



Project Pavitra

International Association for Human Values (IAHV)

Update: June 2021

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.

5140+

Volunteer trainers, 140 plus
Master Trainers

69700+

Girls benefitted from the
training since the
inception

24

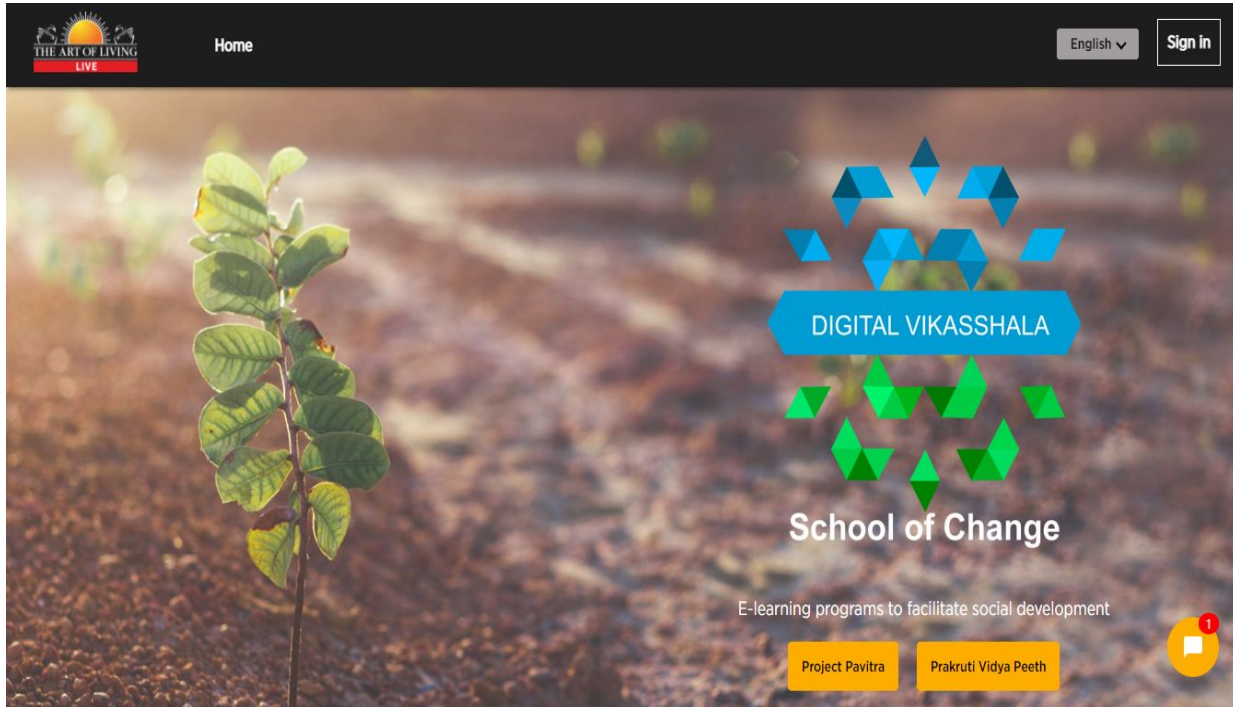
States in India & 5 countries in
Africa, Nepal, Sri Lanka, Cambodia,
Hong Kong & Bhutan have been
impacted by the project

Stories of Change: Workshop in Kenya, Africa



Our trainer Beth and her team from Kenya conducted workshop on Menstrual Hygiene Health and Happiness for 100 girls in an orphanage (Children's Garden home and School).

Project Growth: E-learning platform for Training of trainers



Digital Vikasshala is a specially created platform to support social development through e-learning. The platform bridges the knowledge gap around sustainable development by providing relevant, high quality, tailor-made and simplified programs which are free for all.

The platform provides a practical path to move forward in the journey of social development and empowerment.

Project Growth: E-learning platform for Training of trainers



Home

English ▾

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Project Pavitra

SPREADING MENSTRUAL EDUCATION

An initiative for enhancing adolescent girl's menstrual health and hygiene. Become a Pavitra trainer.

[View Courses](#)



Project Growth: E-learning platform for Training of trainers



Home My Library

English



Introduction; Growth, Puberty & Nutrition

0 out of 9 lessons complete

33:20

English

Introduction; Growth, Puberty & Nutrition



Introduction; Growth, Puberty & Nutrition

Upcoming

[Mark Complete](#)

Yoga Asanas, Pranayamas & Mudras



Yoga Asanas, Pranayamas & Mudras

Locked

Menstruation And Related Problems



Project Growth: Illustrated Workbook



On the occasion of International Women's Day, we have launched an illustrated workbook. We have created the illustrated workbook to make learning more fun for the girls.



Project Growth: Trainers' Refresher Meet

The image shows a Zoom meeting interface. On the left, a grid of 25 video thumbnails displays participants. The thumbnails are arranged in five rows and five columns. The participants' names are visible below each thumbnail. The top-left thumbnail is highlighted with a yellow border. On the right side, a sidebar titled 'Participants (43)' lists all participants. The list includes names like Project Pavitra (Host, me), Poonam Madan (Co-host), Akhila Subin, Archanadixit, Bhagya H N, Bharathi Surendranath, Bhavana Sunitha, Dr Swapna Karthick, Dr.sharada Nagaraj, Gayatri Hegde, Geetha PV, H L Vidya, Indira nj, and Kavita Agarwal. At the bottom of the sidebar, there are 'Invite' and 'Mute All' buttons.

| Participant Name |
|-----------------------|
| Poonam Madan |
| Bharathi Surendranath |
| Project Pavitra |
| salini |
| Rasmi |
| Radha ashokig |
| Prema Naik |
| Sri Latha |
| sumedha Suradkar |
| Sunitha Rao |
| Geetha PV |
| RAVI KALA |
| H L Vidya |
| Bhagya H N |
| Swetha nambo... |
| Shrividya Mayya |
| Roopa Nataraj |
| Dr.sharada Naga... |
| Archanadixit |
| sudha poduval |
| Shantha KN |
| Akhila Subin |
| Suchithra K. G |
| Dr Swapna Karth... |
| Kavita Agarwal |

We have updated our trainers' manual with additional information related to menstruation so we are conducting Trainers' Refresher Meet for all the trainers.

Covid -19 Relief Seva



The poster features a group of seven diverse individuals wearing face masks, representing the project's team and volunteers. The background is a gradient of orange and teal. Logos for IAHV (International Association of Health Volunteers) and The Art of Living are visible at the top. The central text reads: 'Our nation needs YOUR SERVICE YOU can save precious lives!'. Below this, there are icons for a microscope, a group of people, a heart, and hands. The text continues: 'We need volunteers to help COVID-19 patients and carers with verified live leads to find beds, oxygen and medical supplies. All you need is a phone to make calls.' It also states: 'This is for 1 hour to 4 hours a day for the next few weeks, anytime from 8am to 10pm IST. Even a week of contribution will make a huge difference'. At the bottom, there is a 'Please Signup' button with a hand icon, a 'REGISTER NOW:' link to a Google Form, and a contact email address.

IAHV INTERNATIONAL ASSOCIATION OF HEALTH VOLUNTEERS

PROJECT PAVITRA

THE ART OF LIVING

Our nation needs
YOUR SERVICE
YOU can save precious lives!

We need volunteers to help COVID-19 patients and carers with verified live leads to find beds, oxygen and medical supplies. All you need is a phone to make calls.

This is for 1 hour to 4 hours a day for the next few weeks, anytime from 8am to 10pm IST. Even a week of contribution will make a huge difference

Please Signup

REGISTER NOW:
<https://forms.gle/WvjmFVp7PQPcoG8eA>

Contact: pavitra@projects.artofliving.org

During the second wave of Covid 19 that has affected India very badly, Pavitra team along with volunteers have helped over 1200 plus Covid patients to find oxygen cylinders, beds and medicines in May and June 2021.



Thank You!

Know more about our work:

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

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