प्रोजेक्ट जननी

Project Janani · 12-month empowerment journey

👐 **Parmartha – A Hand For You**

> ❝ A structured process — not a campaign. Dignity, education, skills, self-confidence.
>
> 📍 Active: Sitamarhi • Begusarai • Patna • Darbhanga

📍 Sitamarhi 📍 Begusarai 📍 Patna 📍 Darbhanga

🌱 Why does it exist?

🧎 **Menstrual health stigma** Girls miss school, feel shame

📖 📚 **Learning gaps** Limited local education support

💼 💼 **No skill exposure** Women unaware of career pathways

💬 🗣️ **Low confidence** Social barriers limit participation

📅 12-month journey

FEB   MAR–MAY   JUN–AUG   SEP–DEC   JAN

SANKALP
🤝 **Janani Sankalp**
Team & planning

🌸 **SWABHIMAAN**
🌸 **Janani Swabhimaan**
Dignity & menstrual health

VIDYA
📖 **Janani Vidya**
Education support

SHAKTI
⚡ **Janani Shakti**
Skills & confidence

SAMMAN
🏆 **Janani Samman**

💧 🌸 Current focus — Janani Swabhimaan

"Dignity must come before education. Self-respect must come before skill."

- ✅ Menstrual hygiene kits distributed
- ✅ Awareness sessions in schools & communities
- ✅ Informational pamphlets in local languages
- ✅ Women volunteers & caregivers lead every session
- ✅ Safe, dignified environments

🎁 Why support Project Janani?

💰 Kit Distribution
Dignity for girls in school

📢 Awareness Programs
Breaking generational stigma

👩 Volunteer Training
Women leading women

📊 Tracking & Reports
Transparent accountability

🌱 Long-Term Follow-up
Real, lasting change

⚖️ Impact approach

✅ We Focus On

- ✅ Depth of change
- ✅ Process quality
- ✅ Honest reporting
- ✅ Community trust

❌ We Avoid

- ❌ Inflated numbers
- ❌ One-time events
- ❌ Exaggerated claims
- ❌ Generic campaigns

🤝 How you can help

🎁 Donate – fund kits & training

🤝 CSR Partner – long-term support

👥 Volunteer – join ground team

⬇ Learn More – download project plan

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Parmartha – A Hand For You Foundation
Building systems of dignity, one woman at a time.

🌐 **parmartha.org**

"This organization knows exactly what it is doing." ✊