



# Project - Sshakti

July - September  
2025



# PROJECT BACKGROUND



Project Sshakti is a joint initiative by India Vision Foundation and Spark Minda Foundation, focused on strengthening menstrual hygiene management for women inmates in prisons. The programme was developed in response to the urgent need for improved access to menstrual hygiene products and reliable health information in correctional facilities, where such resources are often limited.

The project includes awareness sessions, distribution of sanitary napkins, and installation of vending machines to ensure easy and regular access to hygiene products. It also provides training to prison staff to support proper use and long-term continuation of the interventions. These efforts help women inmates improve their health practices, manage menstruation with dignity, and feel more confident. Aligned with the Sustainable Development Goals (SDGs), Project Shakti contributes to better health, dignity, and overall well-being of women in prison settings.

# About Project Sshakti

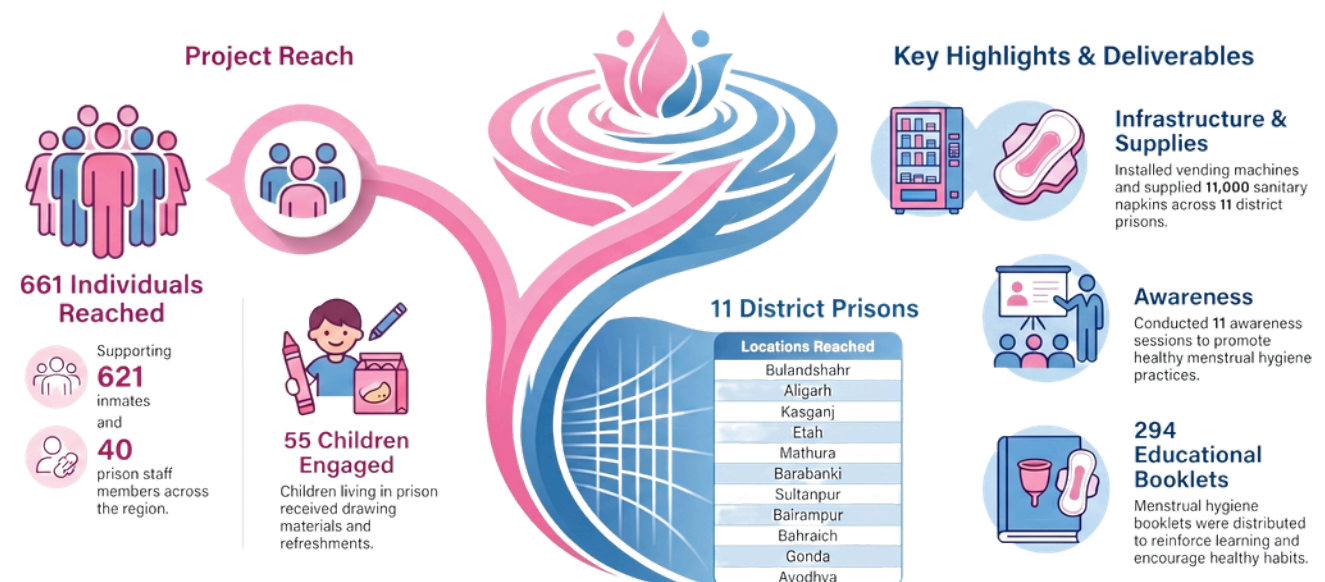
During the quarter, Project Sshakti was implemented across 11 prisons in Uttar Pradesh, achieving an overall reach of 661 beneficiaries (621 inmates and 40 prison staff). Through 11 awareness sessions, along with interactive demonstrations, discussions, and creative engagement activities, the initiative promoted awareness, built confidence, and encouraged a positive approach toward menstrual health.

The strengthened menstrual hygiene management through the installation of eleven sanitary napkins vending machines and the distribution of nearly 11,000 sanitary napkins, ensuring reliable access to essential hygiene products. It also emphasized sustainability by enabling trained staff and improving long-term hygiene practices within prison environments.

## 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

## Menstrual Hygiene Initiative and Impact



## INSTALLATION OF SANITARY NAPKINS VENDING MACHINES AND TRAINING.



The installation of 11 sanitary napkins vending machines across prisons in Uttar Pradesh represents a key step toward strengthening menstrual hygiene infrastructure within correctional facilities. Implemented through a strategic and need-based approach, the initiative covered district prisons in **Bulandshahr, Aligarh, Kasganj, Etah, Mathura, Barabanki, Sultanpur, Balrampur, Bahraich, Gonda, and Ayodhya**, ensuring wider outreach and improved accessibility for female inmates. This intervention aimed to address existing gaps in the availability of menstrual hygiene products and to create a more supportive and hygienic environment within prisons.

The vending machines provide a reliable and enabling women to manage their menstrual health with greater safety, privacy, and dignity. To ensure effective utilization and long-term sustainability, the training of vending machine sessions were conducted for both inmates and prison staff. These sessions focused on the operation, basic maintenance, and proper usage of the machines, fostering a sense of ownership and responsibility. Overall, the initiative contributes to improved hygiene practices, enhanced health outcomes, and the promotion of dignity and well-being among women inmates.

## WORKSHOP & TRAINING



The eleven awareness sessions on menstrual health and hygiene were conducted across district prisons in Bulandshahr, Aligarh, Kasganj, Etah, Mathura, Barabanki, Sultanpur, Balrampur, Bahraich, Gonda, and Ayodhya, reaching 527 female inmates and Prison Staff. Facilitated by the BharatCares team, these sessions focused on improving knowledge around menstrual hygiene management, addressing common myths and misconceptions, and promoting safe and healthy practices. Special emphasis was placed on helping women understand their bodies, manage discomfort effectively, and prioritize both physical and emotional well-being.

The sessions were designed to be interactive and participatory, encouraging open discussions in a safe and supportive environment. Activities such as group discussions and practical demonstrations helped build confidence and normalize conversations around menstruation. To further reinforce learning, 294 menstrual hygiene booklets were distributed among participants, serving as a useful reference for continued awareness. Overall, the initiative contributed to increased awareness, improved hygiene practices, and a more informed and confident approach toward menstrual health among women inmates.

# DISTRIBUTION OF SANITARY NAPKINS

As part of the initiative to promote menstrual hygiene, 11,000 sanitary napkins were distributed across district prisons in **Bulandshahr, Aligarh, Kasganj, Etah, Mathura, Barabanki, Sultanpur, Balrampur, Bahraich, Gonda, and Ayodhya**. This intervention addressed the critical need for accessible menstrual hygiene products among women inmates, who often face challenges in obtaining adequate supplies within prison settings.

Recognizing that menstrual cycles occur regularly each month, access to sufficient sanitary products is essential for maintaining hygiene, health, and dignity. Limited or inconsistent availability can lead to discomfort, health risks, and emotional stress. By ensuring a steady supply of sanitary napkins, the initiative supported safer hygiene practices and improved overall well-being. Implemented in coordination with prison authorities, the distribution was carried out efficiently, reinforcing menstrual hygiene as a fundamental aspect of health and dignity for women inmates.

## TESTIMONIALS

मैं कोमल मंगलानी, जेल अधीक्षक, जिला कारागार बुलंदशहर। हमारे जेल में प्रोजेक्ट शक्ति के तहत इंडिया विज्ञान फाउंडेशन, स्पार्क मिन्डा फाउंडेशन, भारत केयर्स के द्वारा संयुक्त रूप से मेंस्ट्रुअल हाइजीन प्रोग्राम कंडक्ट कराया गया। इस पर उन्होंने पर्सनल हाइजीन और मेंस्ट्रुअल हाइजीन के बारे में महिला बंदियों को जागरूक किया। आपके इस प्रोग्राम के लिए मैं जेल प्रशासन की तरफ से आपका आभार प्रकट करती हूँ और आशा करती हूँ कि इस तरह के प्रोग्राम आप हमारे साथ करते रहें।

**Komal Manglani Superintendent District Prison From Bhulandshahr**

मैं ब्रिजेन्द्र कुमार सिंह, जिला कारागार अलीगढ़ अधीक्षक पद पे तैनात हूँ, आज जिला कारागार में इंडिया विज्ञान फाउंडेशन, स्पार्क मिन्डा फाउंडेशन और भारत केयर्स फाउंडेशन आपका शक्ति कार्यक्रम सम्पन्नित किया गया है जिसमें मेंस्ट्रुअल हाइजीन सम्बन्ध में कारागार निरुद्ध महिलाओं को सेंसिटाइज किया गया है और अवगत कराया गया कि कैसे अपने हेल्थ को वो बेहतर तरीके से केयर कर सकते हैं और इसका मासिक का स्टार्ट होने से लेकर लास्ट टाइम के चीजों के विषय में महिलाओं के सन्दर्भ में शारीरिक परिवर्तन किन-किन सन्दर्भों में होते हैं अलगअलग चरणों में इनको अवगत कराया गया तो अपना बेहतर स्वास्थ्य का ध्यान रख सकें, इस सन्दर्भ में टीम को अपने स्तर से, कारागार की टीम के स्तर से बहुत-बहुत धन्यवाद अर्पित करता हूँ।

**Brijender Kumar Singh Superintendent District Prison from Aligarh**

मैं जेल अधीक्षक अनुशुमान गर्ग, डिस्ट्रिक्ट जेल मथुरा, आज जिला कारागार मथुरा में प्रोजेक्ट शक्ति के तहत इंडिया विजन फाउंडेशन, स्पार्क मिंडा फाउंडेशन और भारत केयर्स द्वारा मेंस्ट्रुअल हाइजीन पर एक महिला बंदियों का सेशन कंडक्ट किया गया। सेशन के उपरांत महिला बंदियों को सैनिटरी पैड और वेंडिंग मशीन डोनेट करायी गयी। सेशन में महिला बंदियों को पर्सनल हाइजीन और मेंस्ट्रुअल हाइजीन के बारे में अवेयर किया गया। जिला कारागार मथुरा के समस्त बंदियों और कर्मियों की तरफ से मैं आपकी तीनों संस्थाओं का आभार व्यक्त करता हूँ। धन्यवाद। \_

***Anshuman Garg Superintendent District Prison from Mathura***

मुझे 20 साल हो गए आशा केयर में काम करते, पर ऐसे स्वास्थ्य और पीरियड्स के बारे में किसी ने समझाया और बताया बहुत अच्छा लगा, मैं आगे चलकर दिए हुए किताब से सबको दिखाऊंगी और बताऊंगी।\_

***Inmates from District Prison Mathura***

.मुझे वेंडिंग मशीन इस्तेमाल करना सिखाया, बहुत अच्छा लगा। अब सैनिटरी पैड्स आसानी से निकाल सकते हैं और हमें शर्मिंदा भी नहीं होना पड़ेगा किसी से मांगते वक्त।\_

***Inmates from District Prison Sultanpur***

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*Thank you!*