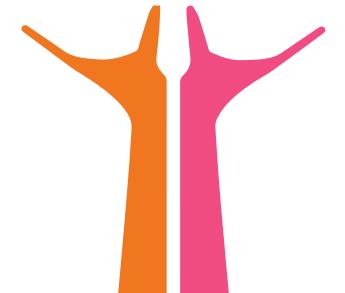




SHAKTI

STRENGTHENING MENSTRUAL HYGIENE MANAGEMENT IN PRISONS







2022



Project Implementation Phase

SPARK MINDA Foundation

After a series of preparatory and preliminary activities, Project Shakti reached its implementation phase where activities were conducted with the beneficiaries by the Project Team along with the active support from Prison Authorities.





Some of the activities were:





Awareness Sessions & Workshops

• Topic: "Awareness Workshop on Menstrual Health and Hygiene"

 Resource Persons: Ms.Lakshmi Murthy, Ms.Usha Devi and Ms.Shyama Vaishnav from Jatan Sansthan Foundation, knowledge partner of Project Shakti.

• Reach: 209 Beneficiaries (Ambala - 50, Hisar - 74, Jind - 43, Sirsa – 42)

During the quarter of January to March 2022, India Vision Foundation along with Spark Minda Foundation and Jatan Sansthan continued to organize awareness sessions on the topic of "Menstrual Health and Hygiene", in four more prisons of Haryana including Ambala, Hisar-2, Jind and Sirsa prisons with 209 female inmates.

The session started off by focusing on the motto "Chuppi Thodo", meaning breaking silence on reproductive and menstrual health concerns faced by female inmates inside prisons, and destigmatizing menstruation in our society. Jatan Sansthan team members **Ms. Lakshmi Murthy, Ms. Usha Devi and Ms. Shyama Vaishnav** asked female inmates about few common myths and confusions that they thought were correct and incorrect related to menstruation.

During these session, participants were asked about their contribution in spreading hygienic menstrual practices within prisons, it was very satisfying to know that many of them have discarded the unhealthy methods by substituting and leaning more towards the usage of sanitary napkins instead, made easily accessible from the vending machines installed inside the prison, by the Foundations. They also shared that use of incinerators are also promoted within the prison.





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