



Society For Youth

LIMEPAKISTAN

CONTENTS

- Overview
- LIMEPakistan's Partnerships
- Scholar's endorsement
- LIMEPakistan's Curriculum
- LIMEPakistan's Fundraising
- Support LimePakistan
- Executive Board
- Steering committee



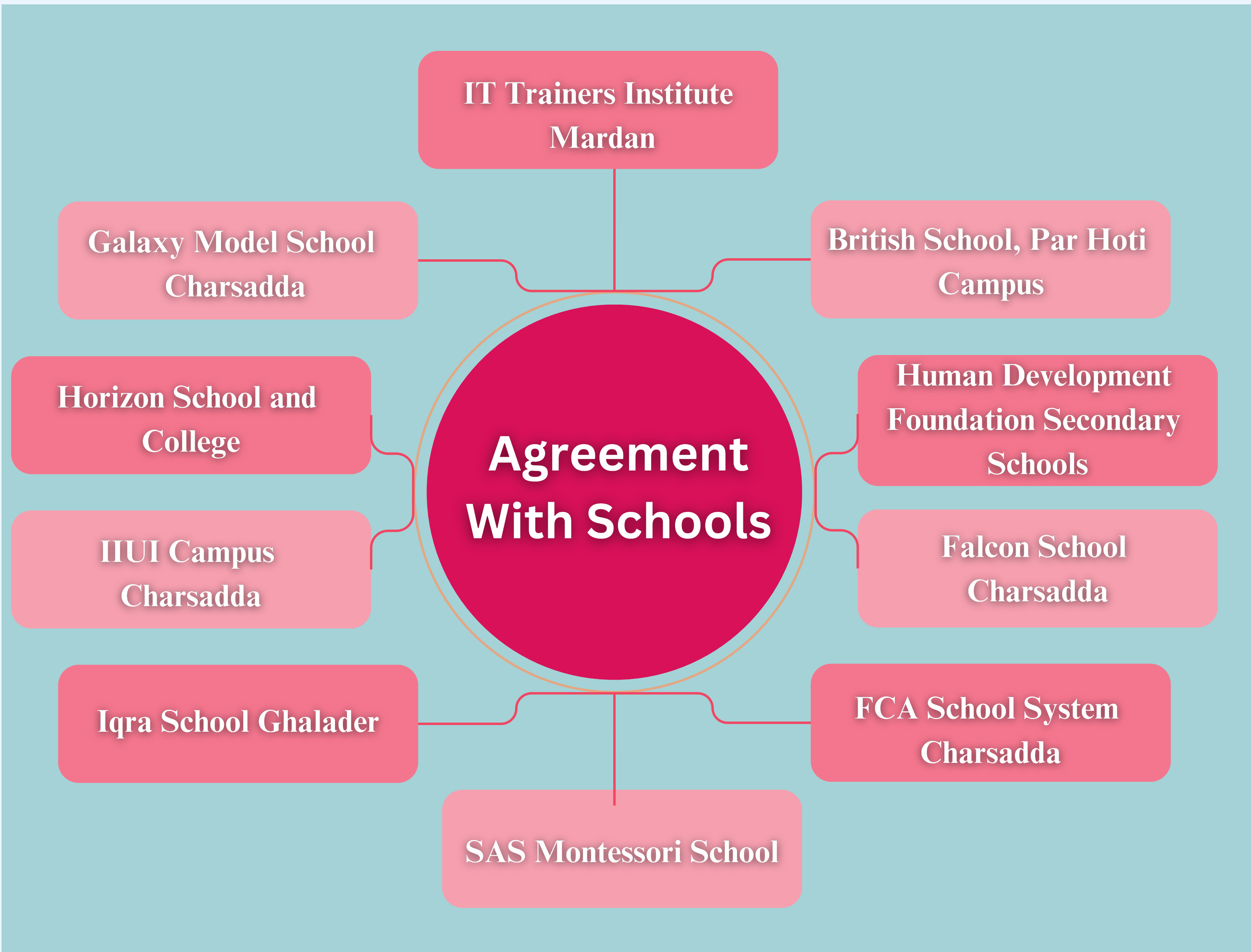
OVERVIEW

The leadership in the menstrual education program (**#LIMEPakistan**) is a vital need for Pakistan's women. It addresses the lack of awareness and resources, poor hygiene practices, and unsupportive environment of educational institutions related to menstruation. Menstrual Health education is surrounded by taboos. **#LIMEPakistan** is going to train 1,000 teachers in 5 cities of Khyber Pakhtunkhwa several educational institutions, provide essential menstruation hygiene products and it will gather data on women's menstrual health practices and outcomes, including SafePad user experience, to inform future policy-making, organize strategies, and industry best practices. This project aims to empower women, challenge social norms, and develop an environment that emphasises menstruation health as an essential aspect of general well-being. We are pleased to create a significant impact on menstrual health and education in Pakistan.



AGREEMENTS WITH SCHOOLS

#LIMEPakistan outreach team has invested a lot of effort in connecting with local educational institutions. These engagements are very detail-oriented and productive, where our leaders discuss potential partnerships, the need for MHM education and women’s health organizing. We have successfully forged ties with the following schools this month.



Agreement With Schools

Total Reachout : 71

Institutions of Mardan: 47

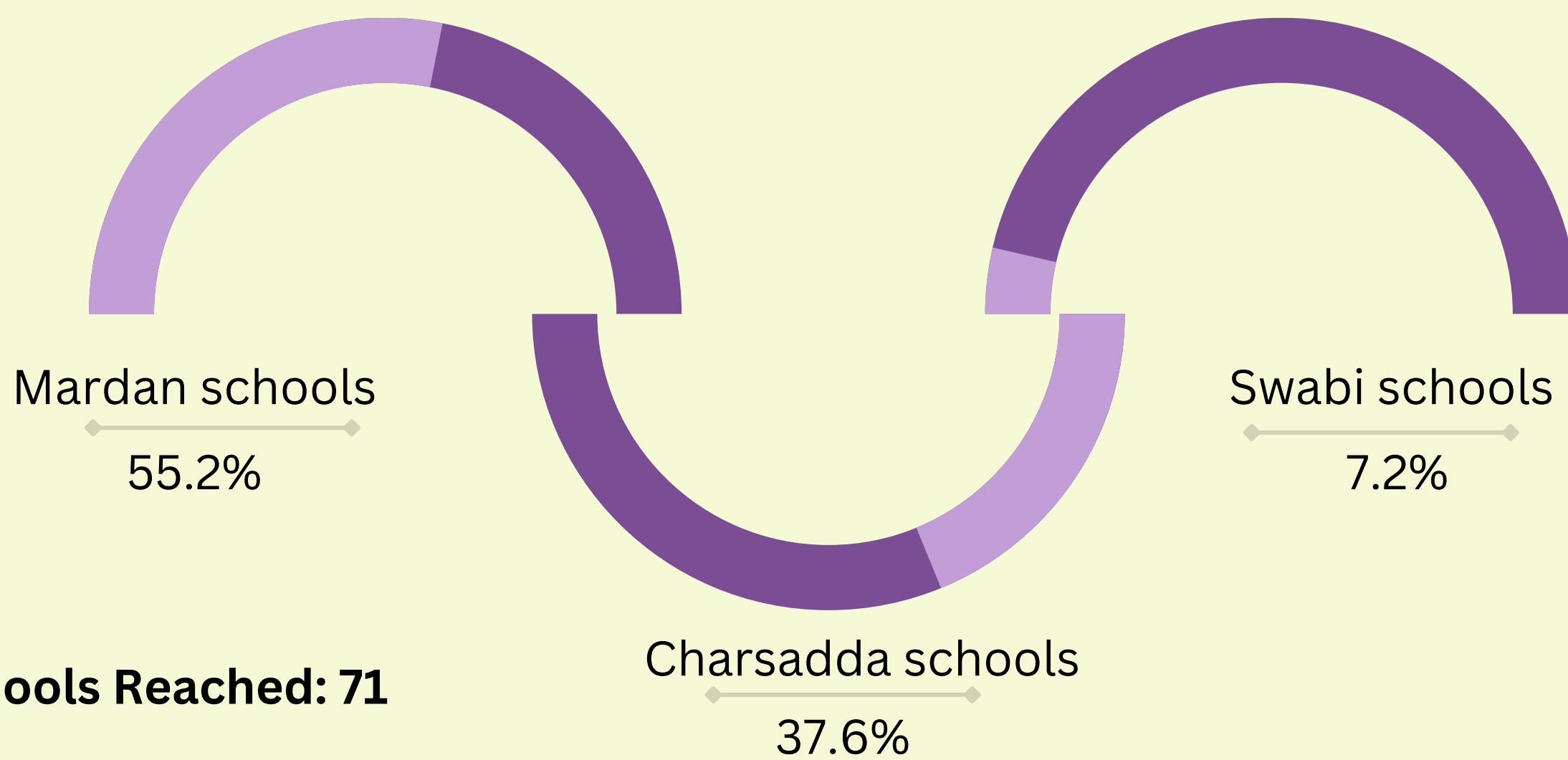
Institutions of Sawai: 9

Institutions Charsadda: 15

Total agreements signed : 15

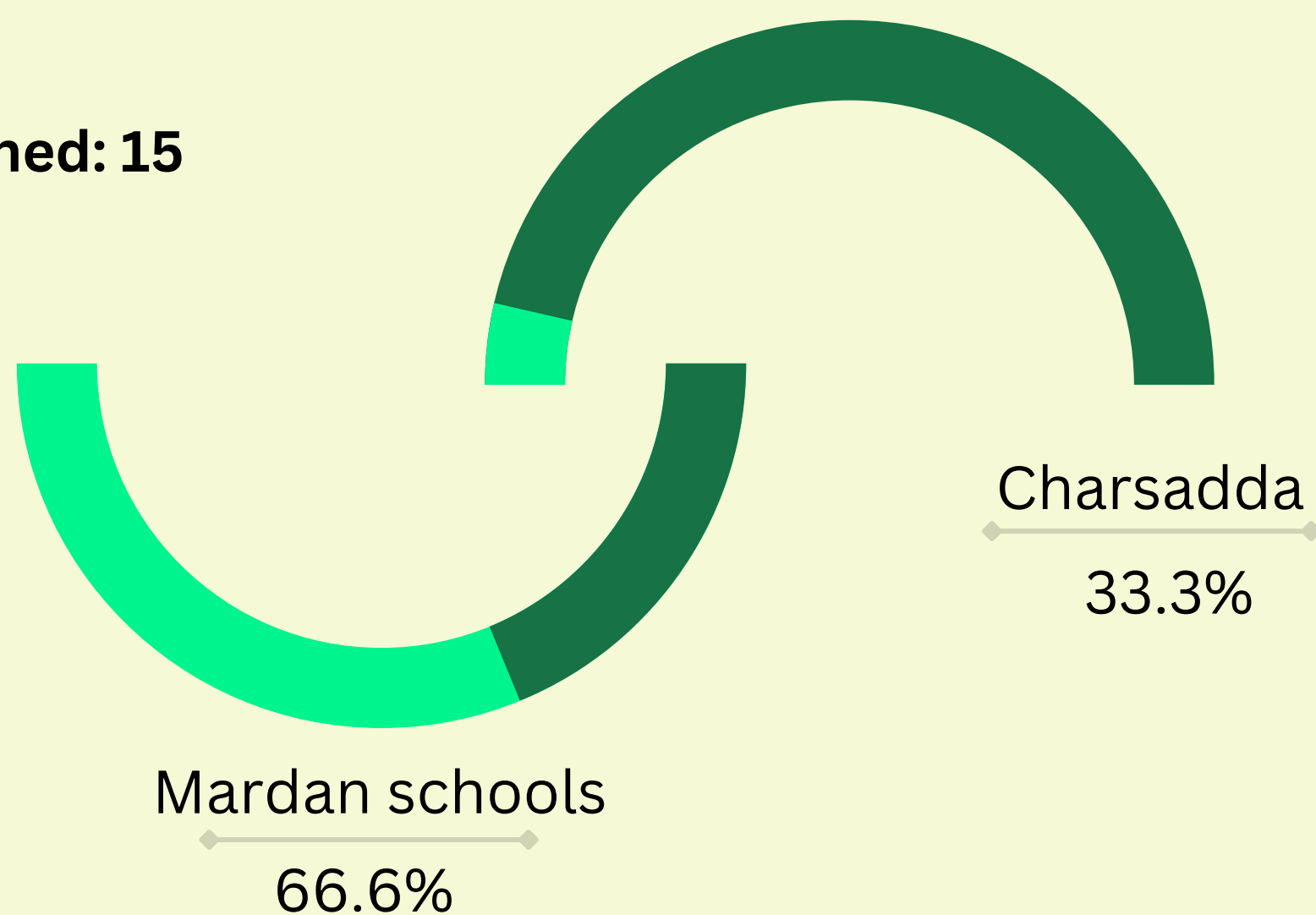
Institutions of Mardan: 10

Institutions of Charsadda: 5



Total Schools Reached: 71

Total agreement signed: 15



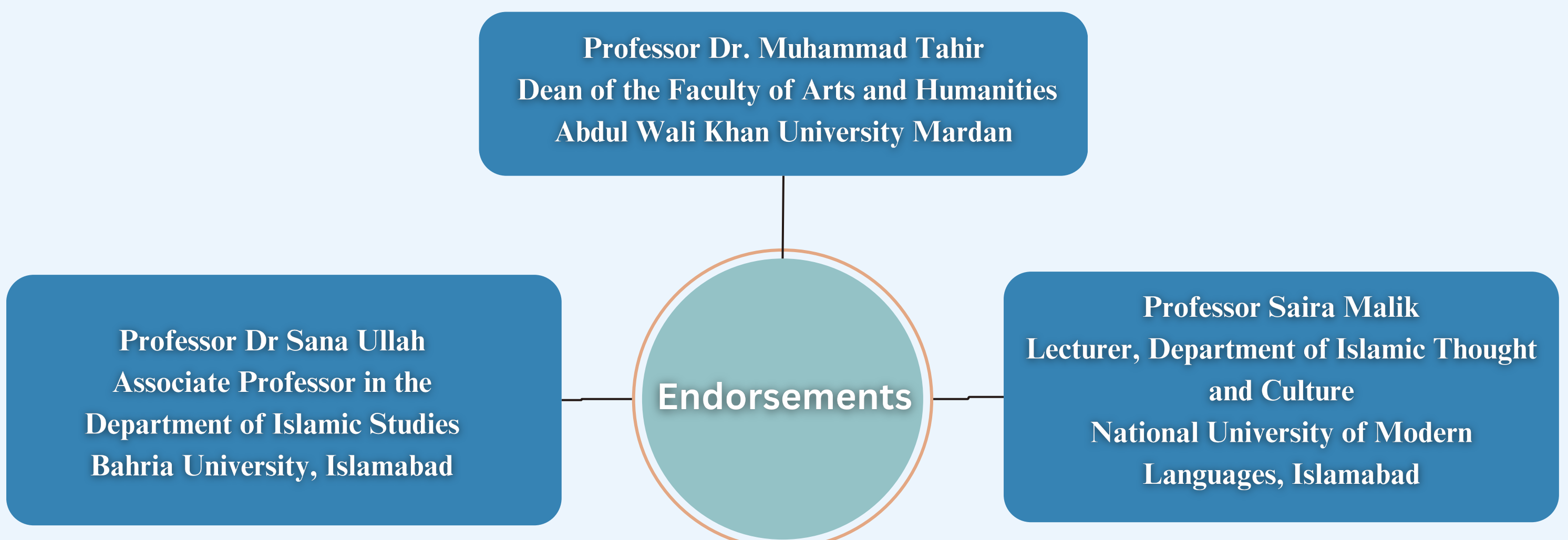
Our shared goal is to establish a culture that prioritizes menstruation health, dispels common misconceptions, and creates an environment where women feel supported during their natural cycles. We are proud to report that our outreach efforts have encompassed a total of 71 educational institutions in total 47 in Mardan, 15 in Charsadda and 9 in Sawaabi. Additionally, we have established partnerships with 15 educational institutions in Charsadda and Mardan. notably, we are excited to share that we have joined hands with the Human Development Foundation (HDF), a group that not only supports human development projects but also operates and manages three schools in Mardan

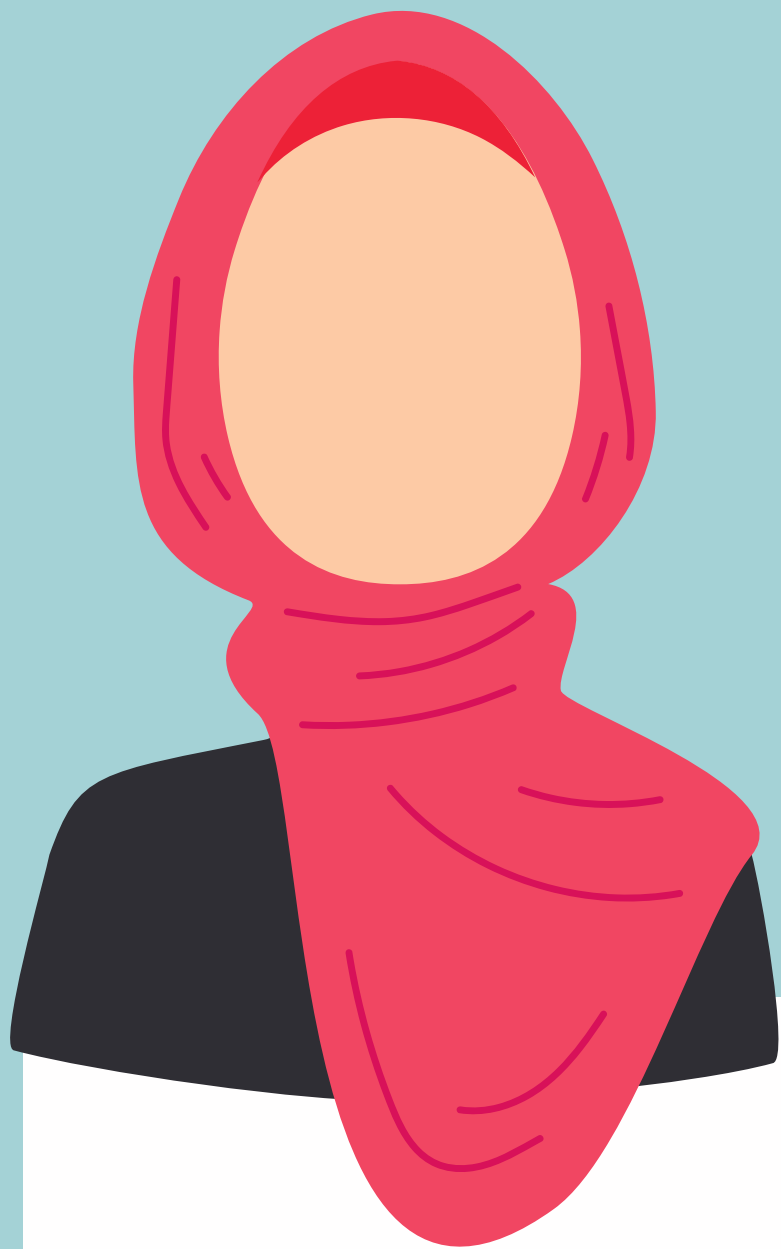
SCHOLARS ENDORSEMENT

SFY is actively engaged in soliciting endorsements from esteemed heads and professors within various Islamic departments. These endorsements aim to underline and emphasize the crucial role that menstrual education plays in our society. It strengthens our mission to promote and provide menstruation health education as a crucial part of our social fabric. These endorsements, also highlighted the teachings of the Qur'an and Sunnah, serve to underscore the paramount importance of menstrual hygiene and health knowledge within the framework of Islamic principles. We seek to build a stronger foundation of support for this crucial cause.

Specific Achievement:

We acquired three notable endorsements from academics, further supporting our cause and highlighting the need for menstrual education in our culture.





Saira Malik

Lecturer at Islamic Thought and Culture
Department



“Islam does not perceive menstruation as a punishment for women. As one of the woman’s body’s most important functions, menstruation calls for extreme vigilance and self-care. The best way to reduce your pain during menstruation is to practice good cleanliness and healthy eating habits. Additionally, a woman who is in menstruation is not filthy; rather, from a legal standpoint, she is ritually impure during that time. This has negative legal effects rather than negative spiritual effects. As a result, she is told by Allah to stop performing some types of worship, and every moment she complies with this directive is worship if it is performed for Allah’s sake. Women need to put a lot of effort into developing healthy worship practices while they are menstruating and keeping them up when they are ritually pure. It is important to educate women about the hygienic process as well. This campaign aims to make menstruation education more accessible about the hygienic process as well.”



LIMEPAKISTAN'S CURRICULUM

The LIMEPakistan's programming team is working on the curriculum which is carefully organized. and designed. This significant accomplishment reflects our steadfast dedication to enhancing education and encouraging positive transformation through teacher's professional development.

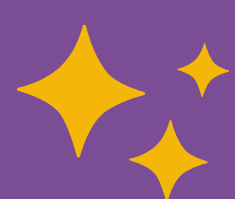
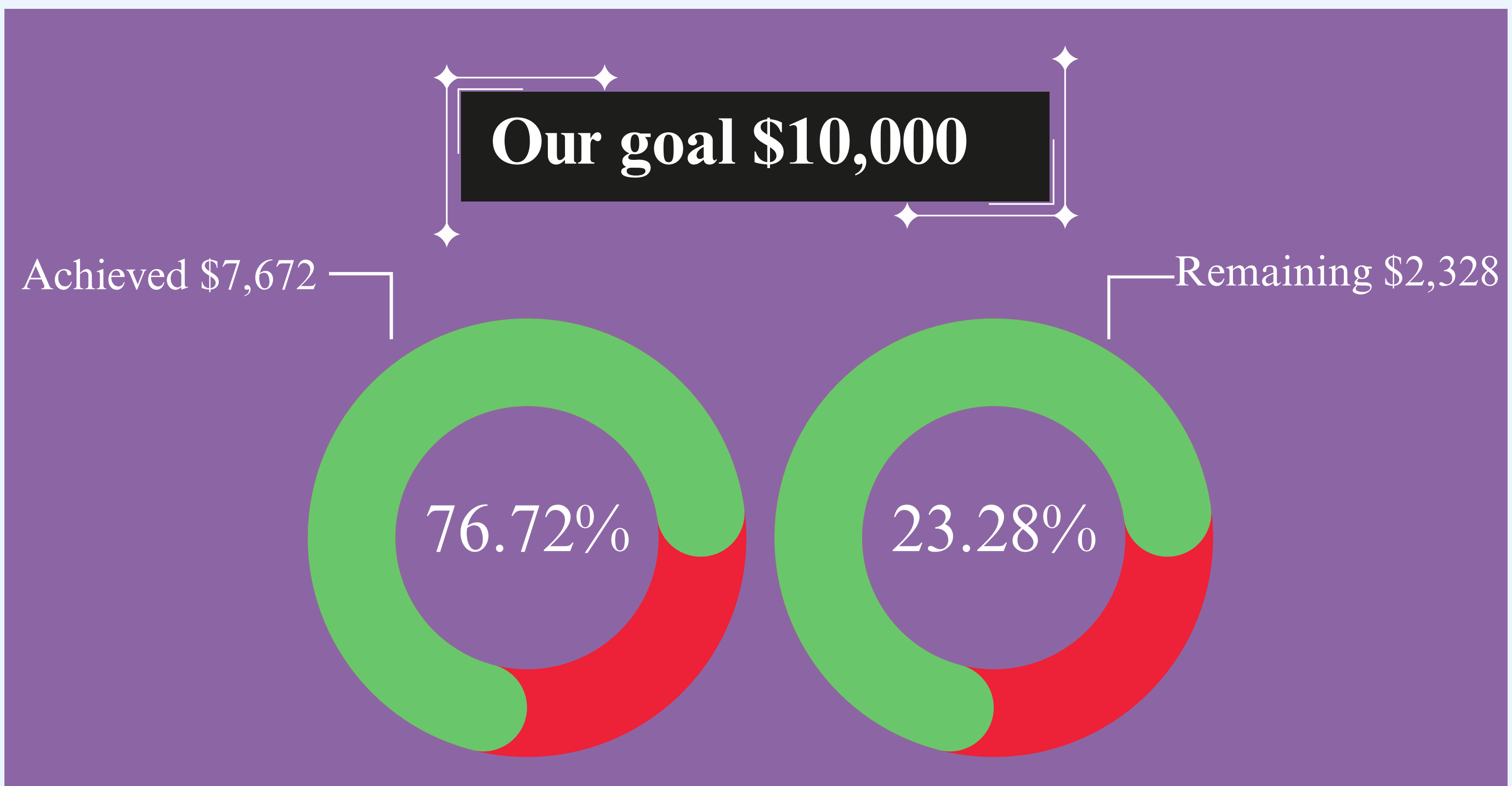


This curriculum has been designed to address not just the gap between the availability and necessity of Menstrual Hygiene Management (MHM) education, but also to facilitate crucial discussions about the systems and resources needed to effectively bridge this gap. The major goal of the #LIMEPakistan effort is to ensure that the curriculum is impactful and thorough, laying the groundwork for future training sessions. The curriculum's design places a strong emphasis on giving teachers the skills and information they need to engage with students. The #LIMEPakistan is committed to making sure teachers are adequately trained for their roles because it acknowledges the critical role that skilled educators play in providing relevant educational programs. Notably, the project also highlights the transformative role institutions can play through the curriculum.

LIMEPAKISTAN'S FUNDRAISING

We would like to express our gratitude to Andrea Iyamah for their kind donation to SFY in support of the #LIMEPakistan project. It is an important endorsement of our mission to spread awareness about menstruation and improve the lives of countless women. Your dedication to this cause is truly inspirational, with your help, we will be able to reach more people and offer essential knowledge and resources to empower young girls throughout their menstrual journeys.

We have raised \$7,672 of our goal of \$10,000. SFY appreciate your support of menstrual health awareness and your efforts to make the world more fair and educated. We can achieve lasting change by working together.



THANK YOU ANDREA IYAMAH

#LIMEPAKISTAN

Executive Team

ZIAD JAVED

Associate
Communication Head



FAREEHA

younas
Content
Creator



**HUSNA
WALI**

Associate
Programming
Head



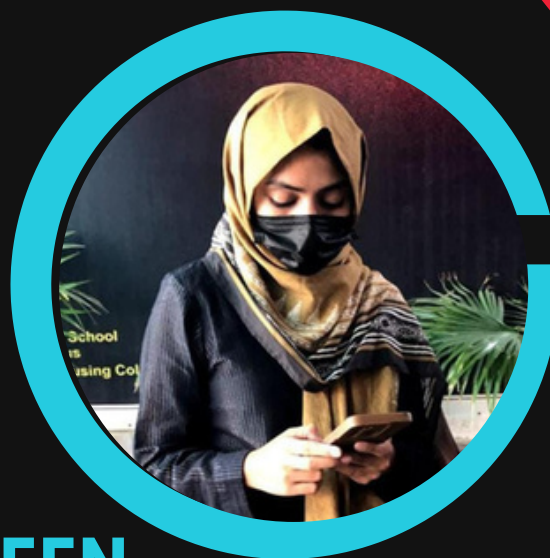
**LAIBA
kazmi**

Content
Writer



NIDA NASREEN

Programming,
Curriculum &
training head.



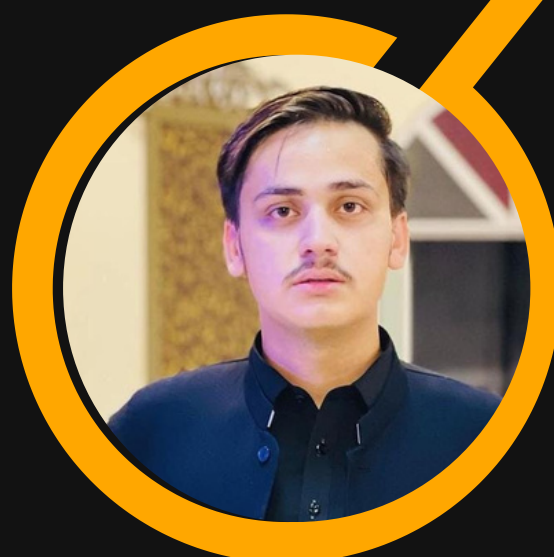
**ARMAGHAN
AHMED**

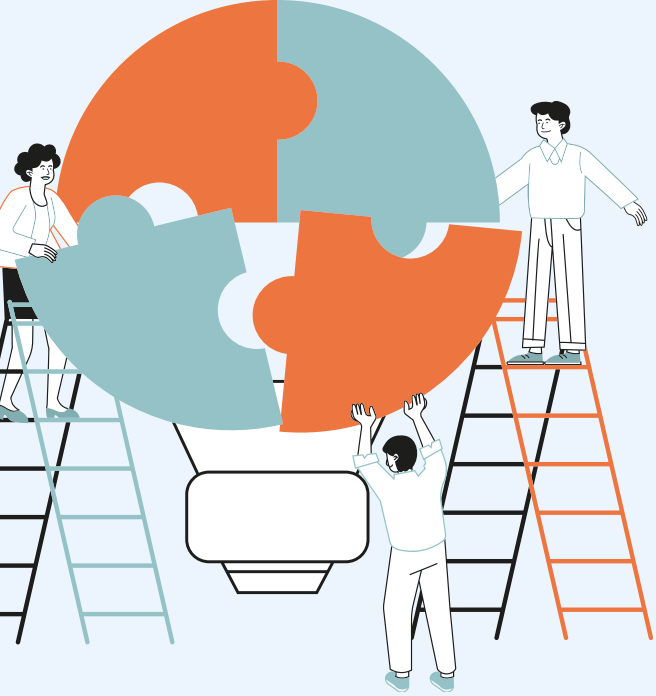
Programme
Manager



OWAIS ISHFAQ

Head of logistics
& outreach





Society For Youth

OUR DIVERSE STEERING COMMITTEE

#LIMEPAKISTAN

DR. BUTOOL HISAM

MBBS, MPH
(Harvard T.H Chan School
of Public Health)

Health Advocate
with a focus on women's
well-being.

DR SUNDUS SABOOR

MPH in Social &
Behavioral Sciences
(maternal child Health MC),
Harvard T.H, Chan School
of Public Health

Current Pursuit: PhD Candidate
in Reproductive Health,
Michigan School
of Public Health.

DR. FURQAN AFTAB

PhD
Harvard University

Expertise: Earth & Planetary
Sciences, Research Scholar.

SULTAN AHMED KHAN

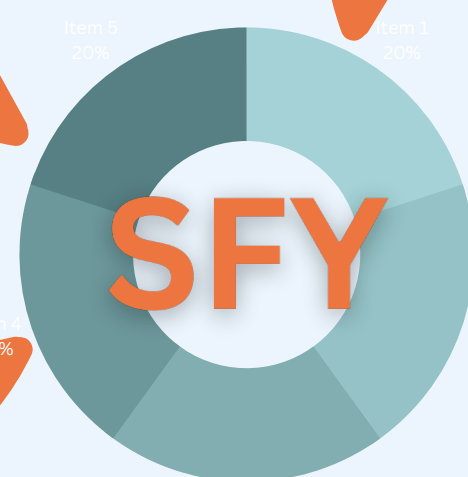
Mdiv,
Political Islam,
Harvard Divinity School

Specialization:
Humanitarian Development

RAJA NAEEM AHMED

Research Fellow,
Harvard University

Advanced Imaging
innovator.



UPCOMING EVENTS



Get ready for some
exciting news



1

TRAINING WORKSHOPS FOR TEACHERS

2

CONFIRMATION OF INSTITUTIONS

3

SCHOLARS ENDORSEMENT

4

PILOT STUDY



Society For Youth

NEWSLETTER



JOIN US ON :



info@society4youth.org | Email



www.society4youth.org | Website



[Society for Youth](https://www.facebook.com/SocietyforYouth) | Facebook



[@Society4Youth](https://www.instagram.com/Society4Youth) | Instagram



[@Society4Youth](https://twitter.com/Society4Youth) | Twitter