

## Seva Sahayog Foundation

### Project- Urmi (All About Menstruation)

#### Quarterly Report (July'21 to September'21)

#### ❖ Sales & Distribution of Sanitary Napkins

In the month of July, August, September sanitary napkins & reusable cloth napkins were distributed to beneficiaries from different backgrounds across Pune including different schools, Vastis & flood-affected areas. Sanitary napkins were also distributed/sold to other entities like Bhartiya Samaj Seva Kendra (Pune), Prerna Foundation (Sangli), Sanskruti Bahudesshiy Sanstha (Nandurbaar) etc.

Month	No. of Napkins Distributed/ Sold (In Packets)	No. of Reusable Cloth Napkins Distributed
July	3145	50
August	3592	0
September	1284	50
<b>Total</b>	<b>8021</b>	<b>100</b>

#### ❖ Sessions on Menstrual Awareness & Hygiene

Due to the corona pandemic situation, by taking all safety precautions we started to conduct the sessions offline from July 2021

Sr. No.	Location	Attended By	Remark
1	Manjari Near Hadapsar.	Beneficiaries from different backgrounds attended the session. Most of the women are working as housemaids. Some of them are widows.	95+ Women & Girls attended the sessions. Sessions were conducted in 2 groups due to covid restrictions.
2	Manjari in Sai Vishwa Society & Ghule Vasti.	Women & girls	50 Women & Girls attended the session.
3	Happy Colony Gosavi Vasti in Kothrud.	Women & Girls Participated in these sessions. Most of the women are working as housemaids.	47 Women & girls attended the session. This session was conducted in a temple. Before starting the session, we conducted a paper bag making activity which was enjoyed by the attendees.
4	Ramtekdi Hadapsar	Women and girls from Ramtekdi Vasti	More than 50 beneficiaries attended this session.

5	Paanwadi Village near Saswad, Pune.	Women & girls participated in this session. These women work on farms.	22 women & girls participated in the session. Most of them are using cotton cloth during their menstruation. We provided them information about reusable cloth napkins and women were also interested in attending a training about stitching these napkins.
6	Yerwada Near Lakshmi Nagar with the help of Snehdeep Foundation	Women and girls from different backgrounds	80+ Women & Girls attended the session.
7	Dapodi Near Phule Nagar.	Women & girls	30 Women & Girls attended the session
8	Lakshminagar Vasti	Women & Girls Participated in these sessions. Most of the women are working as housekeepers in nearby societies.	Two sessions were conducted in this vasti - the first session for 11 attendees and the second session for 18 attendees. Currently, Seva Sahayog's waste management program is being conducted in this vasti with the association of Cummins. As a part of the waste management programme. In the first session, our team conducted a session on Menstruation health & hygiene. In the second session, we conducted a red dot bag activity - taught women & girls how to make and dispose of sanitary waste including diapers.
9	Janwadi Near Gokhale nagar	Women and girls from wasti participated in this session. Most of the women are working as housekeepers in nearby societies.	More than 25 beneficiaries attended this session.
10	Dapodi Near Rajguru path Jai Bheem Nagar.	Bachat gat women participated in this session.	15+ women participated in the session.
11	Ambegaon with the help of Tribhan Sanstha.	Swachta karmachari who works as a road cleaner with PMC on a contract basis attended this session.	13 women attended the session. They didn't have any knowledge about the purpose of using red dot bags. But after the session, they promised to ensure that they will appeal to people to use these red dot bags for Sanitary waste. They also expressed that now they can easily identify and separate sanitary waste.
12	Lal chawl near Janwadi with the help of Snehdeep Foundation.	Women & girls	30 women & girls attended the session. This session was conducted in a temple which is a remarkable thing. Without any hesitation women and girls attended the session. Before the session, we taught them to make Red Dot Bags. The joy of learning something new was clearly seen on their faces.

13	Veer Baji Pasalkar School Near Panshet.	School Girls from 8th to 10 <sup>th</sup> std & teachers	A total of 41 girl students and 4 teachers attended the session. In the session, the girls participated very actively and answered the questions that were asked. Teachers from schools also said that the session was very useful to them.
14	Yerwada in Madar Teresa Hall	Anganwadi Sevika and vasti survey helpers, women and girls from Nagar Road, Vibhag participated in this session.	50 Sevikas participated in the session who are from underprivileged backgrounds. They live in nearby Vastis. 'Maitrin Hygiene Kit' to these sevikas which were sponsored by Adient Company.
15	Chetan Dattaji Gaikwad School Bavdhan, Pune. With the help of Sevasarathi Sansth, Pune.	Adolescent Girls from 6 <sup>th</sup> to 10 <sup>th</sup> std were participating in the session.	Around 170 girls & 3 teachers participated in the session. Red Dot Paper bag activity was also taken for these girls. Girls assured us that from now onwards they will make and use these bags for sanitary waste and will also teach others to make them. Schoolteacher Pathan madam said that during the lockdown period many strange incidents happened with schoolgirls, therefore it is very necessary and important to give such information to girls.
16	Jilha Parishad School, Bhugaon.	Adolescent girls from 5 <sup>th</sup> to 7 <sup>th</sup> std	60+ girls participated in the session. Girls from the school very actively participated in the discussion regarding the topic and also asked very curious questions that came to their minds. They were happy to learn about red dot paper bags.
17	Kate Chawl Near Dapodi, Pune.	Women from Bachat gats	30 women participated in the session.
18	Mamasaheb Mohol Madhyamik Vidyalay, Mutha.	Adolescent girls from 6 <sup>th</sup> to 10 <sup>th</sup> std and their parents	18 Girls and 9 parents participated in the session. Parents of these girls do farmer jobs on others' farms on a daily wage basis. After knowing the scientific information many parents said that we always thought that all this happened just to remove dirty blood from our body but the real reason is so different and we were unaware of this natural process. But now, after knowing all such scientific information we have gained a lot of knowledge and we will share this information with others too.

### ❖ Train the Trainer's session & Sessions conducted by Trainer's

Sr. No.	Activity and Location	Attended By	Remark
1	Online Train the Trainers' Session	Volunteers of Sanskruti NGO & Dr Hedgewar Seva Samiti participated.	18+ Volunteers from Nandurbaar are participating in an online training session of Train the Trainer. Some of them are MSW students. Now onwards they spread awareness in their region which is a tribal region.
2	Sessions By Trainer's in Sangli.	Attended by women & girls	After attending Urmi Train the trainer programme, Prerna Foundation's volunteers are now taking sessions on Menstrual health & Hygiene in Ojharde & Masuchiwadi villages in Sangli.
3	Sessions By Trainers in Rajveer Madhyamik Vidyalay, Taloda Taluka, Nandurbaar District.	Tribal adolescent girls	After attending Urmi Train the trainer session, Sanskruti Bahuddeshiya Sanstha's volunteers conducted a session on Menstrual health & Hygiene for tribal adolescent school-going girls and also distributed Maitrin Sanitary Napkins.
4	Sessions by Bhartiya Stree Shakti Sanstha in Sangli Dighanchi village hostel.	Dighanchi Hostel girls	This session was conducted by Neela Deshpande and Manisha Deshpande. They are working mainly for women farmers and girls in Sangli Atpadi village through their NGO named Bhartiya Stree Shakti Sanstha. They provided all information regarding Menstrual Health and hygiene and the use of Red Dot Bags for disposal. Seva Sahayog provided sanitary napkins to them to start the Sanitary Pad Bank in the hostel.

## ❖ Other Activities

Sr. No	Activity	Attended By	Remark
1	Campaign for Red Dot Bags	People on social media like Facebook, WhatsApp, etc.	In the month of July, a new poster was I signifying the importance of usage of Red Dot Bags, encouraging people to make & use these bags.
2	Volunteer Engagement	Volunteers of system plus company & individuals	Red Dot bags made by Volunteers were donated to SSF.
3	Distribution of Sanitary Napkins for Flood Relief work	Distributed in flood affected region to women & girls.	At the end of July Chiploon and Mahad city of the Konkan region were affected by the flood. Many families lost everything in the flood. Seva Sahayog gave support to more than 1800 families by distributing kits, which include some snacks, Sanitary pads, Drinking Water, Odomos etc.
4	Introductory Session at Shivajinagar Near Railway Station.	Attended by Vasti People	On the occasion of 15thAug Safalya Foundation organised a programme, in which Seva Sahayog's volunteer Mrs Madhura Abhyankar gave information about SSF & its projects.
5	Introductory Session at Yerwada for Anganwadi Sevika & Parents including some NGOs representatives.	Individuals from Vasti, Anganwadi sevikas and helpers etc.	On the occasion of Rashtriya Poshan Abhiyan- Poshan Mah, all Anganwadi sevikas and Helpers including parents of children from Nagaroad vibhag came together to celebrate the event, in which we introduced Seva Sahayog Urmi Programme and our work to all attendees.

## ❖ Success story about Volunteer Engagement

Under Seva Sahayog's volunteer engagement program, many company volunteers make Red Dot Bags at their homes and courier them to SSF offices from different parts of Maharashtra. Also, many individual volunteers have been continuously making and sending these bags to the SSF office for the last 1 year.

## ❖ Testimonials of Beneficiaries

1. **Mrs. Sarika Nitin Sahastrbuddhe**, Janwadi janta vasahat

*“The session was taken by Gouritai Pendse was very good and very informative, we also learned to make red dot bags in the session. Before the session, we didn't have any knowledge about menstruation as well as Red Dot. but now onwards we can tell others about the given information and also teach them to make red dot bags.”*

2. **Mrs. Kanchan Anil Pujari**, Janwadi Janata vasahat

*“Session was very good and we got detailed information about menstrual health & hygiene, we are now able to give others this information. We also learnt to make red dot bags for disposal. Now I will teach others how to make these red dots bags & spread the awareness regarding using these bags.”*

3. **Mrs. Maya Shreeram Gharate**, Lakshminagar vasti near Dahanukar Colony

*“I am working as a housemaid. The information given was very nice. I also learned to make a Red Dot Bag and we got a sanitary pad also, thank you for giving such nice information to us.”*

4. **Teacher - Veer Baji Pasalkar Highschool Panshet**

*“Thank you so much, Urmii for taking a session in the interior part of the city in the village of Panshet. Girls got detailed information about menstrual health and hygiene. I also had a lot of questions regarding this topic but they were also solved through this session.”*

5. **Miss. Muskan Shaikh**, Veer Baji Pasalkar Highschool - 9<sup>th</sup> Std.-

*“The session was taken by Gouritai Pendse. It was very nice and we got detailed information about Periods. Many doubts were cleared through this session. Now we will try to clear the myths associated with the topic.”*

6. **Mrs. Trupti Bhosale**, Anganwadi Sevika

*“The session was conducted by Sonalitali Ghatpande was very good and very informative. I had knowledge regarding the topic to some extent but after attending the Urmii session I got detailed information. I didn't know about Menopause, but now I understand everything. People of the previous generation used to say that menstruation blood is unclean blood and later we also started to feel the same way. But now I know the scientific reason behind this that this is not unclean blood, now onwards I will share this information with others also.”*

7. **Miss. Vedika Pramod Guru**, Chetan Dattaji Gaikwad School - 9<sup>th</sup> Std student

*“Session taken By Sonalitali Ghatpande was very useful to us. Information was explained in a very nice way; we were also shown a presentation on the screen so we understood it very nicely.”*

### ❖ Glimpses of the Sessions



