

### 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 'Sanitation, Hygiene and Empowerment 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.sewausea.org](http://www.sewausea.org),  
<https://sewausea.org/Donate>  
\*Donate for project: Toilet and Hygiene for the girl child

### 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 'Sanitation, Hygiene and Empowerment 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

**According to one study, only 36% of India's 355 million menstruating females use sanitary napkins, while the rest use old rags, and such other life-threatening materials to manage their flow.**

**Sewa International's SHE team has been researching better methodologies which for menstrual hygiene which would also be eco-friendly. Our answer is re-usable cloth sanitary napkins.**

**Cloth napkins are made by local women from a lower economic background, they can be washed and reused for up to 2 years.**

● **Menstrual hygiene awareness sessions and distribution of reusable cloth sanitary napkins across India.**

#### OUR KEY ACTIVITIES

- ✓ Access to menstrual hygiene products
- ✓ Menstrual Hygiene awareness sessions
- ✓ Menstrual products manufactured by local women.

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

**Donate now!**



**Menstrual hygiene**

**Sewa International's  
SHE - Sanitation, Hygiene &  
Empowerment Project for  
the Girl Child**



**Sewa International  
P.O.Box 820867, Houston,  
TX 77282-0867**

[www.she.sewausea.org](http://www.she.sewausea.org) | [she@sewausea.org](mailto:she@sewausea.org)



## Key Observations

1. Girls dropping out of school upon puberty due to lack of sanitation facilities.
2. Missing classes for extended period on monthly basis.
3. Lack of awareness about menstruation.
4. Social taboo confining young girls and women.
5. Unhygienic menstrual products used that were leading to various women related issues.

(Unhygienic period and disposal practices can have major consequence on the health of women including increased chances of contracting cervical cancer and reproductive tract Infections.)

## Donate now!

500\$

Sanitary Kits  
(Benefits 50 Girls)



30,000+  
Adolescent girls

## Our Reach



Our team has conducted menstrual hygiene programs for higher primary and high school girls.

we have distributed more than 30,000 reusable cloth sanitary napkins to high school girl students

Donation Link: <https://sewausa.org/Support-Menstrual-Hygiene-Program-in-India>

1. Educate girls on women's health and hygiene.

2. Create awareness on menstrual hygiene - we have worked with doctors & gynecologists and have come up with a short video that we play to the beneficiaries at schools and communities to explain biological changes that happen to a girl upon puberty.

3. We have students interact with our volunteer/gynecologist to answer all their fears and queries about puberty and menstruation.

4. Talk about the various myths in the society so that girls face puberty with positive mindset.

5. Distribute reusable cloth sanitary napkins, This is washable, reusable up to 2 yrs. (Features - eco friendly, safe, reusable & washable)

## Key Focus Areas

