



NAV ASTITWA

FOUNDATION



A JOURNEY OF DECADE

2012-2022

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WHO WE ARE

An NGO with a vision

Nav Astitwa Foundation is a non-profit and non-governmental organization which has been started in 2012. It was founded by two friends Amrita Singh and Pallavi Sinha. This organization was registered under the society act 1860. The registration number is 3646. NAF is working in various fields of the social sector like health, education, empowerment, and hunger.

NAF is working especially in the field of women's and adolescent's menstrual health and hygiene in Bihar. This is a Bihar-based organization working in all 38 districts of Bihar. The organization started its work with a basic literacy program for women and girls in different slums initially which motivated the founders to move ahead and step into the health and hygiene sector of women and girls in 2012.

Vision and mission

Nav Astitva Foundation was started with a clear vision and mission to provide better education, health, empowerment, and nutritious food for underprivileged people, especially women and girls.

OUR APPROACH

4A

AVAILABILITY

APPOINTMENT

AYUSH

AWARENESS

AVAILABILITY

It is trying to provide sanitary pads at minimum cost by opening sanitary banks. It also promotes to open vending machines in institutions and public places for emergency situations. Along with vending machine it also provides disposal so that used pads can be easily disposed.

APPOINTMENT

We connect women with doctors by fixing an appointment with them. This helps them to discuss their health issues.

AYUSH

We promote AYUSH i.e. advocacy of homeopathy. AYUSH helps provide a complete cure of disease which is very effective in menstrual-related problems.

AWARENESS

This is the most ignored topic because no one wants to talk about this. But it is important to create awareness among women and girls so that they can get right information.

SOME KEY FACTS

250+

**Sanitary pad banks
opened**

300+

**Sanitary vending machines
installed**

1000+

**MHM awareness sessions
conducted in schools**

1 Lac+

**sanitary absorbant distributed
to women and adolescents**

6 Lac+

**women and adolescents
approched on MHM awareness**

MEET THE FOUNDERS



Amrita Singh

Social Entrepreneur | Padwoman of Bihar |
Menstruational Impactscientist

A science graduate and an environmentalist entered the working world as the Founder of Nav Astitwa Foundation (NGO) in 2012. Intensively work for Health and Hygiene of Women and Children. Undergoes MHM programmes such as "Swachh Betiyan Swachh Samaj".

Started the first Sanitary Pad Bank in July 2017 in Bihar.

Currently Sanitary Pad Banks exists in several districts of Bihar at the panchayat level. A sanitary pad reaches a mass of needy women and girls at a very subsidized rate through these pad banks. Also, undertake counselling sessions among women to generate awareness regarding menstruation. Installation, monitoring, and maintenance of sanitary vending machines at Patna Junction, Patna Airport, Petrol pump & several educational institutions are regularly done.

Besides MHM several programs are undergone like Basic Literacy Program for women and children, Plant marathon, and wellness Camps (Eye checkups & cataract operations) for the poor and needy. Started a Hunger Project as "Sai ki Rasoi" in 2018 through which a complete nutritious meal is being served to the needy patients and their attendants at Patna Medical College Hospital @ Rs 5/- only. A petty amount is charged just to keep up the self-respect of an individual.

Besides the social segment, She is a dynamic women entrepreneur with 10 years of experience in handling production operations of women's garment manufacturing unit, handling human resources and have rigorous experience in handling the entire gamut (SME) with excellent communication & relationship management skills. Being the principal of Playschool for 10 years gives her expertise as an educationist.

She is rewarded for her services to society with several awards like Aprajita Samman by Prabhat Khabar, Sashakt Nari Samman by Cinema Entertainment 2018, Bihar Ratna Samman by Helping Human 2019, Antarashtriya Yuva Samman Pragatiman 2017, Nari Shakti Samman by Mahila Sangh Bihar 2019, Sammar Patra by Radio Pitara for women Empowerment 2018, Award by Rashtriya Kustha Unmoolan Programme Bihar 2020 and Times Extraordinaire Award in 2020.



Pallavi Sinha

Social Entrepreneur | Padwoman of Bihar |
Menstruational Impactscientist

A Josephite and computer graduate at Patna Women's College started her career as the Founder of Nav Astitwa Foundation (NGO) in 2012. Exclusively work for Health & Hygiene programs for women & Children. MHM program is undertaken under the campaign "Swachh Betiyan Swachh Samaj".

Started 1st sanitary pad Bank in Bihar in July 2017. Runs several pad Banks for underprivileged women and girls throughout Bihar. Imparts awareness regarding MHM through counseling Sessions. PPT module programs at government and Non-government institutes. Installed sanitary pad vending machine at Patna Airport, Railway station, Petrol Pump, Educational Institution, along with regular monitoring and maintenance.

Besides MHM several programs are undergone like Basic literacy program for women and children, Plant marathon, and wellness Camps (Eye checkups & cataract operations) for the poor and needy. Started a Hunger Project as "Sai ki Rasoi" in 2018 through which a complete nutritious meal is being served to the needy patients and their attendants at Patna Medical College Hospital @ Rs 5/- only. A petty amount is charged just to keep up the self-respect of an individual.

Besides the social segment, She is an experienced, dynamic women entrepreneur with nearly 8 years of extensive experience in Handling production operations of the surgical cotton manufacturing facility, handling human resources, liasoning with government and quasi-government agencies. Handling a Playschool for 10 years gives her expertise in the framing of education policies & pre-primary, directing institute operations and marketing capabilities.

For her sincere services to society, She has been rewarded with several awards like Sashakt Nari Samman by Cinema Entertainment 2018. Bihar Ratna Samman by Helping Human 2019, Antarashtriya Yuva Samman Pragatiman 2017, Nari Shakti Samman by Mahila Sangh Bihar 2019, Sammar Patra by Radio Pitara for women Empowerment 2018, Award by Rashtriya Kustha Unmoolan program Bihar 2020 and Times Extraordinaire Award in 2020.

HOW WE STARTED



In 2012, 2 Ladies, stepped into the world of social service and started awaring the slum dwellers with a basic literacy programme, simple calculations of money and wages per day, Health & Hygiene awareness related to their urinals, bathing habits, cleaning surrounding to be safe & protected.

Organized Regular Health Clinics weekly for women and children to keep them healthy. Spreading quality time with these slum women brought us closer to a few true hidden facts and that was the plight of slum women during periods. A pandora box generating innumerable diseases. A bad foul stink could be noticed from them that was due to not taking bath during periods, reusing dirty clothes during menstruation and so many wrong practices. We came across bigger challenges when we tried to talk to the women about their menstrual life. The elder women started scolding us, misbehaved even alligated us for misguiding their daughter.

The journey of challenges began, when we stepped out of our home and entered theirs. 2012 completely differed from as no PADMAN was there to broaden the mindset of people. The 2 Ladies with the aim of "Swachh Betiyan Swachh Samaj" went on alone with firm determination despite all mockeries, fun, scoldings & challenges. Organized Health Checkups, by Gynecologist for the needy & unprivileged women weekly. Provided them free medical treatment along with recommended medicines.

Through regular medical checkups, we came across a few common women's health issues related to periods, Uti Infections, Swelling, Itchings, Lechohrea, Excessive & Irregular Bleeding & Acute Irregular Pain etc.

According to the Doctor, the root cause of all these problems was the unhygienic practices during periods. In the very same year, we also Organised Cancer Awareness Programme and Eye Check-up Camps for the well-being of needy people.

OUR MILESTONES

YEAR 2017 OPENING OF SANITARY PAD BANKS



With the support of the Red Cross Society, we put our effort into finding remedies for problems related to menstruation among slums women. We started distributing them cotton cloth pads (absorbents) to use during their period.

This free distribution was continuously done for consecutive 2 years. But it was disgusting when the output of these two years was zero i.e. useless. A survey made by NAF Team in 2015 emphasized the fact that free distribution of anything nullifies its importance.

Women misused the cotton absorbent by making it a table cloth, T.V cover, and Dusting cloth. The entire effort became ineffective. But still, the spirit held high within us, and with an affirmation to change the mindset we started generating more and more awareness regarding menstrual health and hygiene.

Frequent counselling sessions were organized by us in a group of 100 women dwelling in slum areas / remote or rural areas/village/suburbs of towns and cities. This was done with prior planning and full preparation. It was preorganized, the area was pre-surveyed and informed before it each session. We would like to share a very important fact with you all & i.e we always announced - that food packets/snacks would be distributed after the session. Those who would come would have to register their name before.

Hunger/lust for food is still the basic necessity of the poor and needy and this fact cannot be denied that it foremost. But these women came and attended the session though for food packets but they listened attentively for 2-3 hours, watched PPT presentation stating the important fact of Menstruation. Gradually the women mass started connecting with us. They share their problems. They practiced their mensuration and several life with is that was treacherous.

We gave them medical consultancy, Aayush therapy along with medical devices. And finally, on 29th July 2017, we started our first sanitary pad Bank in Bihar. The Pad Banks were established at every ward/panchayat level in several districts of Bihar. The Pad Bank is run by a woman who is quite active in their respective area. They were initially provided with at least 500 pads. 500 Passbooks and a register to maintain records. Through these pad banks, we could provide the beneficiaries with sanitary pads for only rupees 20. The passbook was issued for 5 years at the rate of Rs. 5 only in which monthly record of purchase was mentioned. This passbook gave us data about the regular/irregular uses of sanitary pads or even ultimate pregnancy could be detected. We could even Council the beneficiaries series regarding their irregularity in the purchase.

The unprivileged women and girls were motivated to save Rupee 1 every day for them so that at the end of the month they could buy a sanitary pad for them we made them realize that like Choori, bendi, and earrings, a Sanitary pad was also an essential commodity which would make them beautiful bold and healthy internally.



YEAR 2017 INSTALLATION OF SANITARY VENDING MACHINES AT SCHOOLS, COLLEGES AND PUBLIC PLACES



Installation of 1st sanitary vending machine and pad disposal machine (incinerator) was installed in J.D women's college at Patna in Bihar for the first time.

2nd machine was installed at Patna junction for train travelers women and girls to provide sanitary pads in an emergency. This was the first initiative in India which was taken by Nav Astitwa Foundation in 2018 Feb.

NAF installed a sanitary vending machine at Patna airport. Patna airport was the first airport in India to provide this unique facility to Air travelers.

NAF installed the first sanitary vending machine on petrol pumps in India in collaboration with BPCL at Gopalganj.

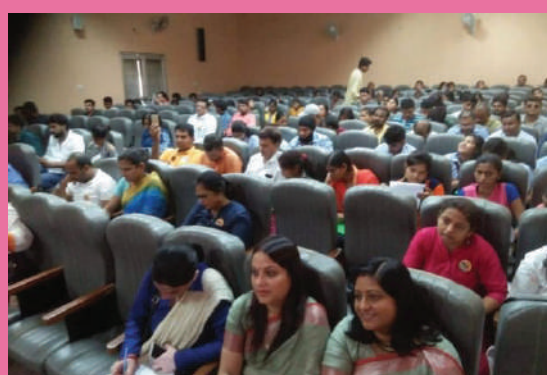
Now more than 300 sanitary vending machines and incinerators are installed by NAF at various places in Bihar like schools, colleges, and public places in collaboration with different organizations.

YEAR 2018 STARTS OPEN DIALOGUE ON MHM “TALK ON PERIODS”

Bold Art That Bashes Stigma Like A Boss!
Baat Karni Hai Toh Karni Hai, Period Hi Toh Hai



Nav Astitva Foundation was the first organization in Bihar to start an open Dialogue on MHM. This event "Talk on periods" was organized and open dialogue was established between intellectual, Respected people, students, males, females, and media on the ignited and ignored topic called the period.



YEAR 2019 NAF IN COLLABORATION WITH UNICEF AND BEPC HAS STARTED AN AWARENESS CAMPAIGN ON MHM



NAF in collaboration with UNICEF and BEPC has started an Awareness campaign on MHM in 38 model schools of Bihar in all 38 districts. This campaign was a milestone for MHM in Bihar in breaking the silence and taboos of periods that existed in the society either it is rural or urban.

We approached thousands of girls and women in both urban and rural Bihar to generate awareness of MHM and helped them by providing factual information about periods and invoked positive thoughts about periods. We even helped them by giving sanitary pads at a subsidized rate in various colleges, schools, villages, slums, etc.



YEAR 2021 NAF IN COLLABORATION WITH UNICEF AND ALL KEY LINE DEPARTMENTS LIKE JEEVIKA, HEALTH , EDUCATION, SOCIAL WELFARE, AND ICDS INITIATED MASTER TRAINING PROGRAMS



NAF in collaboration with UNICEF and all key line departments like Jeevika, Health, Education, Social welfare, and ICDS initiated Master training programs with all levels of Jeevika which was the nodal department of this project.

This training was given at each level of Jeevika women workers first at the CLF level (district level), second at community mobilizer training (at block level), and last at the SHG level (panchayat level). The motive behind this training was to create 500 master trainers on MHM in Jeevika so that these trained cadres could reach minimum of 50,000 rural community women.

This project is undergoing for two years in Purnea and Sitamarhi districts. NAF is also creating Master trainers from all departments to reach all women communities on MHM and spread awareness in the community.



OUR JOURNEY AT A GLANCE

YEAR	PROJECT DETAILS
2012	Basic Literacy Programme for Women and Girl child
	Weekly Regular Health Clinic
	Cancer Awareness Programme
2013	Continued all programmes of year 2012
	Sanitary Pad Distribution Programme with Red Cross Society
	Eye checkup camp and Cataract operation
2014	Continued all programmes of year 2013
2015	Continued all programmes of year 2014
	"Betiyaan Hamari Pehchan Hamara Samman" Felicitation Programme
2016	Continued all programmes of year 2015
2017	Continued all programmes of year 2016
	Swachh Betiyaan Swachh Samaj
	Establishment of First-time sanitary pad bank
	Regular awareness campaign on MHM under "Swachh Betiyaan swacch samaj"
	Opening of Sanitary pad bank in 6 districts of Bihar
	Installation of the sanitary vending machine along with incinerator (JD women's college and Patna Junction)
2018	Continued all programmes of year 2017
	Launched MH kit containing 12 Pkt pads, 2 Panties, 1 Personal towel, 1 Dettol ND 1 Booklet on MHM, to promote usage of sanitary pads, Rs. 300 provide to girls through Bihar Mukhyamantri Kishori Swasthya Yojana
	Started Food venture "Hunger Project-Sai ki Rasoi"

Cont.

YEAR	PROJECT DETAILS
2019	Continued all previous year programmes
	Installation of the sanitary vending machine along with incinerator (At various schools)
	MHM awareness campaign in 38 model schools in 38 districts of Bihar in partnership with UNICEF and BEPC under the programme "Mukhyamantri Kishori Swasthya Yojna"
	In collaboration with the DMI MHM awareness programme in Bhitharwa block of Champaran district
	In collaboration with the airport authority of India, MHM awareness programme was organized in all slums of Patna
2020	Continued some previous year programmes
	Free ration distribution in collaboration with Dainik Bhaskar (25 thousand households)
	Availability of packed cooked food to migrants during COVID
	Distribution of Sanitary pads to all the Girls and Women during COVID lockdown
	Opened mobile sanitary pad banks to provide sanitary pads at doorsteps, to generate employment for women who were suffering from the impact of the COVID situation
	Launched She care health card for underprivileged women who can't afford costly health checkups
	Online medical consultancy programme "Sawal Aapke Jawab Hamare" with experts and doctors
2021-22	Continued several previous year programmes
	In partnership with UNICEF and various key line departments (Jeevika, Health, Education, Social, and ICDS) initiated Master Training Programme under "Strengthening rural women"

Cont.

YEAR	PROJECT DETAILS
2021-22	Launched MHM action plan in two districts Purnia and Sitamarhi
	Creating MHM awareness among the adolescent girls belonging to rural communities
	Creating master trainers in various departments to percolate MHM agenda in the community (Creating awareness and the right info to males and adolescents)
	Started a free sewing center to empower women and girls through stitching skills
	Generating employment through the production and selling of Acchar, Bari, Papad
	Took a big initiative of making cotton cloth pads to provide clean and menstrual absorbent for those underprivileged girls and women who can't afford costly sanitary pads.
	Opening of sanitary pad banks in different panchayats to provide sanitary pads and panties to rural women easily and at affordable price
	Opening of sanitary pad banks/installation of sanitary vending machines at various schools in rural areas of Bihar to provide sanitary pads to adolescents in emergency situations of period
	MH day celebration was organized first time in rural areas of Bihar and celebrated Mahawari Utsav rural communities in Riga block of Sitamadhi district and Kasba block of Purnia district

PHOTO GALLERY



Basic Literacy Programme



Sanitry Pad Distribution



Swachh Betiyaan Swachh Samaj



Empowering Women through Sticing



Launched MH Kit



Hunger Project "Sai Ki Rasoi"



Installation on Sanitary Vending Machine

सवाल आपके जवाब हमारे ।

माहकरी से चूने कोई भी सवाल के जवाब देने
विचार के जारे मारे डॉक्टरों
"नव अस्तित्व फाउंडेशन"
(एक बेटियाँ स्वच्छ समाज)
की एक पहल ।
सवाल/whatsapp करें
9308850334/9234291600 पर

Dr. Manju Prasad
(Senior Gynecologist)

Dr. Manisha Singh
(Oncologist)
Assistant Director
Mahaveer Cancer Sansthan

Dr. Archana Kumari
(Maternal & Child)
Health Consultant

Dr. Rana SP Singh
(Senior Physician)
MBBS, MD

Dr. Ruma Goswami
(Consultant Gynaecologist)
Sun Hospital Patna

Co-Founder

Online Medical Consultancy
"Sawal Aapke Jawab Hamare"



Jeevaka CM Training under MHM Awareness Programme



Convergence Meeting on MHM in collaboration with Jeevika - Purnia District



Convergence Meeting + Action Plan on MHM with Jeevika



Nodal Teacher Training at Kasba Block of Purnia District

पुजा कुमारी "कसबा"

Age is different but the Pain is same

25 TO 40

18 TO 25

9 TO 18



Alta



नरगिस बानू "सेविका" सधुवैली

Bindi



शहनाज़ वेगम Cms सब्दलपुर

Bracelet



सुशीला देवी Cms घोडदौड़

Fan



रेखा देवी Cms कुल्लाखास

Mala

MH DAY CELEBRATION IN PURNIA AND SITAMARHI DISTRICT IN COLLABORATION WITH UNICEF

एनएफएचएस रिपोर्ट के अनुसार 58 % महिलाएं ही माहवारी प्रबंधन के साधनों का उपयोग कर पाती हैं

माहवारी स्वच्छता प्रबंधन को लेकर किया गया एक दिवसीय कार्यशाला का आयोजन

भास्कर न्यूज़ | पूर्णिया

स्वास्थ्य विभाग, यूनिसेफ एवं नव अस्तित्व फाउंडेशन के संयुक्त तत्वावधान में किशोरियों एवं महिलाओं के बीच माहवारी से संबंधित जानकारी देने के उद्देश्य से माहवारी स्वच्छता प्रबंधन को लेकर स्वास्थ्य विभाग एवं अन्य सहयोगी संस्थाओं द्वारा संयुक्त रूप से एमएचएम एक्शन प्लान को सभी विभागों के द्वारा रोल आउट प्लान करना है जिसमें बुधवार को स्वास्थ्य विभाग के साथ पहला प्रशिक्षण सह बैठक आयोजित की गई। जिले के तत्कालीन जिलाधिकारी राहुल कुमार द्वारा पूर्व के बैठक में कहा गया था कि जिले के सभी विभागों के साथ समन्वय



एकदिवसीय कार्यशाला में मौजूद एमओआईसी व अन्य स्वास्थ्यकर्मी।

स्थापित कर माहवारी स्वच्छता प्रबंधन की जानकारी दी जाए। जिसके आलोक में एमएचएम एक्शन प्लान के रोल आउट के तहत राजकीय चिकित्सा महाविद्यालय सह अस्पताल परिसर

स्थित एनएम स्कूल के सभागार में कार्यक्रम का आयोजन हुआ। इस अवसर पर क्षेत्रीय कार्यक्रम प्रबंधक नजमूल होदा, जिला कार्यक्रम प्रबंधक ब्रजेश सिंह, डीसीएम संजय कुमार दिनकर, अमृता सिंह,

पल्लवी सिन्हा, जिला समन्वयक श्रीप्रकाश ठाकुर, प्रखंड समन्वयक नूतन साह सहित जिले के सभी एमओआईसी, बीएचएम एवं बीसीएम उपस्थित थे। क्षेत्रीय कार्यक्रम प्रबंधक नजमूल होदा ने कहा कि स्वास्थ्य के क्षेत्र में नित्य नए-नए प्रयोगों के माध्यम से लोगों की स्वस्थ रखने की कोशिश की जा रही है। देश निरंतर विकास के पथ पर अग्रसर हो रहा है। लेकिन समुदायों में अभी भी माहवारी स्वच्छता को लेकर चुप्पी बरकरार है। इस दिशा में माहवारी स्वच्छता पर खुल कर बात करने एवं लोगों को इसके संबंध में जागरूक करने के लिए माहवारी से संबंधित कार्यक्रमों को जागरूकता अभियान चलाया जाता है।

MHM Action Plan Rollout with Health Dept. Purnia (Purnia Bhaskar 28/07/2022)

कार्यक्रम • सभी कैंडरों ने माहवारी स्वच्छता के प्रति लोगों को जागरूक करने का लिया शपथ

माहवारी स्वच्छता प्रबंधन को लेकर सीएलएफ कैंडरों के रीफ्रेशर ट्रेनिंग कार्यक्रम का आयोजन

भास्कर न्यूज़ | पूर्णिया

यूनिसेफ की सहयोग से नव अस्तित्व फाउंडेशन के द्वारा जिले में माहवारी स्वच्छता प्रबंधन कार्यक्रम चलाया जा रहा है। जिले के कसबा प्रखंड से पायलट प्रोजेक्ट के रूप में शुरू हुए कार्यक्रम को अब डिस्ट्रिक्ट एक्शन प्लान तैयार होने के बाद जिला स्तर पर लागू किया जा रहा है। इसी क्रम में बुधवार को जिले के सभी 14 प्रखंडों के जीविका

समूह के सीएलएफ कैंडरों के रीफ्रेशर ट्रेनिंग कार्यक्रम का आयोजन किया गया। जीविका जिला प्रबंधक की अध्यक्षता में आयोजित प्रशिक्षण कार्यक्रम के दौरान जिले के सभी महिलाओं एवम किशोरियों के बीच माहवारी की जानकारी पहुंचाने का लक्ष्य पूरा करने को लेकर विस्तार से चर्चा किया गया। प्रशिक्षण कार्यक्रम के दौरान नव अस्तित्व फाउंडेशन के तरफ से अमृता सिंह और पल्लवी सिन्हा के द्वारा

प्रशिक्षण दिया गया जिसमें माहवारी से संबंधित बातें बताई गईं और साथ ही सभी कैंडरों के द्वारा माहवारी पर शपथ लिया गया। इस कार्यक्रम में जीविका, सीतामढ़ी के स्वास्थ्य एवम पोषण अरुण कुमार उपस्थित, जिला परियोजना प्रबंधक, सुनिर्मल ग्रेन, नव अस्तित्व फाउंडेशन के पल्लवी सिन्हा एवम अमृता सिंह, जिला समन्वयक प्रकाश ठाकुर, प्रखंड समन्वयक नूतन साह एवम अन्य लोग उपस्थित थे।



प्रशिक्षण में उपस्थित जीविका सीएलएफ कैंडरों की दीर्घा।

CLF Training on MHM (Purnia Bhaskar 23/06/2022)

50 कम्युनिटी मोबिलाइजर को दिया गया जागरूकता का प्रशिक्षण

जीविका, नव अस्तित्व फाउंडेशन व यूनिसेफ ने दिया प्रशिक्षण

भास्कर न्यूज़। पूर्णिया

महिलाओं एवम किशोरियों के बीच माहवारी से संबंधित जानकारी पहुंचाने के लिए फ्रेशर ट्रेनिंग कार्यक्रम का आयोजन किया गया। जीविका, नव अस्तित्व फाउंडेशन एवं यूनिसेफ के संयुक्त तत्वाधान में आयोजित प्रशिक्षण कार्यक्रम के दौरान कसबा प्रखंड के चार पंचायत मलहरीया, घौडदौड़, लखना और बोचगांव से जीविका में कार्य करने वाली वाली 50 कम्युनिटी मोबिलाइजर को प्रशिक्षित किया गया। जिसके माध्यम से कसबा प्रखंड के सभी महिलाओं एवम किशोरियों के बीच माहवारी की जानकारी पहुंचाने का लक्ष्य पूरा किया जाएगा। प्रशिक्षण का आयोजन जीविका के प्रखंड परियोजना प्रबंधक, राजेश कुमार की अध्यक्षता में आयोजित किया



कम्युनिटी मोबिलाइजर के फ्रेशर ट्रेनिंग के दौरान प्रशिक्षक ।

गया। प्रशिक्षण के दौरान नव अस्तित्व फाउंडेशन की तरफ से अमृता सिंह और पल्लवी सिन्हा के द्वारा प्रशिक्षण दिया गया जिसमें माहवारी से संबंधित बातें बताई गईं और साथ ही सभी प्रशिक्षार्थियों के द्वारा माहवारी पर शपथ ग्रहण भी किया गया। इस अवसर पर सत्यम जीविका के एरिया कार्डिनेटर उदय कुमार, नव अस्तित्व फाउंडेशन के जिला समन्वयक श्रीप्रकाश ठाकुर, प्रखंड समन्वयक नूतन साह आदि उपस्थित थे।



माहवारी उत्सव कार्यक्रम में उपस्थित प्रतिभागी गण ।

बुलाकीपुर में माहवारी उत्सव कार्यक्रम का आयोजन

रीगा। नव अस्तित्व फाउंडेशन, यूनिसेफ बिहार एवं आईसीडीएस, रीगा द्वारा प्रखंड के बुलाकीपुर विद्यालय सेक्टर-1 के आंगनवाड़ी केंद्र पर सीडीपीओ माधवी रानी की अध्यक्षता में माहवारी जागरूकता एवं माहवारी उत्सव कार्यक्रम का आयोजन हुआ, जिसमें सेक्टर-1 के सभी सेविकाएं व किशोरियां उपस्थित थीं। जिला समन्वयक उज्ज्वल कुमार व प्रखंड समन्वयक ज्योति कुमारी द्वारा सभी सेविकाओं व किशोरियों को माहवारी के प्रति जागरूक रहने को कहा। साथ ही स्वास्थ्य से संबंधित किसी भी प्रकार की समस्या होने पर डॉक्टर से सलाह लेने की अपील की। बाद में सीडीपीओ व सेविकाओं द्वारा माहवारी उत्सव कार्यक्रम का उद्घाटन किया गया। सीडीपीओ ने कहा कि सभी महिलाओं एवं किशोरियों के बीच इस तरह के कार्यक्रम से जागरूकता आयेगी। वे अपने आस-पड़ोस की महिलाओं व किशोरियों को भी जागरूक कर सकेंगे। मौके पर बुलाकीपुर पंचायत के पूर्व मुखिया पवन कुमार, रीगा की पर्यवेक्षिका अंजली कुमारी, प्रखंड समन्वयक आरती कुमारी, ज्योति कुमारी, उज्ज्वल कुमार समेत अन्य कई तकनीकी विशेषज्ञ मौजूद थे।

Jeevika Community Mobilizers Training in collaboration with UNICEF
(Purnia Bhaskar 29/07/2022)

MH Day Celebration in Riga Block's Bulakipur School Sec. 1 with UNICEF, ICDS

विश्व माहवारी स्वच्छता दिवस • नव अस्तित्व फाउंडेशन एवं यूनिसेफ का आयोजन

'वॉक ऑन पीरियड्स थीम पर कैटवॉक

भास्कर न्यूज़। पूर्णिया

विश्व माहवारी स्वच्छता दिवस के उपलक्ष्य में जिला स्कूल में नव अस्तित्व फाउंडेशन एवं यूनिसेफ, बिहार के द्वारा माहवारी मिलन कार्यक्रम का आयोजन किया गया। कार्यक्रम का उद्घाटन मुख्य अतिथि के रूप में जिला शिक्षा पदाधिकारी शिवनाथ रजक के द्वारा किया गया। कार्यक्रम का आयोजन नव अस्तित्व फाउंडेशन, यूनिसेफ बिहार, जीविका एवं शिक्षा विभाग के संयुक्त तत्वाधान में किया गया। रजोदर्शन, माहवारी और रजोनिवृत्ति पर बच्चियों एवं महिलाओं ने 'वॉक ऑन



जिला स्कूल में माहवारी मिलन कार्यक्रम के दौरान उपस्थित अतिथि

पीरियड्स' थीम पर कैटवॉक किया।

कार्यक्रम के नव अस्तित्व फाउंडेशन की ओर से अमृता सिंह ने संस्था द्वारा पूर्णिया के कसबा में माहवारी स्वच्छता प्रबंधन पर चल

रहे कार्यक्रम तथा माहवारी दिवस पर आयोजित कराए जा रहे कार्यक्रमों की जानकारी साझा की। उद्घाटन समारोह के बाद बच्चियों द्वारा स्वागत गान प्रस्तुत किया गया। सभी सम्मानित अतिथियों के

द्वारा कार्यक्रम को संबोधित किया गया। इसके बाद कसबा प्रखंड की जीविका दीर्घियों द्वारा एवं स्कूल की बच्चियों द्वारा पिछले एक सप्ताह से चलाये जा रहे सभी कार्यक्रमों को पर प्रस्तुत किया गया। मेरी पहली माहवारी पर निबंध प्रतियोगिता आयोजित करवाई गई तथा स्कूली बच्चों द्वारा भ्रांति तोड़ो रैली का आयोजन भी स्कूलों में करवाया गया। इन सबों की एक झलक कार्यक्रम में दिखाई गई। जीविका दीर्घियों द्वारा कई कार्यक्रमों का आयोजन उनके समूहों में एक सप्ताह से करवाया गया, जिसमें गजरा मेकिंग, लाल-सफेद चुड़ी पहनना, माहवारी की मेहंदी हाथों में

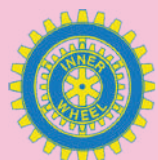
रचना, लाल-सफेद बैलून से सजावट करना, थर्मोकोल बॉल से माहवारी चक्र बनाना, पहली माहवारी के उत्सव मनाना, माहवारी पर जानकारी साझा करने के लिए महिलाओं एवं पुरुषों द्वारा शपथ लेना, सभी समूहों द्वारा माहवारी पर पोस्टर प्रतियोगिता के लिए पोस्टर बनाना, आलता से लाल डॉट बनाना, पैड पर पैटी लगाने की एक्टिविटी करना प्रमुख हैं। इन सभी कार्यक्रमों को एलईडी के माध्यम से दिखाया गया। इस दौरान जिला स्कूल में पहले से चलाए जा रहे कार्यक्रमों को प्रदर्शनी लगाकर बच्चियों एवम जीविका दीर्घियों द्वारा दिखाया गया।

MH Day Celebration in Jila School Purnia in collaboration with UNICEF
(Purnia Bhaskar 29/05/2022)

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REGISTRATIONS DETAILS

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CONTACT DETAILS

Organization name	Nav Astitva Foundation
Address	K-1, P.C. Colony, Kankarbagh, Patna - 800020
Contact numbers	+91 - 9 3 0 8 8 5 0 3 3 4 , +91 - 9 2 3 4 2 9 1 6 0 0 , +91 - 7 9 7 9 8 8 7 0 7 9
E-Mail address	navastitvafoundation@gmail.com
Website	www.navastitvafoundation.org

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Please feel free to ask anything about Nav Astitva Foundation, We will be happy to answer your query.

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Contact details



K-1, P.C. Colony, Kankarbagh,
Patna - 800020



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