

Project Shakti: Quarterly Report

October – December 2024

Project Shakti is a collaborative initiative between the India Vision Foundation and the Spark Minda Foundation, focusing on promoting menstrual hygiene practices among female inmates in prisons. By ensuring easy access to essential resources, this project aligns with the Sustainable Development Goals.

Dedicated to improving menstrual hygiene for incarcerated females, Project Shakti prioritizes their health and dignity. After successfully expanding to 14 district prisons in Uttar Pradesh, including Lucknow, Nari Bandi Niketan, Gautam Budh Nagar, Ghaziabad, Varanasi, Gyanpur, Jaunpur, Ghazipur, Mirzapur, Gorakhpur, Basti, Deoria, Mau, and Azamgarh, the foundation is now reaching out to 3 District Prison **Maharajanj, Sonbhadra, and Siddharthnagar**. Total extended 17 District Prison in this quarter.

This expansion has empowered more females to lead healthier, more dignified lives while addressing a critical and often neglected issue within prison facilities.

Intervention Strategy



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

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.



🌸 LIVE IMPACTED INSIDE PRISONS 🌸

**vending machines
Installed:**

3

**Sanitary Napkins
Delivered:**

21700

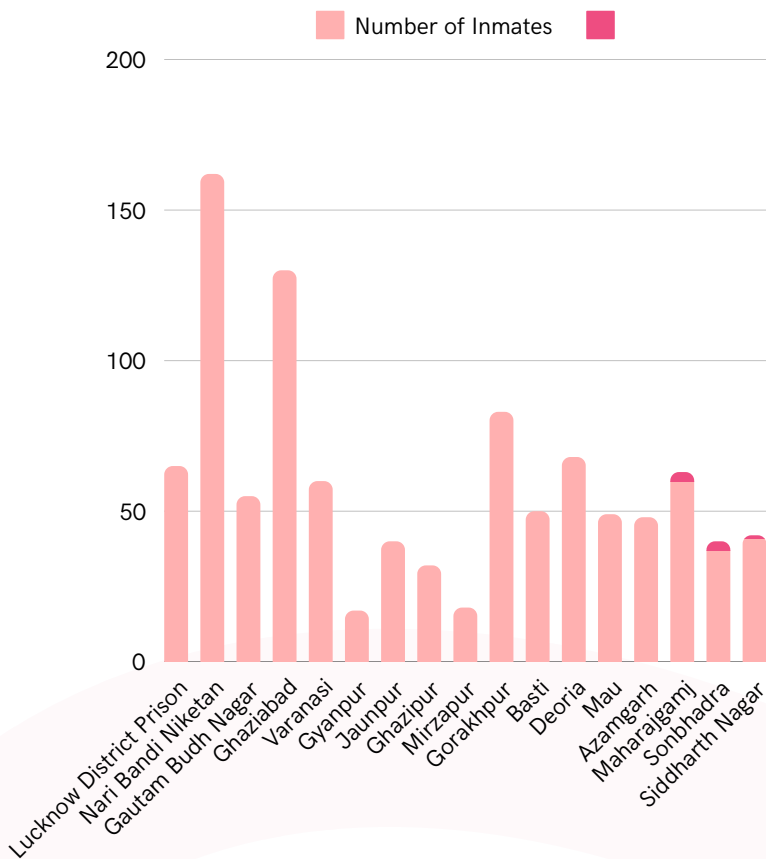
**Sanitary Napkins
Used:**

5434

**Beneficiaries
Reached :**

1015

(New 411)



Location of Prisons





Project Implementation

The Spark Minda Foundation has taken a remarkable step in supporting prisons across Uttar Pradesh by addressing the critical need for menstrual hygiene. As part of this impactful initiative, the foundation supplied an impressive 21,700 sanitary napkins to 17 prisons, including Lucknow, Nari Bandi Niketan, Gautam Budh Nagar, Ghaziabad, Varanasi, Gyanpur, Jaunpur, Ghazipur, Mirzapur, Sonbhadra, Gorakhpur, Basti, Deoria, Mau, Azamgarh, Maharajganj, Siddharth Nagar. To further enhance accessibility, they installed three sanitary napkin vending machines in the prisons of Sonbhadra, Maharajganj and Siddharth Nagar, empowering inmates with convenient access to essential hygiene products. Also, both inmates and prison staff were trained on how to operate the vending machines effectively.

With the collaboration of India Vision Foundation and Spark Minda Foundation complementing this logistical support and conducted awareness sessions on Menstrual health and hygiene to educate female inmates. This initiatives can empower females to understand their health better, take proactive steps for their well-being, and seek medical advice whenever required.

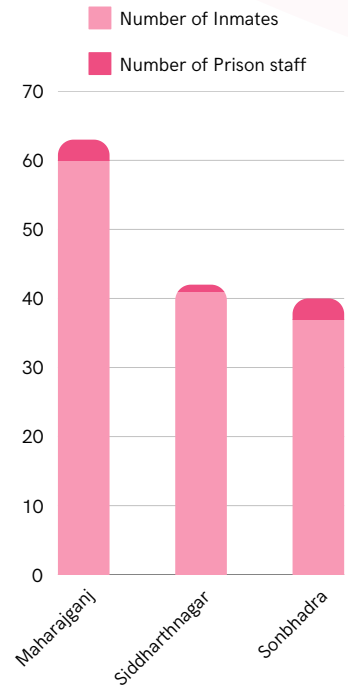
This comprehensive approach not only ensured access to essential hygiene products but also nurtured awareness, dignity, and well-being among female inmates. It marked a significant step toward empowering female inmates and enhancing their overall health and self-esteem.



Trainings & Workshops



Reached - 145



During the quarter, three awareness sessions on "Menstrual Health and Hygiene" were held for 138 female inmates and seven female prison staff at District Jail Maharajganj, Sonbhadra, and Siddharth Nagar. Facilitated by Bharat Cares, these sessions covered menstrual hygiene practices, debunking myths, managing discomfort, and overall well-being. Trainers provided comprehensive information, including the proper use of menstrual products and understanding body anatomy.

The collaborative efforts of India Vision Foundation, Spark Minda Foundation, Assocham, and Bharat Cares aimed to empower female inmates with accurate, evidence-based information for effective menstrual health management. Activities helped participants recognize the health significance of menstrual blood droplets and encouraged proactive steps for their well-being.

Menstrual hygiene booklets were distributed to reinforce learning, further improving quality of life and well-being. These combined efforts underscored a commitment to enhancing menstrual health and hygiene among female inmates, thereby supporting their overall health and self-esteem.





Feedback

" Head Warden Bina Ma'am shared her feedback, stating that the team provided information about menstrual health and hygiene, educated the women on how to use menstrual products, and explained what is right and wrong regarding the topic. She appreciated how well the women understood the session and expressed her gratitude for the efforts of the team."

Head Warden of Siddharth Nagar

"Inmate appreciated the interactive Blood Droplets activity, which helped her understand that variations in menstrual blood color could indicate potential health concerns. She pledged to be more mindful of her health and seek medical advice if needed."

Inmate From Siddharth Nagar District Prison

"Inmates said that, I didn't know there were exercises that could help during the PMS. The didi showed us simple stretches and movements, and I already feel relax and will try them and read the menstrual books and exercise during my next cycle."

Inmate From Soanbhadra District Prison

Inmates shared that, Before the session, I did not know the importance of changing sanitary pads regularly or washing hands properly after using the washroom. I learned how to maintain hygiene during periods, which will help me stay healthy and avoid infections. I now feel more confident in taking care of myself."

Inmate From Soanbhadra District Prison

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 Balance Sep	No. of sanitary Napkins deliver in the Prison	No. of sanitary Napkins Used	No. of Sanitary Napkins Balance Dec	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	65	0	170	2000	150	2020	No	No	No	Yes	Yes
District Prison Nari Bandi Niketan		Gautam		1	162	0	600	2000	400	2200	No	No	No	Yes	Yes
District Prison Gautam Budh Nagar		Brijesh		1	55	0	15	1500	400	1115	No	No	No	Yes	Yes
District Prison Ghaziabad		Sita Ram		1	130	0	880	2000	200	2680	No	No	No	Yes	Yes
District Prison Varanasi		Dr.Umesh Singh	Aug-24	1	60	0	600	2000	1000	1600	No	No	No	Yes	Yes
District Prison Gyanpur		Subedar Yadav		1	17	0	850	500	200	1150	No	No	No	Yes	Yes
District Prison Jaunpur		K.K Dixit		1	40	0	450	1200	200	1450	No	No	No	Yes	Yes
District Prison Ghazipur		Arun Pratap Singh		1	32	0	800	800	403	1197	No	No	No	Yes	Yes
District Prison Mirzapur		Dr. Rajender Prasad	Sep-24	1	18	0	800	800	35	1565	No	No	No	Yes	Yes
District Prison Gorakhpur		Dilip Kumar Pandey		1	83	0	836	1400	400	1836	No	No	No	Yes	Yes
District Prison Basti		Ankeshita Srivastava		1	50	0	889	800	224	1465	No	No	No	Yes	Yes
District Prison Deoria		Prem Sagar Shukla		1	68	0	970	1500	300	2170	No	No	No	Yes	Yes
District Prison Mau		Anand Shukla	24-Nov	1	49	0	976	1200	100	2076	No	No	No	Yes	Yes
District Prison Azamgarh		Aditya Kumar		1	48	0	991	1000	200	1791	No	No	No	Yes	Yes
District Prison Maharajanj	Prabhat Singh	1		60	3	0	1000	772	228	No	No	No	Yes	Yes	
District Prison Sidharthnagar	Sachin Varma	24-Nov	1	41	1	0	1000	250	750	No	No	No	Yes	Yes	
District Prison Sonbhadra	Saurabh Shrivastav		1	37	3	0	1000	200	800	No	No	No	Yes	Yes	