

#WiP

 FRIENDLY
Giants
Foundation

DIGNITY BEYOND BARS

Restoring Health, Hygiene and
Humanity 

DIGNITY & HYGIENE INITIATIVE FOR '**WOMEN IN PRISON**'

A MOVEMENT BY FRIENDLY GIANTS FOUNDATION



FRIENDLY
Giants
Foundation

ABOUT US

Friendly Giants Foundation is a charitable, non-religious, non-political, and non-government social welfare organization committed to creating inclusive and sustainable impact across India.

Established in 2021 and registered under the Indian Trust Act, 1882, the Foundation works toward welfare, charitable, social, and humanitarian objectives without discrimination of caste, creed, color, religion, or gender.

Our work aligns with the rules and regulations of the Government of India and relevant provisions of the Income Tax Act, 1961.

OUR APPROACH

Friendly Giants Foundation adopts a community-centered and need-based approach to create sustainable and long-term impact. We focus on identifying grassroots challenges, designing structured programs, and implementing transparent, accountable solutions that address **education, healthcare, livelihood, and social welfare needs**. Through collaboration with local communities, partners, and stakeholders, we ensure inclusive participation and shared responsibility. Our approach emphasizes dignity, empowerment, and sustainability, enabling communities to become self-reliant and resilient over time.

#WiP

“ WOMEN IN PRISON ”

WHAT IS #WiP?

Women in Prison (WiP) is a nationwide dignity and hygiene initiative built on the values of **Contributions, Compassion, and Cleanliness**, supporting incarcerated women across prisons in India. In many prisons, access to basic hygiene essentials such as soap, toothbrushes, toothpaste, undergarments, and sanitary products remains irregular or insufficient, as highlighted by the **National Human Rights Commission**, which has reported gaps in sanitation, clean water, and availability of basic facilities for women inmates.

Within prisons in India, according to **National Crime Records Bureau data**, **nearly 76% of women prisoners are undertrials**, and a significant proportion are first-time offenders with no prior convictions. Additionally, most women inmates are imprisoned for non-violent offences, reflecting a vulnerable and often overlooked population. Behind these realities are women carrying trauma, uncertainty, and emotional distress within the prison system.

In such environments, the absence of basic hygiene essentials such as soap, sanitary products, toothpaste, and other daily-use items can deepen feelings of neglect and isolation. The National Human Rights Commission has also highlighted concerns around overcrowding, lack of privacy, and inadequate healthcare, which further impact the mental and emotional well-being of women prisoners. When personal care is compromised, it affects not only physical health but also confidence and emotional stability. Ensuring consistent access to hygiene is more than material support; it is a humane step toward restoring dignity, reassurance, and self-worth inside prison walls.

WiP addresses this gap through a structured, year-round support system that provides complete hygiene kits, ensuring personal ownership, privacy, and consistent access to essentials. The initiative goes beyond distribution; it reinforces the message that every woman, regardless of her circumstances, deserves cleanliness, care, and dignity.



TRANSFORMING LIVES THROUGH **BASIC HYGIENE**

Access to basic hygiene is a fundamental human right, protected under the Constitution of India and affirmed by the Universal Declaration of Human Rights. The right to live with dignity continues even inside prisons.

However, in many prisons, women receive hygiene essentials irregularly due to limited budgets, overcrowding, and systemic gaps. Sanitary products and personal care items are often insufficient, forcing women to manage with minimal resources and compromising their privacy and dignity.

This lack of consistent support leads to preventable health risks and deeply impacts emotional well-being, self-esteem, and confidence. Ensuring reliable, year-round access to hygiene through initiatives like **WiP** is not just a charity—it is a necessary step toward upholding basic human rights and protecting dignity within prison environments.



OUR APPROACH

WiP responds to this gap through thoughtfully curated hygiene kits designed specifically for the needs of incarcerated women. Each kit includes sanitary products, bathing essentials such as soap and detergent, oral care items like toothbrush and toothpaste, basic grooming products, comfortable slippers, and a durable reusable storage bag. The inclusion of a personal storage bag ensures privacy, safe keeping, and a sense of ownership, something that is often missing in shared institutional environments.

Every component of the kit is selected with practicality, safety, and dignity in mind, reflecting a model of **smart support** that empowers women to take charge of their personal care. The aim is not just to distribute products, but to enable women to manage their daily hygiene independently and confidently. In addition to kit distribution, **WiP** also conducts hygiene awareness sessions within prisons, educating women about personal hygiene, menstrual health, and safe practices to help them make informed choices in their daily lives. By ensuring consistent access to essential items and knowledge, **WiP** reduces health risks, supports menstrual hygiene management, and restores a basic standard of personal care, contributing to **safe spaces** within correctional facilities.

Importantly, **WiP** is not a one-time distribution drive or seasonal outreach effort. It is a sustained, structured dignity movement with a long-term vision to reach one million incarcerated women across India through continuous support, partnerships with correctional facilities, and systematic implementation. This long-term commitment drives **sustainable change**, ensuring that hygiene access becomes a fundamental right rather than a temporary relief measure.



SOCIAL IMPACT

When a woman receives her own **hygiene kit**, the impact extends far beyond physical cleanliness. It restores a sense of **identity, personal space, and independence** within an environment where individuality is often limited. Having access to her own essentials strengthens **confidence** and reinforces the basic human right to **dignity**.

In India, according to recent prison statistics, there are **over 25,000 women inmates** across the country, many of whom face significant challenges in accessing **basic hygiene facilities**. Various **media reports and independent studies** have highlighted the difficult conditions in prisons, including limited access to **sanitary napkins, clean clothing, and proper sanitation**. In many cases, women inmates are forced to manage their menstrual hygiene with **inadequate or inconsistent resources**, directly impacting their **health, comfort, and dignity**.

Improved **menstrual health management** reduces **preventable infections and discomfort**, contributing to better overall **physical well-being**. At the same time, the assurance of consistent hygiene support enhances **emotional stability and resilience**. It sends a powerful message that **she is not forgotten**, that **her needs matter**, and that society recognizes her worth beyond her circumstances.

These kits may appear **small in size**, but their **impact is profound**.



WHY THIS MATTERS

Women in prison deserve dignity. Access to personal hygiene is not a luxury—it is a basic human need directly connected to physical health, self-confidence, and mental well-being. The simple ability to care for oneself fosters **emotional stability, self-respect**, and a sense of normalcy, even within restrictive and challenging environments.

When hygiene needs are met consistently, women are better able to focus on rehabilitation, personal growth, and maintaining inner strength. It reinforces the idea that their identity and worth extend beyond their circumstances.

By supporting this initiative, you are not merely donating products. You are contributing to a structured effort that restores dignity, strengthens well-being, and reaffirms humanity in spaces where it is too often overlooked.

CONTRIBUTION & PARTICIPATION

₹1,000 supports one complete hygiene kit.

The hygiene kits include **basic hygiene essentials for women**, ensuring their daily needs are met with dignity and care. These kits include items such as **sanitary napkins, soap, personal care products, and slippers etc.** which are often not easily accessible within prison environments.

Beyond distribution, we also conduct **hygiene awareness programs inside prison** focusing on educating women about **menstrual health, personal hygiene practices, and overall well-being**. Through this combined approach of **access and awareness**, we aim to promote healthier living conditions, build confidence, and empower women with knowledge that supports their long-term health and dignity.

Kindly note that submission of your PAN Number is mandatory to avail the 50% tax exemption under Section 80G in India.

DONOR RECOGNITION & AMBASSADOR PROGRAM FOR (WiP)

You can donate any number of kits as per your preference.
The table provided below is for partnership

Partnership Type	Contribution	Recognition & Benefits
Individual Partnership	You can donate minimum 100 or more hygiene kits.	<ul style="list-style-type: none">• You will receive an official Letter of Recognition acknowledging your contribution and support.• You will be a Ambassador of the program
Corporate Partnership	You can donate minimum 1000 or more hygiene kits	<ul style="list-style-type: none">• Your organization will receive a Letter of Recognition• Your organization will be appointed as a Program Ambassador• You will represent and support the initiative• You will contribute to outreach and impact activities

Tax Benefits (Applicable to All Donors)

JOIN THE MOVEMENT

Be a Friendly Giant.

Gift dignity through hygiene.

Empower **#WiP**

All kits are prepared and sustainably packaged by Friendly Giants Foundation. Distribution is coordinated with prison authorities, and documentation is maintained throughout the process. Photographs and impact updates are shared wherever permitted. Utility certificates are provided to donors to ensure full transparency.



DONATE NOW

Account Name
Bank Name
Account No.
IFSC & MICR Code

Friendly Gaints Foundation
HDFC BANK
50200057432101
HDFC0000280