



S H A K T I

STRENGTHENING MENSTRUAL HYGIENE
MANAGEMENT IN PRISONS



PROJECT SHAKTI

ANNUAL REPORT

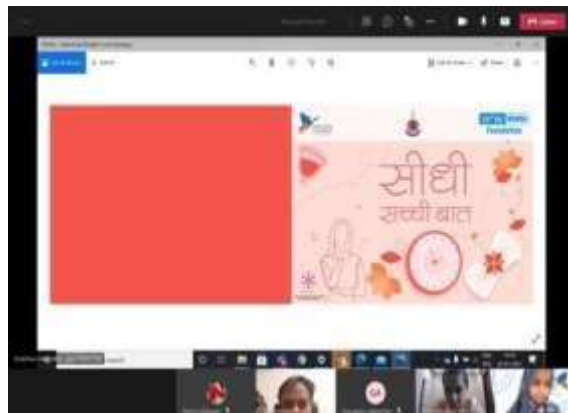
APRIL 2021 – MARCH 2022

Project Preliminary Activities: APRIL – JUNE 2021

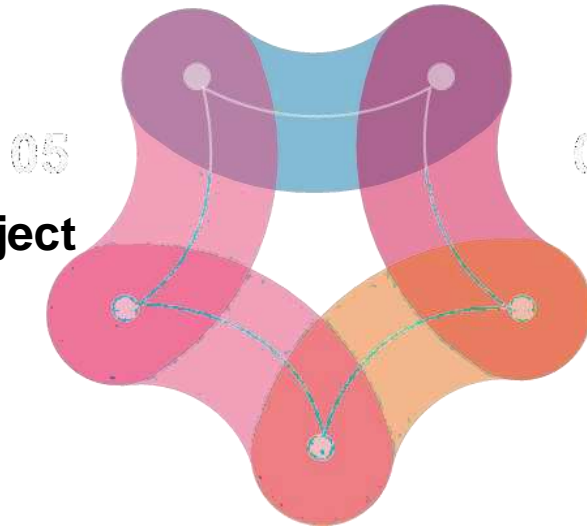
Prior to implementation of Project Shakti, a series of preparatory and preliminary activities were conducted with the Project Team and Prison Authorities.



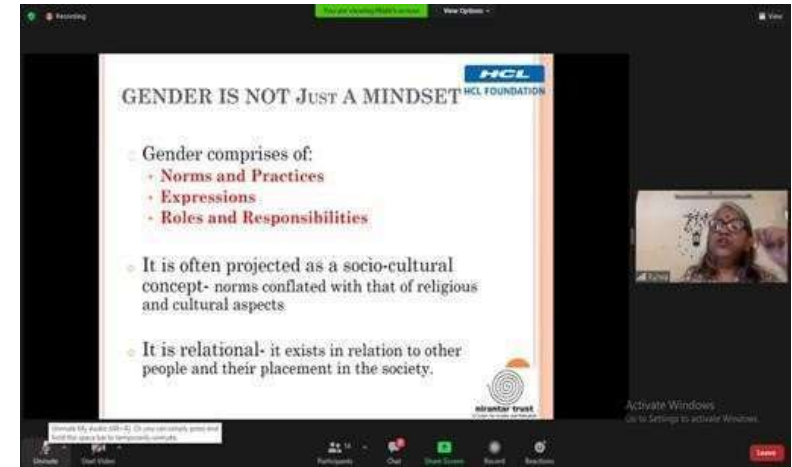
Team Consultative and Project Preparatory Meetings



Written Permissions and Liaison with Authorities for Vending Machine Installation



Prison Visits, Inmate Rapport Building & Counseling

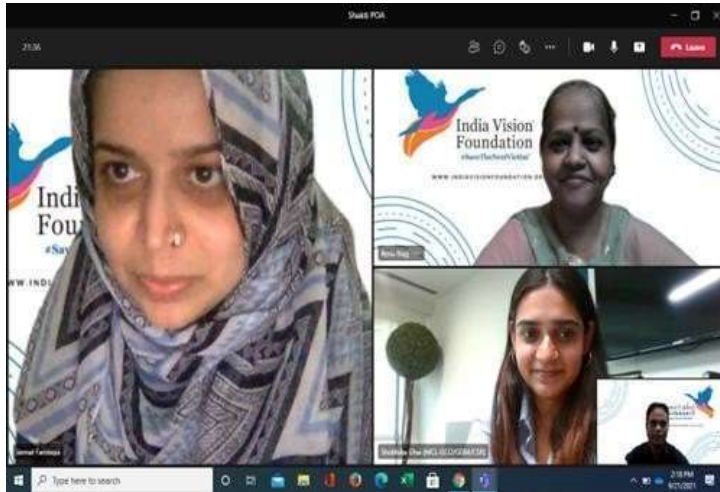


Project Team Gender Sensitization Trainings

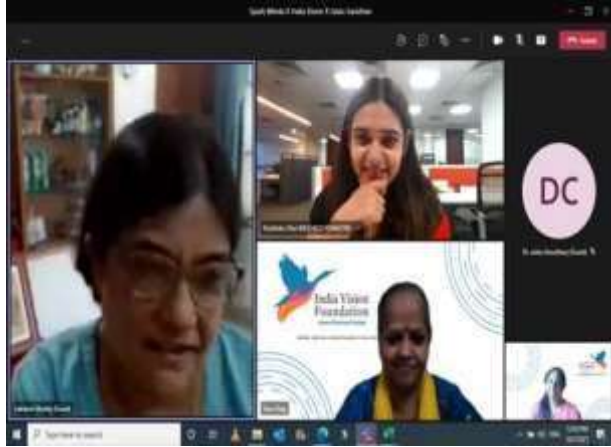


Project Implementation phase: JULY – SEPTEMBER 2021

Post a series of preparatory and preliminary activities, Project Shakti reached its implementation phase where activities were conducted with the Project Team and Prison Authorities.



Project Implementation phase: OCTOBER – DECEMBER 2021



Team Consultative and project planning

Continued liaison and networking with prison administration

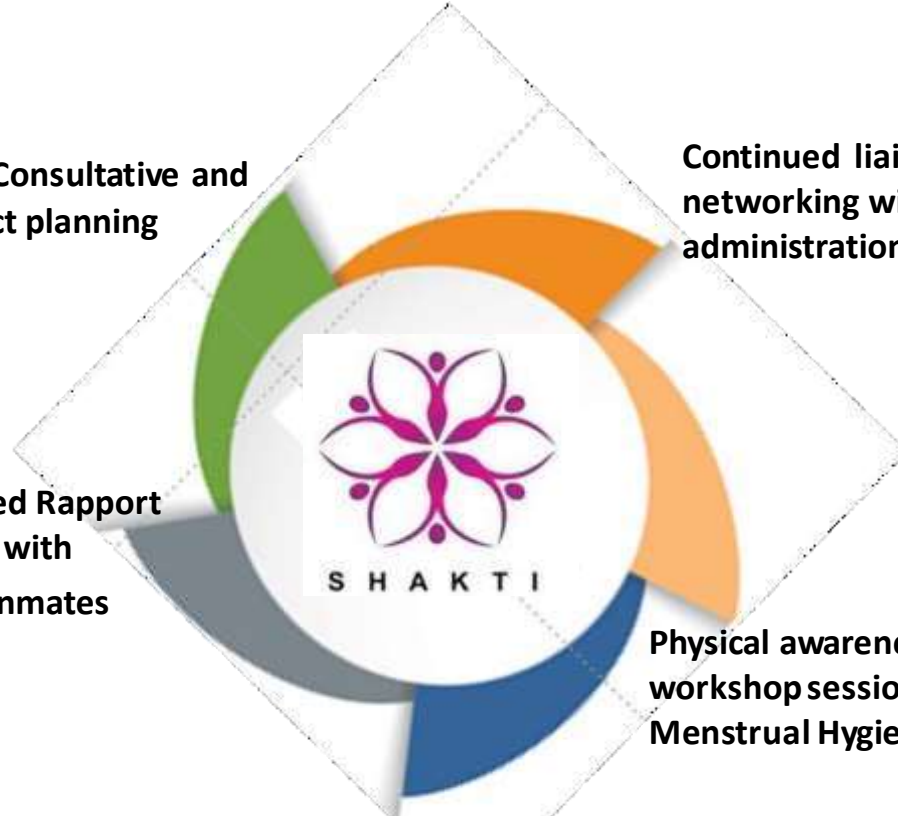


Continued Rapport Building with Female inmates

Physical awareness training workshop session on Menstrual Hygiene



Training of operating sanitary napkins vending machine and distribution of sanitary napkins in the prisons



Project Implementation phase: JANUARY – MARCH 2022



Training on operating
sanitary napkin
vending machines and
distribution of sanitary
pads in prisons



Continued Rapport
Building with Female
inmates

Awareness workshops on
Menstrual Health &
Hygiene management



PROJECT SHAKTI IMPLEMENTATION METHODOLOGY



VENDING MACHINES INSTALLATION



In order to promote and protect overall health and development, particularly, menstrual hygiene practices among women in Prisons, Project Shakti witnessed installation of sanitary napkin vending machines and incinerators across **12 prisons of Haryana** namely, **Yamuna Nagar, Ambala, Kurukshetra, Panipat, Sonipat, Bhiwani, Gurugram, Narnaul, Sirsa, Jind, Hisar and Kaithal.**

The aim is to achieve one of the prime Sustainable Agenda i.e, WASH, by endeavoring efforts to establish concepts of what, why and how of menstruation and practices of hygienic sanitation.



ONLINE TRAINING, WORKSHOPS AND AWARENESS SESSIONS

REACH
1,086

LOCATIONS REACHED:

- Jhajjar
- Rohtak
- Karnal
- Ambala
- Gurugram
- Faridabad
- Sonipat
- Panipat
- Kurukshetra
- Hisar
- Jind
- Sirsa

India Vision Foundation along with Spark Minda Foundation organized virtual as well as in person awareness sessions during the year. These workshops were enlightening and interactive wherein menstrual concerns of female inmates were acknowledged and numerous taboos encompassing the topic were discussed and resolved. One of the objectives of conducting these sessions was to break the silence regarding reproductive/ menstrual health concerns faced by female inmates inside prisons, and destigmatizing menstruation. Pertinent information related to the science behind periods was discussed. Some very old misconceptions that had been blindly followed till date were busted supporting logical reasoning. The inmates were informed about the correct way of using sanitary napkins and were encouraged to use safer menstrual practices to prevent life threatening diseases and infections.



18 SESSIONS
CONDUCTED

RESOURCE PERSONS

- **Dr. Ghazala Shaheen** from Spark Minda Foundation
- **Dr. Anupama Rao, Gynecologist** from Pathfinder International
- **Ms. Lakshmi Murthy, Ms. Usha Devi and Ms. Shyama Vaishnav** from Jatan Sansthan Foundation



OUTCOME OF PROJECT SHAKTI

16



PRISONS
IN HARYANA

36



WORKSHOPS
CONDUCTED

1086



INMATES
BENEFITED

Project Shakti: MIS Data

MIS for the functioning of Sanitary napkin vending machine											
For the month of		APRIL 2021 TO MARCH 2022									
Reported by		Ravi Kr. Srivastava									
Date of reporting		06 th OCT - 2022									
Prison Name		Location		Name of Custodian / In charge		Date of installation		No. of Machine installed		APRIL 2021 TO MARCH 2022	
								No. Of Females (Inmates)		No. Of Females (Staff)	
								No. Of SN used		No. of balance SN	
										Fault identified in the machines (if any)	
Karnal	HARYANA	Suman H. W	09th Feb -21	Incinerator & Vending machine	70	6	1000	NIL	NO		
Rohtak		H.W Aashita	08th Feb -21		123	10			Lock fail		
Jhajjar		Nisha Yadav	08TH Feb-21		70	4			No		
Faridabad		Snehlata	15 th March 21		174	8			NO		
Gurugram		Laxmi	19th July 21		189	3			NO		
Sonipat		Pushpa	19th July 21		96	6			NO		
Panipat		Sumitra	19th July 21		64	4			NO		
Kurukshetra		Anita devi	20th July 21		42	5			NO		
Ambala		AS Geeta	20th July 21		71	8			NO		
Jind		Sumitra Devi	21 st July 21		52	5			NO		
Kaithal		Raj Bala	22nd July 21		49	5			NO		
Bhiwani		Laxmi	23rd July 21		65	4			NO		
Sirsa		Soma Devi	24th July 21		85	9			NO		
Narnaul		Saroi	26th July 21		52	4			NO		
Hisar-2		Babita	27th July 21		131	12			NO		
Yamuna Nagar		Raksha Devi	28th July 21	46	6	NO					

BY FEMALE INMATES

BY FEMALE WARDERS

“Sanitary Napkin vending machines and incinerators were already installed in Rohtak prison, making my stay there easy and tension free, during periods. But when I got to know that we are being shifted back to Faridabad prison, I was quiet upset, as these facilities were not available there back then. Finding these machines now available in Faridabad prison also came as a complete surprise for us and we are more than happy now. Thank you so much India Vision Foundation for helping and supporting us”

- A female inmate beneficiary from Faridabad Prison

“When I came here, I was very surprised to see how things are very different from what I had thought and had worried about. Heard from other inmates that India Vision Foundation had installed sanitary napkin machines inside prison, which to be honest I am really satisfied about. Thank you”

– Beneficiary, Rohtak Prison

“The foundation has been very kind to us by initiating projects to fulfill this very basic need of ours. Due to the outbreak of covid19, we women inside prison were already scared and confused thinking how will we ever manage to take care of ourselves during our menstrual cycles. But with the timely intervention by India Vision Foundation, we have no such concerns anymore.”

- F1 Beneficiary, Jhajjar Prison.

“After installation of Sanitary napkin Machine, we are not worried anymore because through the machine we get napkins 24x7. Female inmates also dispose off napkins by using Incinerator machine, leaving no used sanitary napkins in the washroom anymore.”

- A female warden from Ambala Prison

“Sanitary Napkin Vending Machines have been taking care of the menstrual hygiene among jail wardens and female prisoners. These are very easy and comfortable to use, even by the illiterate lots”

- A female warden from Gurugram Prison

“Earlier menstrual hygiene maintained inside female barracks were very pitiful. I have witnessed women use various unhygienic and unhealthy substitutes, during their time of the month, to prevent staining. By incorporating such things, a continuous deterioration in the overall health of these women was also observed. Later, with the initiation of Project Shakti inside the prison, there is an improvement in the situation and many women are encouraged regularly to use sanitary napkins. Women are much happier and safe now”

- W1, Female Warden, Rohtak Prison.