

NAV ASTITVA FOUNDATION

The logo of NAV ASTITVA FOUNDATION is a circular emblem. It features two hands, one light blue and one dark blue, cupping a large pink heart. Inside the pink heart is a white female symbol (a circle with a vertical line and a horizontal crossbar). The words "NAV ASTITVA" are written in pink, uppercase letters along the top arc of the circle, and "FOUNDATION" is written in light blue, uppercase letters along the bottom arc. There are also several smaller pink hearts scattered around the central heart. The years "ESTD 2012" are visible on the left and right sides of the circle.

ANNUAL REPORT (2024-2025)

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1. Introduction:

In 2024–2025, Nav Astitva Foundation deepened its commitment to building a more inclusive and empowered society by addressing core issues faced by women and underserved communities. Through strategic partnerships and grassroots engagement, we expanded our footprint across Bihar—working at the intersection of health, hygiene, nutrition, and livelihood. Each initiative undertaken this year was a step forward in enabling dignity, self-reliance, and opportunity for those who need it the most.

2. Background:

Since its inception, Nav Astitva Foundation has focused on bridging the structural gaps affecting marginalized women and children. What began as a

localized effort has now evolved into a multifaceted organization working on menstrual health, nutrition, and skill-based empowerment. Our programs are designed to be practical, sustainable, and scalable, leveraging the strength of community-based collaboration to ensure lasting change.

3. Mission and Vision:

Mission:

To improve the lives of underprivileged women and children through sustainable interventions in health, hygiene, education, and livelihood.

Vision:

To create an equitable society where every woman and child has the opportunity to live with dignity, health, and empowerment.

4. Aim:

This year, the foundation aimed to address critical areas affecting women and girls—ranging from health awareness and hygiene practices to nutrition and economic empowerment. Through awareness sessions, skill development activities, and nutritional support, we sought to enhance the capacity of individuals and communities to lead healthier, more independent lives.

5. Catalysts of Change: Year in Review

5.1 Empowering Hands, Enabling Futures: 15 days Mehendi Training Program

In Association with Rotary Club Patna Millenium

Date: 1st April-15th April 2024

Program Snapshot:

In collaboration with Rotary Club Patna Millenium, Nav Astitwa Foundation conducted a **15-days** Mehendi Training Program for **30 women** at **Guljarbagh Mahila College**, a part of the HUNARMAND skill development initiative, organized to empower women and girls by teaching them professional mehndi

artistry.

Objective: *Skilled Hands, Stronger Tomorrows*

To empower women with professional mehendi skills, enabling them to pursue self-employment. It focused on enhancing creativity and providing a sustainable livelihood option.

More Than Just a Design—A Direction

The program aimed to equip young women with more than just the art of mehendi—it gave them the confidence to turn creativity into income. This wasn't just about applying patterns—it was about shaping possibilities. Each day brought new transformations:

- From drawing simple lines to mastering intricate bridal and Arabic designs
- From unsure first strokes to confident, client-ready application
- From classroom practice to live demonstrations and local engagements

From the first swirl of henna to the final flourish, each session was a step toward independence and identity.

“With every design drawn, a woman traced her way to dignity, creativity, and economic freedom.”

Nav Astitwa Foundation is proud to support their journey from learners to entrepreneurs.

Conclusion

The program proved to be a stepping stone for many women towards self-sufficiency. Several participants have already begun offering services in their communities. This initiative not only imparted a valuable skill but also planted seeds of hope, ambition, and financial freedom.

With support from our partners, we continue to champion such efforts that create real impact—empowering lives, one hand at a time.

5.2 Stitching Livelihoods, Empowering Women: 3-Month Vocational Training Program

In Association with Lions International Club

Duration: 27 April - 27 July, 2024 (Conducted on Alternate Days)

Location: Nav Astitva Association Office Compound

Program Snapshot:

Nav Astitwa Foundation, in collaboration with Lions International Club, implemented a comprehensive three-month Stitching Training Program, designed to **empower women** through practical skill development. Conducted on alternate days, the initiative **trained 30 women** from marginalized communities with the goal of fostering self-reliance and enabling sustainable income generation.

Objective:

Skill Development for Economic Independence

This initiative aimed to impart professional stitching and tailoring skills to underprivileged women, thereby enhancing their potential for entrepreneurship and financial autonomy.

Transforming Skills into Sustainable Livelihoods

The program focused on equipping participants with end-to-end garment construction knowledge, including:

- Measurement and fabric cutting techniques
- Sewing of traditional and contemporary garments
- Finishing methods, machine handling, and quality control
- Entrepreneurial basics—pricing, time management, and customer engagement

Participants demonstrated remarkable growth—from novices to skilled practitioners—ready to enter the workforce or initiate micro-enterprises.

Conclusion

The program served as a catalyst for economic upliftment and social inclusion. Several participants have already commenced tailoring services within their communities, turning acquired skills into sustainable income. Nav Astitwa Foundation remains committed to nurturing such journeys toward self-sufficiency—empowering women, one stitch at a time.

Because when a woman threads a needle, she's not just stitching fabric—she's stitching the fabric of her future.

5.3 Threads of Change: 3-Month Stitching Training Program

In Association with Lions International Club

Date: 27th May – 27th August 2024

Venue: Nav Astitva Foundation Office Compound, Patna

Program Snapshot:

Nav Astitva Foundation, in collaboration with Lions International Club, successfully conducted a 3-month Stitching Training Program at its office compound. Designed to empower women through livelihood-oriented skills, the initiative provided training to **30 beneficiaries** from underprivileged backgrounds, aiming to turn their abilities into earning opportunities.

Objective: *Weaving Skills, Strengthening Lives*

The program was envisioned to equip women with practical tailoring skills and foster financial independence. It focused on technical skill-building along with instilling confidence and self-reliance, helping participants take the first step toward entrepreneurship or home-based employment.

More Than a Skill—A Stitch Toward Stability

Over the course of three months, participants progressed from basic stitching techniques to creating complete garments. The curriculum included:

- Training on hand stitching and machine operation
- Fabric measurement, cutting, and garment assembling
- Stitching everyday wear and traditional outfits
- Exposure to customer handling and small-scale order-based work

“With every stitch made, a woman threaded her future—with dignity in her work and strength in her spirit.”

Conclusion

The 3-month Stitching Training Program concluded as a resounding success, equipping 30 women with practical skills and newfound confidence. Many participants have already begun stitching independently at home, while others are exploring collective work opportunities. This initiative reaffirmed our

commitment to sustainable empowerment—where skill leads to self-worth and income leads to independence.

Together with our partners, we continue to sew possibilities into reality—one stitch at a time.

5.4 World Mensuration Hygiene Day

Initiative by Nav Astitva Foundation

Date: 28 May, 2024

Venue: Nav Astitva Foundation Office Compound

Program Snapshot:

Nav Astitva Foundation commemorated World Menstrual Hygiene Day on 28th May 2024 with a focused one-day awareness program held at its office compound. The event was organized exclusively for underprivileged and adolescent girls from local communities, aiming to break the stigma surrounding menstruation and promote open, informed conversations around menstrual hygiene.

Objective:

The primary objective of the initiative was to foster menstrual health awareness among young girls who often lack access to the right information, products, and support systems. The program sought to create a safe space where taboos could be dismantled and essential hygiene practices could be discussed with openness and dignity.

Beyond the Taboo—Toward Transformation

This was more than an awareness event—it was a step towards empowerment. The session included:

- Interactive discussions led by health educators on menstrual hygiene and debunking myths.

- Demonstrations on proper sanitary practices and product usage.
- Distribution of sanitary kits to all attendees.
- Open dialogue sessions where girls could ask questions without hesitation.

For many participants, this was the first time they had access to accurate information, resources, and the reassurance that menstruation is not a shame, but a shared, natural experience.

Nav Astitva Foundation proudly led this conversation, making menstrual health a priority, not a privilege.

Conclusion:

The World Menstrual Hygiene Day celebration was a meaningful milestone in our ongoing mission to empower girls through education and awareness. The overwhelming participation and engagement reaffirmed the pressing need for such initiatives. By reaching hearts and minds, we move closer to a future where no girl feels unprepared, uninformed, or ashamed of her body.

As we continue this journey, Nav Astitva Foundation remains committed to ensuring menstrual health becomes a right, not a struggle.

5.5 Disaster Risk Reduction Project

In Association with Reliance Foundation

Duration: June 1, 2024 – March 31, 2025

Venue: Araria & Purnia (Bihar)

Program Snapshot:

Nav Astitva Foundation, in collaboration with Reliance Foundation, executed a high-impact Disaster Risk Reduction (DRR) support initiative focused on building community preparedness and resilience. The field support program spanned multiple thematic areas such as livestock management, tree plantation, DRR awareness, and sustainable agriculture—reaching deep into rural India through structured outreach.

Objective: *Strengthening Roots, Sustaining Futures*

To support and coordinate field-level activities with community members and stakeholders in the areas of agriculture, livestock, environmental awareness, and disaster risk reduction (DRR). This initiative enabled effective outreach and facilitated knowledge-sharing while ensuring alignment with RF's quality standards.

Deliverables that Drove Impact:

With a focus on quality implementation and last-mile service delivery, the project completed the following:

- **Database of 80,000+ Livelihood Stakeholders**
Identification and registration of farmers, fisherfolk, SHG entrepreneurs, PRI members, volunteers, and field workers for targeted support.
- **16 Community Awareness Sessions on DRR**
Educating local populations about disaster preparedness, risk reduction strategies, and community response mechanisms.
- **12 Livestock Treatment Camps**
Offering veterinary services and health awareness to safeguard rural livestock assets.
- **3 Tree Plantation Awareness Sessions**
Conducted to sensitize the community about afforestation and its role in disaster mitigation and environmental balance.
- **5 Livestock Health Interactive Programs**
Promoting proactive livestock care, disease control, and sustainable animal husbandry practices.

- **4 Agriculture-Centric Awareness Programs**

Engaging with farmers to discuss climate-smart agriculture, soil health, and crop protection strategies.

- **Regular Documentation, Geo-tagged Photos & Reporting**

All activities were monitored through systematic reporting mechanisms, including geo-tagged imagery and regular MIS updates, ensuring transparency and accountability.

- **Liaisoning with Local Government Departments**

Collaboration with government bodies ensured smoother coordination, better outreach, and alignment with local development goals.

Conclusion

This project reflects a holistic approach to disaster risk reduction and community empowerment. Through sustained outreach, data-driven interventions, and active partnerships, the program built local capacity and resilience from the ground up.

Nav Astitva Foundation remains steadfast in its mission to ensure that **rural communities are not just prepared for disasters—but empowered to prevent them.**

"Preparedness is protection. Empowerment is prevention. Together, they create resilience that lasts."

5.6 Empowering Young Voices: 1-Day Awareness Session under Girls' Empowerment Mission

In Collaboration with BRBCL

Date: June 8, 2024

Venue: BRBCL Campus, Nabinagar

Program Snapshot:

As part of the month-long **Girls' Empowerment Mission** spearheaded by BRBCL, Nav Astitva Foundation was invited to conduct a dedicated 1-day session focusing on menstrual hygiene and child safety.

The 1-month residential program hosts adolescent girls selected from various schools, offering them a nurturing environment to develop essential life skills.

Nav Astitva's session added a vital dimension to their empowerment journey—health and safety education.

Objective: Awareness That Protects and Empowers

The session aimed to equip adolescent girls with knowledge on menstrual hygiene and the concept of good and bad touch. These often-overlooked yet crucial topics were addressed with sensitivity and care, creating a safe space for learning and dialogue. Our goal was to help these young minds become not just aware, but confident in their bodies and boundaries.

More Than a Session—A Shield for the Future

The interactive awareness program included:

- Educational discussions on menstruation, hygiene practices, and busting common myths.
- A safe, age-appropriate session on understanding “Good Touch and Bad Touch,” teaching girls how to identify unsafe behavior and seek help.
- Use of visual aids, stories, and group activities to ensure clarity and engagement.
- Sanitary kit distribution and open-floor Q&A for personal concerns.

The girls participated with curiosity and courage—many expressing their thoughts and sharing personal experiences for the first time. For them, it wasn't just a lesson—it was a beginning.

“With every answer given and every fear addressed, a young girl stepped closer to confidence and control.”

Conclusion

Our 1-day session under BRBCL's Girls' Empowerment Mission was a powerful blend of awareness and emotional strength-building. The opportunity to be part of this transformative journey, even briefly, reaffirmed our

mission—to reach girls where they are and empower them with what they truly need.

Nav Astitva Foundation remains committed to nurturing awareness that protects, uplifts, and prepares girls to walk forward with dignity and strength.

5.7 Menstrual Hygiene Management (MHM) Training Program

Date: September, 2024

Objective: *Breaking the Silence, Building Dignity*

To break myths, build awareness, and equip district-level stakeholders—across Health Departments, ICDS, LSBA, WDC, and schools—with the knowledge and tools to promote menstrual hygiene, inclusive practices, and sustainable action in their communities.

WHY IT MATTERED?

In many communities, menstruation is still wrapped in silence and shame. This training program turned that silence into conversation, confusion into clarity, and stigma into strategy—equipping 60–70 frontline changemakers to drive awareness, inclusivity, and action from within the system.

WHO TOOK PART?

- **Health Department:** 20 participants
- **ICDS (Child Development):** 20 participants
- **LSBA (Sanitation Mission):** 20 participants
- **Other Officials:** 10 participants
- **Total Reach:** 60–70 across **2 districts**

THE SESSIONS THAT CHANGED EVERYTHING:

SESSION 1: Menstrual Physiology – Understanding What's Natural

No more whispers. Just facts.

A vibrant start with easy-to-understand presentations, interactive discussions, and a live quiz that made the biology of menstruation—what it is, why it happens, and why it's *normal*.

The result? Silence was replaced with clarity. Science replaced shame.

SESSION 2: Period Hygiene 101: Practices That Protect

From shame to sanitation.

What does safe menstruation actually look like? This hands-on session brought theory into reality. Participants examined various sanitary products, learned safe disposal methods, and even shared their own community practices. Personal sharing broke the ice. By the end, everyone had a better grasp of practical menstrual hygiene. It was practical, honest, and empowering.

SESSION 3: Breaking Barriers: Naming What Holds Us Back

Menstruation isn't just biology — it's wrapped in taboos, silence, and fear. This session opened the floor to real talk. Through open group discussions and brainstorming, participants unpacked the deep-rooted cultural, social, and physical challenges that hinder MHM progress in their communities.

Participants not only identified the barriers — they began breaking them, armed with practical and culturally sensitive strategies.

SESSION 4: Community Engagement & Advocacy – Speak, Lead, Change

They practiced what they'll preach.

How do you start the tough conversations? This session showed the way. With role-plays and case studies, participants stepped into the shoes of community leaders, activists, and educators—learning how to initiate MHM conversations with confidence, clarity, and compassion.

Every participant practiced being a voice for change — and left ready to lead the conversation in their communities.

SESSION 5: Action Plan Development – From Learning to Leading

What's your next move? Let's plan it.

This session got serious—each department worked on MHM action plans

tailored to their community realities. By the end, every participant had a roadmap to bring menstrual health strategies to life in schools, homes, anganwadis, and health centers.

SESSION 6: Poshan Ki Thali – Feeding Health, Fueling Change

Menstrual health isn't complete without nutrition. Dietitians introduced the “Poshan Ki Thali” — a local, affordable, iron-rich diet to fight anaemia and support healthy cycles. From guava to greens, lentils to millets, participants saw, tasted, and learned how food fuels well-being.

Stakeholders discovered how to champion menstrual health through everyday meals — and inspire others to do the same.

Conclusion

From silence to strategy. From discomfort to dialogue. From confusion to confidence.

These 6 sessions equipped stakeholders not just to **understand** MHM — but to **lead it**.

These weren't just sessions — they were mindset shifts.

5.8 SAI KI RASOI: Where Hunger Ends and Humanity Begins

CSR Partner: IRCON International Ltd

Duration: October 2024 - March 2025

Because No One Should Go Hungry in Their Hardest Hour

Sai Ki Rasoi is the annual program run by Nav Astitva Foundation but this time it was collaborated with IRCON International Ltd. for 6 months. Every night at Patna Medical College and Hospital (PMCH), while families stood by their loved ones in pain, we served them warmth—not just in meals, but in care.

When a visually impaired student dreams of a better future, **an empty stomach shouldn't be their biggest obstacle.**

Just steps away from our own office in **Mallahi Pakadi, Kankarbagh**, live children whose stomachs rumble louder than their dreams. These underprivileged kids face hunger not as a moment—but as a daily reality.

A simple plate of rice, dal, roti, and vegetables became their comfort in chaos.

*With **Sai Ki Rasoi**, we're not just serving meals—we're **serving dignity, love, and a lifeline of hope.***

A Mission with a Soul

Collaborated with the compassionate CSR initiative of IRCON this time, *Sai Ki Rasoi*, **served over 45,000 fresh, nutritious meals** to the invisible warriors of our society—**caregivers, blind students, and underprivileged children.**

Where We Made a Difference?

Patna Medical College & Hospital (PMCH)

Every night, the hospital echoed with pain—but also with gratitude. We served **150–200 family members of patients' hot dinners daily**, so they didn't have to choose between skipping a meal or staying by their loved one's side.

"We came to the hospital with fear, but left with full hearts and full stomachs."

Boys Blind Hostel, Patna

For **50 visually impaired boys**, a consistent, nutritious meal meant more than calories—it meant confidence, health, and freedom from worry.

"With these meals, we feel we're not forgotten. Someone sees us."

Antarjyoti Balika Vidyalaya (Girls Blind Hostel)

Each day, **50 visually impaired girls** received warm meals prepared with care. This ensured not just nourishment but also mental focus and physical strength to pursue their studies.

"The food tells us we are valued. That changes everything."

Nav Astitwa Office Campus, Mallahi Pakadi

We didn't forget our neighbors.

Children living in slums near our office were given **regular, nutritious meals**, ensuring **no child in our reach went to bed hungry**.

The Numbers Behind the Warmth:

Location	Total Meals Served (Oct2024-March2025)
PMCH (Caregivers)	27,000+
Boys Blind Hostel	9,000+
Girls Blind Hostel	9,000+
Local Community Kids	<i>Ongoing Weekly Outreach</i>

Because sometimes, healing begins not with medicine... but with a warm plate of food served with love.

5.9 Skill Development Training Program — Phool Jhaadu Making

*In Association with BRBCL & Sangini Ladies Club
Nabinagar, Aurangabad, Bihar*

Date: 28th Nov – 3rd Dec 2024

Program Snapshot

In collaboration with BRBCL and Sangini Ladies Club, Nav Astitwa Foundation conducted a 6-days Skill Development Training Program for **30 women from SHGs** of Khadha, Kerka, and Dhudhwa villages at BRBCL Township, Nabinagar.

Objective: Empowering Hands, Blooming Futures

To equip rural women with practical skills for Phool Jhaadu making, enabling them to earn a sustainable income in eco-friendly, handcrafted production and tap into festive market demand.

More Than Just a Craft—A Livelihood

The program aimed to empower rural SHG women with the ability to turn eco-friendly materials into market-ready products. They weren't just taught how to

make brooms—they learned how to brand them, package them, price them, and proudly sell them. Each day brought new experiences:

- From **crafting with coconut fibers** to using **dried flowers, soft grass** and **binding threads**
- From **first-time hands-on sessions** to **confident customer conversations**
- From **market exposure** in Barun and Nabinagar to **a grand exhibition** at BRBCL's Ashoka Complex

These women walked in as learners—and walked out as **artisans, saleswomen, and entrepreneurs**.

Highlights That Made an Impact:

- **828 Phool Jhaadus** were created by the women during the training.
- **Over 220 brooms sold**, including a **bulk order of 100**.
- **₹11,600 earned** and distributed among participants.
- **Real sales experience** through live stalls and exhibitions.
- **Certificate ceremony held on 7th December** to celebrate their transformation.

From the **NTPC gate stalls** to **market visits**, each activity was designed to strengthen their skills and build confidence.

“With every broom woven, a woman swept away limitations and stepped into possibility.”

Conclusion

The Phool Jhaadu Skill Development Program transformed 30 women into artisans and entrepreneurs. With new skills, real sales experience, and strong community backing, they are ready to take charge of their financial future—one handcrafted broom at a time.

“With every broom sold, a dream takes flight.”

Nav Astitva Foundation is proud to stand beside them as they continue to grow, create, and inspire.

5.10 Empowering Her: Breaking Barriers with Menstrual Health Education

In Association with BRBCL

Venue: PAP Villages (Nabinagar, Aurangabad)

Date: 27-30 January, 2025

Program Snapshot:

Nav Astitva Foundation, in partnership with **BRBCL**, proudly led a transformational initiative to empower **200 adolescent girls** and **200 women** across 9 villages of Nabinagar, Bihar, through **Menstrual Health Management (MHM) awareness and education**.

Objective:

To **normalize menstruation**, **educate young girls**, and **engage mothers**—creating a ripple of change in communities where silence, shame, and misinformation once prevailed.

We dared to ask: *What if a pad and a conversation could change a girl's life?*

Who We Reached:

9 Schools | 400 Lives Touched

25 adolescent girls and **25 community women/mothers** from each school participated.

What We Taught:

In our vibrant, open, and interactive sessions, we covered:

- **Understanding Periods** – What really happens in the body?
- **Breaking the Silence** – Why taboos harm more than help.

- **Healthy Hygiene Habits** – How to stay safe and clean.
- **Using & Disposing Pads** – Practical, eco-safe demonstrations.
- **Food & Flow** – Nutritional guidance for growing girls.

We used **real stories, visuals, discussions, and toolkits** to ensure every girl left not just informed—but *empowered*.

Highlights from the Field:

- **MS Urdana** (January 18, 2025): The first session set the tone for the project. A total of 25 adolescent girls and 25 women participated. The training revealed that most girls had no knowledge about menstruation prior to their first period, and conversations with mothers were non-existent.

The session encouraged open dialogue, and all participants were provided with MHM kits to support hygienic practices. For many, this was their *first time learning the truth*.
- **MS Dhundhwa** (January 18, 2025): The turnout was overwhelming—**100 girls and 26 women** showed up, eager to learn. Deep-rooted myths and social taboos were evident, but the high curiosity among students led to open and interactive discussions. The session successfully bridged the information gap, and MHM kits were distributed to selected girls and all women participants for maintaining proper menstrual hygiene.
- **PS Ekghara** (January 27, 2025): We hosted the third session with 25 girls and 25 women. Students voiced concerns about unhygienic toilets and shared their personal struggles with gender bias and lack of nutrition, highlighting the importance of proper dietary habits. The training encouraged a shift in mindset, and MHM kits were given to all participants to help practice safe menstrual hygiene.
- **PS Khadaha** (January 27, 2025): The fourth training session where 25 girls and 25 women took part in a dynamic session. Girls were especially curious about the biological process of menstruation and took notes during presentations. **25 mothers** of school girls also attended the session. They were educated about the **impact of nutritional deficiencies** during adolescence and the importance of proper menstrual hygiene.

After the training, every participant received an MHM kit to support menstrual health practices.

- **PS Mangabar:** The fifth session was held on **January 28, 2025**, with **25 girls and 25 women** participating. Though initially shy, the girls became engaged after watching the visual presentation, which helped them understand menstruation for the first time. The session revealed a **lack of teacher sensitivity** and no provision for emergency sanitary pads, causing girls to leave school during periods. Discussions also highlighted **gender inequality at home** and the need for proper nutrition during adolescence. All participants received MHM kits to support safe hygiene practices.
- **MS Kerka (January 28, 2025):** The sixth Training session engaged **33 girls and 33 women**—more than planned due to strong interest. Students raised concerns about basic amenities such as **clean toilets, running water, drinking water, dustbins in toilet areas, electricity, and emergency sanitary pad**, which often caused them to miss school. The session focused on menstrual hygiene, nutrition, and breaking taboos, with active participation and open discussion on gender inequality. All participants received **MHM kits**, supporting both awareness and practice of healthy menstrual habits.
- **PS Saleya:** The seventh session was conducted at PS Saleya on January 29, 2025, with 25 adolescent girls and 25 women participating. The girls showed keen interest, actively asking questions and engaging in discussions. Many shared personal experiences of gender inequality at home. The girls expressed that if schools had clean toilets, running water, dustbins, electricity, and emergency sanitary pads, it would reduce dropouts and improve comfort. All participants received MHM kits to encourage healthy menstrual hygiene practices.
- **MS Manjhiyawan:** The eighth session was held on **January 29, 2025**, with **38 adolescent girls** participating. The girls were highly engaged, and discussed **myths, hygiene, and gender inequality at home**. The **school principal and staff were supportive**, ensuring a safe space for open dialogue. The session also addressed the role of **nutrition during adolescence**. Mothers were not present due to short notice.
- **Kasturba Gandhi School:** The final session was conducted on **January 29, 2025**, with **28 girls** participating. Students stressed the need for **basic facilities** like clean toilets and emergency pads. Following the session, an

MHM kit was given to each girl and our team inspected the sanitary vending machine, carried out necessary maintenance, and officially took over its upkeep to ensure its continuous functionality, reinforcing our commitment to menstrual hygiene management in schools.

Challenges Faced:

- More girls wanted to join than we could accommodate—every girl had a story.
- Electricity issues limited our ability to use digital tools.
- Lack of clean toilets continued to threaten girls' health and school attendance.
- Some female teachers distanced themselves from the topic—showing that *change must start with adults too*.

What We Learned (And What's Next):

- Menstrual Health **must** be part of the school curriculum.
- Every school needs a **Pad Bank**, not just one-time kits.
- **Mothers and daughters** must be educated together—to rebuild lost trust and open communication.
- **Basic infrastructure** (toilets, water, dustbins, electricity) is *not a luxury*—it's a right.
- Safe Saturdays and MKUY schemes should include *menstrual wellness as priority*.

A Small Kit, A Big Change:

Each participant received an **MHM Kit**—containing sanitary pads, hygiene essentials, and dignity.

But the real gift? **Confidence, courage, and knowledge.**

Voices of Change:

“I thought I was dirty... but now I know I am powerful.”

— *Pihu, Age 14*

“Today, I will go home and talk to my daughter. We never did that before.”
— *Sangeeta Devi, Mother*

Let’s Keep This Flowing...

Together, we’ve taken the first step. But **thousands of girls in Bihar** are still waiting—for a conversation, a pad, a change.

5.11 Skill Development Training Program — Beautician Course

In Association with NTPC

Location: Aurangabad, Bihar

Date: 30th January- 20th March 2025

Program Snapshot

A 45-day intensive training initiative designed to equip 25 women and adolescent girls with practical and professional cosmetology skills—creating pathways to income generation and self-reliance.

Objective: *Beauty with Purpose. Confidence with Capability.*

To impart foundational and advanced techniques in beauty care, enabling 25 women to pursue self-employment or join beauty salons with practical exposure through revision, demos, and assessments.

Session Journey

The course began on **30th Jan 2025** with an inaugural session attended by community leaders and Nav Astitva Foundation’s team. Over the next weeks, sessions included:

- **Threading** (31 Jan–2 February)
- **Waxing** (4–7 February)
- **Bleaching** (8–9 February)
- **Skin Care & Treatment** (10–18 February)
- **Facial Treatment** (19–21 February)
- **Bridal Makeup** (22–23 February)

- **Manicure & Pedicure** (26–28 February)
- **Hair Cutting & Styling** (1–5 March)
- **Mehendi Application** (6-7 March)
- **Makeup Artistry** (8–11 March)
- **Revisions & Final Assessment** (16–20 March)

Conclusion

The Beautician Course Training Program wasn't just a class—it was a turning point. Participants walked in uncertain and walked out equipped to shape their futures. With continued support, they are now ready to transform beauty into business, and skills into success.

"Each brushstroke carried a dream; each smile reflected a future reshaped."

6. Outcomes and Impact:

This year, the Foundation's initiatives created a deep and lasting impact by addressing the core needs of vulnerable communities—livelihood, health, resilience, and dignity. Women and girls gained access to skill-building opportunities that translated into economic independence and increased confidence. Awareness programs led to positive behavioral changes around health and hygiene, while disaster preparedness efforts strengthened the ability of communities to respond to risks and protect their livelihoods. Nutritional support reached the underserved, fostering inclusivity and compassion. Together, these efforts contributed to building stronger, self-reliant communities empowered to lead better, more secure lives.

Each program planted the seeds of transformation—turning skills into livelihoods, awareness into action, and support into strength.

"We don't just deliver programs—we nurture self-reliance, one life at a time."

7. Future Plans:

Looking forward, Nav Astitva Foundation aims to:

- Expand menstrual health programs across more districts to ensure no girl or woman is left behind.
- Launch new skill development and livelihood initiatives to empower rural women with practical, income-generating opportunities.
- Scale its nutrition programs to support food security in more underserved areas.

Through these efforts, the foundation seeks to further promote health, dignity, and self-sufficiency in the communities it serves.

8. Acknowledgement:

Nav Astitva Foundation extends heartfelt thanks to all partners, collaborators, and volunteers who contributed to the success of our programs in 2023–2024. Special thanks to Rotary Club Patna Millenium, Lions International Club, Reliance Foundation, BRBCL, IRCON, NTPC, Health Departments, ICDS, LSBA, WDC, Schools, and other stakeholders whose unwavering support enabled us to reach more people and create lasting impact.

9. Conclusion

The year 2024–2025 has been a dynamic journey of action, learning, and transformation for Nav Astitva Foundation. Through thoughtful collaborations and a deep-rooted commitment to grassroots change, we reached hundreds of women and adolescent girls—offering them not just skills, but a renewed sense of purpose and self-worth.

From promoting menstrual health awareness in schools and rural communities to running impactful skill development programs in beautician training, stitching, mehendi, and broom making—each initiative was designed to strengthen economic independence and personal dignity. The observance of World Menstrual Hygiene Day and the Girls' Empowerment Mission served as powerful reminders of the importance of awareness, access, and advocacy in shaping gender-equal communities. Meanwhile, Sai Ki Rasoi continued to nourish not only bodies but also hopes, by delivering consistent support to those who need it the most.

As we look back on the milestones achieved this year, we recognize that real change begins with collective resolve—and this year, that resolve was stronger than ever. With every program, we built bridges to opportunity and planted seeds of confidence. And with the continued support of our partners and the trust of our communities, we remain committed to walking this path of empowerment—one woman, one girl, one life at a time.



THANK YOU

