



Project Pavitra

International Association for Human Values (IAHV)

Update: October 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.

5352+

Volunteer trainers, 140 plus
Master Trainers

71051+

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 with Women Inmates at Mandoli Prison

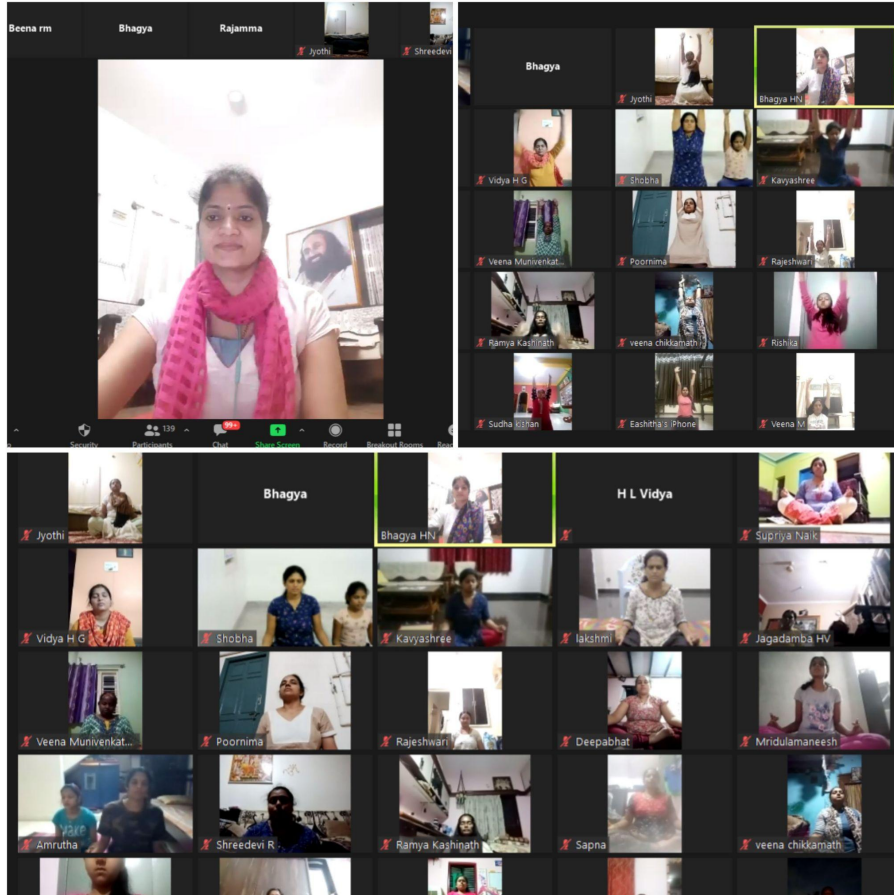


Our Champion Trainer, Poonam Madan has conducted Pavitra Online Workshop for Women inmates and staff at SCJ 16, Mandoli, Delhi amidst the ongoing 'Covid-19 Pandemic' to address the health challenges for women. Workshop conducted from 22 July-24 September 2021 with 98 Indian and International Women Inmates between 19-69 years of age

Stories of Change: Workshop in Nainital



Reshma Tandon along with few trainers has conducted Pavitra Offline Workshop for Graphic Era Hill University girls and staff at, Nainital, Uttarakhand. Workshop was conducted from 27-29 September 2021 with 70 beneficiaries.



Stories of Change:

Bhagya along with her volunteer team has conducted Pavitra Online Workshop for 333 beneficiaries of different age groups from 21-23 June; 17-19th July; 11-13th August

Testimonial



“The combination of Knowledge, Yoga, Pranayama, Mudra and Meditation empowered participants to address their monthly cycle issues and pass forward the knowledge to their loved ones through the bars (over their telephonic connects). Further the art of feeling ‘stress-free’ and relaxed in their existing environment was an important feedback received from the participants.”

- Jail Superintendent, SCJ 16, Mandoli, Delhi



Thank You!

Know more about our work:

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

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