

Project Pavitra

Spreading Menstrual Education



Project Update Report

October 2023 – January 2024

Since its launch in March 2018, Project Pavitra, a collaborative initiative between IAHV (International Association for Human Values) and the Art of Living, has been dedicated to empowering women through menstrual education. Through complimentary workshops on menstrual health and hygiene, our trainers have reached out to 1,65,335 adolescent girls and women. Additionally, we have trained 6,630 females who have become menstrual health and hygiene trainers across 28 states in India, 11 countries in Africa, as well as in Bhutan, Nepal, Sri Lanka, Cambodia, and Hong Kong.



During the period 1st October 2023 till 15th January 2024, we have trained 2006 participants in 18 locations across 6 states of India namely, Gujarat, Kerala, Maharashtra, Tamil Nadu, Tripura, and Weste Bengal.

The collage represents the courses taken by our trainers in different locations in India and the testimonials given below speaks about the impact of the project.



"My name is Saniya Shaikh, Art student of M.B.More college.

I attended the mensrual health and hygiene session conducted by IAHV in my college. This session was very useful, I personally felt very happy about the session and I shared this with my mother and sister. I also told them I shall conduct the yoga and mudra session for my them. They are very excited and proud of me and they also extended a special thanks to IAHV and for conducting such an excellent session which is more educative and informative for adolescent girls."



"My name is Kavya; I study in class 9th.

During the initial days of my period, I felt scared thinking that this is some sickness because I used to suffer from stomach ache. But after attending this session, my fear completely vanished.

I learnt new things such as if there is delay in periods we should speak to our parents or see a doctor. We also learned about healthy foods to be consumed during periods and precautions to be taken. I also learnt about the safe disposal of sanitary pads."