



Project Pavitra Update Report: Aug 2019

Submitted by: Project Pavitra Global Team,
International Association for Human Values (IAHV)

Impact Update

Project Pavitra is an initiative of the Art of Living to empower women through menstrual education. Menstrual health management is very relevant as the quality of women's health has declined. Years of ignorance and silence on this issue have led to a societal void where conversation around this topic is stifled in the name of traditions and culture. Our endeavor is to empower women to break the shackles of social stigma and taboos around menstruation through knowledge, lifestyle improvement, and sustainable practices.

A growing team of dynamic volunteer trainers, Art of Living teachers are spreading the knowledge of holistic and culturally compatible practices. The training includes the wisdom of Yoga and Ayurveda to girls and women, enhancing their health and confidence.

2226

Volunteer trainers, 140 plus
Master Trainers across India,
Africa and Nepal

31,230

Girls benefitted from the
training since the
inception

24

States across India
have been touched by the
project

Stories of Change: Bhutan

- July 2019, we started Project Pavitra activities in Bhutan successfully and the trainers have started conducting workshops with over 200+ girls impacted till date through complimentary workshops



Stories of Change: Nepal

- Successful Pavitra Workshops are being held in Nepal since June 2019 with over 1000+ girls reached till date
- Online TOT was organised to train another 44 trainers from 5 states in Nepal



Stories of Change: West Bengal

- 2700+ girls trained across Bengal, Sikkim and Bhutan
- Offline Training of Trainers organised regularly and an active community of trainers and Master trainers has been created to champion the cause



Stories of Change: Botswana, Africa

- We kick started Project Pavitra in Francistown, Botswana in July 2019
- Online Training of Trainers organised for creating more trainers in Africa



Evaluation Study

- We are conducting needs assessment and evaluation study at Patiala, Punjab
- 2 Pavitra Fellows travelled to Punjab in July 2019 and conducted 102 in depth interviews of adolescent girls at Govt. schools and 16 teachers
- Focus Group discussion with mothers of workshop participants was organised
- Research findings are being analysed to learn lessons for strengthening the programme further



Project Paritra

SPREADING MENSTRUAL EDUCATION

PRESENTS



**CAPTAIN
PAVITRA**

When you first talk about menstrual education to inmates, they ask what is the point? Only release from prison is on their mind, they say. But then I ask them, 'don't you want to live fully and with good health when you're out.' When they start thinking about a life outside prison, that is when they start participating in the workshop. But the response is not always great. 'They have come here to talk dirty', is generally the response I get from elderly women especially when our discussions touch safe sex and physical intimacy. They cover their faces when I begin talking. But I tell them, if a woman does not talk to a woman, who else will she talk to. They eventually come around and we ask their inputs on these subjects. Afterall, they've lived their entire life. Who else would know more than them, I tell them. But most don't know why menstruation happens in the first place. Only 10% of women inmates did in the prisons where I took the workshop. Due to lack of awareness, women here do not pay attention to hygiene.



So, you'd find a pad hanging in the window sill of the bathroom and at the corner near the bed. We tell them how important hygiene is if they want a healthy life. We even motivate them to pass our discussions to others, their daughters and sisters when they meet them during the time designated by prison authorities. In one instance, an inmate taught her daughter mudras to reduce period pain, who later passed it on to her friend who could not even get off the bed during periods. Eventually, that friend started having painless periods! These are small things but how they build up to boost the morale of women who've lost everything is amazing. At the end of the workshop, when these women meditate, many say they felt like they were not in prison. The vibes completely change. And that is the whole point.

Poonam Madan, HR Professional, Project Pavitra trainer who has taken workshops for prison inmates, daughters and wives of convicts and inmates at Nari Niketan/Observatory homes in Delhi NCR.



Thank You!

Know more about our work:

<https://www.youtube.com/watch?v=dEbtbPgDwHA>

For more information please email pavitra@projects.artofliving.org