



# Project Pavitra

International Association for Human Values (IAHV)

Update: February 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.

**4600+**

Volunteer trainers, 140 plus  
Master Trainers

**64800+**

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: Leveraging Technology to reach out to vulnerable girls at shelter homes in Madhya Pradesh, India



During November and December 2020, Suprita Paneesh,, Pavitra Champion Trainer from Indore, India reached out to over 162 girls by conducting online workshops on menstrual health and hygiene in partnership with the Department of Women and Child Development, Madhya Pradesh.

# Stories of Change: Leveraging Technology to reach out to vulnerable girls at shelter homes in Madhya Pradesh, India



Suprita reached out to the following shelter homes in Madhya Pradesh :

1. Jivan Jyoti, (Balika Grah) Indore - 55 girls
2. a) Balika Grah, Bhopal - 32 girls  
b) After care home, Bhopal- 24 girls
3. a) One stop center, Gwalior - 11 girls  
b) Short stay home, Gwalior - 17 girls  
c) Balika grah, Gwalior- 23 girls

# Stories of Change: Workshop in Uganda, Africa



Our Uganda team conducted workshop on Menstrual Hygiene Health and Happiness for 60 girls in Bunga Preparatory School with support of Softex Uganda to raise awareness and change negative perceptions surrounding menstrual health and hygiene management.

# Testimonial from Pavitra Champion



*"I attended the Project Pavitra Webinar to become a trainer to spread awareness on menstrual health and hygiene . This issue is close to my heart. I work in a training institute where 90% are girls and I see them facing problems during periods. As a young person, I have suffered a lot of pain during my periods. I feel nowadays girls don't know the consequences of unhealthy lifestyle and this workshop is a good platform to educate them. I feel happy when workshop participants share that this workshop made be at ease during menstruation."*

- A. Baby  
Project Pavitra Master Trainer  
Palakkad, Kerala, India



# Thank You!

Know more about our work:

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

For more information please email [pavitra@projects.artofliving.org](mailto:pavitra@projects.artofliving.org)