



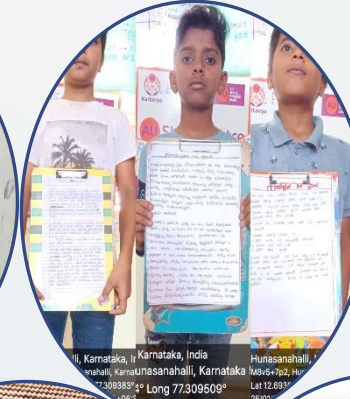
# SCINDeA's SUCCESS STORIES



GPS Map Cam  
Ramanagara, Karnataka, India  
P6Q8+CHJ, Ramanagara, Karnataka 562109  
Lat 12.739987°  
Long 77.216114°  
09/23 01:17 PM GMT +05:30



GPS Map Cam  
Sidlakallu, Karnataka, India  
Kanakapura-Ramanagara Rd, Sidlakallu, Karnataka 562159, India  
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Karnataka, India  
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GPS Map Cam  
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GPS Map Cam  
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**South Central India Network for Development Alternatives**



# **Empowerment of communities through People's Participation (ECoPP)**



## Case Study - 1

# Income improved through self employment

My name is Anbu living in Athmakur village. My husband is a daily labour. We have four Children (3 girls and 1 boy). The income of my husband is very low due to irregular work.

The income was not sufficient for our household expenses and for children education. I am a house wife and no employment opportunity. So it became very hard for us to run the family. It has become very hard for us to meet the basic need to our children. Throughout the month, we depend on the free ration provided by the government. I attended SHG EDP Program conducted by SCINDeA. They taught me how to run a business and to approach for applying loan to start a business. The staff helped to get a loan amount of Rs.30,000/- from a micro finance for low interest. With the amount I received, I started an evening snack shop nearby my village in the main road where people come from their home from Chittoor in the evenings. Now I am able to earn Rs. 4000 - 5500 per month. With my earnings now I am able to afford the education of my children and I also repay the loan amount every month. SCINDeA also linked me to state government scheme named jagananavidyadeven a where once in a year I get Rs.15, 000/-. My sincere thanks to SCINDeA, for motivating me and helping me to link with the loan which we personally not able to get.



## Livelihood Improved through an Cow Rearing

My name is S. Latha from Kurinji Nagar, Melur taluk at Madurai district in Tamil Nadu. I am 47 years old. My husband and I was working in a quarry at Thiruchunai. We were earning for our livelihood. We were getting Rs. 250 to 300 per day. We were getting maximum of 20 days work in a month. Now, last 1 year the quarry has been closed and we have no work. Along with us there are 50 more families lost our work and left with no job.

I attended along with other women an entrepreneur's development training programme conducted by SCINDeA. I got an idea of involving in an income generating activity. So I was searching what could be done and felt that I can involve in cattle rearing and also attended training about rearing cattle. Thereby I decided to take a loan Rs. 50,000 from the self help group and bought a cow with a calf. So I started gracing the cow and getting 5 to 6 litters of milk. After feeding and repaying the loan I am earning an average of Rs. 4000 to 5000 per month. So I am happy to say that now we are able to have 3 times a meal a day. I am very thankful to SCINDeA for creating the opportunity for our livelihood.





## Upgrading Skills and Gained Employment

My name is Padmavathy from Saite Line, Marikuppam, Kolar Gold Field (KGF). We are 6 children (1 boy and 5 girls) to my parents. I am the eldest girl. I studied up to 10th standard. My sisters discontinued their studies are going for domestic work. My brother does not help us in any way. My father expired and my mother is disabled.

I maintained all my family members. SCINDeA staff asked me to attend skill training on tailoring. I joined and attended the training for 3 months and learned cutting, stitching and small hand work embroidery and completed successfully. With the certificate that I received from SCINDeA, I applied for a sewing machine in municipality with the support of SCINDeA and got the tailoring machine.

After, Now I stitch blouse and all dresses. People in and around our village give the clothes for stitching. Now I earn in an average of Rs. 5000 to 7000 every month. It is a huge help and support which is useful to maintain my family needs. I can support my mother's medicinal expenses also. I thank SCINDeA for giving me this great opportunity.



# MGNREGA Work Supervisor

## Case Study - 4

Jaya Priya, 32, is a mother of two young sons. Her husband works outside their hometown, necessitating her to manage the household independently. Originally part of a joint family, Jaya Priya now maintains a smaller, independent household. She has received a basic education, which has helped her secure employment under the MGNREGA scheme. Residing in Gandhi Nagar, Jaya Priya holds an MGNREGA job card, enabling her to receive employment for a guaranteed number of days each year under the Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA).



This government initiative is aimed at providing employment to rural families, enhancing their income stability. She currently works as a supervisor. Her position marks a shift from manual labor to a supervisory role, highlighting both her capability and her recognition within the program.

This promotion from a clerk, who saw her potential, was instrumental in advancing her role within the organization, providing her with a dependable income source. reducing dependency on her husband's earnings. Transitioning from a joint family setup to an independent household is a significant change. This likely reflects her desire for autonomy and control over her financial and family decisions.

Her case exemplifies the transformative impact of MGNREGA for rural women. The scheme's guaranteed work and fair wages, combined with her personal drive, have helped her achieve a level of self-sufficiency and social respect. Her story highlights the importance of supportive work environments and role models, such as the clerk who promoted her, in fostering growth and empowering rural women to lead dignified and independent lives.



## Livelihood Improved through an Cow Rearing

Manjula and her family's livelihood, which revolves around dairy farming and other activities. She lives with her two sons and one daughter, who are studying in the local school. Her husband works outside the village to support the family. The family initially owned just one cow, whose benefits were solely for household use. After attending a developmental programme, Manjula realized the potential of expanding her cattle-rearing activities into a profitable business.

With newfound awareness, she applied for a loan from the local bank and also sought support from a Self-Help Group (SHG). Using the loans, Manjula purchased two additional cows, bringing her total to three cows. She cultivated fodder on her own land, reducing external expenditure on cattle feed. Also built a shed for her cattle, ensuring better care and hygiene. Her dairy farming now generates an additional income of ₹6000–7000 per month. This increase in income has enhanced the family's economic stability and quality of life. Manjula's story demonstrates how awareness, training, and access to financial resources can transform a family's livelihood. Her determination and strategic investments have not only benefited her family but also set an example for others in her community.



## Livelihood Improved through Goat Raring

Kumari, aged 40, is an active member of a Self-Help Group and has utilized its resources to improve her livelihood. She began goat rearing with 4 goats, initially investing ₹40,000 into the venture. Supplementing her income through work under MGNREGA, she demonstrated a commitment to diversified income streams.

Kumari availed an internal loan of ₹22,000 through her SHG to further support her endeavors. Remarkably, she repaid the loan within 6 months, showcasing her financial discipline and effective management of resources. With her work experience and determination, Kumari has steadily expanded her expertise in goat rearing and other income-generating activities. Her case story shows us the power of and ability to take and repay loans promptly reflects her entrepreneurial spirit and dedication to securing a better future. Kumari's success highlights the potential for rural women to achieve financial independence with access to the right resources and support systems. With her experience, she could consider expanding her goat rearing business or mentoring others in her SHG.





## Livelihood Improved through Coconut Business

My name is Jayalakshmi. I am 50 years old. My husband is Natrayan is 60 years old. We have a son named Sathasivam aged 27. We are living at Mullampatti village in Dindigul district. We were doing coolie work in a quarry. As the quarry was closed we were left without work. Our son used to go for work and we were maintaining the family.

As I am a member of women self help group I took a loan from the group and purchasing coconuts and selling them to the people around our village. SCINDeA Dindigul field office staff visited our village conducted an entrepreneur development programme through which they helped me to get a loan amount of Rs. 1,00,000 through cooperative bank and my husband and I leased coconut trees. Through that we got a lot of coconuts and also extract coconut oil and involved in business (coconuts and coconut oil).

I got motivated in business through SCINDeA Dindigul staff and the training availed by them. Today I am an entrepreneur it is because of the training, motivation and guidance that I received from them. Thanks to SCINDeA



## Livelihood improved through petty shop

My name is Chithra from Oranthawadi village, Thiruvannamalai district. My husband is Mr. Parthiban. He is working as coolie in a mechanical shop. He gets Rs. 450 per day. But he has no regular job. We have 2 children. The income my husband earns is not enough to maintain the family and the education of our children.

I attended youth EDP training conducted by SCINDEA - Thiruvannamalai Field Office and I was linked to the individual economic development scheme with the central cooperative bank. I received a loan amount of Rs. 25000/- and started a petty shop in my village. Through the shop now I earn an average of Rs. 200 to 600 daily. I repay the loan from my earnings and now I am able now to lead a better life. Thanks to SCINDeA staff for motivating and encouraging me to start a business which is a big help for me.





## Upgrading Computer Skill and Gained Employment



I am Nandha living in Pothu Krishna palli, at Chittoor district in Andhra Pradesh. My father is a seasonal agricultural labour and my mother is a house wife. She is not able to work due to her health problem. I have completed my intermediate and could not continue my education due to my family's financial problem.

I have the desire to study further, but no one was there to guide me. I didn't know where to go and get a well paid work. I tried searching job but they used to reject me because I don't have any skill to work.

At this time SCINDeA staff came to my village and I expressed my desire to have skill training. I was told to attend youth Entrepreneur Development Programme which was conducted by SCINDeA and I attended the programme. They motivated, guided me and enrolled me in two months skill training programme conducted by SCOPE NGO for free of cost. I learned basic computer skills. After completion of the training SCINDeA Staff helped me to join in Jain Irrigation Industry located in our area. Now I am working as a Desk Operator and earning Rs.13,000/- per month. Now I am able to help my family and can help my sister to continue her studies.

I am very much thankful to SCINDeA for helping me linking with SCOPE NGO and get a job in Jain Irrigation industry.

# Upgrading Skill and Gained Employment



Harini, a young girl who faced significant life challenges but demonstrated resilience and determination to build a sustainable career. After completing her 10th-grade education, she pursued a two-year beautician course.

However, her aspirations were interrupted as she got married at an early age and moved to Tirupati to live with her husband where she focused on her marital responsibilities.

An unexpected accident severely impacted her husband's health, resulting in significant medical expenses and the need for long-term care. This situation prompted Harini to return to her hometown and seek employment to support her family.

With limited career options and financial strain, Harini attended a career guidance from the staff and job fair event (Velai Vaipu Mugam) organized by the local collectorate. She was referred to these programs by our coordinators, who identified her potential and connected her with employment opportunities.

She has demonstrated strong work ethics and quickly excelled in her role as a data operator. Her dedication and skills led to a promotion, and she transitioned to a higher-grade position as a telecommunication staff member. With her current salary of ₹15,000 per month, She is now able to support her husband's medical treatment and manage her personal financial needs. Despite early setbacks, Harini has developed self-confidence and independence. She serves as an inspiration to other women in her community, showcasing the importance of resilience and the value of career guidance programs.



# Mango Business



My name is Rangaswamy. Born and brought up at Nijayappanadoddi village, in Ramnagara taluk, Karnataka. I have own 5 acres of agricultural land. I am growing all kinds of vegetables in four acres, and bamboo in 1 acre. But I was not getting proper profit. I paid Rs 25000/- for lease, for 1 year and there was no profit. Then I became a share member in Tene FPO.

SCINDeA organization organized training on marketing technology I attended this program. Earlier days we used to lease the mango trees with mangos. After the training we were guided also how to get out of giving trees for leases and how to do it by ourselves. We gave our mangoes to Tene Farmer Producer Organization (FPO). They gave it to AKSHAYA KALPA and they gave us fair price. We earned more profit than what we were earning before in leased. This made us all happy. It was useful for children's education and family expenses. We are also able to save. Now my Son became a director in South FPO. I express my sincere gratitude to SCINDeA.





# Income gained from Dairy Products & Organic Farming



My name is Chikkadiah, Kadankuppe, Kailancha hobali, Bannikuppe panchayath Ramanagara Tq and District and I am 55 years old, I have two children and it is a small family. I have 5 acres of land. I am cultivating 2 acres of mango, 1 acre of silk, 2 acres of gram and millet and other row crop.

My main occupation is agriculture and dairy farming. I have 2 cows and collect milk and put it in the dairy farm, what I earn from cow milk I was unable to feed my cow because to feed my cow was very expensive I felt very difficult in rearing my cows. The income from it is not enough to maintain cow and also to maintain life. y heartfelt thanks to SCINDeA Ramanagara Field Office. Because they had conducted a program called "Farmer Exposure" I also attended this program. After that they took me to Akshayakalpa Tippatur and Aniketana Institute for Rural, Urban and Educational Development at Chikkamanagalore for Organic Farming, Dairy Products, Integrated Farming and Value Enhancement for 3 consecutive days from 03/02/2022 to 05/02/2022. They gave training on cow management, how to manage the cow, they taught me how much fodder to give in a simple way. After this training I bought 4 cows as seen in Akshykalpa and started rearing them according to the method given by them so that I get about 60-70 litres of milk per day. Now I am getting milk for Rs.31/- per litre which is Rs.2170/- per day which is Rs.65100 per month. Now I started earning my income.



My income has increased and by converting cow dung into organic manure and applying it my agricultural land, the fertility of the land has increased, now am avoiding purchasing of chemical fertilizers and reducing the cost of farming. Now I am happy running my family and meet all our needs Once again I thank to SCINDeA Ramanagara Field Office for this opportunity and great help for my life has changed.



## Participate in extracurricular activities & won prize

My name is Sweetha, studying 8<sup>th</sup> standard at Mysore Mines High School at KGF in Karnataka State.

I am here to tell you proudly that I attended life skill education, Child rights and child parliament programmes conducted by SCINDeA KGF staff. Through the trainings they conducted I have got self awareness and realized my talents. I too learnt about rights of children, how to handle with emotions etc.



The staff of SCINDeA KGF field office encouraged me and guided me to attend different competitions conducted in our school.

I attended Thirukural competition at district level and got selected for state level competition. I won 1st Prize in the competition. I also participated science exhibition in our school and got 1st price. I am very proud to say that I became to this level of my personal growth and to prove my talents that is because of SCINDeA KGF staff who helped, guided and encouraged me.

I am very much thankful for giving me such a good opportunity to upgrade myself.

## Received external financial support for education



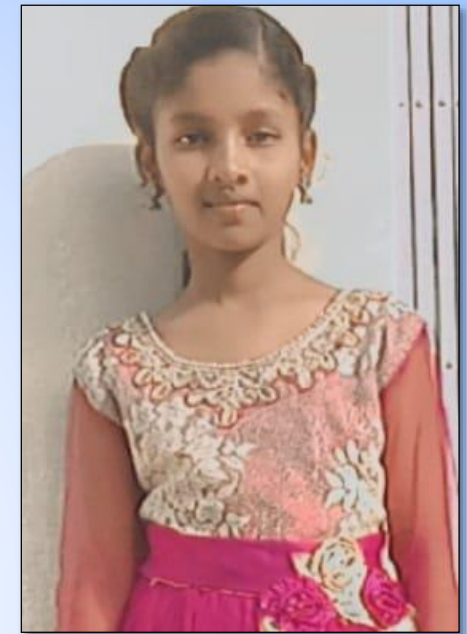
Poonvarasan, a student in his 8th grade, resides in Chinnakallupalli, a small village. His parents work as daily wage laborers, making education and opportunities for personal growth a challenge for the family. With support from the Child Resource Center, Poonvarasan became an active participant. The CRC introduced him to critical concepts like child rights and provided life skills education, empowering him with knowledge and practical abilities for his personal development.

He showcased his potential by participating in a talent exam, which he completed successfully. Through CRC initiatives and external support, he has access to resources worth ₹48,000 per year, ensuring better educational opportunities and skill development, developing confidence and awareness about his rights as a child. It has also equipped him with the skills needed to pursue a brighter future, despite the financial limitations of his family. Poonvarasan's story highlights how Child Resource Centers bridge the gap between underprivileged children and access to education, skills, and awareness.



## Improved academic excellence and strong leadership

Jenifer, a 7th standard student, is an active participant in the Child Resource Center (CRC) program. Despite achieving 2nd rank in her class and excelling academically, Jenifer faced significant challenges at home. Her father struggled with alcohol addiction, leading to frequent vocal abuse and eventually separation. Jenifer's involvement in the CRC helped her develop confidence, communication skills, and emotional resilience. She actively participates in cultural events, showcasing her talents, and is preparing for a talent exam, further broadening her horizons. Drawing on the life skills and values instilled through the CRC, Jenifer took the bold step of confronting her father about his behavior. Over the course of six months, through consistent conversations and emotional appeals, Jenifer succeeded in convincing her father to mend his ways. Her efforts led to a significant change—she successfully reunited her mother and father, bringing stability back to her family. Jenifer's story exemplifies the power of awareness, education, and life skills in overcoming personal challenges. Her courage and determination not only improved her family's situation but also serves as an inspiration to others in her community. With her academic excellence and strong leadership qualities, Jenifer has a promising future and creating an opportunity to inspire other children facing similar challenges.



## Improved his personal conduct



Deva Kumar, 7th, known for his disruptive behavior in class. He frequently disturbed lessons, creating chaos among his peers, and hindered the learning environment for others. His inability to control his actions also led to poor academic performance and strained relationships with classmates and teachers. Disrespectful, disruptive, and uncooperative in class were some of his traits. It created a negative impact on others. Prevented others from focusing on their studies.

Lack of self-awareness and understanding of his potential. The volunteer and the coordinator had a one-on-one session with Devakumar. Positive. He was reminded of his talents and strengths. His negative behavior was discussed without judgment, focusing on its impact on himself and others.

The Life Skill Education he participated in a structured-on self-Awareness, Understanding emotions, strengths, and areas for growth. Empathy and Respect and Listening to others and valuing their feelings and contributions. He was encouraged to set personal and academic goals. Teachers and peers supported him in tracking his progress.

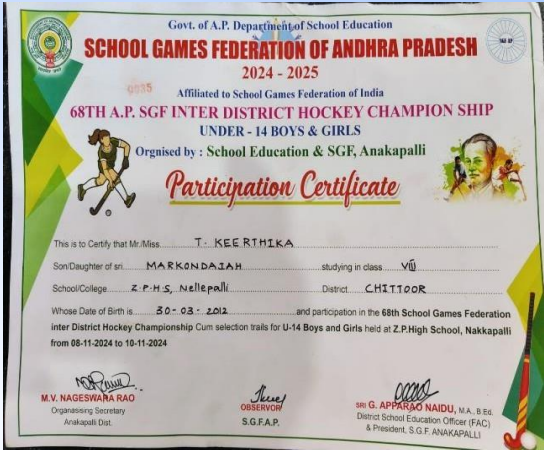
Deva Kumar, now has not only improved his conduct but also unlocked his academic potential, proving the power of personalized guidance and support.





# **AU Small Finance Bank STUDY CENTRE'S**

Case Study - 17



T. Keerthika is a student from a poor family in Nellore village, studying at Zilla Parishad High School (ZPHS) Nellore. She actively attends the AU Study Centre at Vejjupalli, where she developed an interest in sports, especially hockey. The center allows students to play every Saturday, and the volunteer encouraged her and supported her participation in competitions. With volunteer help, Keerthika competed in the 68th School Games Federation and won 3rd prize in the District Hockey Championship, earning a medal and a certificate. She is thankful to the AU Study Centre for motivating her and helping her achieve this success.



## Case Study - 18



I am Sandhya from Cynade Line, KGF, Karnataka, and I work as an evening study centre teacher in Cynade Line. I have lived in this community for more than 20 years. I became a widow in 2021 after my husband died during Covid - 19. I was kind of mentally disturbed and hopeless as I became a single parent to my children. I did not have any income or support. It was then, with the help of the SCINDeA-KGF field office, that I was given a chance to work as an evening study centre Volunteer at Cynade Line. After I joined SCINDeA/AU Study Center, I got a small monthly income which is useful for my children's education. As an evening study centre teacher, I gather the children after school hours and start coaching every day and conduct classes for two hours from 05.00 pm to 06.30 pm except Sunday. There are 24 students in my centre. I spend more time with them. All my students are good at studying. They know their rights, and they actively participate in other extracurricular activities. I give equal rights and respect to all the students. According to their interest and capacity, I encourage them to develop their talents and personality and also try my best to make them honest citizens in the future. I consider them to be my own children and take care of their studies. I not only teach subjects, every week I conduct competitions like drawing, singing, dance, craft work and conduct sports for the students. Students have grown in their extracurricular activities. I also give awareness to children about child rights, good touch and no touch, health and personal hygiene. Students are happy to come to the centre and gain more knowledge. I have also learnt many things while conducting the AU Study Center and I have learnt to maintain documents and records. Before, I joined the AU Study centre, I was very hopeless in my life, but now I interact with many parents, relatives and children and I hope I will continue to give my best to the students. I would like to thank AU Small Finance Bank and SCINDeA for giving me this opportunity and would request to continue the same in the future.

## Case Study - 19



I am Soniya, Parent of Kavya, living in 2 Saw Mill Line, KGF, Karnataka. My child Kavya is studying in 3rd Standard, and my husband is a patient. He is not able to go for any job. I am the only bread winner to my family, and I am going for household work on daily basis and getting a monthly income. Earlier I used to struggle a lot to improvise my children in their studies. But, after the AU Study Center started by SCINDeA, I could learn that the evening study centre was very useful to improve students' performance in studies. Hence, I encouraged and asked my child to go and attend the evening study centre. It was then I was happy to know that my child Kavya became a first rank holder in school where is studying. She is also participating in all competitions conducted in the school. The evening study centre has given play material for students to play on Saturday. If some students are on leave, the teacher contacts the parents and ask for reasons for the absence of the child and follows it up. I am happy to say that when I was not able to assist my children to do well in their studies, it was the AU Study Center that gave better opportunity to my children to improvise their performance in their studies and participate in extra-curricular acuities. I would like to thank SCINDeA and AU small finance bank for giving this opportunity to my children and other children as well.



## Case Study - 20



My name is Malathi and I am the mother of Arul Prasad studying in 5th standard and Devakumar studying in 7th standard. My children are studying Arikan Nagar study centre, Tirupattur District, Tamil Nadu. We belong to the Adidravida community which is a scheduled caste community. My children used to return from school and spend their time playing the 'parai'(drums). I always wanted them to focus on their education and build a better future. But they never listened to me. Their behavior towards elders was also quite disrespectful.

However, after joining the study center, their attitude has changed significantly. The educator has not only helped improve their behavior but has also sparked in them an interest for learning. They now attend the study center regularly. I am especially happy that they no longer go to play the parai and instead dedicate their time to education.

The parent-teacher meetings have also been a great support, allowing me to discuss my children's progress during the meeting. It fills me with joy when the educator shares positive feedback about their academic improvement and enthusiasm for extracurricular activities.

I am also pleased that the center has enhanced the classroom environment and provided all the necessary materials to encourage the children to perform better.

With deep gratitude, I sincerely thank the AU Study Center and SCINDeA for their dedication and encouragement in shaping our children's future.

## Case Study - 21



I am Pranitha, studying in 7th standard in Mitta Velkur, G.D. Nellore, Chittoor district, Andhra Pradesh. My father Babu, is a daily wage labourer. I attend AU Study centre in Mitta Velkur regularly. Before, I joined the AU Study Center, I never had an opportunity to participate in extracurricular activities. It was only after I started coming to the AU study centre that my teacher at the centre encouraged me and motivated me to explore my talents by participating in different extracurricular activities. With the guidance of my teacher at the centre, I attended a crafting program conducted by LG Electronics India at my school and received a certificate of appreciation. I also participated in an elocution competition and won 2nd prize, which boosted my confidence.

Additionally, I had the opportunity to take part in a district-level arts competition organized by Astronomers and Lurnx, where I earned another certificate of recognition. In the evening study centre our teacher conducted many awareness programs like child rights, child abuses, human trafficking, human rights etc, and I have attended all. Now I know my rights and, I gained knowledge





# **Menstrual Health and Hygiene Management**

## Case Study - 23

My name is Punitha. I live in Vishvanathapuram village, Chengam taluk, Thiruvannamalai district. I am 35 years old. I have 2 daughters. I come from a very poor family. I am a daily wage labourer and cannot afford to buy commercial sanitary pads when I get my monthly periods. That is why I used cloth during my periods. During this time I cannot go for any work and suffer from a number of problems including discomfort.

In this context I attended an awareness workshop on menstrual health and hygiene organised by SCINDeA in my village. We were taught about the menstruation cycle, commercial sanitary pads and its disadvantages and how the disposed pads affect the environment. As an alternative to this problem, the use of reusable sanitary napkins was introduced to us. We were taught how to use the napkins, wash & dry them and disposal techniques. The awareness programme also helped to dispel myths regarding menstruation.

During the workshop I was also given a pack of Baala pads which has 2 day pads & 1 night pad along with a pouch. We were also taught how to use the pads.

During my periods I have been using the pads for the last 2 months and find it comfortable. There is no irritation from the use of the pads since the inner surface is smooth. I can now go for daily wage labour. However if the Baala pack contains an extra napkin it will be helpful since I tend to menstruate heavily some times.







Pushpa is a 31 years young widow. She is Marla Banda village, Yadamari Taluk, Chittoor Dt. Her husband died 3 years ago by current shock accident, she living with her 2 children a boy and a girl both studying in primary school in their village. She is self-employed by ironing dresses and earns her daily wage to manage her family. She attained puberty at the age of 14 years and was using stay free pads for -15 years. Later she started to use stay free pad by spending Rs. -100 very month. She was using stay free sanitary pad as it was very much available in the shops, readily available. Every month she used to spend Rs. 100 to 150. It was definitely very costly for her. She says that though she faced the following issues while using the sanitary pad she had no option but use the pad.

She faced following issues:

- Every time she was in tension if her dress will wet / stain
- Has to keep on watching.
- Never had free of worry or tension.
- Has to spend money
- Disposing is an issue.

Now after receiving the BAALA Sanitary pad, she is very happy because it is cotton, reusable.

Her experience in using BAALA Sanitary pad:

- Feel more comfortable
- Very soft and easy to use.
- No fear / worry about leakage.
- Cost effective.

She is very happy that she I got the opportunity to use this BAALA Sanitary pad and she wishes that all young girls get to use this BAALA Sanitary pad and become free from worries. She expresses her Thanks to SCINDeA for Introducing this to her.

## Case Study - 25



My name is Sushma, I am 28 years old, I live in Thumbenahalli Village, Hunasenahalli Panchayat, Ramanagar Taluk and Karnataka Dist. In June 2024 I participated in a workshop organized by SCINDeA on Menstrual Health and Hygiene. A demonstration on the use of Baala pads helped me to understand the differences between the use of commercial and reusable pads. I received a pack of reusable Baala sanitary pads from SCINDeA, which was sponsored by Project Baala. I used this for 3 months during my periods. I found the pads convenient and non-irritable. It was very comfortable. It has a smooth surface which keeps the concentration of blood for a long time. It can be easily washed, dries fast the sun and folded. This did not cause me any physical or mental discomfort.

Before using this, I used to spend Rs. 60 - 100 every month to purchase commercial sanitary pads. But by using reusable sanitary pads regularly I don't have to spend money unnecessarily. By using it we can keep our health and environment clean and healthy. Before using this, I didn't even know this type of pad existed, and I had a hard time disposing the commercial pads I used every month because burning them would stink. If thrown in a distant field, it spoils the soil. But now I don't have to worry about it. So, I confidently tell my friends and relatives about using it.

My sincere thanks to Project Baala and SCINDeA for providing free reusable sanitary pads which are convenient and safe for use.



## Case Study - 26



My name is Kavitha. I live in Thappakadu village, Yercaud taluk, Salem district. I am 30 years old. I have 3 sons. They are in school. I come from a very poor family. My husband & I are daily wage labourers. My daily wage is Rs. 250 and monthly earnings are Rs. 6250. Our family income is not sufficient for educational expenses, medical expenses and other family expenses.

SCINDeA provided me a pack of free reusable sanitary napkins on June 22<sup>nd</sup>, 2024. It was very useful and comfortable for me to use. During my monthly periods I have to spend Rs. 150 - 200 to buy 3 - 4 packets of commercial pads. I cannot afford to buy commercial sanitary pads. After receiving the Baala pads I have reduced that expenditure and use the money on my children's educational needs. Baala pads are easy to wash, dry in the sun & store in the pouch so, I am safe from itching and sores. My sincere thanks to Project Baala & SCINDeA. I also recommend the use of reusable sanitary pads to my friends and relatives.

## Case Study - 27



My name is Vinitha. I am from Krishnagiriline, Marikuppam KGF. I am here to share a feedback about the reusable sanitary pads and its benefits. I am part of the group who gave us an awareness and demo class on how to use reusable sanitary pads and its importance. I was given 1 pack of Baala pads for my personal use. Earlier I was not aware about reusable pads but after attending the awareness class, I came to realise that the commercial pads like whisper could cause irritation, rashes and infections when used for long time. I am using the Baala pads for the last 2 months and find it very comfortable.

I realised that there is a lot of difference between the use of commercial pads and reusable pads. Baala pads are very comfortable and do not cause me irritation or any discomfort. They absorb the menstrual blood easily. Unlike the commercial pads which are disposable and only for one time use, the Baala pads can be reused if properly washed & stored upto 24 months. Unlike the commercial pads which are expensive and need to be bought for every month, the Baala pads are a onetime investment for 24 months. It is also much cheaper than the commercial pads. I have spread this awareness to my female relatives and neighbours in my village who are looking forward to getting a pack of Baala pads.



## Case Study - 28



I am Sabreen. I come from a very closed patriarchal community. The men decide our level of education and also work. We don't move out of our village. I am a house wife with 2 children. I had attended this awareness programme that SCINDeA had conducted in the Urdu School in our village. As we do not move out of our community information also is restricted apart from tv and youtube.

The session was very informative. I was particularly impressed by the environmental pollution, both land and air. I raised a lot of questions on the same. The team was kind enough to answer all our questions. They also suggested some youtube videos to watch. I had never thought of the contribution, we as women are making to pollute the environment.

I have used the pads twice now. I find it very comfortable to use. Also I have noticed that I do not have problems related to rashes, irritation or disposing. I did have mixed feelings about leakage issues initially and was resolved after usage.

I really thank SCINDeA and Project Baala for bringing us such a sustainable and affordable packet of pads. Thank you.

Thank  
You!

