

Game Changers



Biodegradable Yoga Mat

A biodegradable and compostable yoga mat developed from water hyacinth by six young girls from the fishing community in Assam could turn this water plant from a nuisance to wealth. The innovation by the girls, whose families are directly dependent on the wetland for survival, could contribute significantly towards the environmental conservation and sustainability of their neighbourhood lake and also ensure local livelihood. The mat called 'Moorhen Yoga Mat' will soon be introduced to the world market as a unique product.

The mat developed through fiber processing and technological interventions could improve the aquatic ecosystem of the wetland through removal of water hyacinth, help sustainable production of utility products with community engagement and generate of livelihood for indigenous communities to become completely 'Atamanirbhar'.

The women wove water hyacinth using traditional Assamese loom with the help of different combinations of techniques, materials and tools to develop a high quality, comfortable and thoroughly biodegradable and compostable Yoga Mat.