## MAKING SANITARY PADS USING OLD FABRIC, SPONGE, AND SOFT DRY BANANA SHEATH (BYAAYI) AS ABSORBENT.

PREPARED BY NANDYOSE IDAH ON BEHALF OF NANDY COUTURE AND TINAC TAILORS IN SUPPORT OF THE CAMPAIGN "MY BODY IS MINE," ON15TH/JUNE/2020

Its usually favorable to use cotton fabric as it is soft on the skin.

Girls in Ndejje cant afford to purchase new fabric and it is sustainable to use old fabric and put it into use instead of dispossingit off.



Choose old fabric to use

This is another material used to make pads. This acts as an absorbent and soaks in any liquid.



sponge

This is cut off from the banana stem which holds the fruit.

The part of the sheath towards the ground is the softest.



Dried outer banana sheath

By using a plain piece of paper, we cut out our pad pattern



Drafting out the structure of our sanitary pad



**Cutting pattern fabric** 

This involves mea using green and w Here, we considered using both hand stitching and a sewing machines

The sponge which has been cut at a size to fit the fabric is attached to the fabric by sewing



Sewing and tailoring the pads

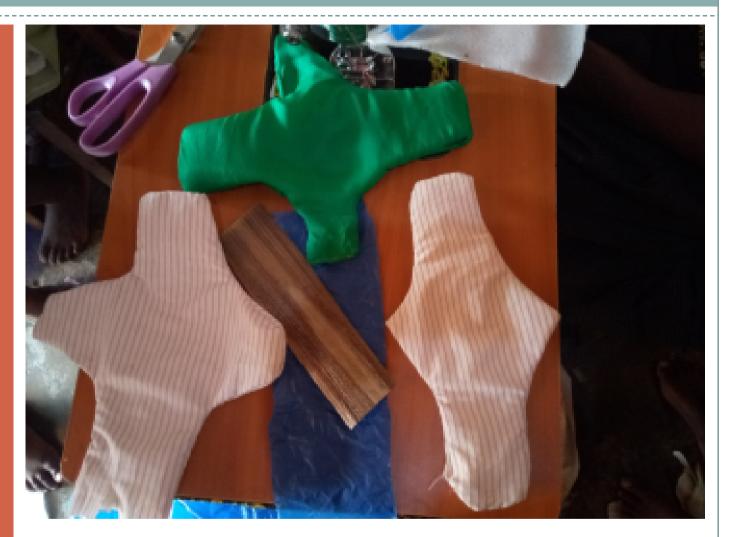
It is the last part closest to the ground, it is soft and can be checked by pressing with the fingers.



Choosing the right kind of sheath

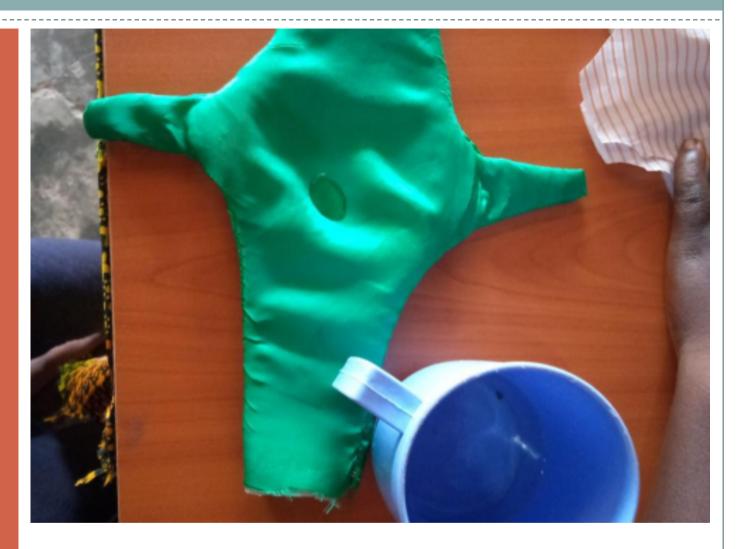
Cutting the sheath at a reasonable size that fits into the sanitary pad.

The sheath and polythene is positioned in the middle of the sanitary pads, one above the other respectively



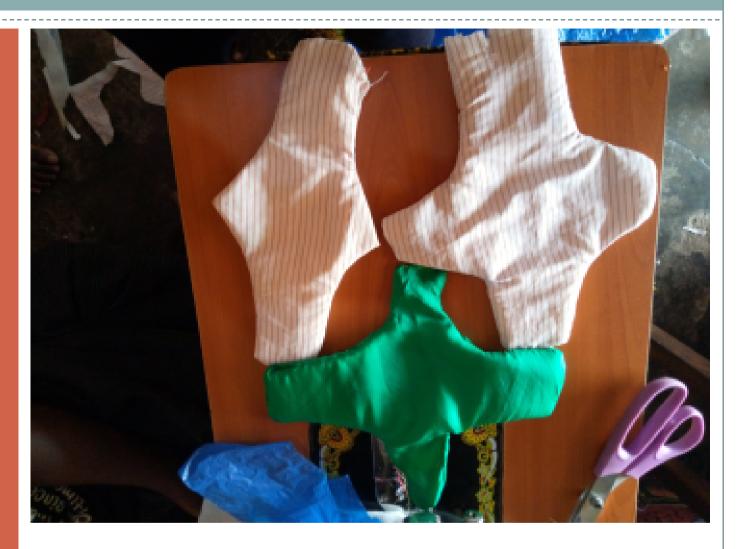
Cutting the sheath and polythene

Several drops of water are added on top of the sample sanitary pad to check on the absorption. Here is why it is also important to use cotton fabric because it can easily absorb liquids than other fabrics like silk.



Checking on the absorption

With the help of Nandyose Idah, some of the students at Tinac Tailors were able to make their first ever trials of sanitary pads as seen on the side which will be improved as time goes on.



The sample sanitary product

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## Sample pads

## Sample pads





Asking for help from one of the tailors at Tinac tailors to evaluate the trial pads sown by some of the students



**Evaluation and consultation**