

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



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.

Table of CONTENTS

- Overview
- Pilot Study
- LimePakistan's Fundraising
- Support LimePakistan

PILOT STUDY

SFY is pleased to announce the completion of our pilot study, in collaboration with seven educational institutions in Mardan, we organized 3 one-day training workshops. The pilot study's objective was to evaluate the effectiveness of the curriculum and make necessary modifications for future training sessions. This pilot study included 47 teachers from the following institutes; Mardan Institute of Allied and Health Sciences, with teachers from Oriental Nursing College, Al Fajar College, SAS Montessori School SMT, and Iqra School participating. The second training was held at BeaconHouse School, and the third training was at PIPS International School. These workshops aimed to train teachers through various activities, facilitating intensive engagement via providing DIY period kits and facilitating discussions on the changes that occur during the period of adolescence in both males and females. The curriculum also incorporates case studies to foster critical thinking and creative problem-solving.



The workshops emphasized the importance of schools in addressing period poverty. During the workshops, our team members distributed LIMEGuide to each participant. In addition to receiving educational resources, the teachers were also given SafePad products. SFY will commence the subsequent phase in multiple cities, namely Mardan, Charsadda, and Nowshera. Our primary objective is to enhance the capacity of teachers, enabling them to engage in open discussions about menstrual matters and offer necessary support to students in and outside of their classrooms.



MOU with All Pakistan Geo Scientists Association

We are excited to share our recent partnership with the All Pakistan Geoscientist Association (APGA). Mr. Sultan Khan Hoti, CEO of SFY, and Mr. Adil Naseer, CEO of AGPA, signed the Memorandum of Understanding. This collaboration aims to build strategic alliances, foster leadership and create opportunities for impactful change in Khyber Pakhtunkhwa, particularly in Mardan, Swabi, Charsadda, Nowshera, and Abbottabad. Additionally, it will facilitate engagement with non-profit organizations, local stakeholders, and government institutions. This partnership aims to collaborate on youth leadership development, enhancing the capacity of local leaders, and empowering them to address community issues.



Institutional Partners:



**Pak School and College
PH Campus Mardan**

**HiSun School and College
SMT**

**Beacon House School
System, Mardan**

**MARS School and College,
Rustam**

**RIFAH International
School and College, Rustam**

**IT Trainers Institute
Mardan**

**Horizon School and
College, Charsadda**

**Galaxy Model School,
Charsadda**

SOCIETY FOR YOUTH

LIME GUIDE



**ISLAMIC INTERNATIONAL
UNIVERSITY ISLAMABAD
Campus Charsadda**

Iqra School Ghalader

**SAS Montessori School
SMT, Mardan**

**FCA School System
Charsadda**

Falcon School, Charsadda

**HDF Secondary Schools,
Mirwas**

**Himalaya College of Nursing
& Allied Health and Sciences**

**MINAMS Institute of
Nursing and Allied Health**

**Oriental Institute of Nursing
& Allied Health Sciences**

**Pakistan International
Public School Mardan**

**IT Trainers Institute
Mardan.**

**Al Fajar Institute of Nursing
& Allied Health Sciences**

**Orbit School and College
Shergarh**

**Leaders International
Public School Mardan**

**Galaxy Model School,
Charsadda**

Falcon School, Charsadda

Acknowledgment

#LIMEPakistan team acknowledges the efforts of all our partnering institutions. We are immensely grateful for the support provided by them during this initiative.

Their commitment to addressing the significance of menstrual hygiene and promoting awareness will prove instrumental in creating a positive impact in Khyber Pakhtunkhwa.

> Newsletter

✦ YOUTH ENGAGEMENTS: ✦

Get ready for some exciting news!

01. Training Workshops

We will organize training sessions in Mardan and Sawabi for teachers.

02. Fundraiser Events

Join us in a vibrant fundraising event that combines the spirit of festival with a noble cause. where you experience the warmth of bonfire and indulge in delicious food and many fun related activities.

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