



# Project - Sshakti

January - March  
2026



# PROJECT BACKGROUND



Project Sshakti is a collaborative initiative by India Vision Foundation and Spark Minda Foundation, designed to strengthen menstrual hygiene awareness and improve access to essential hygiene resources for women inmates in prisons. The programme addresses critical gaps in menstrual health management within correctional settings, where access to basic hygiene products and accurate information is often limited.

Through a combination of awareness sessions, distribution of sanitary products, and infrastructure support such as vending machines, the initiative promotes safe hygiene practices and informed health choices. It also focuses on building the capacity of prison staff to ensure sustainability and long-term impact. Aligned with the Sustainable Development Goals (SDGs), Project Sshakti contributes to improving health outcomes, restoring dignity, and enhancing the overall well-being of women living in custodial environments.

# About Project Sshakti

During the quarter, Project Sshakti was implemented across five district prisons in Uttar Pradesh—Fatehpur, Pratapgarh, Naini, Kaushambi, and Banda —reaching a total of 306 beneficiaries( 283 inmates and 23 prison staff). A five awareness sessions were conducted, supported by interactive demonstrations, discussions, and creative activities that helped build understanding, confidence, and a positive approach toward menstrual health.

The initiative reinforced menstrual hygiene management through focused interventions, including the installation of five sanitary pad vending machines and the distribution of 10,400 sanitary napkins (including five new Prisons and seven existing prisons—Aligarh, Kasganj, Gonda, Bareilly, Agra, Firozabad, and Naini). . These efforts ensured consistent access to essential hygiene products while also promoting sustainability by strengthening the capacity of prison staff and encouraging long-term adoption of improved hygiene practices within the prison environment.

## PROJECT OBJECTIVES

- Install sanitary napkin vending machines of the proposed locations,
- Conduct awareness training sessions for female inmates and prison staff on menstrual health and hygiene, management, and best practices in WASH in the targeted prisons
- Create behavioural change through education and empowerment to dispel taboos, cultural beliefs, and myths surrounding menstruation, fostering self-love, self-care, and building self-esteem through workshops.
- Raise awareness around menstrual hygiene and menopause to facilitate better transition
- and management of symptoms, promoting healthy ageing and well-being of female inmates

**REACH**

**306**

(283 inmates and 23 Prison staff)

## HIGHLIGHTS

- Installed sanitary napkins vending machines across 5 district prisons in Uttar Pradesh: Fatehpur, Pratapgarh, Naini, Kaushambi, and Banda
- 10,400 sanitary napkins were distributed across seven prisons in Uttar Pradesh (including five new Prisons and seven existing prisons—Aligarh, Kasganj, Gonda, Bareilly, Agra, Firozabad, and Naini).
- 5 awareness sessions conducted in eleven prisons
- 131 menstrual hygiene booklets were distributed to reinforce learning and encourage healthy practices
- 13 children living in prison were engaged through drawing materials and refreshments

## INSTALLATION OF SANITARY NAPKINS VENDING MACHINES AND TRAINING.



Sanitary napkin vending machines were installed in prisons across Uttar Pradesh to improve menstrual hygiene facilities for women inmates. The initiative covered district prisons in Fatehpur, Pratapgarh, Naini, Kaushambi, and Banda, helping increase access to essential hygiene products. It also aimed to create a cleaner and more supportive environment inside prisons.

These machines provide a regular and easy supply of sanitary pads, allowing women to manage their periods with comfort, privacy, and dignity. To ensure proper use, basic training sessions were conducted for inmates and prison staff on how to use and maintain the machines. This helped build responsibility and ensured smooth functioning. Overall, the initiative supports better hygiene, improved health, and the well-being of women inmates.

## WORKSHOP & TRAINING



During the quarter, menstrual health and hygiene workshops and training sessions were conducted for inmates and prison staff across five district prisons—Fatehpur, Pratapgarh, Naini, Kaushambi, and Banda—reaching 234 female inmates and Prison staffs. Facilitated by the BharatCares team, these sessions focused on building understanding of menstrual hygiene management and promoting safe and healthy practices.

The workshops covered key topics such as hygiene management, myth-busting, and practical ways to manage menstrual discomfort, with a strong focus on physical and emotional well-being. The interactive format encouraged open discussions, creating a safe space for women to share their experiences. Many inmates expressed that it was the first time they could talk openly about menstrual health.

As a result, the sessions helped reduce stigma, clear misconceptions, and build confidence, enabling women to adopt better hygiene practices and improve their overall well-being and sense of dignity.

# DISTRIBUTION OF SANITARY NAPKINS

As part of efforts to improve menstrual hygiene, 10,400 sanitary napkins were distributed across seven prisons in Uttar Pradesh. This included five new prisons and five existing facilities—Aligarh, Kasganj, Gonda, Bareilly, Agra, Firozabad, and Naini. The initiative aimed to address the lack of proper access to menstrual hygiene products for women inmates.

Regular access to sanitary napkins is important for maintaining health, hygiene, and dignity during menstruation. When these products are not available in sufficient quantity, it can cause discomfort, health problems, and stress. By ensuring a steady supply, the initiative helped women follow safe hygiene practices and improved their overall well-being.

As a result, inmates were able to maintain better personal hygiene, reduce health risks, and feel more comfortable during their menstrual cycle. It also increased their confidence and dignity, allowing them to take part in daily activities more freely.

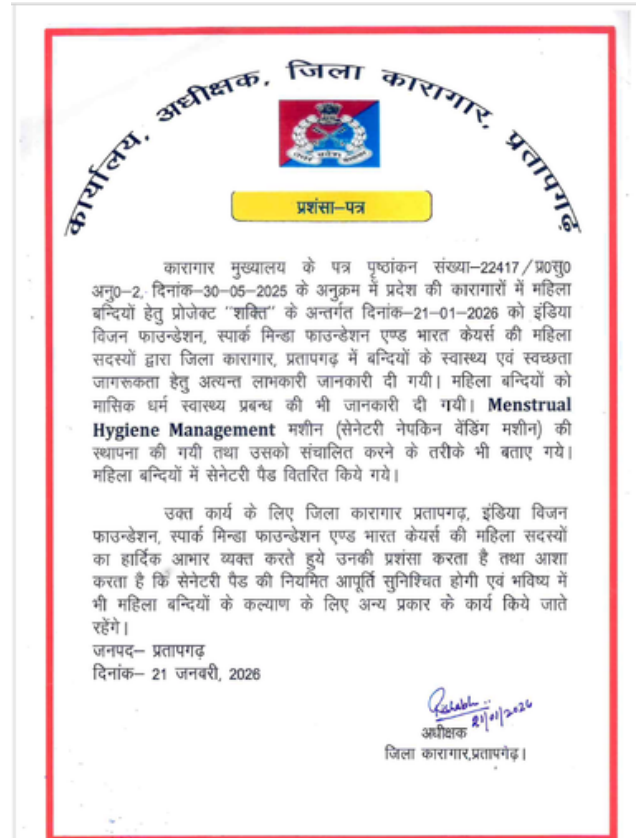
## TESTIMONIALS

मैंने आज तितली वाली कसरत सीखी और किताब भी मिली, जिसको देखकर हम अब कसरत करेंगे और दूसरों को बताएंगे।

**Inmates from District Prison Fatehpur**

अच्छा लगा मैम कि हमें हल्के कपड़े का इस्तेमाल करना चाहिए ताकि हमें पता चल सके कि हमारा खून किस रंग का है। जैसे आपने बताया कि भूरा और गाढ़े रंग का खून आने पर डॉक्टर को दिखा देना चाहिए।

**Inmates from District Prison Pratapgarh**



*Thank you!*