



SHUDDH
FOUNDATION



Our actions speak more
than words

We work for supporting women and children for having better health,
better food and better education for a better life.



www.shuddhfoundation.org

| shuddhfoundation@gmail.com



About us

ABOUT US

We are a NON-profit Organization working on various social issues related to women and child welfare which includes health / food / clothing / shelter / etc. We also focus mainly on promoting Menstrual Hygiene Management for Women across India.

To promote better menstrual hygiene practice in professional way we have associated with “Lyvefresh ANANDA” – an eco-system to promote menstrual hygiene practice by creating first of its kind national network of NGO’s across India who would provide FREE workshops with standardized training content and system driven approach. This initiative was started in January 2022 by the brand “Lyvefresh” and have successfully supported around 4000+ women as on May 2022. It have started to build India’s first and only national network of NGO by supporting them with the single window system of Lyvefresh ANANDA.



We have successfully organized Menstrual Hygiene Program for around 4400+ women

We have successfully organized these workshops for Railway Police Women Officers and Mumbai Police women officers in Mumbai with the support of Lyvefresh ANANDA – an eco system build to promote menstrual hygiene.



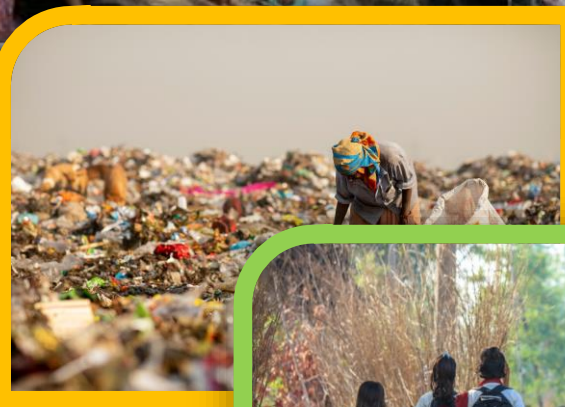


THE REAL PROBLEM

The problem in India is “Awareness” even if there is a solution
The issue in India is lack of awareness regarding menstrual hygiene management among females even if there is variety of solutions to the problems

Some facts about menstrual hygiene issues in India...

1. India receives approximately 12.3 billion sanitary pads every year which is approximately 113000 Tons of sanitary waste harming the nature.
2. During CoVid19 lockdown, there are millions of girls in schools and women in rural areas faced shortage of sanitary pads.
3. Sanitary pads have several health disadvantages for women which are proved by various international research agencies.
4. Each sanitary pad takes approximately more than 500 years to decompose if left open in nature.
5. In India there are around 35.5 billion menstruating females out of which approximately only 20% uses sanitary pads due to lack of awareness or affordability.
6. Cost of menstruation in India (i.e. cost of sanitary pads considering average cost per pad @5/- per piece) is approximately INR 426 Billion, which is considering only if 20% of the menstruating females uses Pads.



#MenTalksOnMenstruation

“One among very few men to promote menstrual hygiene with eco-friendly alternative.”

- Jigar Parekh



The taboo... Men talks on menstruation

It is been the need of an hour in India that men should be educated about menstrual issues of women and also the solution of the issues through eco-friendly ways. Once men across the country would start to talk about it in their own house with their wife, sister, daughters we would solve more than 50% of the issues faced by women during menstrual days. Even in urban areas where men believes that they carry a social status symbol but its not, as in day to day life every decision in the family regarding shopping, education, holiday, etc. are approved by men but even after being highly educated, still they feel shy on talking about menstruation.

We at Shuddh Foundation have taken a step ahead to promote menstrual hygiene by creating free workshops dedicated for men rather focusing on women only in association with Lyvefresh ANANDA. We aim to organize these workshops in urban and rural India to create a support for every women or girl in India and have better lifestyle.





Our Programs



Free workshops on Menstrual Hygiene Management

Hygiene-related practices of women during menstruation are of considerable importance, as it may increase vulnerability to Reproductive Tract Infections (RTI's). Poor menstrual hygiene is one of the major reasons for the high prevalence of RTIs in the country and contributes significantly to female morbidity. Due to their responsibilities, women who pay less attention to their hygiene can spread a lot of germs. Food poisoning, gastroenteritis, pneumonia, trachoma and skin infections are some of the diseases caused by poor personal hygiene practices.

Free workshops on The taboo... Men talks on menstruation

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Creating Livelihood Learn - Inspire - Grow for women and children

"Lyvefresh SAKSHAM" is an initiative started by Lyvefresh in association with Shuddh Foundation to empower women across the nation by providing them with a low cost business opportunity. Ever women will be offered to become an entrepreneur with a lowest investment value to purchase products for reselling. Every women also gets various other opportunities of advertising their own business online absolutely free of cost and lots of support to grow their business from our corporate team. Any women who is a home maker or professional or a student can become Saksham by joining our lifechanging workshops.



Partner with us

Become our Digital Donation Partner



DIGITAL DONATION PARTNER

If you are looking to support our social initiative then you can support us by providing your time or space rather than money. You can place Donation Collection QR code at your retail counter and offer your customers an opportunity to donate. Connect with us to know more.

TRAINING PARTNERS

- **Doctors** from any field can become our training partners
- **Psychologist** can become our training partners.
- **Motivational speakers** can also become our training partners.
- **Teachers** from any field can also become our training partners.

MONTHLY INSTALLMENT PARTNER

If you are a company you can advise your employees for a monthly donation of Rs. 50/- from their salary to be donated for a social cause.
If you are an Individual if you are an individual then also you can spare as low as Rs. 50/- per month to support the social cause.



Donation options



With every Rs.500/- we collect we support 1 women to adopt better menstrual hygiene for 5 years.

One time donations.

If you are a company or an individual you can donate minimum Rs. 500/- and you will adopt the menstrual cost of 1 women for the period of 5 years.

Rs.500/-

Recurring donations by individuals.

If you are salaried professional you can donate monthly installment of minimum Rs. 100/- or ask your company to donate on behalf of you from your salary.

Rs.100/-

Recurring donations by companies.

If you are company you can donate monthly installment of minimum Rs. 1000/-

Rs.1000/-



Get Involved with Us

**Volunteer for a
noble cause &
get stipend upto
Rs.75000/-***



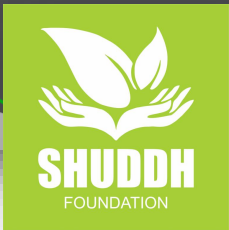
Become Volunteer

Any individual who is willing to give time for social service and also earn while you work can apply for being a volunteer.



Jobs we can offer

We offer jobs to all the needy people of different age group without discriminating about their sex i.e. Male / Female / Transgender to create better lifestyle for them.



We provide complete transparency while we partner

Shuddh Foundation is registered under Mumbai Public Trust Act 1950 (BOM XXIX of 1950).

You can download all the legal documents of our NGO from below table.

Description	Value
Name of the Trust	Shuddh Foundation
Act Name	Shuddh Foundation is a public trust registered under the Mumbai Public Trust Act 1950 (BOM XXIX of 1950) at the public trust registration office Greater Mumbai Region.
Registration Number	E-0038223(GBR)
12A & 80G Registration Details	Subject to realization of EXEMPTION, vide Provisional Approval No. ABGTS5627JF20231, Dated: 12-06-2023, being granted under 11-Clause (i) of first proviso to sub-section (5) of section 80G of the Income Tax Act, 1961, w.e.f., From AY 2024-25 to AY 2026- 2027; PAN NO: ABGTS5627J; DIN ABGTS5627JE2023101
NGO DARPAN Certificate	Unique ID No. : MH/2023/0346870 Shuddh Foundation is registered with the government on NGO Darpan, an online portal launched by the Indian government for the registration and management of non-profit organizations in India. (Download PDF)
Registered Address	803, Promenade 2, The Address, Opp Rcity Mall, LBS Road, Ghatkopar West, Mumbai 400086
Managing Trustee	Jigar Krishnakant Parekh 9967776667 www.jigarkparekh.com
Email	shuddhfoundation@gmail.com
Web	www.shuddhfoundation.com
Certificate of Registration	DOWNLOAD (PDF)
PAN No.	ABGTS5627J (DOWNLOAD PDF)
Date of Foundation	20/04/2023

Bank details for donations



UPI for Transfers
7303079151@kotak

Account Name :	Shuddh Foundation
Account Number :	6448208169
Account details:	Current Account
Bank Name :	Kotak Mahindra Bank Ltd.
Bank Branch Address :	Unit No.1, Ground Floor, "Rajashree Plaza", Premises, CoOp Soc Ltd, Lal Bahadur Shastri Rd, opp. Shreyas Cinema Road, Ghatkopar, W, Mumbai, Maharashtra 400086
IFSC / RTGS Code :	KKBK0000682

We thank you for the donation. We request you to kindly mail us the donation details on our email ID shuddhfoundation@gmail.com along with your full name, PAN number and Transaction ID. So you shall receive the receipt of the donation within 48 hours in reply to your email which you can claim for Income tax benefit as per section 80G.