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 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

- 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
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

Our Reach

Our team has conducted over 200 menstrual hygiene programs for higher primary and high school girls.

we have distributed more than 10,000 reusable cloth sanitary napkins to high school girl students

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

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.)