW / 207 / 2004)

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Report on Sustainable Period Hygiene Awareness Session

DES's Shri. Navalmal Firodia Law College, Pune, in collaboration with Titli Foundation, organized a "Sustainable Period Hygiene Awareness Session" on 16 September 2026 at the Legal Aid Room, SNFLC Campus. The session commenced at 11:30 a.m. and was conducted by Ms. Saloni Kulkarni, who facilitated an informative and engaging discussion on menstrual health, hygiene, dignity, and sustainability.

The primary objective of the session was to create awareness among students about menstrual health and hygiene and to encourage open and informed conversations about menstruation. The session addressed common myths, misconceptions, and social stigma surrounding periods and highlighted the importance of treating menstruation as a normal and essential aspect of women's health.

Ms. Saloni Kulkarni explained the importance of maintaining proper menstrual hygiene and discussed various aspects of menstrual health and well-being. She also highlighted the significance of sustainable menstrual practices, including awareness about environmentally responsible menstrual products and appropriate menstrual waste management.

An important aspect of the session was the discussion on period positivity. Students were encouraged to overcome hesitation and social taboos associated with menstruation and to approach menstrual health with greater awareness and confidence. The session also emphasized that menstrual hygiene is closely connected with dignity, gender equality, education, and participation in social life.

The programme was convened by Dr. Ashok Palande, Vice Chairman, GB & Council, DES and Chairman, CDC, DES SNFLC, and Dr. Sunita Adhav, Principal, DES Shri. Navalmal Firodia Law College, Pune.

The session proved to be an informative and meaningful initiative, encouraging students to develop a better understanding of menstrual health and sustainable hygiene practices. It reinforced the message that menstrual health, dignity, and environmental responsibility are essential components of an inclusive and equitable society.