



# Project Pavitra

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*Spreading Menstrual Education*

**Update Report : Jan-Dec 2021**

**Submitted to : ITMS India Pvt. Ltd.**

# Project Overview

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.

# Project Activities At a Glance : 2021 Update

Even in these challenging circumstances, our champion trainers have been able to raise awareness about menstruation education through online workshops.

No. of Workshops : 39

No. of Participants : 1410

\*Because of COVID-19 pandemic, offline workshops have been challenging since Government schools have been closed for long across the country

# Region-wise Update

# Chattisgarh

South India

**No. of Workshops: 4**

**No. of Participants: 105**

**No. of Champion Trainers:5**

**Key Geographies: Bilaspur, Durg**

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# Delhi

North India

No. of Workshops: 4

No. of Participants: 170

No. of Champion Trainers: 3

Key Geographies: West Delhi

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# Haryana

North India

**No. of Workshops:17**

**No. of Participants: 333**

**No. of Champion Trainers:6**

**Key Geographies: Ambala, Sonipat,  
Gurgaon**

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# Himachal Pradesh

North India

No. of Workshops: 4

No. of Participants: 472

No. of Champion Trainers:3

Key Geographies: Una, Kangra

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# Madhya Pradesh

North India

**No. of Workshops: 5**

**No. of Participants: 190**

**No. of Champion Trainers: 3**

**Key Geographies: Sehore, Indore,  
Bhopal**

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# Rajasthan

West India

No. of Workshops: 1

No. of Participants: 16

No. of Champion Trainers: 2

Key Geographies: Udaipur

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# Uttar Pradesh

North India

No. of Workshops: 3

No. of Participants: 54

No. of Champion Trainers: 3

Key Geographies: Muzaffarnagar,  
Dhangarh, Varanasi

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# Uttarakhand

North India

**No. of Workshops: 1**

**No. of Participants: 70**

**No. of Champion Trainers:1**

**Key Geographies: Nainital**

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# Snapshot of Workshops









View

Grid of 20 video thumbnails showing participants in a yoga class. Each thumbnail includes a name and a mute icon.

- DTI 346 TR/SINI...
- KUMARI DAM...
- Ananya p padi...
- Santha Vijaya K...
- Raji
- DTI 320 SANJU
- Srijini Prasaran
- hrishika
- Ginitha Abeesh
- Geetha S
- Akhila Jayaprak...
- ambika
- Vaigha vijayan
- sreejaya
- Shreya S
- nakshathra
- ADHEENA BEN...
- Sivananda
- Sulabha
- ManjimaSathee...
- Sreelakshmi T
- Shijina
- Sreya Mohan
- Nakshethra JK
- Amruthakg D

Participants (140)

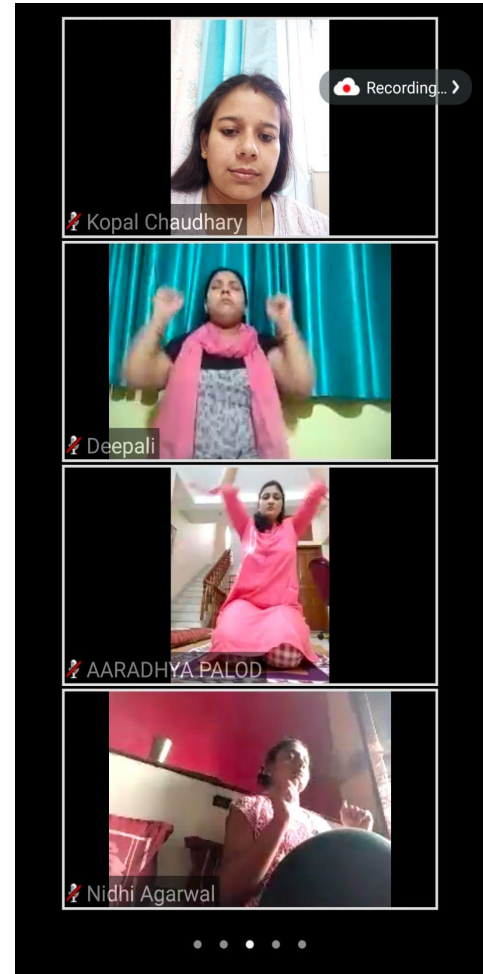
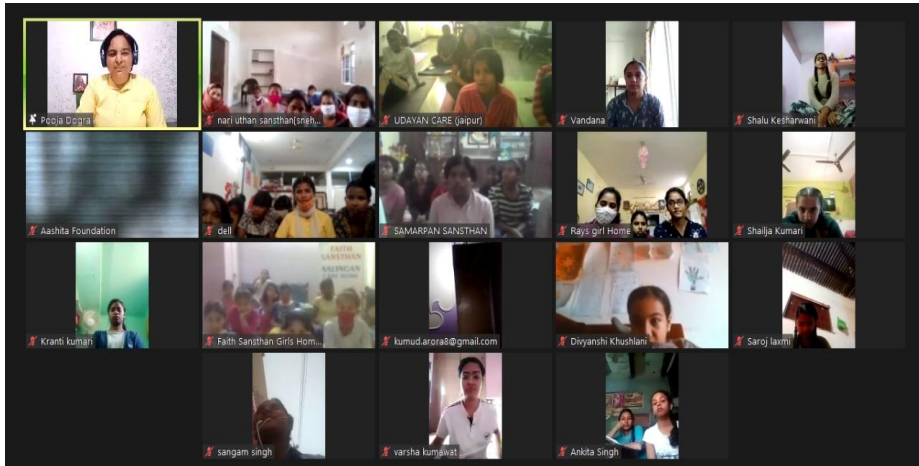
Find a participant

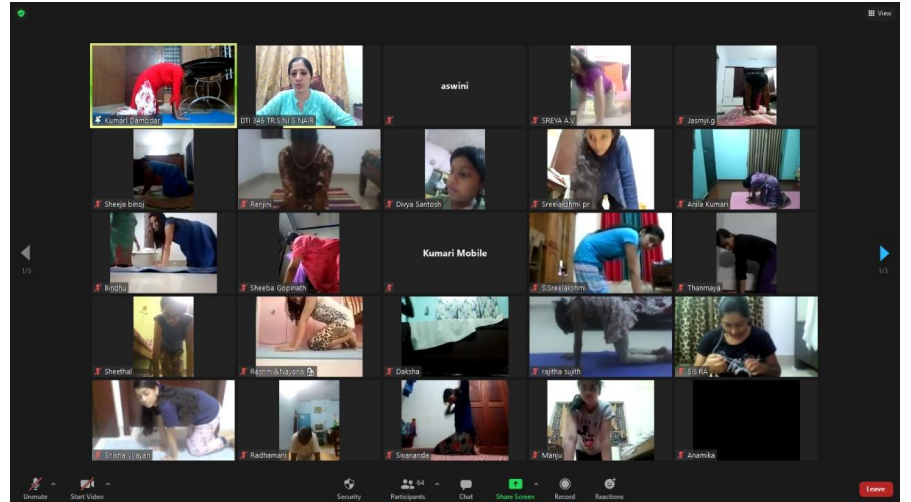
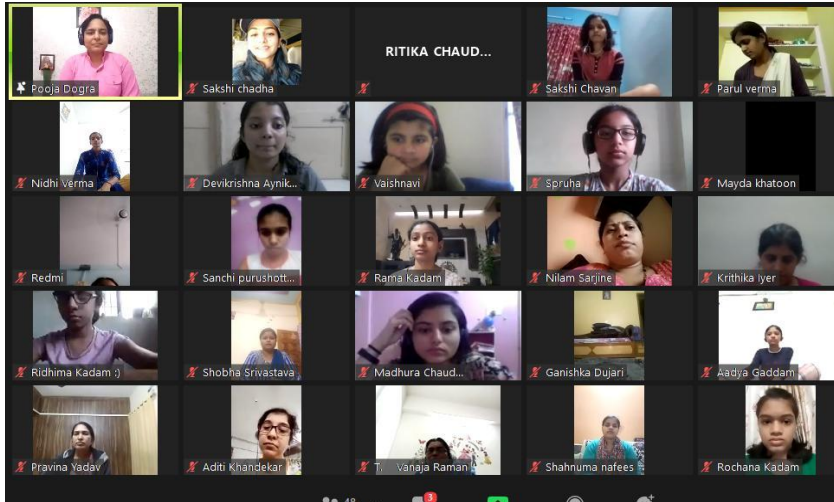
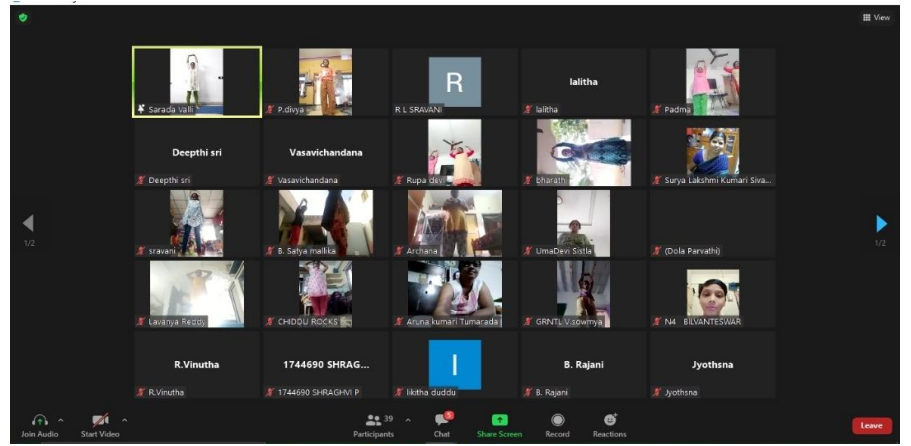
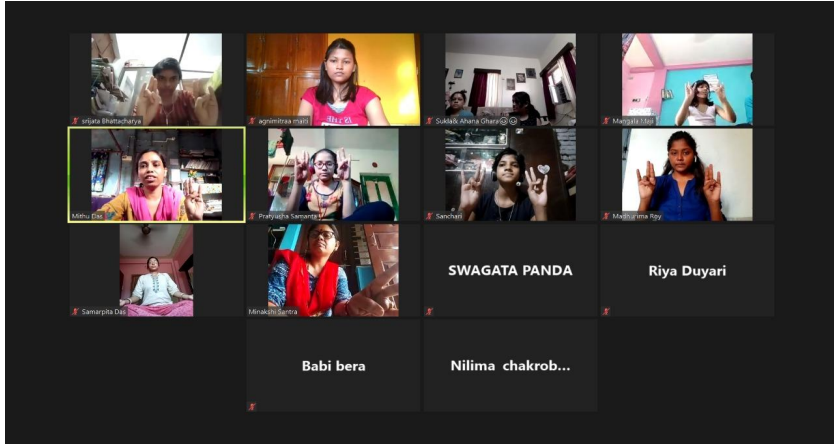
- P PUSHPAJA
- RR Radha Rajeev
- RV RADHIKA VIJAYAN V V
- R Rajikesavadas
- R Rakhi.S.R
- R Rema
- RB Remya Baiju
- S Sabrinathan
- S Salini
- SP SEENA P N
- Shreya S
- S Siva 2007
- SS sneha surendran
- S sreejaya

Zoom Meeting toolbar with icons for Unmute, Stop Video, Participants (140), Chat (10), Share Screen, Record, Reactions, and Leave.

Invite Unmute Me







# Thank you for your support!

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