



MYSTIC ART RETREATS

ONLINE COURSES

RTU VIDYA

TALK #1

RTU VIDYA

An Introduction

with Sinu Joseph

In this interactive talk you will learn about the science of menstruation **Rtu Vidya** (pronounced as **ruthu**) informed by an Indian indigenous knowledge perspective.

Learning Objectives:

- The talk shall describe Ayurveda's holistic understanding of menstruation and how it can prevent menstrual disorders
- It shall also cover some of the cultural practices around **Rtu Vidya** and then explain the scientific and logical reasoning behind the origin of these practices

For whom is this talk?

- This talk is for all women, parents, caregivers, and allies interested in learning about healthy menstruation
- It would particularly appeal to women who have unanswered questions pertaining to menstrual practices; for menstrual researchers who will find a treasure trove of potential areas for research pertaining to menstrual health; for sportswomen to discover the ancient techniques that worked in sync with women's periods and not against it, and also for the feminist who assumes that cultural practices around menstruation are a taboo that needs to be done away with

The correct understanding of the science behind menstrual practices will help women prevent menstrual difficulties, develop a positive attitude toward menstruation, and learn to work in sync with nature's cycles. A recording of this talk would be available to all participants. Attendance of this talk is suggested for all those who wish to sign up for our **Rtu Vidya** residential retreat in India this year. A Zoom Meeting link will be sent out to all participants.

Schedule

Saturday 25 th February 2023	10:00 – 12:00 EST 16:00 – 18:00 CET 20:30 – 22:30 IST
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Pre-Requisites

- ▲ High-speed internet for live-interactive talk
- ▲ This course does not warrant any level of proficiency within any discipline

Suggested Donation

- ▲ USD 21 or INR 1080
- ▲ Majority proceeds will be donated for the education of below-poverty-line girls in India
- ▲ For participants outside India you can paypal to purohit.mukul@outlook.com
- ▲ For Indian Residents you can speak to Mukul Purohit on both whatsapp or call (number below) and pay via Google Pay or Bank Transfer to Mukul Purohit

Contact

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About Sinu Joseph



Sinu Joseph is the co-founder and Managing Trustee of Mythri Speaks Trust. She has done extensive action-research in the areas of menstrual and reproductive health since 2009.

She has travelled across India, interacting with more than 20,000 adolescent girls and women, to get a first-hand experience of menstrual practices and their impact on women's health.

Stepping away from popular narratives that focus on menstrual products, her work has explored native methods and cultural practices around menstruation. Through her blog, she has written extensively on unearthing the science behind native practices and bringing forth a unique narrative, which is the Bharatiya perspective, on menstruation. She has studied several Hindu temples, religious restrictions owing to menstruation and their impact on women's

menstrual health. Her study on Sabarimala and the associated Sastha temples explore the way such spaces can alter women's menstrual cycles.