

Project Shakti: Quarterly Report

July – September 2024

Project Shakti is a joint initiative between the India Vision Foundation and the Spark Minda Foundation, aimed at promoting menstrual hygiene practices among female inmates in prisons. This project ensures easy access to resources in alignment with the Sustainable Development Goals. Following the successful implementation of Project Shakti in the prisons of Haryana, Uttarakhand, and Delhi, there arose a need to replicate a similar model in Uttar Pradesh, leading to the extension of support to four zones: **Lucknow, Varanasi, Meerut, and Gorakhpur.**

🌸 Present Status of Project Shakti - Uttar Pradesh 🌸



On May 28, 2024, in recognition of Menstrual Hygiene Day, a conference was held to empower women in prisons through menstrual hygiene management, featuring Dr. Kiran Bedi as the Chief Guest. The event included a rapid-fire panel discussion with Dr. Kiran Bedi, and contributions from Mr. Jai Kishan Chhillar, Ms. Sarika Minda, and Mr. Bhomik Shah, moderated by Mr Praveen Karn. A key announcement was made regarding the provision of menstrual hygiene resources in 71 prisons across Uttar Pradesh over three years, beginning with 22 district prisons in the first year. This initiative aims to enhance the health and dignity of female inmates in prison environments.

🌸 Inauguration Of Project Shakti

Project Shakti, UP was officially inaugurated at Nari Bandi Niketan, Lucknow, with **Chief Guest Smt. Meenakshi Sonkar, Additional District & Sessions Judge of the Allahabad High Court**, presiding over the event. Notable attendees included Mr. Anil Gautam, Superintendent of Nari Bandi Niketan, and representatives from Minda Corporation, India Vision Foundation, Bharat Cares, and ASSOCHAM.



🌸 Project Shakti: Some Figures & Numbers:

vending machines
Installed:

14

Sanitary Napkins
Delivered:

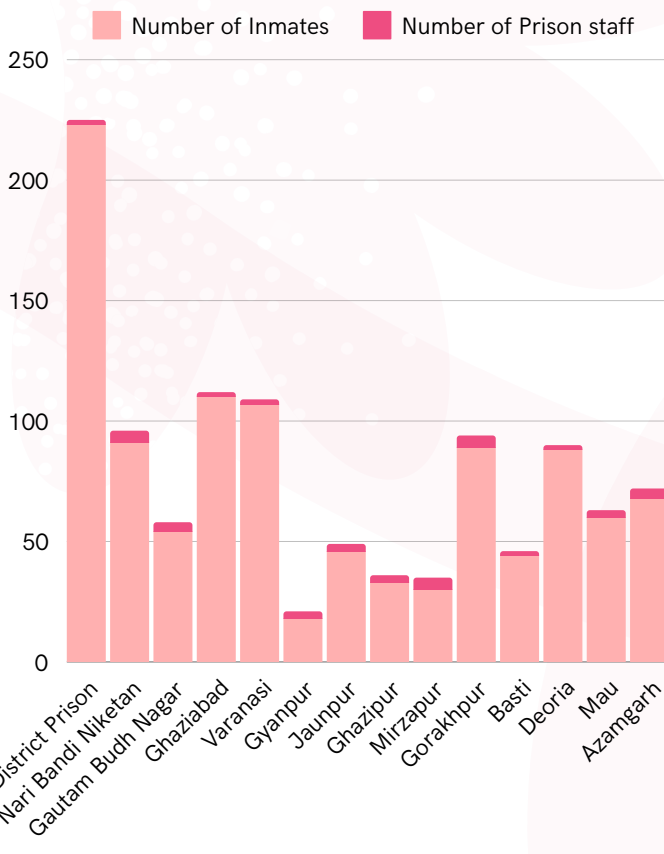
14000

Sanitary Napkins
Used:

4173

Beneficiaries
Reached :

1106



Location of Prisons



Project Objectives

Project Shakti will follow a three-pronged intervention strategy of **Access – Educate – Empower** to support female inmates maintain their menstrual health and hygiene inside the prison by facilitating access and usage to Safer options of menstrual health and hygiene products.



Access

To ensure and facilitate easy access to safe **"Menstrual Health and Hygiene"** products, and water, sanitation, and hygiene (WASH) infrastructure inside the prison.



Educate

To educate female inmates by conducting **systematic awareness sessions** and demystifying the stigma and taboos around Mensuration.



Empower

Empower: To ensure the practice of safe mensuration with dignity even inside the prison and to bring a shift behavioural change by practicing hygienic options and informed choices of managing **"Menstrual Health Management and Hygiene"** in prisons and even after release.



Installation of Sanitary Napkins Vending Machines and Training

Installation and demonstrative training of vending machine.

The installation of sanitary pad vending machines in Uttar Pradesh prisons involved strategically placing fourteen machines across various locations, including District Jail Lucknow, Nari Bandi Niketan in Ghaziabad, Gautam Budh Nagar, Varanasi, Gyanpur, Jaunpur, Ghazipur, Mirzapur, Gorakhpur, Basti, Deoria, Mau, and Azamgarh. This initiative aimed to facilitate convenient access to sanitary pads for female inmates, thereby promoting better menstrual hygiene practices within the correctional facilities.



The vending machines were specifically designed to ensure continuous availability of sanitary products, addressing a critical need for female inmates. Following the installation, the project team conducted comprehensive demonstrations for both inmates and prison staff to familiarize them with the operation of the machines.



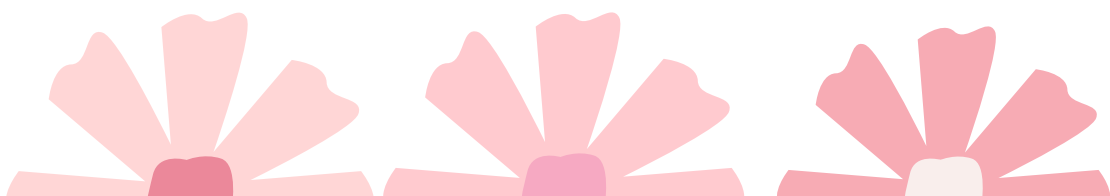
This initiative not only enhances access to menstrual hygiene products but also contributes to the overall well-being and dignity of female inmates.



Project Implementation

India Vision Foundation and Spark Minda Foundation extended their support to Uttar Pradesh prisons. In order to guarantee consistent access to necessary hygiene supplies, they set up 14 sanitary napkin vending machines and supplied 14,000 sanitary napkins. In addition, 14 awareness programs debunked stereotypes and taught female prisoners how to manage their menstrual hygiene. In addition, 45 inmate employees received training on how to keep the vending machines in good working order and assist with continuous awareness campaigns.

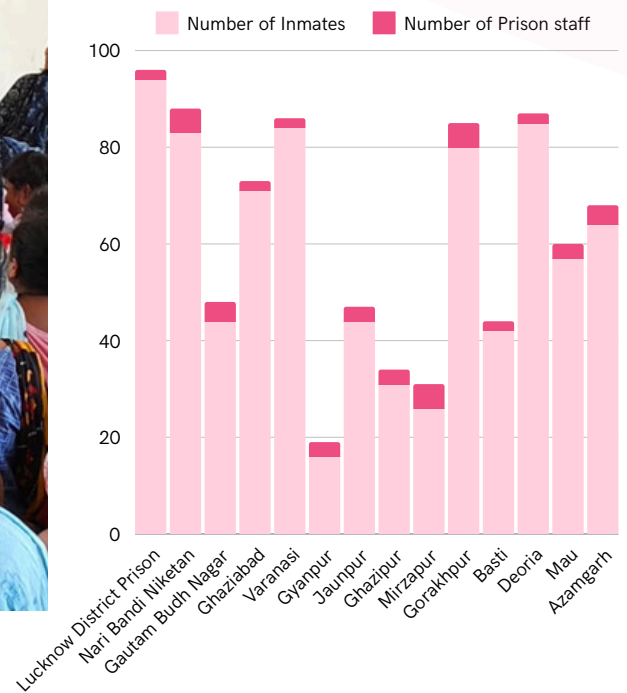
The initiative focused on educating female inmates about menstrual health and hygiene. Trainers engaged in activities like the **Bindi activity** to enhance the understanding of the menstrual cycle & symptoms, **clothes coloring activity** demonstrated how light-colored fabric can help identify stains, essential for maintaining hygiene. Light colors allow for quick detection of changes, aiding in health monitoring and early detection of potential infections and last is **menstrual product activity** aimed to educate participants about various products, helping them understand their uses and importance for maintaining hygiene.



Trainings & Workshops



Reached - 821

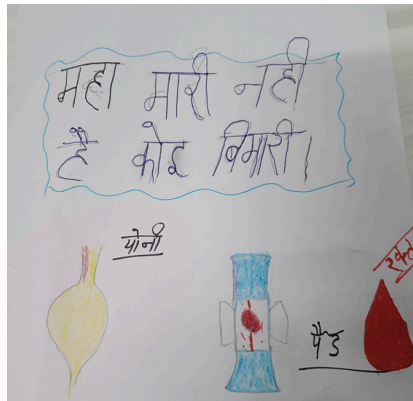
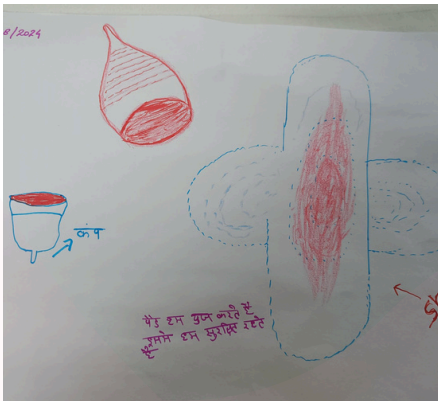
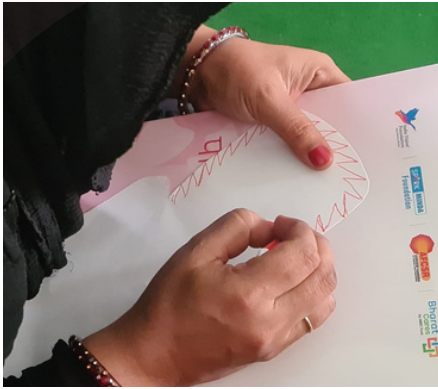


During the quarter, a total of fourteen awareness sessions on "Menstrual Health and Hygiene" were conducted for 821 female inmates across various correctional facilities, including District Jail Lucknow, Nari Bandi Niketan, Ghaziabad, and others in Gautam Budh Nagar, Varanasi, Gyanpur, Jaunpur, Ghazipur, Mirzapur, Gorakhpur, Basti, Deoria, Mau, and Azamgarh. These sessions were facilitated by the Bharat Cares team and focused on critical topics related to menstruation.

The trainers provided comprehensive information on menstrual hygiene practices, debunked prevalent myths, discussed strategies for managing discomfort, and emphasized overall well-being during menstrual cycles. These sessions fostered an environment conducive to open dialogue, allowing participants to pose questions and express concerns regarding menstruation.

The primary objective was to empower female inmates with accurate, evidence-based information to enable them to manage their menstrual health effectively. The collaborative efforts of India Vision Foundation, Spark Minda Foundation, Assocham, and Bharat Cares underscored a shared commitment to enhancing menstrual health and hygiene among female inmates. To reinforce their learning, menstrual hygiene booklets were distributed following each session, further enriching their understanding and improving their quality of life.





Feedback

Mr. Shukla said that, " In the collaboration with India Vision Foundation and Spark Minda Foundation, a sanitary vending machine and sanitary pads were provided in the women's barrack. Along with this, all the female inmates were educated through the sessions about the issues faced during menstruation, cleanliness, and how to take care of themselves in a more developed manner. It is hoped that this program will be highly beneficial. Many thanks to India Vision Foundation and Spark Minda Foundation".

Mr. Anand Shukla Jail Superintendent District Prison Mau.

"I always believed the myths surrounding menstruation—that it was impure and that we shouldn't enter certain areas during our periods. Hearing the facilitators explain that these are just old beliefs was eye-opening for me".

Inmates from District Prison Basti

"I have experienced, the challenges that faced during my menstruation and the shame that I had been made to feel about my own body parts. During the session, I have learned to embrace my own body with pride, to understand that menstruation is not something to hide or be ashamed of, but a powerful reminder of the strength as women".

Inmate From District Prison Varanasi

Adherence to:



Project Shakti: MIS Data

Name of the Prison	Location	Name of the custodian Incharge	Month of Installation	Number of Machines	Number of Inmates	Number of staff	No. of sanitary Napkins delivered in the Prison	No. of sanitary Napkins Used	No. of Sanitary Napkins Balance	Fault Identified in Machine (Yes / No)	Reporting the complain to the Vendor	Complaint rectified on	Awareness Drive	Sanitary Napkin machine use
District Prison Lucknow	Uttar Pradesh	Bijender	July, 2024	1	223	2	1000	830	170	No	No	No	Yes	Yes
District Prison Nari Bandi Niketan		Gautam		1	91	5	1000	400	600	No	No	No	Yes	Yes
District Prison Gautam Budh Nagar		Brijesh		1	54	4	1000	985	15	No	No	No	Yes	Yes
District Prison Ghaziabad		Sita Ram		1	110	2	1000	120	880	No	No	No	Yes	Yes
District Prison Varanasi		Dr.Umesh Singh	August 2024	1	107	2	1000	400	600	No	No	No	Yes	Yes
District Prison Gyanpur		Subedar Yadav		1	18	3	1000	150	850	No	No	No	Yes	Yes
District Prison Jaunpur		K.K Dixit		1	46	3	1000	550	450	No	No	No	Yes	Yes
District Prison Ghazipur		Arun Pratap Singh		1	33	3	1000	200	800	No	No	No	Yes	Yes
District Prison Mirzapur		Dr. Rajender Prasad		1	30	5	1000	200	800	No	No	No	Yes	Yes
District Prison Gorakhpur		Dilip Kumar Pandey		1	89	5	1000	164	836	No	No	No	Yes	Yes
District Prison Basti	Ankeshita Srivastava	Sep 2024	1	44	2	1000	111	889	No	No	No	Yes	Yes	
District Prison Deoria	Prem Sagar Shukla		1	88	2	1000	30	970	No	No	No	Yes	Yes	
District Prison Mau	Anand Shukla		1	60	3	1000	24	976	No	No	No	Yes	Yes	
District Prison Azamgarh	Aditya Kumar		1	68	4	1000	9	991	No	No	No	Yes	Yes	



THANK YOU!