

Seva Sahayog Foundation **Urmi (All About Menstruation)**

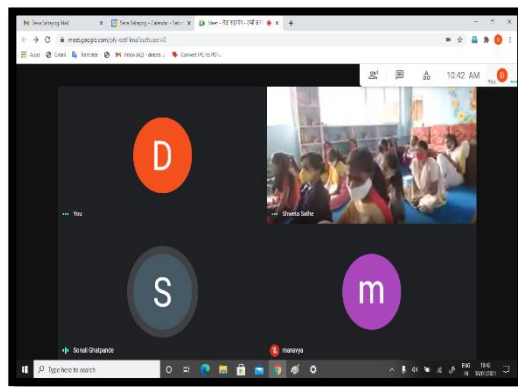
Activity Report (Jan'21 to Mar'21)

❖ Highlights

- In January, February, and March - **63,424 sanitary napkins** and **2,012 reusable cloth napkins** were distributed or sold to various beneficiaries including Maitrin Hygiene Kits.
- Awareness sessions were conducted online as well as offline for the beneficiaries. Classroom sessions were conducted with COVID-related safety precautions. Around **1,375** girls & women attended these sessions from Pune, Sangli, Beed, Yawatmal, etc.
- Maitrin hygiene kit was distributed to all the attendees from an underprivileged background. (Each Kit includes Sanitary Napkins Packets for one year + Reusable Cloth Napkins + Urmi Booklet)
- Train The Trainer's session was conducted for the Asha workers in Londhe, Chalisgaon Taluka (Jalgaon).
- **73,000+** Red Dot Paper Bags have been received through volunteers from January to March.
- **130+** Volunteers engaged in the paper bag-making activity and utilized around **1,200+** Hrs. tentatively for volunteering since May 2020.

❖ Menstrual Awareness & Hygiene

- In the month of January, our team conducted an online follow-up session for the girls of Manavya Sanstha, Bhugaon (ashram for HIV positive girls), 24 girls and women attended this online session. They were given information about alternative period products such as a menstrual cup, tampons, etc. Also, helpful information regarding how to take care of their health and maintain hygiene in day-to-day work during this period.



● In February, an awareness session was conducted for construction workers at Keshav Nagar, Mundhwa with the help of Aadhar Samajik Sanstha. 35 women construction workers attended this session.

- Coordinating with Swaadhaar Sanstha, our team conducted an awareness session for HIV+ families in Narayan Peth, Pune. More than 37 school & college-going girls and women in their families attended this session. These attendees expressed their appreciation for the awareness session and grateful to know all the scientific information about mensuration and the use of red dot bags.
- The awareness session was conducted for underprivileged women who are earning their livelihood by making red dot paper bags. These 16 women are from Ganeshmala, Sinhagad Road, Pune. These women were interested to get to know all the information about menstruation and red dot bags. They were also taking interest to know how can they help to create more red dot bags and menstruation in their friend circle.
- The awareness session was also conducted for girls and women of Tadiwala Road vasti, Bhim Chava Sanghatana Karyalay, Pune. Two sessions were conducted on the same day as there were more than 100 women and college-going girls who were interested to attend these sessions. Our team received positive feedback from all the attendees. One of these women, requested our team to conduct awareness sessions separately only for adolescent girls in their area, as this information would help them and able to answer their many queries.



- On the occasion of international women’s day, our team conducted awareness sessions for adolescent girls from Tadiwala Road vasti. 40 girls attended this session. These girls do not have appropriate information about menstruation, the importance of health, and hygiene because of a lack of education. Due to the lack of right information about menstruation and sex education, these girls face problems such as teenage pregnancy, abortions, early marriage, etc.
- Awareness sessions were conducted with women and girls at Maruti Mandir & Private road Siddharth Nagar near Tadiwala Road vasti. More than 60 girls and women attended these sessions. All the attendees were from different backgrounds such as housemaids, helpers in clinics and hospitals, scrap or waste collectors.
- Awareness sessions were conducted for women - scrap and waste collectors, construction workers and brick kiln workers and, girls in Wagholi, Pune. The financial and social condition of these women scrap and waste collectors are very critical. Most of these women are migrants and do not have permanent precedence as they live in small tents. They don’t even have basic facilities like bathrooms and toilets.

They were really eager to understand the information about menstruation and asked various questions on the given information. Most of these women use cotton cloth during menstruation. One of the women expressed her gratefulness about providing them sanitary napkins and assured them that they will properly dispose of these pads. Additionally, some women also thanked the team for giving them sanitary napkins and told them that they will use sanitary napkins from now on.



- Ms. Janhavee Kashelkar – one of Urmi's volunteers – conducted awareness sessions in her housing society named Palladium near Kothrud for women who work as house cleaning and household helpers.
- Awareness sessions conducted for women and adolescent girls in Mahatma Phule Vasahat near Hadapsar, Pune. Around 28 women and 9 Adolescent girls from vasti attended the sessions.



❖ Awareness Sessions by Trainers

After attending 'Train The Trainer' organized by Urmi in Seva Sahayog, the following awareness sessions were conducted by the newly trained trainers. Urmi team supported this training by providing Urmi Kit to all the attendees:

- In the month of January & February Prerna Foundation Sangali, organized awareness sessions for their beneficiaries in villages like Ahirwadi, Gothkhindi, Tujarpur, Bavchi, Kharatwadi, Banewadi, etc. Volunteers of the Prerna Foundation conducted these sessions physically in their villages. Maitrin Hygiene Kits were distributed to the attendees after the session. 300 women and girls attended these sessions from different villages.



- Volunteers of Prerna Foundation also conducted sessions in Palghar in Vikramgad village for tribal ladies and girls. More than 100 women and girls attended these sessions from different Pada's (small vasti's of tribal peoples) like Katkaripada, Warlipada, Chikhalpada & Yashwantnagar, etc. As this is a tribal part, these women use cotton cloths during the menstruation period instead of sanitary napkins. Hence, maintain a hygiene kit of reusable sanitary napkins that includes 4 sets (each set contains 1 Shield & 3 Liners) provided to the attendees, which they can use for a minimum of 1 year.
- Mr. Sandeep Bahir a founder of Janseva Vidyarathi Kalyan Pratishtan (Beed) and their volunteers also conducted awareness sessions in their village Kolgaov taluka Gevrai after attending Train the Trainers' sessions arranged by Urmi. The local newspaper in Gevrai taluka also noticed this initiative and published an article in their newspaper. 175 women and girls attended these sessions.
- Additionally, Mr. Sandeep Bahir, also conducted an awareness session for girls of Vamanbhau Madhyamik & Ucha Madhyamik Vidyalay, Titarvani, Beed. 25 girls have attended this session.



बुधवार दि. १३ जानेवारी २०२१

जनसेवा विद्यार्थी कल्याण प्रतिष्ठान आणि सेवासहयोग परिवार यांच्या वतीने मोफत सॅनिटरी पॅडचे वितरण

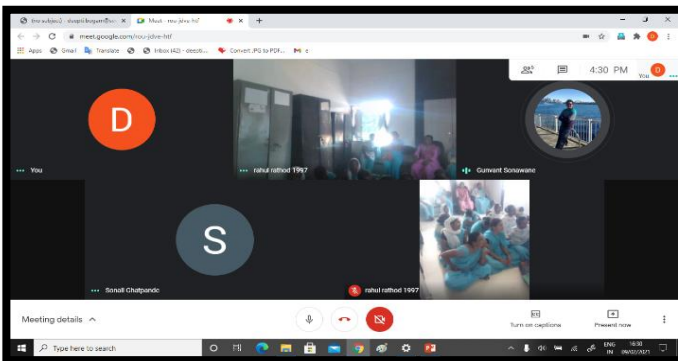
गेवराई / प्रतिनिधी
गेवराई तालुक्यातील कोळगाव येथील सतत विद्यार्थी विकासासाठी घडपडणाऱ्या जनसेवा विद्यार्थी कल्याण प्रतिष्ठान आणि सेवासहयोग परिवार पुणे यांच्या उर्मी प्रकल्प यांच्या संयुक्त विद्यमाने आज दिनांक १ जानेवारी २०२१ रोजी कोळगाव येथील एकशे पंचाहत्तर महिलांना मोफत सॅनिटरी पॅड वितरित करण्यात आले.

याबाबत सविस्तर माहिती अशी की ग्रामीण भागात मासिक पाळीबद्दलच्या गैरसमजूती दूर करणे आणि मासिक पाळीच्या दरम्यान महिला आणि मुलींना कोणताही त्रास होऊ नये यासाठी मासिक पाळीच्या दरम्यान वापरले जाणारे चांगल्या प्रतीचे सॅनिटरी पॅड संस्थेच्या उर्मी प्रकल्पाच्या वतीने आज दिनांक १ जानेवारी २०२१ रोजी सकाळी ठीक ११ वाजता संस्थेच्या प्रांगणात वितरित करण्यात आले. या मध्ये एकूण एकशे पंचाहत्तर महिलांना मासिक पाळीचे साहित्य वितरित करण्यात आले. संस्थेच्या या उपक्रमाचे सर्व स्तरातून कौतुक होत आहे. या कार्यक्रमासाठी दिही मॅडम, अनिता मॅडम या आणि संदिप बहिर सर यांनी विशेष प्रयत्न केले.

❖ Volunteers of NEED Sanstha, Yawatmal conducted awareness sessions in nearby villages like Shiratoki, Tarapur, Waghdhara, Bhimsenpur, etc. Overall 300 women and girls attended these sessions. These beneficiaries are daily wage workers lacking awareness and knowledge regarding personal hygiene and scientific information about menstruation was from Kolam Adiwasi Samaj. As most of these ladies and girls were using cloth during menstruation & also in their region they don't have any facilities to dispose of sanitary pads, a kit consisting of 4 sets of Reusable Cloth Napkins (in each set 1 shield & 3 Liners) were distributed to the attendees along with Urmi Booklet. These reusable cloth napkins are manufactured by tribal ladies of NEED Sanstha under their women empowerment program. Additionally, it would provide these women with a good earning opportunity through this initiative. From now on they can manufacture and sell these reusable sanitary napkins to the women in and around their village.



- Under Urmi Train the Trainers program we conducted an online training session for Asha workers in Londhe, Chalisgaon taluka (Jalgaon). 25 Asha workers attended this session. The purpose of arranging this session was to create more awareness about menstruation and related myths in nearby villages in the Chalisgaon region. A well-known local Newspaper Sakal, published this initiative in their newspaper which was very encouraging.



सकाळ

लोढे (ता. चाळीसगाव) : आशा स्वयंसेविकांसमवेत जिल्हा परिषदेच्या सदस्या मोहिनी गायकवाड.

आशा स्वयंसेविकांना ऑनलाइन प्रशिक्षण

मेहुणबारे (ता. चाळीसगाव), ता. १६ : लोढे (ता. चाळीसगाव) प्राथमिक आरोग्य केंद्रात सेवा सहयोग फाउंडेशनतर्फे आशा स्वयंसेविकांना मासिक पाळीविषयी पुणे येथील सेवा सहयोगच्या प्रा. सोनाली घाटपांडे यांनी ऑनलाइन प्रशिक्षण दिले. जिल्हा परिषद सदस्या मोहिनी गायकवाड यांच्यासह २५ आशा स्वयंसेविका उपस्थित होत्या. सोनाली घाटपांडे यांनी सांगितले, की मासिक पाळीविषयी बऱ्याच महिलांमध्ये अजूनही अंधश्रद्धा, चुकीचे गैरसमज आहेत. त्यामुळे अनेक महिला योग्य काळजी न घेता, स्वच्छता पाळत नाहीत. परिणामी, महिलांना विविध आजारांना समोर जावे लागते. त्यामुळे आशा स्वयंसेविकांनी गावागावात महिलांच्या मासिक पाळीसंदर्भात प्रबोधन करावे. शास्त्रीयदृष्ट्या प्रशिक्षण देऊन किशोरवयीन मुलींसह महिलांमध्ये जागरूकता निर्माण करावी. या उपक्रमासाठी सेवा सहयोगच्या दीप्ती बोगम व गुणवंत सोनवणे यांचे सहकार्य लाभले. आरोग्य केंद्राचे वैद्यकीय अधिकारी डॉ. संदीप निकम, श्रीमती राणे यांनी संयोजन केले.

Nashik, Jalgaon-Today
17/02/2021 Page No. 2

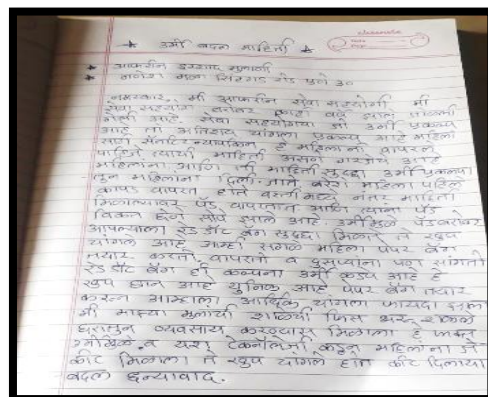
❖ Volunteer Engagement

- Red dot paper bag making and donating activity continued in various societies and groups across Pune. Individual volunteers are also making and donating paper bags. More than 73,000 paper bags have been received from January.
- Students of the NSS wing in Fergusson college were making these bags at home. Due to the Covid pandemic, even when many students were in their hometown, they still sent Red dot paper bags via courier to the Seva Sahayog office. More than 30 students participated in this activity. It is inspiring to see their commitment to volunteering. More than 3,600 Paper Bags were donated by these students.
- Under CSR activity of Barclays and volunteers' engagement program - the company employees made Red dot bags at their respective houses and sent these bags to Seva Sahayog Office via courier. As all these employees are working from home, red dot bags were sent from various cities all across India such as Panchgani, Mumbai, Ujjain, Raipur, Lucknow, etc. 30+ company employees made more than 3,700 bags.
- Our team also received 5,000+ Red dot paper bags from college students and staff of AIIMS college of Engineering & Pharmacy. More than 25 students and college staff contributed to making these Red Dot Bags.



❖ Success Stories

Mrs. Afreen Irshaad Mulani an underprivileged woman from Ganesh mala vasti - Earns her living by making Red Dot Paper bags. She expressed her gratefulness about the Urmi program of Seva Sahayog that provided her scientific information about Menstruation. She also thanked the Yash foundation as they sponsored the Maitrin Hygiene Kit. She also mentioned that she was able to pay school fees for her children by making Red Dot bags and liked the idea of a paper bag and thinks it's unique.



❖ Other Activities

Seva Sahayog donated the raw material of sanitary napkins to Lokshahir Annabhau Sathe Sevabhavi Sanstha, Beed. Mahila Bachat Gat from this village are now making sanitary pads using this raw material and then they will distribute it to underprivileged Adivasi women and girls in their village. This will not only help to empower women but also help to solve the problem of the unavailability of sufficient menstrual products in and around their village.



Thank You

More information about this Project: <https://sevasahayog.org/key-programs/urmi/>

Seva Sahayog Foundation

Office Address: 18 Vrindavan Society, Pathik Bungalow, Near Mhatre Bridge, Navi peth, Pune 411030