



Project Pavitra

International Association for Human Values (IAHV)

October 2020

Impact Update

Project Pavitra is a collaborative initiative with IAHV's sister organisation, 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.

4450+

Volunteer trainers, 140 plus
Master Trainers

63000+

Girls benefitted from the
training since the
inception

24

States in India & 5 countries in
Africa, Nepal, Sri Lanka, Cambodia,
Hong Kong & Bhutan have been
impacted by the project

Stories of Change: Sri Lanka

Even during this difficult times, one of our trainer started the first ever Project Pavitra Workshop with 83 females in Bogawantalawa, Sri Lanka in the month of September.



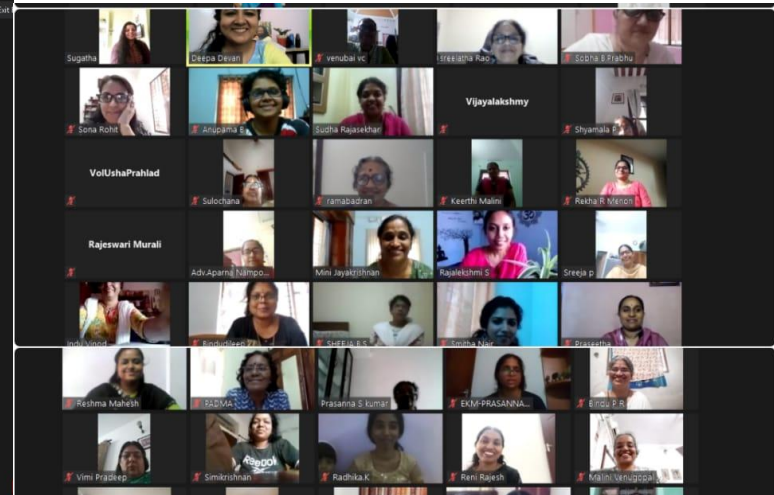
Stories of Change: Online Workshops

Surprisingly this pandemic is super efficient for our Pavitra trainers , they have started to conduct workshops online for girls/women's and now our trainer's have impacted over 10,000+ in these 6 months.



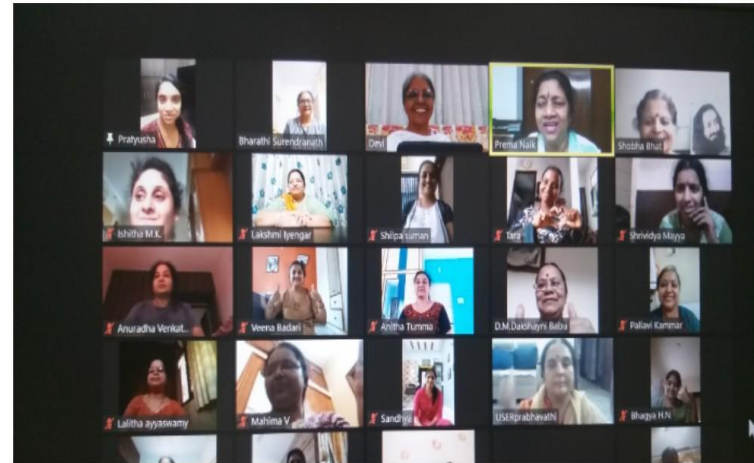
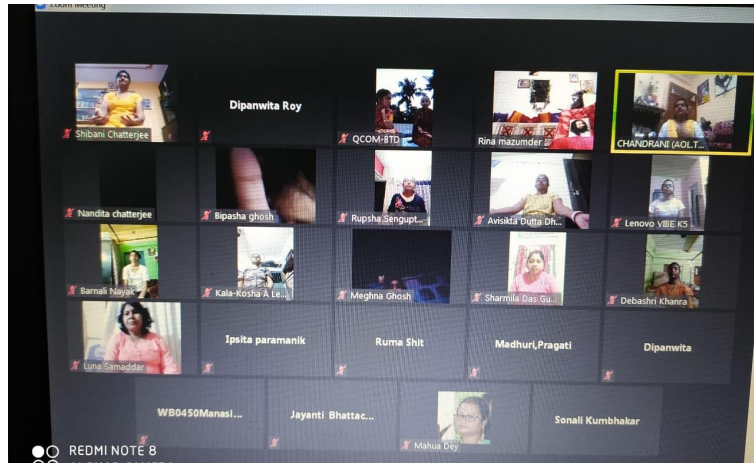
Stories of Change: Training of Trainers

Our Master Trainers to spread this knowledge to many more people taking ToT's continuously and made over 1000 trainer's during this pandemic.



Collaboration

September 2020, Project Bharat in collaboration with Project Pavitra started training the Women Youth Leadership Training Program volunteers on menstrual health and hygiene. These trainers will start taking workshops in the rural parts of India which is a huge opportunity for us to reach out to every girl possible in the interior parts of India to spread the awareness.





This is an excellent opportunity for women to connect with us as we are discussing something which is private. Gradually women open up about all the problems regarding menstruation and even shared about their personal problems. Connecting with the participants in a crowd of 500-600 people is difficult but with Pavitra it's easy.

Pavitra is one topic which is always close to my heart. Whenever I conduct courses, I try to include Pavitra in it.

In one of the workshop, a girl came up to me and said that her mother was using these hormonal tablets for the past 2 years. And in another workshop with NCC candidates, they shared their problems which they were facing in their lives

- Rama Devi
The Art of Living teacher/Project Pavitra Master Trainer



Thank You!

Know more about our work:

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

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