

2022 Edition

A YEAR IN REVIEW

Purple Feminists Group

WE ARE FEMINISTS . WE ARE SISTERS . WE ARE CHANGEMAKERS

Collectively, We Strive to Build a Future where Inclusivity and Equity Community Supreme.



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OUR STORY



Organization Background

Purple Feminists Group is a dynamic local feminist NGO, comprising young activists from diverse backgrounds in Myanmar, established in early **2018**. Our innovative approach to advocacy includes workshops, social media campaigns, feminist literature, and podcasts to engage generations across society. We are dedicated to advancing gender equality through positive feminism.

Our Missions

- To restore the dignity of menstruators
- To promote feminist literature in the local language
- To amplify women and girls' voices through podcast and artwork
- To educate on gender-based violence

Our Vision

To build a world without gender discriminations, sexism and misogyny.

WORDS FROM EXECUTIVE DIRECTOR/FOUNDER



This past year was one of both challenge and profound commitment at **Purple Feminists Group**. After living in **Thailand** for a year following the coup, it became increasingly difficult to stay attuned to the real experiences of those on the ground in **Myanmar**. Distance, however necessary for safety, creates an undeniable gap in understanding. So, in a moment of resolve,

I returned to **Myanmar**, driven by the need to reconnect with the heartbeat of our community.

Arriving back, I was struck by the slow but profound deterioration of mental health among the people of **Myanmar**. It became painfully clear that mental well-being was at the core of the struggles people faced, compounded by the ongoing trauma of political upheaval. This realization set our focus for the year: to prioritize mental health alongside our feminist mission.

To address this critical need, we launched the “**Inside Out Mental Health**” campaign. We began with a survey to understand specific struggles, then shared resources and launched a video podcast series with **Dr. Su Su Maung**, a Myanmar psychologist based in the United States. The series tackled issues like **post-traumatic stress, depression, anxiety, and self-care—all with a focus on coping with crisis**. **Dr. Su Su Maung’s** insights resonated deeply with our community, offering tools for resilience in these difficult times.

To further engage young people, we launched a **Feminist Literature Competition**, encouraging them to share their personal stories of surviving conflict. This initiative fostered self-expression, creating a supportive space for processing the hardships we face together.

While mental health became a central theme, we remained dedicated to our feminist mission of empowerment and education. Through our **Feminist Club Program**, we guided young people in exploring the principles of feminism from a local perspective, highlighting it as a pathway to justice, not a “Western” concept. This program grew into **Season 4** of our podcast, themed around generational justice. We focused on the military’s impact on women’s lives, choices, and bodies, spotlighting the oppression faced and the resilience of those fighting for change.

Collaboration was essential to our work this year. We partnered with **DKT Myanmar** on the “**Bodily Autonomy is a Human Right**” campaign, addressing essential topics like menstruation, abortion, and the importance of bodily autonomy.

On International Women’s Day, we took a part in dialogue on pleasure as a human right, encouraging people to reclaim self-love and explore holistic well-being—physical, emotional, and psychological. In a society that often silences these discussions, this was a powerful step towards reclaiming our bodies and lives.

Reflecting on **2022**, I am moved by the resilience of our community and the strength we continue to find together. The work we do at **Purple Feminists Group** is more than a series of programs and campaigns; it is a commitment to each other, to a vision of justice, equity, and healing. As feminists, as members of the **Myanmar** community, and as people who believe in the inherent dignity of all, we have stood side-by-side through incredible challenges. **Together, we are building a Myanmar where democracy and gender equality are not distant dreams but living realities.**

In solidarity,

Nandar

Executive Director, Purple Feminists Group

INSIDE OUT MENTAL HEALTH CAMPAIGN

The **Inside Out Mental Health Campaign** aims to raise awareness about mental health-related issues for individuals who are showing unwavering dedication and active participation in the revolution, holding firm belief against the dictatorship under all of the threatening circumstances in **Myanmar**. The Inside Out campaign started in **May 2022** and had continuously run until the end of the year. The campaign is a digital movement hence, we use our different platforms such as **Facebook, Instagram & Twitter** by using hashtags such as **#healing-fromtheinside #mentalhealthmatters #mind2body** to spread the campaign messages.



Generally, this campaign can be divided into four parts:

- Mental Health Survey Form
- Mental-health related knowledge sharing
- Educational Videos
- Podcast with Dr. Su Su Maung

Mental Health Survey Form

The main purpose of this campaign is to raise awareness about **mental health and self-care** for Myanmar citizens who are enduring the revolution under unimaginable conditions of the country, to help them be aware of one's thoughts. It is also a way to promote resistance to thrive in the long term. Thus, we, **Purple Feminists Group** conducted the first survey of the opinions of **Purple's fans**. Through this survey, we aimed to create mental health support through different mediums that will meet individuals' needs.

Mental-Health Related Knowledge Sharing

Every **Wednesday**, we uploaded **mental-health** related content along with prompts that can help individuals with **self-awareness and mental well-being**. We aimed to provide free resources to fill the gap of inaccessibility to mental health services during the unpredictable political situations of the country, regardless of their **gender identity, sexuality, and other social status**. We continuously used the **Burmese language** to share the content throughout the campaign to reach out to a wider network. There was a wide range of mental health concepts in our contents from giving tips on dealing with stress to sharing about what can trigger anxiety.

Video Productions

For the video productions, we did it in two different ways.

1. The first one is an approach to fostering friendly learning as **educational videos** related to mental health well-being. This aims to be an introduction for people who already understand mental health well-being, but are unsure how to sustain a peaceful state of mind and body by including some yoga and mindfulness sessions.

2. In addition, we released video podcasts on **mindfulness, compassion, and growth** through 6-8 publically available video productions collaborating with the therapist **Dr. Su Su Maung, M.A. (Counseling Psychology), Founder, CEO & Principal Consultant of Citta Consultancy**, a social enterprise that provides psychological consultation, training, and wellness programmes to develop the human and social capital of people in Myanmar. There are **five episodes** in total covering **post-traumatic growth, depression, self-love & self-compassion, pleasure** in which each of them were divided into three to **four parts** to ensure an effective learning. All of them are only available in Burmese with **Burmese subtitles**. However, we may try to add **English subtitles** in the future as well. So, please stay tuned.

PLAYLIST

THE LAUNCH OF FEMINISTS CLUB PROGRAM

Feminists Club Program is initiated to give a platform for young people to come together to learn and exchange knowledge on intersectional feminism through a digitally secured platform. In each session, participants will have an opportunity to **READ. LISTEN. WATCH** the chosen pieces of **feminist literature, podcasts, or documentaries**. The group discussion will be open yet intimate and respectful. The discussion is designed to fuel the understanding of young people on feminism. Participants are responsible to do the **reading/listening/watching** arranged by **PFG** as per session. They are also expected to actively participate during the discussion such as sharing their stories, ask questions, etc. At the end of the session, **ALL** participants are strongly encouraged to submit a piece of **art/writing/video** integrating their learning from the session within a week after the discussion.

LITERATURE COMPETITION: FEMINIST LITERATURE COMPETITION ROUND-7



Literature Competition was initiated and launched in **July 2020**. Its purpose is to create opportunities for women in **Myanmar** (people who identify themselves as female) to create, speak, and express themselves through writing and artwork. This aims to make women writers feel empowered to voice out their **opinions, stories, and artworks** to the public.

The competition is recurring **every 3 months** with different themes that are related to the lives of women and girls in **Myanmar society**

and community. The competition accepts writings in the **Burmese Language** from anyone willing to write and share their stories.

The selection process is designed and confirmed by our contributors who act as judges for this competition. All the submissions are processed through the marking schemes along with the finalization of the judges. Normally, **3 writers** are selected as the winners of the competition followed by **5 to 7 writers** that are chosen for the featured section. The **3 winners** are awarded prize money. All the writing of the selections (winners and featured selections) are published with the writers' consent through our social media pages and websites.

In **2022**, the **7th Feminist Literature Competition** was held. In this **7th round**, under the theme of "**Mental Health**", which was conducted by **PFG**, individuals who are interested in this topic can present their perspectives in any form of submission such as **poems, short stories and painting**. After the selection process was successfully done, twelve of them were chosen for publishing on our different platforms.

WORDS FROM WRITERS OF LITERATURE COMPETITIONS

Laugh a lot
Stop ignoring it.
Love more. Feel it with your heart.
Take care of your mental and physical health.

-Tin May Oo (1st winner of Mental Health)

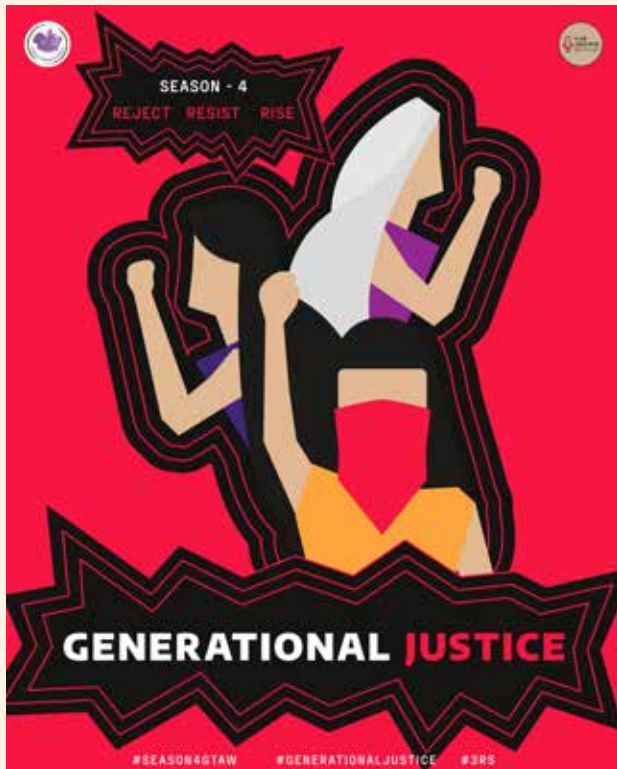
We only get injured when we are more than we can endure, so we need to train our mind to be able to endure a lot. In order not to get injured easily and infections for the body, we must do sports by going to the gym and also need to upgrade our mental stamina. To improve our mentality, we should read and dream about something that we love.

-John William Soe (2nd winner of Mental Health)

Peel off the skin
Not to live in the light of the phone screen
To connect outside
Rubbing the small wound
Living together
To remain without forgetting.

-Dori (3rd winner of Mental Health)

INSIDE OUT MENTAL HEALTH CAMPAIGN



The six-episode series, "Generational Justice," delves into the diverse experiences of women across generations who have endured injustices and discrimination. Through the lens of activism, individuals are working to narrow the gap in gender equality and address disparities in Myanmar's progress towards gender equity.

TOXIC SHAME

There's no denying that subjecting individuals to unnecessary humiliation can prompt profound questioning of their values and very existence. Over time, this form of mistreatment often spirals into depression, accompanied by anxiety and other mental health challenges. Engaging in this dialogue aims to redefine and address the detrimental effects of such experiences on individuals' emotional well-being.

[LISTEN HERE](#)

BODILY AUTONOMY IS A HUMAN RIGHT



On **September 27**, we conducted a webinar called **Bodily Autonomy is a Human Right** with the collaboration of **DKT International Myanmar** to raise awareness to know one's own bodily autonomy including **body shaming, reproductive rights, sexual assaults, the limitations of what to wear (or) not with our own bodies and claim one's rights without the need of societal approval to do what we do with our bodies**. In this webinar, **Dr. Su Mon Thaw, Director of Marketing at DKT Myanmar**, participated as a guest speaker with **Ma Nandar, the founder & executive director of PFG**, leading the discussion as a moderator.

Over twenty audiences attended this webinar which made it a more interactive discussion between the speakers and the audiences. The discussions covered the barriers for individuals to know about their bodily autonomy, taking the ownership of one's body, educating the idea of consent, and other immaculate facts and misconceptions around bodily autonomy not only from the perspectives of medical experts but also from societal perspectives. Additionally, the active participation and insightful questions from the audiences made the event a total success.

MEDIA COVERAGE



Pleasure Talks on International Women Day- 2022

[WATCH HERE](#)



Perception on Feminism with Nandar

(21 March, 2022)

[READ MORE](#)



IN CONVERSATION: ONLINE VIOLENCE BARS WOMEN AND LGBTQI+ FOLKS' ACCESS TO THE INTERNET IN MYANMAR

(12 December, 2022)

[READ MORE](#)

On behalf of **Purple Feminists Group**, our **Executive Director** has actively been involved in the events for **International Women Day**, sharing a knowledgeable perspective on **Feminism** and building sexual consent in the relationships. In the **G-Taw Zagar Wyne** episode, **Nandar** invited a digital security expert to discuss the challenges that **Women and LGBTQI+** community members face in the digital world. Those conversations and interviews make the audience inspire to support and engage collectively and individually to **stop online sexual harassment, intimate relationship violence, and cyberbullying in the digital world.**

PURPLE INFOGRAPHICS

Campaign Impacts

+60 peers take Mental Health Survey Form

+20,000 followers engage in mental health related knowledge sharing

+10 Mental Health related episodes launched on Social Media platforms



Feminist Literature Competition Engagement

12 writers and artists submitted their works

5 winners were selected along with featured selections for publication

4300 to 4800+ individuals remain engaged, stay tuned for updates



Community Updating

Engaged with international speakers in the events

Build mutual-networking with speakers and related organizations

CONTACT US

For more information


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