

Seva Sahayog Foundation

Urmi (All About Menstruation)

Quarterly Report (January 2022 to March 2022)

❖ Sales & Distribution of Sanitary Napkins:

In Jan, Feb, Mar Sanitary Napkins & Reusable cloth napkins were distributed to beneficiaries from different backgrounds in and around Pune including different Schools & Vastis. Sanitary napkins were also distributed to other entities like Prerna Foundation(Sangli).

Month	No. Of Napkins Distributed/ Sold (in Packets)	No.Of Reusable Cloth Napkins Distributed
Jan	1656	0
Feb	36456	371
Mar	25298	74
Total	63410	445

❖ Sessions on Menstrual Awareness & Hygiene

Sr. No.	Activity	Attended By	Remark	Maitrin Kit Sponsored By
1	Session at Lokmanya Tilak Madhyamik Vidyalaya Wakad on 05 th Jan 2022.	School girls of 8 th & 9 th std participated in the session.	49 students and 2 teachers attended the session.	52 Free Sample Packets Distributed to the attendees.
2	Online session for Sarhad College of Arts, Commerce & Science, Katraj on 06 th Jan 2022	College students participated in the online session.	100+ students and 10+ Teachers attended the session. Students participated actively in the online session and they also asked many questions related to the topic. Most of the students noted their feedback that the session was very informative and that they gained knowledge.	-
3.	Online Awareness session on 15 th Jan 2022	School going adolescent girls participated in this session	5 girls from 6th & 7th Std. attended the online session. These girls carefully listened to all the information given to them. Many of them are still waiting for their first period, but they said that due to this knowledge now ready for the period without any misconceptions as now they know that this is a natural process.	-

4.	Session at Erandwane Madhyamik Vidyalaya, Karvenagar on 11 th Feb 2022.	School girls of 8 th To 10 th std participated in the session.	A total of 64 students & Teachers attended this follow-up session. The main session was taken on 03rd Dec 2021.	70 Maitrin Hygiene Kits for 6 months were distributed to the girls which were sponsored by Wolters Kluwer Company (WK).
5.	Sessions at Adarsh Madhyamik Vidyalaya, Hadapsar on 14 th Feb 2022.	School Girls of 8 th To 10 th Std participated in the session.	A total of 95 students & teachers attended the session taken by our senior volunteer Gouritai Pendse.	95 Maitrin Hygiene Kits for the whole year were distributed to the attendees which were sponsored by Wolters Kluwer Company (WK).
6.	Session at New English School, Manjai Asani, Velha on 18 th Feb 2022.	School Girls of 8 th To 11 th Std participated in the session	A total of 35 students attended the session taken by Gouritai Pendse. In the session, the girls participated very actively and answered the questions that were asked.	35 Maitrin Hygiene Kits for the whole year were distributed to the attendees which were sponsored by Wolters Kluwer Company (WK).
7.	Session at Lokmanya Tilak Madhyamik Vidyalaya Wakad on 22 nd Feb 2022.	School girls of 8 th & 10 th std participated in the session.	2 follow-up sessions were taken on the same day. A total of 80 students and 3 teachers attended the session. Due to this follow-up session, we were able to interact with the girls very well. Students were asked questions based on the information given/imparted in the previous session. Principal Baaviskar madam shared that, before the session, the sanitary waste was not properly disposed of, but now after the session students are using Red Dot Bags and then disposal of sanitary waste in the dustbin. They are now aware of the subject. This change is nice.	80 Maitrin Hygiene Kits for the whole year were distributed to the attendees which was sponsored by Wolters Kluwer Company (WK).
8.	Session at Shivchatrapati Madhyamik Vidyalaya, Kondhwa on 23 rd Feb 2022	School girls of 8 th & 9 th std participated in the session.	A total of 70 girls & teachers attended the session. Our Urmi volunteer Abha Dixit taught the girls to make red dot bags. She also helped us in filling up the assessment forms. Girls enjoyed the activity of making Red dot bags.	70 Maitrin Hygiene Kits for the whole year were distributed to the attendees which were sponsored by Wolters Kluwer Company (WK).
9.	Session at Samrat Ashok Vidyamandir,	School girls of 6 th , 7 th & 8 th std	A total of 12 girls and 3 teachers attended the session conducted by Gouritai Pendse. After the session, we taught them to make Red Dot	15 Maitrin Hygiene Kits for the whole year were distributed to the attendees which were sponsored by Wolters

	Karvenagar on 28 th Feb 2022.	participated in the session.	Bags. The joy of learning something new was seen on their faces. Final year students of Nutrition & Dietician of Symbiosis College also gave detailed information about Diet & Exercise related to menstruation students.	Kluwer Company (WK).
10.	Session at Ramrajya Madhyamik Vidyalaya on 02 nd March 2022.	School girls of 08 th and 09 th std participated in the session.	A total of 107 students & 2 teachers attended the session. Girls enjoyed doing the Red Dot bags activity.	107 Maitrin Hygiene Kits for the whole year were distributed to the attendees which were sponsored by Wolters Kluwer Company (WK).
11.	Session at Tilak Vidyalaya, Wakad on 05 th Mar 2022.	School girls of 09 th Std participated in the session and primary school teachers also attended the session.	28 girls and 8 teachers attended the session taken by Gouritai Pendse. Sevasahayog Volunteer Priyatai Joshi who is a professional Yoga instructor also gave information to students about Yoga & Exercise.	28 Maitrin Hygiene Kits for the whole year were distributed to the attendees which were sponsored by Wolters Kluwer Company (WK).
12.	Session at Kashiwadi, Bhawani Peth slum area on 10 th March 2022.		53 women attended the session taken by Gouritai Pendse. All the women carefully listened to the given information. We also gave information about Red Dot bags to women and also taught them how to make them. They assured us that they will definitely use these bags. This session was arranged with the help of the RSB Foundation's Chetanji Kusalkar. They distributed Maitrin Sanitary Napkins for 6 months to these women.	-
13.	Session at Pandavnagar vasti on 12 th March 2022.	Women working on Daily wages, as house maids and bachat gat women participated in the session.	43 women were present in the session taken by Sonalitai Ghatpande. Sonalitai gave detailed information about health, Hygiene and disposal. Many Women asked questions that came to their minds and the session was so interactive. This session was arranged with the help of the RSB Foundation's Chetanji Kusalkar. They distributed Maitrin Sanitary Napkins for 6 months to these women.	-
14.	Sessions at Vidya Vikas	School girls of 8 th To 10 th std	A total of 32 students attended the session taken by Gouritai Pendse.	32 Maitrin Hygiene Kits for the whole year

	Mandir , Andgaon Near Mulshi on 13 th March 2022.	attended in the session.		were distributed to the attendees which were sponsored by Wolters Kluwer Company (WK).
15.	Session at Amruteshwar Madhaymik Vidyalay, Kondhur Near Mulshi on 13 th March 2022.	School girls of 8 th To 10 th std participated in the session.	A total of 20 students participated in the session taken by Gouritai Pendse. Girls responded very well to this session. One of the teachers from the school shared that, in school, there are all male teachers for teaching, so they couldn't give the information about this topic and girls are also hesitant. so we always skip that part from the book. But through projects like Urmi girls are aware of the topic. This is a good initiative taken by the Seva Sahayog foundation.	20 Maitrin Hygiene Kits for the whole year were distributed to the attendees which were sponsored by Wolters Kluwer Company (WK).
16.	Session at Adv. D.R. Nagarkar Prashala, D P Road on 22 th March 2022.	School Girls of 7 th to 9 th std participated in the session.	A total of 46 students participated in the session taken by Gouritai Pendse.	46 Maitrin Hygiene Kits for the whole year were distributed to the attendees which were sponsored by Wolters Kluwer Company (WK).

❖ Train The Trainer's session & Sessions conducted by Trainer's

Sr. No.	Activity	Attended By	Remark
1.	Train the trainer's Demo session online on 02 nd Jan 2022.	Total 5 Volunteers of Prerna foundation(Sangli) gave the demo session.	To build confidence and to encourage the volunteers we took a demo session. Due to this demo session, we were able to solve questions regarding the topic, so that they will easily interact with the people on the field.
2.	Train the trainer's session on 08 th March 2022.	AISSMS Pharmacy college students & helping staff.	On the occasion of International Women's Day on 08th March 2022, Sonalitai Ghatpande took the first session of the Urmi Train the trainer series. 30 Girls students and 30 boys' students participated in the session.12 college women staff members also attended the session. For the first time in Urmi's journeymen were involved in large numbers. Urmi crosses the milestone on this Women's day which is truly amazing. Through this session, Urmi will get connected with new young volunteers. Distributed Sanitary Napkins packets to women staff members.

❖ Other Activities:

S. No	Activity	Attended By	Remark
1.	Volunteer Engagement	Seva Sahayog Senior volunteers and young volunteers.	Seva Sahyog Urmi's young volunteer Parth Kant under his School project made Red Dot Bags at his home and donated them to Urmi. Also, many senior volunteers are making Red Dot Bags regularly and donating them to Urmi.
2.	Volunteer Engagement	Kalam Centre Students from Kalmadi Junior College participated in the activity.	11th std students of Kalam centre were making red dot bags at their home. They donated more than 2000 bags to the Urmi project. 20 + students participated in this activity. An appreciation certificate was also given to them.
3.	Red Dot Bag activity at IMCC college on 15 th March 2022.	UG & PG students participated in the session.	With the help of a Presentation, Sonalitai Ghatpande explained today's reality of sanitary waste to the PG & UG students of IMCC college. which includes Sanitary pads, diapers & adult diapers and the issue of disposal of same. For the segregation of waste, there is a need to use Red Dot Paper bags. We taught students to make Red Dot Paper bags. All the students actively participated in the activity. Within 20 minutes 80++ students made 787 Bags and donated them to Urmi. After the session, many students met us and told us that they wanted to do volunteering for Seva Sahayog.
4.	Celebration of International Women's Day on 08 th March 2022	Social Media like WhatsApp and Facebook	Created a Poster on the occasion of International Women's Day to celebrate the day and also for donations on Social Media platforms like WhatsApp and Facebook.
5.	Distribution of Sanitary Napkins	Kishori Vikas Parakalp Students	Seva Sahayog gifted a Kishori Care Kit to the adolescent girls of Kishori Vikas Prakalp Abhyasika students. who are coming from an underprivileged background. Each Kishori Care kit contains items which are useful for maintaining daily health and hygiene, along with the packets of sanitary napkins. 800 Packets of Sanitary Napkins.

❖ Session Feedback from Attendees

- **Manisha Badram Parmar (Sarhad College)**

"This session and information are so important for us. This knowledge is very important for the future as well. Thank you for such a precious session."

- **.Upeksha Uttam Vanshiv (Sarhad College)**

"The session was very informative and interactive also. Thank you for arranging such a session."

● **Aakansha L. Pancharane (Sarhad College)**

“Explained everything in detail and made it easier for me to understand.”

● **Vaishnavi Ravindra Gaikwad (Adarsh Madhyamik Vidyamandir)**

“Gouritai Pendse gave us the information about menstruation which is very helpful to us and they also gifted us a kit of Sanitary napkins. We will share this information with our friends and family.”

● **Aarya Shankar Sanas (New English School, Manjai Asani)**

“Gouritai Pendse gave us very useful information about menstruation. We got a lot of help by getting this kit.”

● **Divya Lakshman Dahane (Lokmany Tilak Vidyalay, Wakad)**

“Some days before Gouritai Pendse and Urmi team came to our school to give us the information about menstruation. We didn't know about anything, how the menstruation process is occurring in our body, how it actually works. I always thought that blood coming from our body during menstruation was impure, but now I know all about the process and also about how to dispose of sanitary waste.”

● **Mehak Abdul Sayyad (Samrat Ashok Vidyamandir, Karvenagar)**

“Awareness session programme taken for us was very good and informative. scientific information provided by you would not have been received from anybody so thank you for that. We also got the knowledge about diet, exercise and disposal of sanitary waste which will be very helpful for us in our future. Thank you for giving us Sanitary Napkins Kit.”

● **Shifa Husain Shaikh (Ramrajya Madhyamik Vidyalay)**

“We got detailed information about menstruation. And also got the yearly kit of Sanitary Napkins. Thanks to the Wolters Kluwer company for giving this kit. Before the session, I didn't have any scientific knowledge about menstruation but now I can confidently talk about this. We also learned to make Red Dot Bags for the disposal of Sanitary Napkins. We will surely use this and also tell others.”

● **Sunita Waghmare (Kashiwadi, Bhawani Peth)**

“I got detailed information about monthly periods and also about the use of Red Dot Paper Bags for disposal of napkins instead of plastic bags. Thank you for conducting such a session for us. I was so hungry because I came for the session directly from the job without going home. But after knowing all the important information which will be very useful for my children's my appetite was satisfied.”

● **Bhagyashree Nagnath Vhanmane (Adv.D.R.Nagarkar Prashala)**

“Seva Sahayog Urmi Project gave us detailed information on overall Health-Hygiene and Diet. They also shared that it is good for our healthy lifestyle and also for Menstruation. Thank you so much for this information.”

❖ **Glimpses of the Session**



Thank You!!!