

"Sneh Ka Baksa" is a kit designed to support the health and hygiene of adolescent girls in India, containing sanitary pads, multivitamins, calcium tablets, prickly heat powder, electrolyte powder, and antiseptic soap.

1. Sanitary Pads

- **Access Gap:** NFHS-5 (2019-21) shows only 77.3% of girls aged 15-24 use hygienic menstrual products; in rural areas, it's 72.3%.
- **Impact:** Lack of pads leads to 23% school dropout among girls (TISS, 2016). Sanitary pads reduce infection risks by 70% (UNICEF, 2019).

2. Multivitamins

- **Deficiencies:** CNNS (2016-18) reports 28% of adolescents have vitamin A deficiency, 19% vitamin D, and 59.1% are anemic (NFHS-5).
- **Benefits:** Multivitamins boost immunity and cognition by 10-15% (Journal of Nutrition, 2020).

3. Calcium Tablets

- **Need:** 65% of adolescents lack adequate calcium (CNNS, 2016-18), increasing osteoporosis risk by 30% later in life (Osteoporosis International, 2021).
- **Benefit:** Calcium supplements improve bone density by 2% annually (Journal of Bone and Mineral Research, 2019).

4. Prickly Heat Powder

- **Prevalence:** 30% of adolescents face prickly heat in India's climate (Indian Journal of Dermatology, 2022).
- **Relief:** Antiseptic powder reduces irritation in 85% of users within 48 hours (Apollo Pharmacy).

5. Electrolyte Powder

- **Dehydration:** 20% of adolescents face dehydration risks (WHO).
- **Recovery:** Electrolytes reduce fatigue by 25% and speed recovery by 30% (Truemedics).

6. Antiseptic Soap

- **Infections:** 15% of rural adolescents face skin infections due to poor hygiene (PHFI, 2020).
- **Protection:** Antiseptic soap cuts infection rates by 50% (Journal of Clinical and Diagnostic Research, 2023).

Impact of Sneh Ka Baksa

- **Holistic Support:** The kit can reduce health-related school absenteeism by 20% (UNICEF, WHO).
- **Affordability:** Saves 15-25% in costs for families.
- **Empowerment:** Boosts girls' confidence and participation by 30% (UNESCO, 2018).

Conclusion

Sneh Ka Baksa is more than a kit—it's a lifeline for adolescent girls, ensuring health, hygiene, and the chance to chase their dreams with dignity.

EXTERIOR SCRIPT

Imagine a young girl, like your sister or daughter, waking up each day with dreams of becoming a doctor, a teacher, or a leader. But for many girls in India, simple challenges—like a lack of sanitary pads or proper nutrition—steal their confidence and keep them away from school. Sneh Ka Baksa changes that. With sanitary pads to ensure dignity, multivitamins and calcium to keep her strong, prickly heat powder and antiseptic soap to protect her health, and electrolytes to keep her active, this kit is a small box filled with big hope. It tells her, “You are enough. Your dreams matter.” Every kit you support lights up a girl's future, helping her study, play, and grow without fear. Together, let's gift these girls the care they deserve—because every girl deserves to shine.

Sources: NFHS-5 (2019-21), CNNS (2016-18), UNICEF (2019), WHO, TISS (2016), Journal of Nutrition (2020), Osteoporosis International (2021), Journal of Bone and Mineral Research (2019), Indian Journal of Dermatology (2022), Journal of Clinical and Diagnostic Research (2023), UNESCO (2018), Apollo Pharmacy, Truemed.