



**Lyvefresh**<sup>®</sup>  
*Har din, Har pal.*

# Ānanda

**FREE\*** workshop on  
Menstrual Hygiene Management  
& Sanitary Waste Management.

## NOW FOR



**Corporate**



**Schools**



**Govt. Departments**

For more details reach us at +91-7303079151 | [info@abcdgroup.in](mailto:info@abcdgroup.in) | [www.lyvefresh.com](http://www.lyvefresh.com)

# “Lyvefresh Ananda” is the program for females related to training on Menstrual Hygiene Management.

Focusing on using eco friendly alternative products during menstruation and maintain better hygiene for better health. This also helps to save nature by not using disposable products.

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**Our extended support to the initiative  
Menstrual Hygiene Management  
Initiated by  
Health & Welfare Ministry  
Government of India**



Ministry of Health & Family Welfare  
Government of India



## **NEED FOR THIS WORKSHOP... (Some facts about menstrual hygiene issues in India... )**

- India receives approximately 12.3 billion sanitary pads every year which is approximately 113000 Tons of sanitary waste harming the nature.
- During CoVid19 lockdown, there are millions of girls in schools and women in rural areas faced shortage of sanitary pads.
- Sanitary pads have several health disadvantages for women which are proved by various international research agencies.
- Each sanitary pad takes approximately more than 500 years to decompose if left open in nature.
- In India there are around 35.5 billion menstruating females out of which approximately only 20% uses sanitary pads due to lack of awareness or affordability.
- Cost of menstruation in India (i.e. cost of sanitary pads considering average cost per pad @5/- per piece) is approximately INR 426 Billion, which is considering only if 20% of the menstruating females uses Pads.

# What do we achieve through “Lyvefresh **Ananda**”?

**Provide Solution not Pollution to Female**

(i.e. better health and hygiene practice)

+

**Save Nature**

(i.e. controlling sanitary waste which harms nature)

## Importance of Menstrual Hygiene

Hygiene-related practices of women during menstruation are of considerable importance, as it may increase vulnerability to Reproductive Tract Infections (RTI's). Poor menstrual hygiene is one of the major reasons for the high prevalence of RTIs in the country and contributes significantly to female morbidity.

Due to their responsibilities, women who pay less attention to their hygiene can spread a lot of germs. Food poisoning, gastroenteritis, pneumonia, trachoma and skin infections are some of the diseases caused by poor personal hygiene practices. This is why it is essential for women to maintain great personal hygiene.

## **Program includes an extensive training on following...**

- Importance of menstrual hygiene ?
- Why stop using sanitary pads / tampons ?
- Disadvantages of using pads / tampons ?
- Why shift to eco friendly alternative ? i.e Menstrual Cup
- Health benefits of using Menstrual Cup ?
- How do you save nature ?
- 98% saving on cost by using Menstrual Cup ?
- What is Menstrual Cup ?
- How to use Menstrual Cup ?
- How to store and care menstrual cup ?
- Sizes of Menstrual Cup ? How to choose yours ?
- Is menstrual cup safe ?

And much more ...

## Programs organized ...



**@ Police Training Centre – Marol, Mumbai for 250 Women**

## Programs organized ...



**@ Railway Police Head quarters – Ghatkopar, Mumbai**



## Programs organized ...



**@ Family Service Centre (Orphanage)  
COLABA, Mumbai.**

## Programs organized ...



**@ ParkSite Police Station  
Vikhroli West, Mumbai.**

**Eco friendly alternative during menstruation.**



**We appreciate our supporters with certification.**



Organize  
Lyvefresh ANANDA

FREE\*  
workshops if  
you are a  
corporate /  
NGO / School /  
College

Donate for a  
FREE workshop  
+ FREE  
Products for  
needy women.

## **FREE WORKSHOPS for your organization**

### **Requirements from your organization.**

- Place of event (Conference room / Banquet hall / etc)
- Minimum of 50 attendees to be present in 1 event.

### **What do we offer?**

- 2 hour extensive workshop on Menstrual Hygiene Management & Sanitary Waste management.
- Literature on benefits / usage of products / importance of hygiene / etc. in Digital format.
- Discounts for buying Menstrual Products during the workshops

Note: All the physical FREE workshops to be organized have to be in the jurisdiction of Mumbai only.

## **DONATE FOR A FREE WORKSHOPS for NEEDY WOMEN**

**With your CSR budget you can support each needy women @ just Rs.400/- which would include the following.**

- Free workshop
- Your logo on Standees / Banners during the event
- Event to be organized at any government department / village for needy women.
- Coverage on Lyvefresh social media page.
- 1 interview video on Lyvefresh You tube channel
- Logistics & Food cost during the event.
- Expert Trainer as required during the event.
- FREE Menstrual cup with INR 630/- to all attendees.
- Certificate of Appreciation

**Note: You can donate through an NGO for this activity also.**

## Our Supporters

### Our Partners



### Our Donors



### Beneficiaries as on date





**Kindly feel free to connect with us ...**

**ABCD MULTIVENTURES**

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Facebook / Instagram : @lyvefresh

**For Partnerships & Sponsorships**

**9423084041 / 7303079151 / 9967776667**

**BANK DETAILS FOR PAYMENT**

Account : ABCD MULTIVENTURES

Bank: KOTAK MAHINDRA BANK LTD.

Branch : Ghatkopar West.

Account No. : 6545208338

IFSC / RTGS Code: KKBK0000682

**NOTE: Kindly mail the details of your name and GST no.  
once you make the Payment to us on  
[abcdmultiventures@gmail.com](mailto:abcdmultiventures@gmail.com) so we can share  
the Tax invoice.**

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