



Project Pavitra

International Association for Human Values (IAHV)

June 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.

3600+

Volunteer trainers, 140 plus
Master Trainers

54013

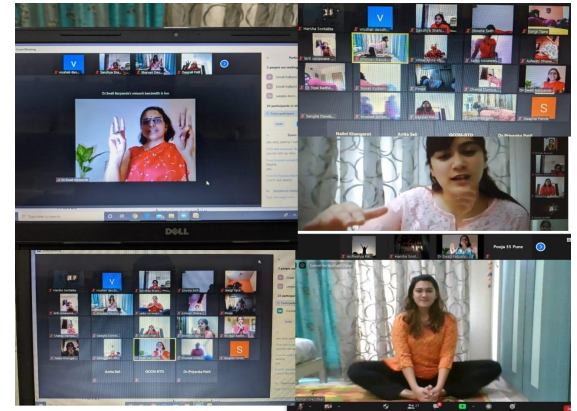
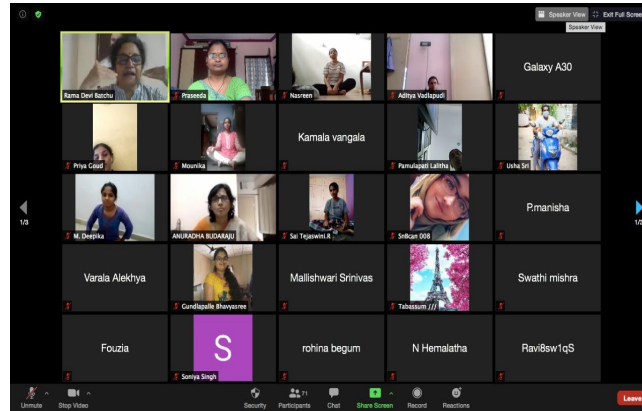
Girls benefitted from the
training since the
inception

24

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

Stories of Change: Covid-19 Pandemic

Even during this difficult times, trainers from their homes choose to spread the knowledge through online by taking Online workshops and making new trainers.



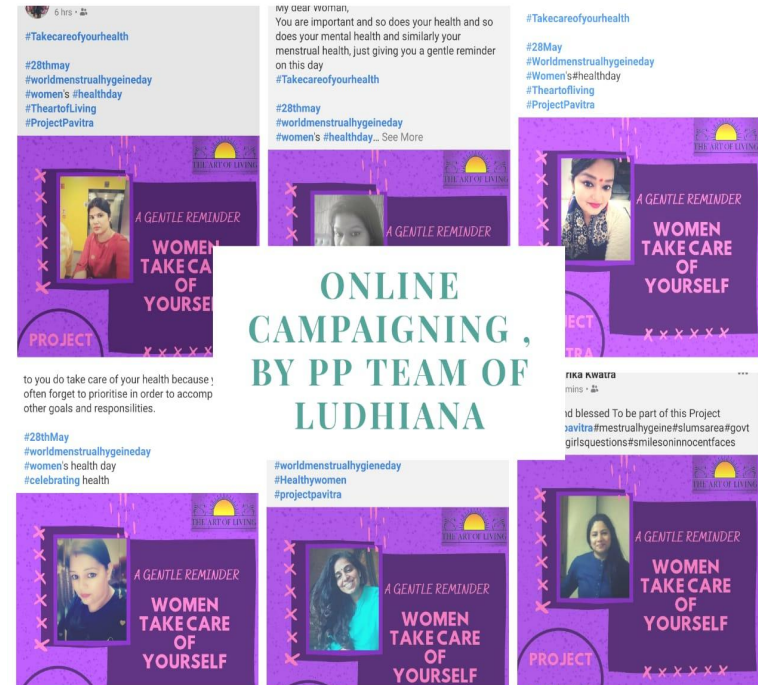
International Menstrual Hygiene Day (28th May)



- On the occasion of Women's Day and International Menstrual Hygiene Day, we encouraged our trainers to celebrate womanhood by initiating a series of Online Women's Special Meditation and Breath Workshops and Project Pavitra Workshops.
- Our trainers have done 7 Women's Special Online Meditation and Breath Workshops with 81 beneficiaries
- Our trainers have taken 29 Online Workshops with 1400+ beneficiaries.
- Our Master Trainers have taken 5 special Menstrual Hygiene Day Special TOT with new 128 Trainers

Other Activities

On 28th our Pavitra Trainers from Ludhiana, Punjab had run a online campaign “ Women Take Care of Yourself”.



Other Activities



The poster is for a panel discussion event. At the top left, it features the logo for 'THE ART OF LIVING PROJECT PAVITRA NEPAL' with a sun icon. Below this is the text 'Volunteer for a Prosperous Nepal' and 'WOMEN'S HEALTH & WELLBEING'. The main title is 'DIGNIFIED MENSTRUAL HYGIENE DAY'. Below that, it says 'PANEL DISCUSSION ON' followed by 'WOMEN'S HEALTH By Empowered Women To Empower Women'. The dates and times are 'THURSDAY & FRIDAY, 28th & 29th May, 2020'. At the bottom left, it says 'facebook LIVE 5PM- 6PM' and 'www.facebook.com /VFAPN/'. At the bottom right, it says 'SUPPORTED BY' and shows the logo for 'ZONTA CLUB OF KATHMANDU'. In the center, there is an illustration of three women in traditional Indian attire (saree, sari, and sari) standing on a large white sanitary pad. The hashtag '#NOMORELIMITS' is written on the pad.

THE ART OF LIVING
PROJECT PAVITRA NEPAL

Volunteer
for a
Prosperous Nepal
WOMEN'S HEALTH & WELLBEING

**DIGNIFIED
MENSTRUAL
HYGIENE DAY**

PANEL DISCUSSION ON
WOMEN'S HEALTH
By Empowered Women
To Empower Women

**THURSDAY & FRIDAY,
28th & 29th May, 2020**

facebook LIVE 5PM- 6PM
[www.facebook.com /VFAPN/](https://www.facebook.com/VFAPN/)



SUPPORTED BY
ZONTA
CLUB OF
KATHMANDU
ASSOCIATION OF WOMEN ENTREPRENEURS
PANCHAYAT, NEPAL
Empowering women & communities

#MenstrualHealth
#ProjectPavitra

#NOMORELIMITS


On 28th our Pavitra Trainers from Nepal organised a panel discussion regarding Women's Health : " By Empowered women To Empower Women".

Other Activities



Virtual Session on Menstrual Health and Hygiene

by Ms Poonam Madan, Sr. faculty, The Art of Living


**45**
Teenage girls and their mothers

"The world is because I am!"

Menstruation
Not a sham
Periods
ur
it
y
Courage
h
u
m
s
Birth
e
d



Learnings

- Not a taboo, Own it
- No to Cloth
- Healthy Lifestyle
- Exercise and Yoga
- Good Eating Habits




www.indiavisionfoundation.org

Regarding Menstrual Hygiene day Our active Master Trainer conducted an session on #MenstrualHygiene with the parents & children from the Community project of Children of Vulnerable Families Project where 65(Prison) + 70(Juveniles) participants have attended the session.



PROJECT PAVITRA

Department of Women & Child Development,
Govt Of NCT of Delhi
In collaboration with
THE ART OF LIVING
Celebrating
INTERNATIONAL MENSTRUAL HYGIENE DAY
for girls residing in child care institutions
(licensed under Juvenile Justice Act, 2015)



By Ms. Poonam Madan,
Sr.Faculty, The Art of Living
On 1 June 2020 from 6.00-8:00 pm

Other Activities

A small Initiative this Menstrual Hygiene day, “Facts on Menstruation for MEN” session with a closed group of males and Volunteers, who were concerned and wanted to know a few facts on Menstrual Hygiene to support their friends and family members.



Facts On **MENSTRUATION** For **MEN**

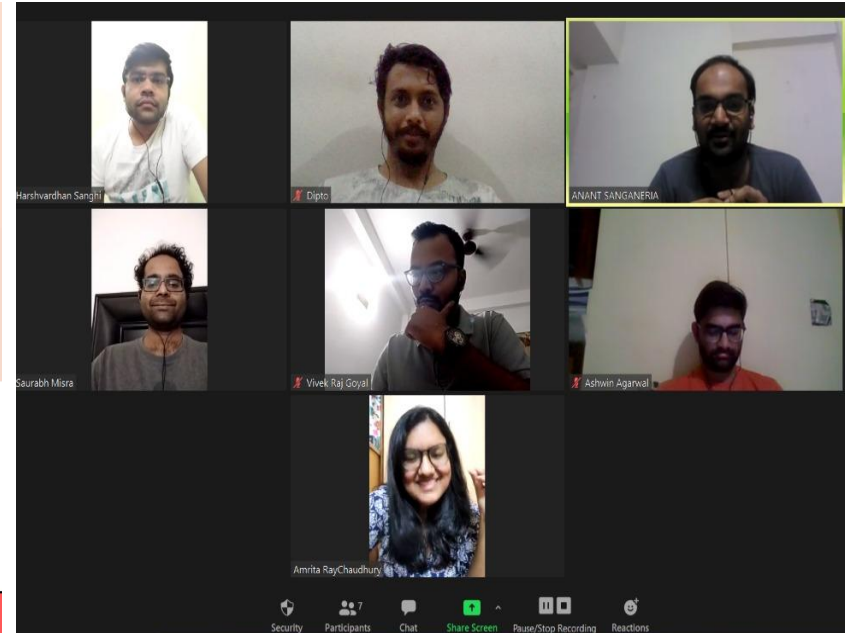
'Cause You Care For **HER**

Q/A Session with Amrita Ray Chaudhary

8697003660

ON ZOOM

Invitation Only





Thank You!

Know more about our work:

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

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