

# Freedom

Sanitary Napkin Production at Nari-o-Sishu Kalyan Kendra

## The Beginning

In 2004 the **adolescent friendly project** was started with the help of two Swedish individuals Janne Nordstedt and Sandra Dahlen. Janne and Sandra are both trainers in Sexual and Reproductive Health Rights (SRHR) and evaluated the problem of missing Sanitary Napkins at the first visit. In 2009 the Sanitary Napkin Production was added to empower young adolescent girls. For the production women were trained in the manufacturing of Sanitary Napkins. Janne and Sandra not only fund the project but also give away the Sanitary Napkins for free to the most needy.

**Education is the key to unlock the golden doors of freedom.**



## Freedom for adolescent girls through Sanitary Napkins

One focus at NOSKK, the women and child development organization, is the production and distribution of Sanitary Napkins and the education concerning menstrual hygiene for adolescent girls. Every weekday six women are producing the Sanitary Napkins, named freedom, in a one-room factory located in our main office. Two days a week the adolescent girls can pick up the Sanitary Napkins, while being informed about different coming of age topics. We produce also extra thick Sanitary Napkins for new mothers.

### Facts and Figures

**Over 2000**  
Adolescent girls regularly receive their Sanitary Napkins from us.

**3840**  
Sanitary Napkins are produced every week in our small Sanitary Napkin Production.

**12 Rupees**  
Is the cost of one package (8 pieces) of Sanitary Napkins



## Why do we produce Sanitary Napkins?

Often adolescent girls are too ashamed to go to local stores to buy Sanitary Napkins or the Sanitary Napkins are not affordable for them. Therefore they just use pieces of cloth during their menstruation. Often these pieces of cloth are not washed deeply enough and moreover dried in a moist place and not in the sunlight. This causes a great risk for the health of young women and/or they are tensed and ashamed of their period.

## Training of adolescent girls

While picking up the Sanitary Napkins, the girls are also informed about topics as menstrual hygiene, early marriage, school dropouts and domestic violence.

Occasionally we arrange big meetings for a special awareness to certain topics. The picture on the left shows some of the girls at the international day against violence on women: One Billion Rising.

For more Information please contact:

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