

Society For Youth Newsletter



OVERVIEW

#LIMEPakistan introduces a vital leadership endeavour in menstruation education for Pakistan's women. This initiative is a light of transformation, addressing the common absence of knowledge, a scarcity of resources, and the stigmatised environment around menstruation



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By preparing 1,000 teachers in five cities—Mardan, Charsadda, Sawaabi, Abbottabad, and Nowshera—we aim to transform the educational institutions in the province of Khyber Pakhtunkhwa and empower minds. To inform future policy-making, plan initiatives, and develop standards of practice, it will collect data on women's menstrual health practices and consequences, including the SafePad user experience. Our focus is to challenge social norms and bring about change that empowers women. The objective of #LIMEPakistan is to foster a culture in which menstrual health is not only recognised but also considered a vital component of overall well-being. #LIMEPakistan is pleased to serve a key role in transforming menstrual health and education in Pakistan.

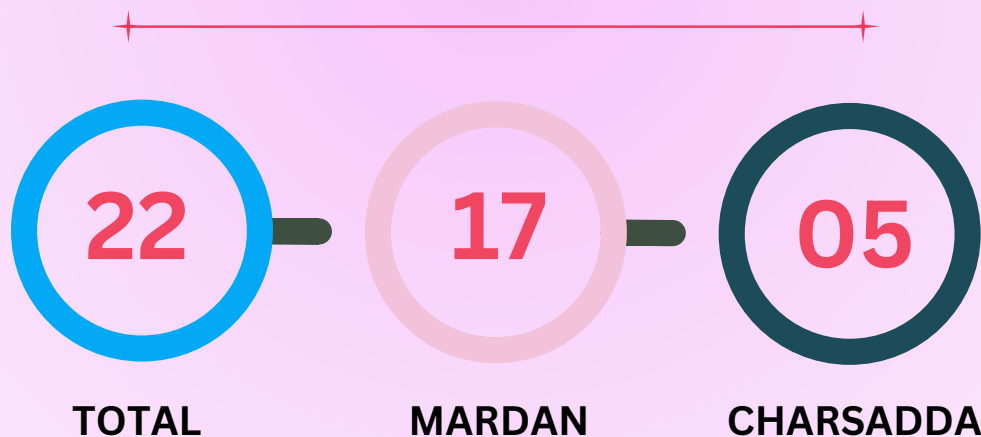
PARTNERSHIPS

Our goal to educate and ensure that menstrual hygiene management becomes an integral part of the overall well-being of girls. That is why our outreach efforts extended to more than 94 educational institutions encompassing 70 in Mardan, 9 in Sawabi and 15 institutions in Charsadda.

A significant milestone has been achieved, our outreach team has forged ties with 22 educational institutions. Notably, 17 of these partnerships are in Mardan, while 5 are in Charsadda.

#LIMEPakistan is pleased to announce its recent collaboration with Orbit School Sher Garh Mardan.

CONFIRMED INSTITUTIONS



SCHOLARS ENDORSEMENT

We have gathered a few additional recommendations from reputable department heads in academia. These recommendations emphasize how crucial menstrual education is in our society. It strengthens our goal of highlighting menstrual health education as an essential component of our community. Within Islamic beliefs, these endorsements which have their roots firmly in the Qur'an and Sunnah—strive to emphasise the significance of menstrual cleanliness and health knowledge. Our goal is to solidify the foundation of support for #LIMEPakistan.



It is important to maintain female's health and protect them from infections during their menstrual cycles. It is also a basic need to maintain female's dignity and empower them to proceed with other daily activities. The Islamic menstrual hygienic practices and values are also worth understanding for Muslim females. Islam is a religion that talks about every kind of cleanliness. The Prophet Muhammad S.A.W. was not only questioned about obligatory things but females used to ask him questions related to their menstrual cycle and other related issues for the sake of knowledge. Several Ahadiths are mentioned in the books of Ahadiths.

Narrated 'Aisha:

Fatima bint Abi Hubaish used to have bleeding in between the periods, so she asked the Prophet about it. He replied, "The bleeding is from a blood vessel and not the menses. So give up the prayers when the (real) menses begin and when it has finished, take a bath and start praying." (Sahih Bukhari, Hadith no: 317)

Therefore, creating awareness about menstrual hygiene is not something to hide or not to talk about. Instead, it should be demonstrated for the health of females.

Dr. Syeda Mehmoona Khushbakht

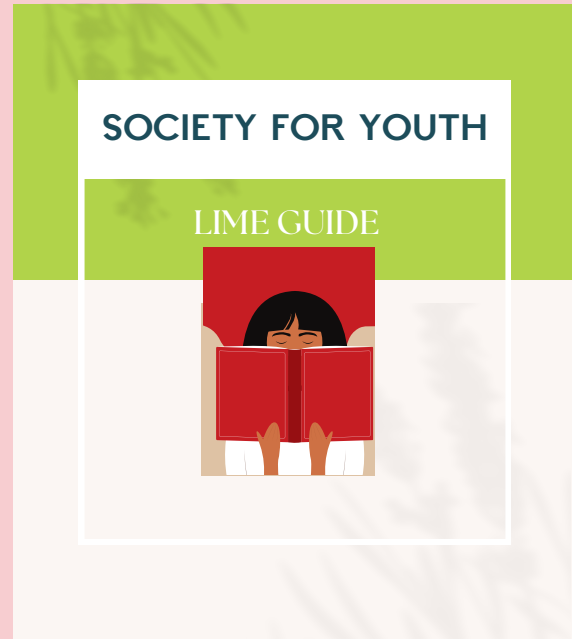
Assistant Professor at National University of Modern
Languages, Islamabad.

LIMEPakistan's Curriculum



#LIMEPakistan is honoured to announce the completion of the LIMEGuide, essential to its Teacher's capacity development program. Our booklet has been reviewed by experienced professionals and professors including:

1. Dr Hira Zaman from Johar Khatoon Hospital.
2. Dr Bushra, Lecturer at Islamic Sharia and Law Department of Muslim Youth University, Islamabad
3. Shazia Perveen, Lecturer at National University of Modern Languages, Islamabad.
4. Dr Shah Laila from the Institute of Health Sciences, Mardan.
5. Sidra Younas from the Pharmacy Department of the Abdul Wali Khan University Mardan.
6. Muhammad Ikram demonstrator at the Pharmacy Department of the Abdul Wali Khan University Mardan.



The purpose of this critical review is to garner valuable insights and recommendations from experts in the field.

The curriculum brings a diverse set of perspectives and integrates a variety of activities and case studies. After the completion of English LIMEGuide, it is also translated into Urdu. It highlights how crucial it is to give teachers the skills and understanding they need to properly assist the menstrual awareness campaign, we are consistent in our commitment to making sure that teachers are well-educated for their fundamental duties.

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This workbook is a complete and concise guidebook for all adult girls and boys. They should read it because it could help them face challenges as their pubertal age starts. They can easily get to know about the physical and psychological changes that are brought about by puberty and also know how to deal with them. Also, they could know about the myths and taboos about puberty that can easily destroy their mental peace and can badly affect them psychologically. But prior to knowing them, they know how to handle these challenges. Also, this workbook includes different activities related to taboos, myths and challenges about puberty. I suggest that every parent, elder brother and sister should gift it to their young ones.

Dr. Hira Zaman

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> Newsletter

YOUTH ENGAGEMENTS:

Get ready for some exciting news!

01.

Training workshops for teachers

02.

Confirmation of institutions

03.

Fundraising events

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