

2023 Edition

# A YEAR IN REVIEW

Purple Feminists Group

**WE ARE FEMINISTS . WE ARE SISTERS . WE ARE CHANGEMAKERS**

Our Voices Count in Resilience, Stay Consistent and Make a Difference.



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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



Since **Purple Feminists Group (PFG)** was founded in **2018**, menstrual justice has been central to our mission. As a woman who has faced stigma simply for bleeding, this issue is deeply personal to me—and deeply political. Menstruation has long been treated as something to be hidden or ashamed of, rather than a natural experience deserving of dignity and respect.

At **PFG**, we believe that achieving menstrual justice is foundational to broader gender equality.

This year, our **Ani Yang Yar Thi Campaign** was a powerful step forward in the fight for menstrual equity. Through **weekly educational posts, a feminist literature competition, and impactful video productions**, we sought to normalize menstruation and dismantle the silence around it. We produced videos exploring the experiences of menstruators and held a social experiment with **non-menstruators** to bridge understanding, bringing visibility to the realities that so many face in silence. Our philanthropic efforts included the **“Buy Art & Donate Pads”** project, where proceeds from art sales provided menstrual supplies to regions with limited access.

Our **From Taboos to Transformation Debate Tournament** gathered passionate young people who argued fiercely for the rights of menstruators, tackling questions like whether menstrual products should be freely accessible in public spaces. The energy and courage these youth brought reaffirmed our commitment to advocacy.

In October, PFG hosted the **Breaking Barriers, Building Bridges: Conference** on Menstrual Equity—our largest gathering yet to address **menstrual justice**. Across two days, participants explored the intersections of **menstrual health, gender equality, and economic justice**. Stories shared at the conference highlighted the importance of this work, as menstruators from all walks of life spoke about their experiences and advocated for change.

One of our most moving events, the **Dhamata Zagar Wyne Open-Mic**, provided a platform for individuals to share their personal stories of menstruation through poetry and monologues. This space allowed participants to express themselves freely, breaking down cultural taboos and encouraging solidarity.

Through the **Feminist Club Program**, we engaged participants in transformative discussions on topics like bodily autonomy, intersectionality, and reproductive rights—creating a new generation of advocates who are ready to make a difference. Looking back on **2023**, I am incredibly proud of all that we have achieved together.

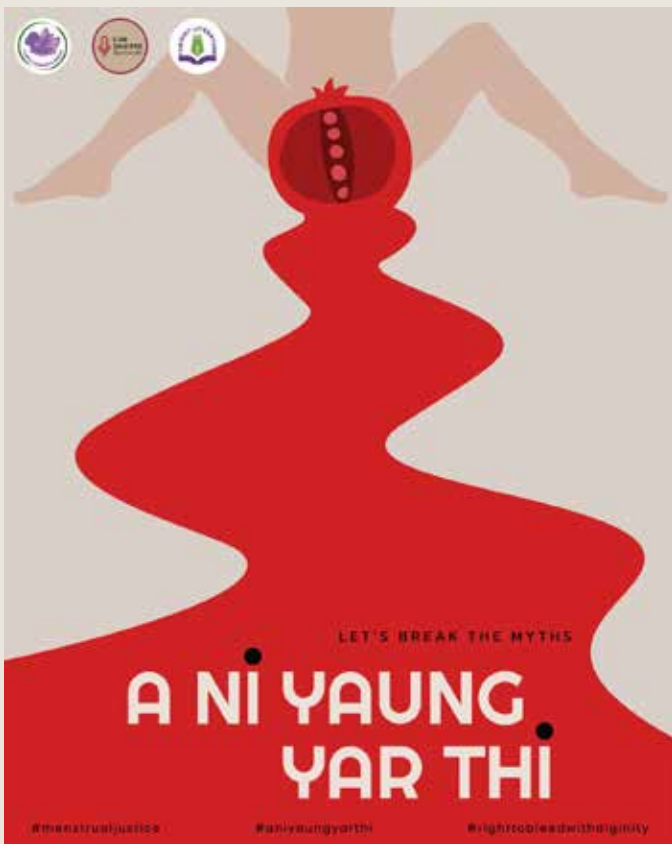
The courage and resilience of everyone involved—from our partners and participants to our supporters and audience—drive us forward. Menstrual justice is not just about breaking a taboo; it's about affirming our right to **dignity, health, and equality**. This work continues to inspire me, and I am grateful to be part of a movement that is reshaping how our society views gender and justice.

In solidarity,

**Nandar**

Executive Director, Purple Feminists Group

# A NI YAUNG YAR THI CAMPAIGN



A Ni Young Yar Thi is a campaign that aims to promote menstrual justice and address the challenges menstruators face worldwide. This includes a series of activities, such as a **feminist literature competition, podcast episodes, video productions, and a culminating conference.**

This campaign amplifies the voices of menstruators and encourages more people to normalize menstruation and initiate the conversations around it.

**#aniyoungyarthi #menstrualjustice #righttobleedwithdignity**

## Weekly Content

A Ni Young Yar Thi Campaign achieved awareness-raising contents to convey our positive messages regarding menstrual hygiene, education and women's rights to the audience through our social media platforms. As our activities targeted audiences across various regions online and offline, social media platforms such as **Facebook, Instagram and Twitter** are utilized to share relevant content as part of our activities.

**On Monday,** posts related to the Feminists Said around menstruation and menstruators' rights. **On Wednesday,** contents covering a range of topics, including menstrual hygiene, common myths, and tips for managing menstrual symptoms. **On Friday,** menstrual informative facts as a knowledge sharing.



LEARN MORE

## Video Production

In Myanmar, the social and cultural stigmas around menstruation still remain, especially in the rural areas due to the lack of accessibility to **menstrual education**. To break the silence and amplify the voices of menstruators while spreading education and entertainment related to menstruation, we conducted two video productions; a **social experiment of a non-menstruator wearing pads for 24 hours** and an **interview about the opinions on menstruation**.

These video productions have drawn to the normalization of menstruation around either men or women to talk openly about their experiences. By featuring this, individuals are encouraged to be able to question traditional roles and norms in Myanmar settings.

SUBSCRIBE CHANNEL

- **Non-Menstrual Discussion on Menstruation**

FULL VIDEO

- **Interview About The Opinions on Menstruation**

FULL VIDEO

## From Taboos To Transformation: Debate Tournament

From Taboos to Transformations online debate tournament in **September**, organized by **Purple Feminists Group**, aims to promote the normalization of menstruation, dismantle the taboos and stigma around menstruation, and foster human dignity and empowerment.

We have all debaters participating in our debate tournament rounds on topics such as “Is stigma and taboos around menstruation harmful to society?”, “Is menstruation a human rights issue or not” and “Should menstrual products be provided for free in public spaces to ensure accessibility and combat period poverty?”. This online debate tournament brings all energetic young people to speak out their constructive arguments in a respectful manner.



[WATCH HERE](#)

## Breaking Barriers, Building Bridges: A Conference on Menstrual Equity

Purple Feminists Group is proud to launch the **Menstrual Justice Conference**, taking place on **October 14-15, 2023**. The conference aims to facilitate **panel discussions, concurrent workshops, and interactive activities that explore the intersection between menstrual equity, gender equality, and women’s empowerment**. These engaging sessions equipped participants with practical skills and knowledge to advance menstrual justice within their communities and recognize the role of menstrual justice in achieving broader social and gender justice goals. Participants will also gain insights into the importance of sustainable menstrual products, which directly impact menstrual health, hygiene, education, and socioeconomic status.



At first, I attended this session to learn about menstruation in depth. After attending the conference, I realized that there are numerous reasons and causes that have been impacted by the menstrual blood in addition to the expected knowledge.

**-Kyi Kyi Htay**

As a male champion, I would enjoy being invited to such conferences so that I can share the Ugandan experience regarding the period equality network and how we have managed to end period stigma and injustices.

**-Muhumuza Michael Clyde**

Since I am intrigued by this conference, I would like to share with the deaf and hearing-impaired people as I experience the same experiences and struggles and I think the deaf women should be more well-informed. What's more, I attend this conference because menstruation is not only for the women but the men should also be more familiar with the period. What I have learnt is that the women are left out in both Myanmar and the International community. Due to the conservative views, the majority of women are facing the things that they shouldn't have experienced in the first place and there needs to be widely more educated to the general public.

**-U Tin Aye**

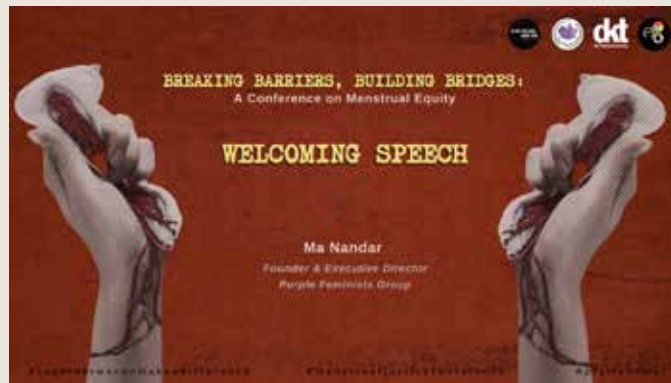
Thanks for making a great program. I didn't know about things like that. I would like to see more and I think it would be better if there was a conference where teenage girls could tell their surroundings as well.

**-Wint Wah Lwin**

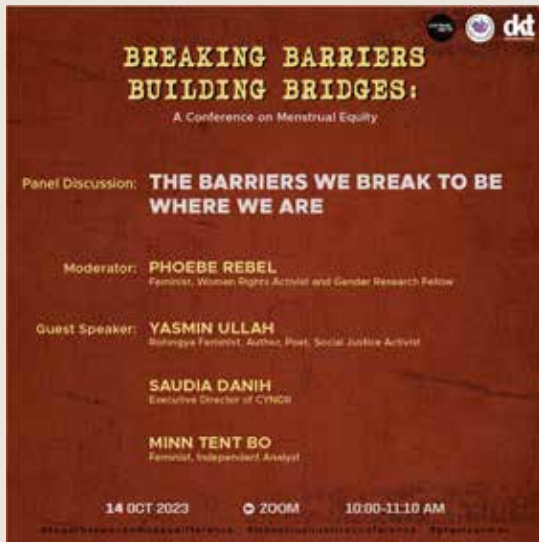
Harmful traditional practices and misbeliefs regarding menstruation are spreading among communities and this is a barrier to get safe and healthy sexual and reproductive life. These issues drove me to attend the webinar and I learned many approaches and insights from the conference.

**-Hteik Htar Tin**

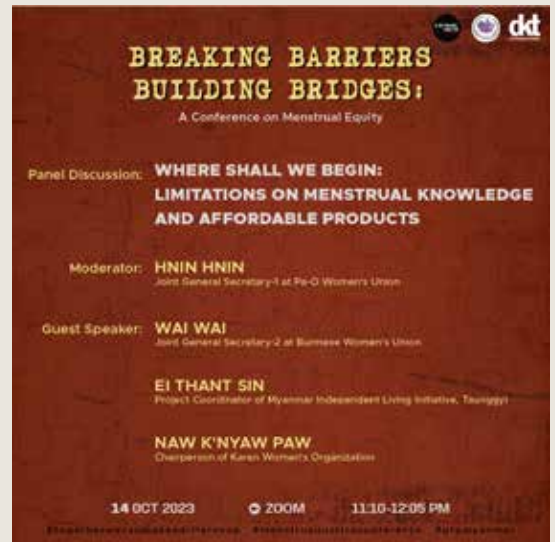
# Conference Day-1



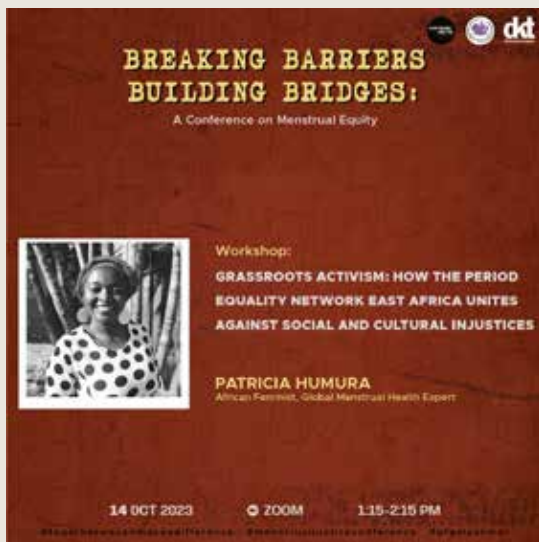
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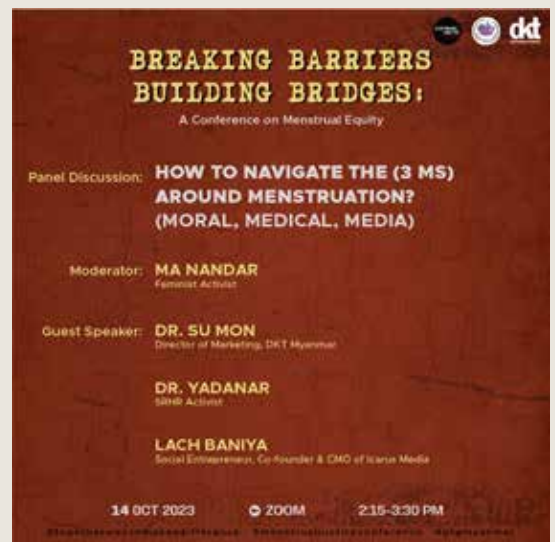
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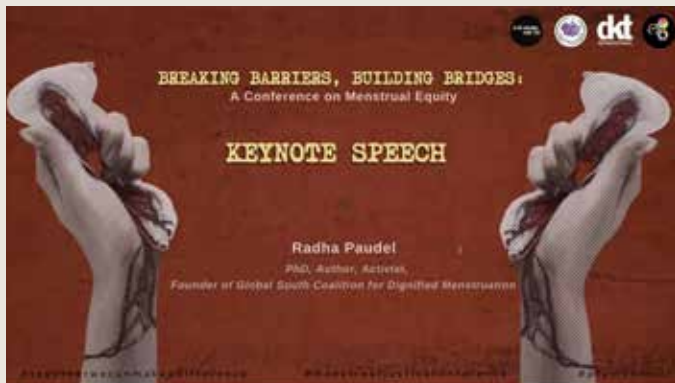


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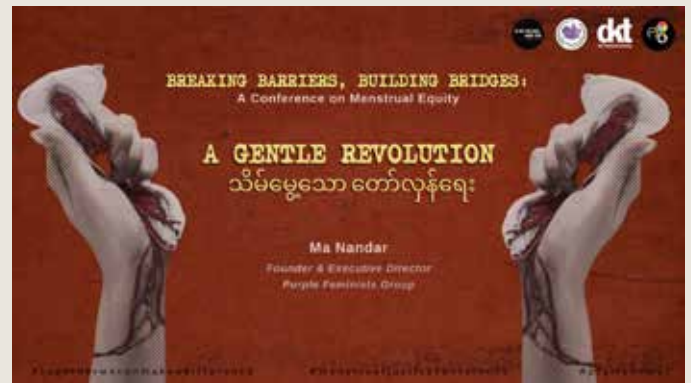


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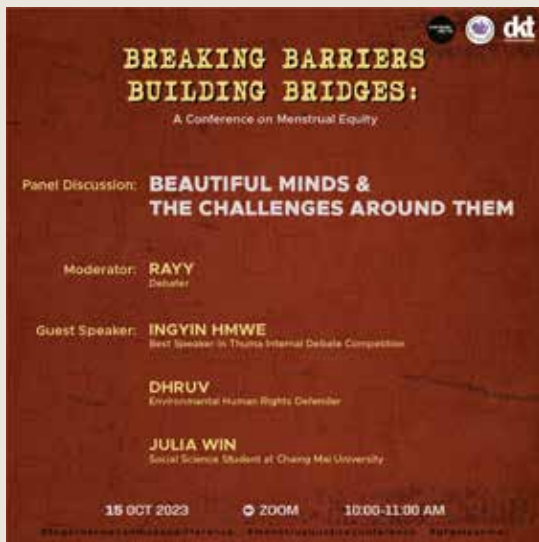
# Conference Day-2



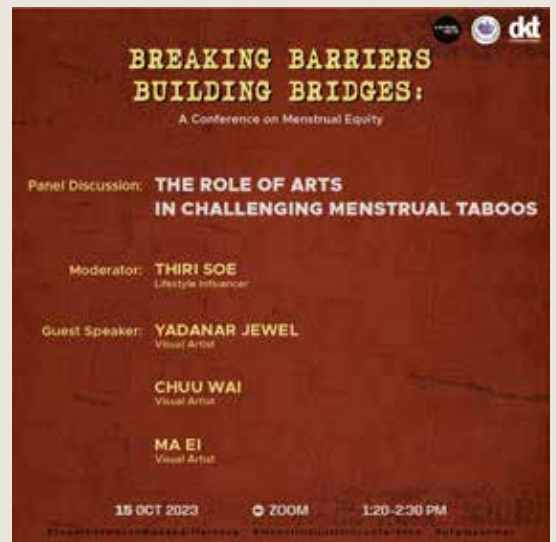
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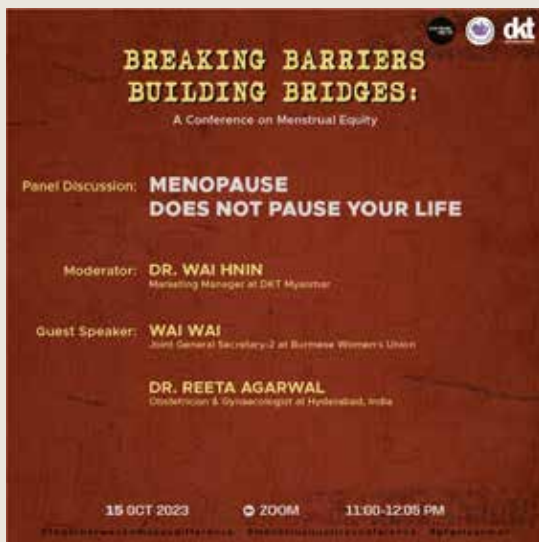
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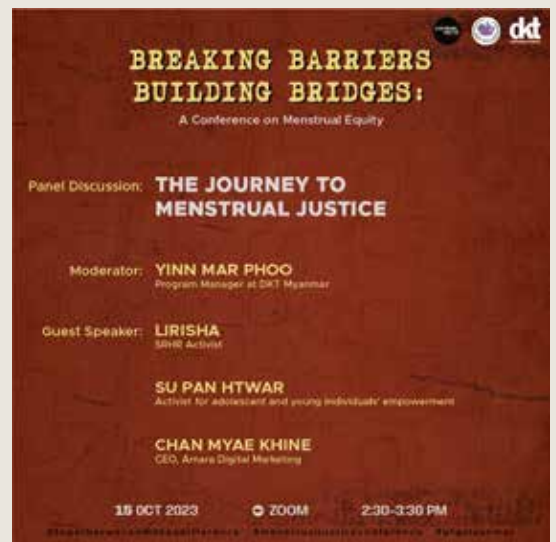
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WATCH HERE

# Dhamata Zagar Wyne: Open-Mic Event

Open-Mic in-person event, titled “Dhamata Zagar Wyne” aims to amplify the voices of individuals regarding menstrual experiences and their perspectives and opinions on menstruation. At this event date on 17th December 2023, 14 performances of young people, from diverse backgrounds and ages performed their own monologues and poetry with different genres.

This open mic event provided a safe space for performers to share their menstrual experiences through monologues and poetry openly. This event brings together to break the silence surrounding menstruation and the challenges that they face associated with gender inequality among family members.

## Watch Performances



WATCH HERE



WATCH HERE



WATCH HERE



WATCH HERE



WATCH HERE



WATCH HERE



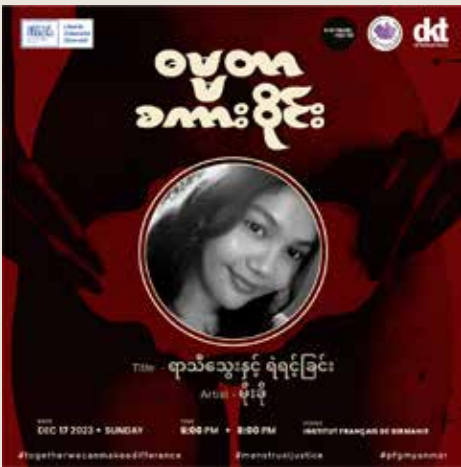
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FOR UPDATED VIDEOS!

# ADVOCACY TO FEMINIST LITERATURE IN MYANMAR

In Myanmar, promoting **Feminist Literature** acknowledges the pressing need to confront and break down deeply ingrained societal norms and stigmas. This innovative effort embraces an interdisciplinary strategy, with a targeted emphasis on education, raising awareness, and empowering a wide range of feminist perspectives within the local landscape.

## Feminist Literature Competition



The 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 artwork to the public.

## MENSTRUATION (Round-8)

We're shining a spotlight on menstruation and its experiences, aiming to foster an open dialogue and normalize this natural phenomenon in this round on **January-March 2023**. Participants are encouraged to share through **storytelling, poetry, art, or any other expressive form, their unique perspectives and encounters with menstruation.**

## Feminists Club

The remarkable achievements of the **Feminists Club** are evident through the successful implementation of three executed programs under the same title during the **2022-2023** time-frame.

### Batch-3

**Feminists Club Program (Batch-3)** was unveiled in **July 2023**, spanning a month and comprising a total of four sessions. Each session, lasting three hours per week, provided an engaging platform for discussion. A diverse cohort of **20 participants**, irrespective of age or gender, enthusiastically partook in the program, demonstrating its commitment to inclusivity across different demographics. Throughout the sessions, participants were afforded the opportunity to engage with a curated selection of feminist literature, podcasts, and documentaries through **reading, listening, and watching**.

## What They Are Saying: Participant Reviews

My perspectives underwent a reflective transformation after delving into feminism. Today, I proudly identify as a feminist, recognizing that everyone navigates with their proper beliefs.

**-Carol (FC Batch-3)**

A significant transformation initially impacted at home for me. I was able to support my family and friends to transform their mindset on this crucial topic.

**-Thein Htet Aung (FC Batch-3)**

# BLOSSOMING DISCOURSES

## Arts from FL-8



Artist - **Aylin Aye**



Artist - **Ingyine Khine**



Artist - **Aeint**

We, as women, have a duty to rebel against discriminatory customs and traditions if people are the ones who establish those practices for the sake of harmonizing with the environment.

**Mi Thi**  
Feminists Club Program (Batch-3)

The difference between a blood drop on a painful scar on the fingertip and a menstrual blood drop became disgraced due to the customs, beliefs and extremism of those human beings.

**Aung San**  
Feminist Literature Competition (8)

To prevent female sex workers from being exploited, Let's dig into the root causes without making superficial judgments.

**Thu Thu Htet**  
Feminist Literature Competition (8)

We want MEN to contribute as your abilities go in getting rid of the prejudices about menstruation instead of making fun of it.

**The Jazz**  
Feminist Literature Competition (8)

LIKE & FOLLOW [HERE](#) FOR THE UPDATES!



# DHAMATA ZAGAR WYNE: BOOK PUBLICATION

A Collection of Myanmar's Menstrual Voices for Menstrual Justice



This book brings together **menstrual narratives, creative artworks and poetries** sourced from two impactful campaigns, “Menstruation is not Shameful” and “Ani Yaung Yar Thi”. It is designed to challenge stereotypes and debunk misconceptions about menstruation, this book aspires to spark meaningful conversations across every corner of Myanmar. Debuted in **Dhamata Zagar Wyne: Open-Mic** event seized the spotlight and the highest level of interest.

**GRAB YOURS?**

**ORDER NOW!**

## PHILANTHROPIC ACTIVITIES

Buy Art & Donate Pads: Fundraising Project



This fundraising program was launched for the second time on **11th August 2023** in which everyone can **participate and donate women's menstrual supplies** for some **needy regions of Myanmar** where are facing difficulties of lacking those supplies and transportation difficulty. **People can donate by purchasing art or by donating money.**

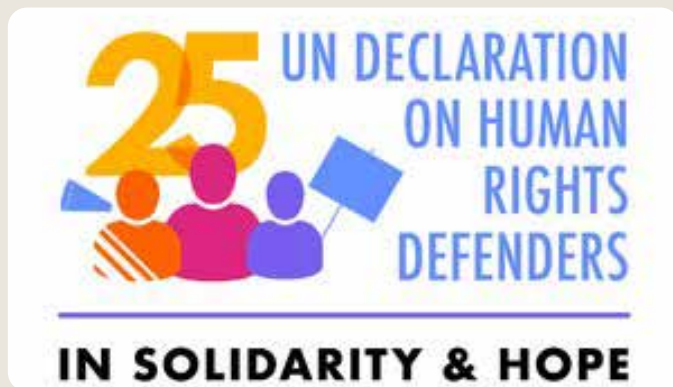
**CONTACT US TO DONATE!**

## Other Donations

You are also encouraged to donate in other ways directly or buy merchandise from **Dhamata Zagar Wyne: Open-Mic Event**. These funds are delivered to necessary places in Myanmar accordingly.

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## NETWORKING ROADMAPS



**Vienna Youth HRD Conference 2023**

[READ MORE](#)



**World Poetry Day by Fortify Rights:  
*Where Are You From***

[READ MORE](#)



**Art, Hope and Human Rights in Myanmar:  
Book Launch and Photo Exhibition**

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**Webinar: Behavioral Management  
Cultivating Positive Habits and Mindsets**

[WATCH HERE](#)



**The Barriers We Break To Be:  
Celebration on International Days of  
Persons with Disabilities**

[WATCH HERE](#)



**New Year's Resolution Live Stream**

[WATCH HERE](#)



**Poem released on Media in Myanmar**

[READ MORE](#)

Acting as a proxy for **Purple Feminists Group**, our **Executive Director** has been actively engaged in various global events promoting human rights and gender equality through World Poetry Day, by Fortify Rights as a Myanmar poet presenting her poem called "**Where Are You From?**". In **2023**, **Ma Nandar** penned another poignant poem titled "**A Gentle Revolution**," advocating for gender equality and menstrual justice. This empowering piece was showcased at the **Menstrual Justice Conference** and **Dhamata Zagar Wyne**, both hosted by the **Purple Feminists Group**, and was later published by **DVB News Myanmar**. Additionally, **PFG** was invited to the event: **Art, Hope and Human Rights in Myanmar: the official launch of "A Chance to Breathe,"** a photo book by **Rohingya refugees**, and a discussion about art & human rights in Myanmar held by **Fortify Rights** in Bangkok.

Furthermore, she joined the **Vienna Youth Conference** as a young human rights defender to address the challenges human rights defenders encountered and discuss what more could be done to protect and empower them in their respective work.

In adapting to virtual platforms for continued networking and participation, **Nandar**, as a representative of **PFG**, actively contributed to webinars such as "**Behavioral Management: Cultivating Positive Habits and Mindsets**" hosted by Mental Heal, "**The Barriers We Break To Be**" in celebration of the International Day of Persons with Disabilities, and the "**New Year's Resolution Live Stream**" organized by **Lydia Myanmar**. Through these endeavors, she continues to amplify voices and drive positive change in society.



# PURPLE INFOGRAPHICS

## Campaign Impacts



**100 to 200** audiences attended on Conference

**4** groups engaged in intense competition during Debate

**+100** audiences attended Open-Mic Event in Yangon

**5** video productions received

**1700 to 2500+** engagement online

## Feminists Club Reach

**40+** candidates applied for FC Club (Batch-3)

**16** competitive candidates actively engaged in this program

**17** submissions received showcasing their creative expressions on feminism



## Feminists Literature Competition Engagement

**54** writers and artists submitted their works

**3** winners were selected along with featured selections for publication

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



# CONTACT US

## For more information


Please visit: [www.purplefeminist.org](http://www.purplefeminist.org)


Contact at [info.pfgmyanmar@gmail.com](mailto:info.pfgmyanmar@gmail.com)

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### G-Taw Zagar Wyne

 [www.facebook.com/gtawzagarwyne](http://www.facebook.com/gtawzagarwyne)

### Feminist Literature in Myanmar

 [www.facebook.com/feministliteraturemm](http://www.facebook.com/feministliteraturemm)

### A Ni Yaung Yar Thi Campaign

 [www.facebook.com/aniyaungyarthi](http://www.facebook.com/aniyaungyarthi)

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