### Share Your Happiness

**Donations made in US Dollars**  
If donating by Cheque

Payable to: Sewa International  
Mail to: Sewa International  
P O Box 820867, Houston, TX 77282-0867 USA

It is very important that you write on the bottom left of the cheque ‘Toilet and Hygiene project for the girl child’. Also write down your email address on your cheque So, Sewa International can email you a receipt.

If donating through website:

Please log on to:  
www.sewausa.org,  
https://sewausa.org/Donate

*Donate for project: Toilet and Hygiene for the girl child*

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**Donations Made in Indian Rupees**

Donating by Cheque  
Make a personal cheque payable to “Sewa International” and please write our project name on bottom left of the cheque ‘Toilet and Hygiene project for the girl child’

Mail to Sewa International, 49, Deendayal Upadhyaya Marg, New Delhi -110002, India

Donating by bank transfer

Name of the NGO as appear in Bank : Sewa International  
Type : SB  
Account No. : 10080533304  
Bank Name : State Bank of India  
City : Delhi  
Branch : Jhandewala Extn  
Branch Code - 9371  
IFSC Code : SBIN0009371  
Swift Code : SBININBB550

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During the menstrual period, we don’t attend schools due to the lack of toilets. We miss 4-5 school days every month. If we have to attend nature calls during the school hours, either we had to go home or find an open space nearby. So, during menstruating days it becomes a herculean task to find a place to tend to our needs.

- Pushpa, Class 9 Lucknow Government school

Toilet and Hygiene team has launched Menstrual hygiene project. It is the next level to building toilets in government schools. Re-usable Sanitary napkins are less expensive, safer than disposable pads/Menstrual cups, they reduce the amount of waste produced and are reusable month after month.

- $5 for a girl can help her have hassle-free and healthy menstruating days for three years.

After you donate, please write an email to us - she@sewausa.org So, we can share the project status details and other particulars.

**DONATION LINK:**  
https://www.sewausa.org/Support-Menstrual-Hygiene-Program-in-India

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**MENSTRUAL HYGIENE**

(Sewa International’s Toilet and Hygiene Project for the Girl Child)

she@sewausa.org  
www.toilets-sewausa.org
Research shows that approximately 23% of adolescent girls drop out of school when they start menstruating and those who don’t usually miss up to 5 days of school every month.

Girls in rural India are forced to travel an excess of 2 kilometers to access sanitary napkins and sometimes even further to dispose of them.

Nearly 60 percent of women feel schools lack adequate facilities for girls to change and dispose of sanitary pads.

Many girls decrease their intake of water so that they don’t have frequent the toilet while on their period.

Sanitary napkins are still taxable in India nor is it considered an ‘Essential Commodity’. That’s right, you pay tax on menstrual hygiene products like sanitary napkins taxes that can be as high as 14.5 per cent in some states.

Unhygienic period and disposal practices can have major consequences on the health of women including increased chances of contracting cervical cancer and reproductive tract infections.

Only 6% of menstruating girls in India have access to and regularly use sanitary napkins. The majority of women are forced to use rags, pieces of cloth, dried leaves and even old newspapers as absorbents.

Lack of awareness about menstruation affects not just the physical health but also psychological and mental health of girls who are found to suffer from depression, stress and low self confidence among other things.

### Menstruation can affect all aspects of a girl’s life:

**EDUCATION**
Girls may miss school during their periods due to lack of facilities or necessary supplies.

**PARTICIPATION**
Girls may be distracted or less productive during school, work and other activities due to pain, discomfort and fear of leaks.

**HEALTH**
Use of poor hygiene materials can lead to infection.

**DIGNITY**
Girls may suffer from discomfort, they have to endure teasing & shaming and face exclusion from everyday activities.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
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<tbody>
<tr>
<td>6%</td>
<td>6% of Indian girls don’t have access to any menstrual products including cloth.</td>
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<tr>
<td>24%</td>
<td>24% still sit separately from other family members during their periods.</td>
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<tr>
<td>48%</td>
<td>48% of Indian girls are completely unaware of what periods are before they get their first period.</td>
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<tr>
<td>45%</td>
<td>45% of Indian girls still consider periods to be an abnormal condition.</td>
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<tr>
<td>70%</td>
<td>70% of Indian mothers still believe periods to be ‘dirty’.</td>
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<tr>
<td>50%</td>
<td>50% of Indian girls believe that they can’t touch special foods during menstruation</td>
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<tr>
<td>77%</td>
<td>77% of Indian girls still believe they can’t visit a place of worship during their periods.</td>
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<tr>
<td>50%</td>
<td>50% of Indian girls still use unhygienic old clothes during their menstruation.</td>
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