

LIMEPAKISTAN NEWSLETTER

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SFY is a registered 501(c)3 organization in the US

OVERVIEW

The transformative journey #LIMEPakistan launches a crucial leadership initiative in menstrual education for the women of Pakistan. Tackling the pervasive lack of awareness, insufficient resources, and the taboo-laden atmosphere surrounding menstruation, this program is a beacon of change. In the province of Khyber Pakhtunkhwa, we are set to empower minds by training 1,000 teachers across five cities, including, Mardan, Charsadda, Sawaabi, Abbottabad and Nowshera to revolutionize educational institutions. It will gather data on women's menstrual health practices and the results, including SafePad user experience, to guide future policy-making, organize initiatives, and industry best practices.

Our vision is to empower women and bring change that challenges social norms. #LIMEPakistan seeks to cultivate an environment where menstrual health isn't just acknowledged but embraced as a fundamental pillar of overall well-being. We are committed to create significant impact in menstrual health and education across Pakistan.

Partnerships

In a commendable effort menstrual health education and encourage women's well-being, the #LIMEPakistan outreach team has reached 88 educational institutions and forged ties with a total of 20 institutions, comprising 15 in Mardan and 5 in Charsadda. We are excited to highlight 4 notable partnerships with highly recognized nursing colleges in Mardan which are highlighted in the list.



The Himalaya College of Nursing And Allied Health Sciences



The Pakistan International Public School

These nursing institutions will help us find committed interns to #LIMEPakistan, encouraging a valuable exchange of knowledge and expertise also their teachers have extended invitations to participate in upcoming training sessions. Our team is optimistic about the positive impact collaborations will have on the community.

1. Himalaya College of Nursing and Allied Health Sciences Mardan
2. Mardan Institute of Nursing And Allied Medical Science.
3. Al Fajar Institute Of Nursing And Allied Health Sciences
4. Oriental Institute Of Nursing And Allied Health Sciences.
5. Pakistan International Public School



The MIMINUMS Institute of Nursing and Allied Health

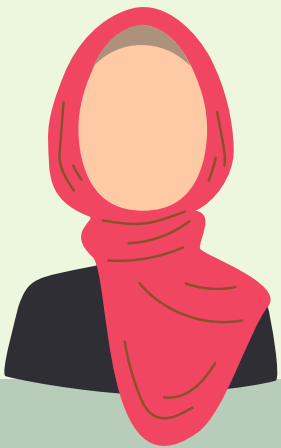


**The Oriental Institute Of Nursing And
Allied Health Sciences**



**The Al Fajar Institute Of Nursing & Allied
Health And Sciences**

Scholars Endorsement



SFY is constantly seeking endorsements from recognised heads and academics in many Islamic departments. These endorsements seek to highlight and underscore the critical importance of menstrual education in our culture. It supports our aim to promote and provide menstrual health education as a vital aspect of our social fabric.

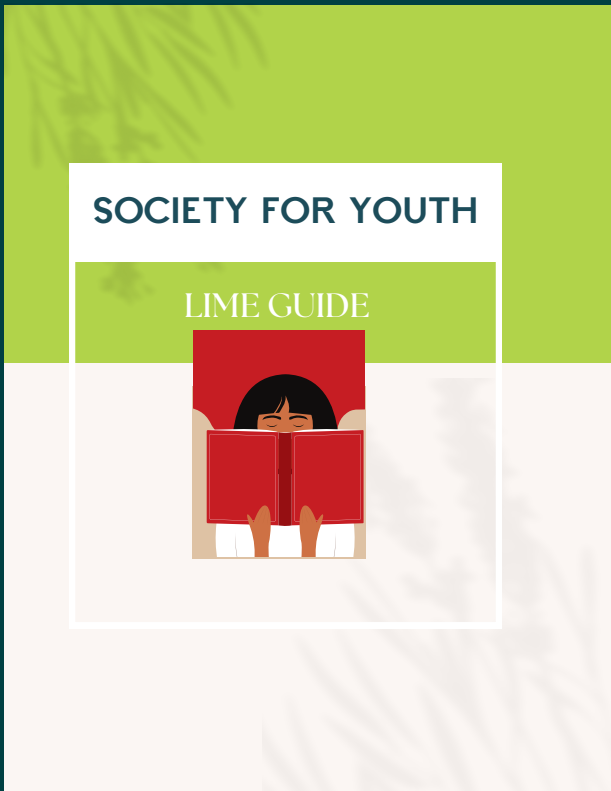
"To educate Muslim women about the hygienic process has a significant place in Islamic Shariah. Islam requires its believers to keep themselves clean. Educating women about how to deal with this natural process is essential and it would become easier through this campaign. However, it is preferable in Islam to educate such issues only through female to female. Islam strongly condemns talking about such issues openly but never forbade educating women on such types of issues veiled, systematically and analytically.

It is acknowledged that the campaign educates girls and women only through trained female teachers. It would be certainly beneficial for Muslim society.

Dr. Bushra Subhan

Assistant Director, (at Muslim Youth University)
Institute of Islamic Studies and Shariah.

LIMEPakistan's Curriculum



#LIMEPakistan is excited to announce the completion of a comprehensive booklet essential to its Teacher's capacity development program. Our meticulously compiled booklet is now undergoing thorough review by experienced professionals, including professors and gynecologists. The purpose of this critical review is to garner valuable insights and recommendations from experts in the field, ensuring that the booklet meets the highest standards, before it goes to the final printing phase, marking a pivotal step in our commitment to excellence in #LIMEPakistan.

In the coming weeks, #LimePakistan will be conducting a pilot study in three different schools. This initiative is a significant step in assessing the effectiveness of the curriculum and preparing for upcoming training sessions.

It emphasizes the importance of providing teachers with the requisite skills and knowledge to effectively support #LimePakistan's menstruation awareness program. Recognizing the pivotal role that skilled educators play in delivering impactful and quality educational programs, LimePakistan remains firm in its commitment to ensuring that teachers are well-prepared for their crucial roles.

follow sparkshare on :

https://www.instagram.com/sparkshare_/

<https://sparksharenetwork.org/page/community-overview>

Sparkshare/SFY Partnership



Sparkshare

We are happy to announce our recent partnership with SparkShare, it is an organization based in the city of Boston, United States and it is committed to empowering the next generation of leaders. Sparkshare's primary objective is to develop a diversified network of young teams and to provide them with the skills and sense of responsibility required to achieve positive change in their communities.

This collaboration will bring lots of great opportunities for our leaders participating in the year-long programmes, solidifying a commitment to bring changes within the community with the support of Sparkshare's extensive network of young teams and organizations to share divergent perspectives, experiences, and skills to foster connections that will help us achieve our goals and support teams through this partnership agreement.

Enriching Sessions Tailored for Leaders

In line with this partnership, Sparkshare is set to offer a series of enriching sessions tailored for youth teams and organizations. These sessions will offer:

- 1) Brainstorming activities aimed at cultivating innovative ideas.
- 2) Human-centred design principles, equipping our SFY leaders with tools to comprehend and address community challenges effectively.

The Sparkshare HUB: A Virtual Community Platform

Sparkshare introduces the Sparkshare HUB, a virtual community platform. This HUB hosts several other organizations, each contributing their unique expertise.

SFY will actively engage with these organizations to foster change networks and benefit each other in solving community problems.

This collaborative effort underscores our joint dedication to generating significant impact and promoting positive transformations in communities.

> Newsletter

✦ YOUTH ENGAGEMENTS: ✦

Get ready for some exciting news!

01. Training workshops for teachers

02. Confirmation of institutions

03. Fundraising events

04. Pilot study

05. Content Review

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UNITED IN PURPOSE, WE EMPOWER CHANGE, TOGETHER WE PAVE THE WAY FOR
A BRIGHTER FUTURE FOR WOMEN.