

## Seva Sahayog Foundation

### Project Urmi (All About Menstruation)

#### Activity Report (Oct'20 to Dec'20)

#### ❖ Highlights:

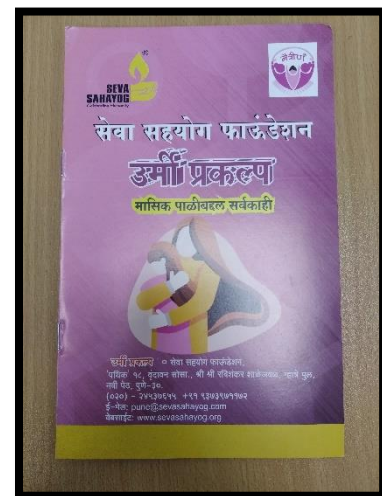
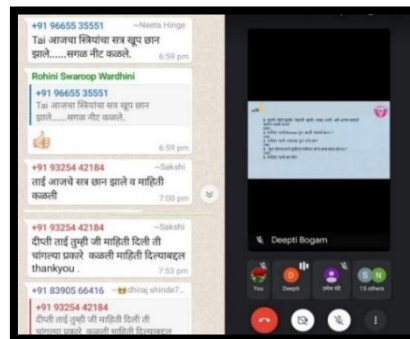
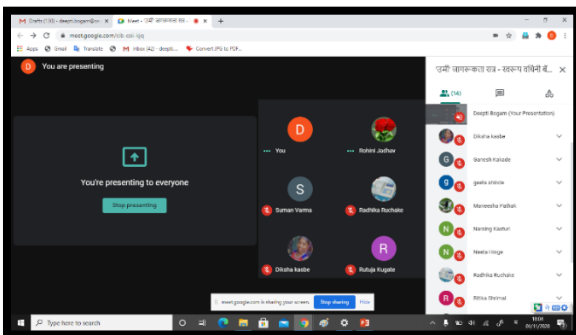
- Awareness Sessions are being organized for the beneficiaries physically, after following all the Covid related safety precautions. 297 girls & women attended these sessions from Pune & Sangli.
- 94,000+ Red Dot Paper Bags have been received since May 2020.

#### ❖ Distribution of Sanitary Napkins:

- In October, November & December **65,444 Sanitary Napkins & 665 Reusable Cloth Napkins** were distributed/sold to different beneficiaries including free Maitrin Hygiene Kits.

#### ❖ Menstrual Awareness & Hygiene:

- In October, we launched 'Urmi' Booklet, which includes information about Menstruation and related topics.
- We took an online awareness session for Adolescent girls of Swaroop Wardhini Sanstha beneficiaries in three batches. Total 50 girls participated in these sessions. We received very positive feedback from the girls.



- In the month of December, online awareness session was taken for the girls of Manavya Sanstha, Bhugaon (ashram for HIV positive girls), 22 girls attended this online session. We also distributed 'Maitrin Hygiene Kit' to these girls



### ❖ Feedback Sessions:

- We took a feedback session (physically) for female construction workers of Aadhaar Sanstha at their Viman Nagar, Pimple Saudagar, Wagholi, Moshi-Alandi and Khradi centers and overall about 200+ women participated in these sessions. We also distributed 'Maitrin Hygiene Kit' to the attendees.



### ❖ Other Activities:

- With the help of Allscripts Company Seva Sahayog Foundation was able to give sponsorship to 30 girls of Mai Bal Bhavan (Hostel for visually impaired girls) & donated 1 incinerator to them.
- 4 Incinerators were donated to Dr.Hedgewar Seva Samiti Sachalit Anudanit Ashramshala and K.D.Gavit Vidyalay Jalkhe(Nandurbaar), along with 500 Packets of Sanitary Napkins to them.

- In October month 500 Kishori Care Kit was distributed to the Kishori (adolescent) girls from our Kishori Vikas Prkalp of Seva Sahayog. Each Kishori Care Kit includes 3 Packets of 'Maitrin' Sanitary Napkins with Red Dot Paper bags for disposal and Urmi Information Booklet regarding Menstrual Health & Hygiene along with 2 Washable cotton masks, 2 Handkerchieves, 5 Soaps, Immunity booster Nutrition Powder.



### ❖ Train The Trainer's Session:

- With the help of Prerna Foundation (Sangali) Seva Sahayog Urmi project arranged awareness sessions for their beneficiaries in villages like Baredmanchi, Yedenipani, Ghabakwadi, Tandulwadi etc. Volunteers of Prerna Foundation took these sessions physically in their villages, after attending 'Train The Trainers' sessions last month. Overall around 150 Ladies & Girls attended these sessions. Maitrin Hygiene Kits were distributed to the attendees after the session.
- Train The Trainer's session was arranged for the volunteers of Seva Sahayog as well as for Aadhaar Vidhyarthi Vikas Prkalp (Beed) and Vadar Samaj Shikshak Prasarak Mandal (Usmanabad).



### ❖ Volunteer Engagement:

- Red dot paper bag making and donating activity is continuing in various societies and groups in Pune. Different volunteers are promoting this activity of making Red dot paper bags.
- Many individual volunteers along with their family members including small children are making these Red Dot Paper Bags.
- 13500+ Red Dot Bags received from Cha.Ka.Prabhu Kothrud Group in the last 2 months. 26,000+ Red Dot Bags have been received from this group till date, which is really very appreciable. 10,000+ bags were made by Wadhavkar family alone from this group. Members of this group visited the Seva Sahayog Office to know more about Seva Sahayog and Project Urmi. Appreciation certificates were given to the volunteers.
- An introductory online session was taken on 9<sup>th</sup> Oct for the volunteer group of Bhusari Ladies Katta. In this session we shared the information of SSF and Urmi and also promoted Red Dot Campaign - of making, donating and using Red Dot Paper Bags.



### ❖ Success Stories:

- Many old age volunteers are using their free time in making Red Dot Paper Bags. Mrs.Vrundatai Bhalerao one such volunteer donated 5000+ red dot bags in the last 3 to 4 months. Making 50 to 100 bags daily has become routine for her, which is very inspiring.
- In addition, we received 2000 Bags from a very enthusiastic & passionate 83-year-old volunteer Mrs. Padmaja Kulkarni, which is truly inspiring.

- By making these Red Dot Bags, many underprivileged women are able to earn some income on a regular basis. Also, some underprivileged college going girls are involved in this activity so they can earn and learn through this activity.



**Thank You!**