

Project Pavitra

International Association for Human Values (IAHV)

February 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.

3180

Volunteer trainers, 140 plus
Master Trainers

51,350

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: Africa

- February 2020, Project Pavitra team successfully conducted the workshop with 800 girls in Kitante Primary School, Kampala, Uganda
- 50 girls from St Theresa School in Kawangware, Nairobi Kenya benefited from complimentary Pavitra workshop



Stories of Change: Telangana

- Bhadrachalam District Administration partnered with Pavitra team to train adolescent girls in 21 schools and these schools includes girls living in interior villages with tribal population at Bhadrachalam
- Over 6500 girls trained by volunteer trainers since August 2019
- 7 local trainers were trained to take workshops in schools at Bhadrachalam



Stories of Change: Gujarat

- Klockner Desma Machinery Private Limited partnered with Pavitra team to train 1000 adolescent girls in schools of Dharampur
- Eco - friendly sanitary napkins were also distributed to all the girls



Celebrating Pavitra Trainers at International Women's Conference 2020

- Our hardest working Pavitra Trainers from across the country were invited for the International Women's Conference which was held from 14th - 16th February 2020 at Bangalore Ashram.
- They had a great time participating in the conference activities and enjoyed it thoroughly. They were blessed by Gurudev and Bhanu Ma to spread this knowledge far and wide.



Testimonials



I loved this Art of living course because it brought a sense of calmness in my mind with positive thoughts. I feel that by these course, we attain peace of mind and it helped me in my physical fitness and now I get only positive vibes and thoughts.

- Ritu

9th class Student from Govt. Senior Secondary School, Bhadsoh, Patiala, Punjab

I knew what is yoga and used to practice it, but didn't know that yoga would help us to reduce pain during period. I hope everyone gets to do this course to understand the benefits of yoga, so they get the tools to ease the pain during their periods. It will help them in not taking more medicines and not skipping school due to pain.

- Shweta

8th class Student from Kasturba Gandhi Balika Vidyalaya, Mulakalapally, Kothagudem, Telangana



“We had to make sure that the young girls understand the risks of ignoring menstrual health and hygiene. Our program had to be based on prevention rather than cure at the later stages. But most importantly we had to break the ice with these girls. We had to connect. We had to make sure the program was fun as well. “

- Anukriti

Thank You!

Know more about our work:

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

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