



Project - Sshakti

October - December
2025



PROJECT BACKGROUND



Project Sshakti is a collaborative initiative by India Vision Foundation and Spark Minda Foundation, aimed at improving menstrual hygiene management among women inmates in prisons. The programme responds to a clear need for better access to menstrual hygiene products and accurate health information, which is often limited in correctional settings.

The initiative works through awareness sessions, distribution of sanitary napkins, and installation of vending machines to ensure regular and safe access to hygiene products. It also includes training for prison staff to support smooth implementation and long-term sustainability. By improving awareness and availability of resources, the project helps women manage their health with dignity and confidence. Aligned with the Sustainable Development Goals (SDGs), Project Shakti focuses on improving health, ensuring dignity, and enhancing the overall well-being of women in prison.

About Project Sshakti

During the quarter, Project Sshakti was implemented across five district prisons in Uttar Pradesh—**District Jail Agra, District Jail Firozabad, District Jail Mainpuri, District Jail Jhansi, and District Jail Mahoba**—reaching a total of 272 beneficiaries (254 inmates and 18 prison staff). A series of 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 7,000 sanitary napkins (including five new facilities and two existing prisons—Badaun and Mathura). 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

272

(254 inmates and 18 Prison staff)

HIGHLIGHTS

- Installed sanitary napkins vending machines across 5 district prisons in Uttar Pradesh: Agra, Firozabad, Mainpuri, Jhansi, and Mahoba,
- 7,000 sanitary napkins were distributed across seven prisons in Uttar Pradesh (including five new Prisons and two existing prisons—Badaun and Mathura).
- 5 awareness sessions conducted in eleven prisons
- 154 menstrual hygiene booklets were distributed to reinforce learning and encourage healthy practices
- 21 children living in prison were engaged through drawing materials and refreshments

INSTALLATION OF SANITARY NAPKINS VENDING MACHINES AND TRAINING.



The installation of sanitary Napkins vending machines across prisons in Uttar Pradesh marks an important advancement in strengthening menstrual hygiene infrastructure within correctional facilities. The initiative covered District Jail Agra, District Jail Firozabad, District Jail Mainpuri, District Jail Jhansi, and District Jail Mahoba, improving access to essential hygiene products for women inmates. The intervention aimed to address gaps in the availability of sanitary materials while fostering a cleaner and more supportive prison environment.

These vending machines ensure a steady and dependable supply of sanitary pads, allowing women to manage their menstrual health with safety, privacy, and dignity. To support effective usage and long-term sustainability, capacity-building sessions were conducted for both inmates and prison staff, focusing on machine operation, basic maintenance, and proper handling. This approach encourages ownership and strengthens institutional systems, ultimately contributing to better hygiene practices, improved health outcomes, and enhanced dignity and well-being for women inmates.

WORKSHOP & TRAINING



During the sessions on menstrual health and hygiene were conducted for inmates and prison staff, reaching 233 female inmates and staff. Facilitated by the BharatCares team, the sessions focused on strengthening understanding of menstrual hygiene management and promoting safe, healthy practices.

Key topics included hygiene management, myth-busting, and practical ways to manage discomfort, with an emphasis on physical and emotional well-being. The interactive format encouraged open dialogue, helping create a safe space for discussion within the prison environment.

Female inmates actively participated and shared their experiences, many expressing that it was the first time they could openly discuss menstrual health without hesitation. The sessions helped reduce stigma, clear misconceptions, and build confidence in managing their health.

Women reported feeling more informed, supported, and empowered to adopt better hygiene practices, contributing to an overall improvement in their well-being and sense of dignity.

DISTRIBUTION OF SANITARY NAPKINS

As part of efforts to promote menstrual hygiene, a total of 7,000 sanitary napkins were distributed across seven prisons in Uttar Pradesh, including 5,000 in five newly covered prisons and 2,000 in existing facilities—Badaun and Mathura. This intervention addressed the critical gap in access to menstrual hygiene products among women inmates, who often face limitations in obtaining adequate supplies.

Regular access to sanitary products is essential for maintaining hygiene, health, and dignity, especially considering the monthly nature of menstrual cycles. Inadequate availability can lead to discomfort, infections, and emotional stress. This initiative supported safer hygiene practices and improved overall well-being.

As a result, inmates experienced improved personal hygiene, reduced risk of infections, and greater comfort during menstruation. Access to sanitary napkins also enhanced their confidence and sense of dignity, enabling them to participate more actively in daily routines without hesitation. Carried out in coordination with prison authorities, the distribution was implemented efficiently, reinforcing menstrual hygiene as a basic right and an essential component of women's health.

TESTIMONIALS

नमस्कार मैं हूँ मेघा राजपूत, मैं जिला कारागार आगरा में डिप्टी जेलर पद पर कार्यरत हूँ, आज हमारे बीच मिशन शक्ति के टीम यहाँ महिला बंदियों के लिए प्रस्तुत हुई, जिसमें इंडिया विज़न फ़ाउंडेशन, CSR बॉक्स भारत केयर्स और स्पार्क मिन्डा फ़ाउंडेशन उनके तरफ से उनके प्रतिनिधि शामिल हुए, मिशन शक्ति के टीम के द्वारा महिला को जो उनकी मासिक धर्म में समस्या, जो मेनोपॉज़ में समस्याएँ हैं, स्वच्छता और जागरूकता के संबंध में अवगत कराया गया। साथ ही महिला बंदियों को सेनेटरी नैपकिन्स, वेंडिंग मशीन भी उपलब्ध कराई गई। मिशन शक्ति के टीम के द्वारा जो महिला बंदियों के लिए जो जागरूकता का कार्यक्रम रखा गया, उससे जो कारागार में निरुद्ध महिलाएँ हैं वो उत्साह में आ गईं। दोबारा से मिशन शक्ति के टीम को आमंत्रित करने के लिए बारबार कहा और हम अच्छा करते हैं हमारे कारागार पर दुबारा आएँ और महिलाओं के लिए जागरूकता सेशन बारबार रखें। उनके जो ज्ञान है और उनकी जो पहल है उसका फायदा जो हमारे कारागार में जो निरुद्ध महिलाएँ हैं उनको मिले। साथ ही कारागार में निरुद्ध महिलाओं के बच्चे हैं, छोटे बच्चों के लिए भी मिशन शक्ति के टीम ने उनके द्वारा स्नैक्स, कलर बुक और जो छोटीछोटी स्टेशनरी होती है वो प्रोवाइड कराई गई। आज मैं कारागार के तरफ से मिशन शक्ति को धन्यवाद ज्ञापित करती हूँ और आशा करती हूँ वो आगे भी हमारे कारागार में आकर हम लोगों को जो उनकी जो पहल है उससे उसका फायदा हमें दे सकें। _

Megha Rajput Deputy Jailor District Prison from Agra

मैंने समझा कि पीरियड्स जैसे आती है वैसे ही एक दिन रुकता भी है और उससे कैसे हम अपने शरीर का देखभाल रख सके उसके बारे में जाना, जैसे एक्सरसाइज करना जिसको बुक में देखकर हम कर सकते हैं।_ *Inmates from District Prison Mainpuri.*

Anshuman Garg Superintendent District Prison from Mathura

Thank you!