

Seva Sahayog Foundation

Urmi (All About Menstruation)

October 2022 to December 2022

❖ Highlights

- Volunteering activity of making red dot bags with different company volunteers and individual volunteers.
- Reusable stitching training at Ganesh Mala vasti for underprivileged ladies.
- Yoga teacher Priyatai Joshi conducted yoga & exercise sessions in schools of Maitri Project.
- Urmi Volunteer Mr. Virendraji Kelkar conducted sessions for boys in schools of the Maitri Project.
- 475 Yearly Maitrin hygiene kits were distributed in November & December 22 to underprivileged women and school girls from rural & urban parts of Pune. Each Yearly kit includes (8 Packs of Maitrin Sanitary Napkins {8 Napkins & 8 Red Dot Bags} +1 Jan Aushadhi Napkins {10 Napkins in each pack} + 1 Reusable Cloth Napkin Set {1 Shield + 3 Liners} + 1 Urmi Booklet)
- Distributing Khajoor & Gud Laddo to each attendee during the session after explaining the importance of a healthy diet and iron and calcium-rich food.
- Volunteering activity of making red dot bags with different company volunteers and individual volunteers along with company volunteers.
- We taught all the beneficiaries to make red dot bags for disposal. So that they should continue to make and use them.
- Interns from SIES college also participated in the Awareness sessions and helped us in the project by making Red Dot Bags, and filling up assessment forms from beneficiaries.

❖ Sales & Distribution of Sanitary Napkins

In the month of October, November & December sanitary napkins & reusable cloth napkins were distributed as a free samples and in Yearly Maitrin Hygiene kits to beneficiaries from different backgrounds in and around Pune including Maitri projects to different Schools, Vastis & tribal areas and Kishori Vikas Prkalp Abhyasika students through Kishori Care Kit.

Month	No. Of Napkins Distributed/ Sold (in Napkins)	No. of Reusable Cloth Napkins Distributed
October	8860	03
November	27654	244
December	28832	317
Total	65346	564

❖ Menstrual Awareness & Hygiene Kit

Date of Activity	Vasti Name / School Name	Activity Type	No. of Attendees	Product Distribution	Distributed By / Remark
8-Oct-22	Kasturba Gandhi Vidyalay , Koregaon Park.	Awareness session for School Girls & their mothers	60	1 Month Pack	Urmi Project
7-Nov-22	Aanand High School, Khopoli.	Awareness session for 8th & 9th Std. Girls	85	Yearly Maitrin Hygiene Kit	Rotary club Pune, Kothrud & L.K. Industry
9-Nov-22	Kasturba Gandhi Vidyalay, Koregaon Park	Awareness session for 7th & 8th Std. Girls	15	1 Month Pack	Urmi Project
10-Nov-22	Subhash Nagar, Yerwada Wasti	Awareness session for vasti Ladies & Girls	46	1 Month Pack	Urmi Project
29-Nov-22	Aranyeshwar Madhyamik Vidyalaya, Sahakar Nagar	Awareness session for 8th Std. Girls	43	Yearly Maitrin Hygiene Kit	-
30-Nov-22	Aranyeshwar Madhyamik Vidyalaya, Sahakar Nagar	Awareness session for 9th & 10th Std. Girls	116	Yearly Maitrin Hygiene Kit	-
2-Dec-22	Pratibhatai Pawar Madhyamik Vidyalay, Kondhwa.	Awareness session for 9th & 10th Std. Girls	125	Yearly Maitrin Hygiene Kit	-
2-Dec-22	Pratibhatai Pawar Madhyamik Vidyalay, Kondhwa	Awareness session for 8th Std. Girls	68	Yearly Maitrin Hygiene Kit	-
7-Dec-22	Ashray Sanstha, Yerwada	Awareness session for Ladies & Girls	70	1 Month kit	
20-Dec-22	Sevadhaam Aashramshala, Malegav Khurd, Maval.	Awareness session for 6th to 10th Std. Girls	105	Yearly Maitrin Hygiene Kit	-
28-Dec-22	Kasturaba vasahat, Aundh	Awareness session for Women Empowerment Ladies & their daughters	23	Yearly Maitrin Hygiene Kit	-

❖ Other Activities

Date of Activity	Activity	Attended By	No. of Attendees	Remark
11-Oct-22	Volunteering Activity of Making Red Dot Paper Bags.	Northern Trust Company Employees	412	This activity was conducted by the Volunteer engagement team of Seva Sahayog on the Northern trust office premises. A total of 3500 Red Dot Bags were made by the company volunteers.
15-Oct-22	Volunteering Activity of Making Red Dot Paper Bags.	Students	04	04 Girls students under their school project for a social cause decided to help in making red dot paper bags for Urmi. Accordingly, they made Paper bags at their home and then donated these bags to Urmi. More than 1500 bags were by these students.
16-Nov-22	Volunteering Activity	Making Red Dot Paper Bags & Hygiene kit with Acquia India Employees	49	This activity was conducted in Acquia India Office premises at Kalyaninagar, Pune. 675 Red Dot Bags within half an hour and 100 Maitrin Hygiene kits within 15 minutes were assembled by the company volunteers in this activity.
18-Nov-22	Volunteering Activity	Making Red Dot Paper Bags with Cummins India Company Employees	83	This activity was conducted in Cummins India Office premises at Balewadi, Pune. 1250 Red Dot Bags were made by the company volunteers in 2 hours.
24-Nov-22	Volunteering Activity	Making Red Dot Paper Bags with Cummins India Company Employees	10+	This activity was conducted in Cummins India Office premises at Dahanukar colony, Kothrud Pune. 700 Red Dot Bags were made by the company volunteers in 3 hours.
05-Nov22 & 28-Nov-22	Volunteers Meeting & Volunteering activities.	Discussion and Interaction with new volunteers	15+	This meeting was done in the SSF office. New volunteers willing to volunteer with Urmi in different activities such as taking sessions, attending sessions, making red dot bag activity, filling up google forms, calling with beneficiaries etc. participated and were given information about the Project.
26-Nov-22	Training session	Stitching training of Reusable cloth napkins for Ganeshmal Vasti Ladies.	8	Reusable cloth pad stitching training is given to wasti ladies at Ganesh Mala. A total of 8 ladies participated in this training session and are interested in stitching these cloth pads regularly.
08-Dec-22	Train The Trainers - 1st session	New Volunteers	8	In this session, a brief introduction of Urmi & Seva Sahayog is given to new volunteers.

09-Dec-22	Volunteering Activity with Cummins India Company, Balewadi.	Red Dot Bag-Making Activity	109	2100 Red Dot Bags Received
12-Dec-22	Train The Trainers - 2nd session.	Awareness session for the volunteers	5	Detailed scientific information about menstruation and awareness sessions is given in this session.
16-Dec-22	Volunteering Activity with Cummins India Company, Balewadi.	Red Dot Bag-Making Activity	25	672 Red Dot Bags Received
26-Dec-22	Train The Trainers - 3rd Session.	Demo session for volunteers	07	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.

❖ Maitri Sessions:

For All Maitri Sessions Product Distribution Maitrin / JanAushadhi / Reusable distributed by Maitri Project.

Date of Activity	Vasti Name / School Name	Session Type	No. of Attendees	Product Distribution Maitrin / JanAushadhi / Reusable
18-Nov-22	Abhijat Madhyamik Vidyalay - Maitri	Yoga & Exercise Session	24	2 Month Packs
19-Nov-22	Vanaj Pariwar Madhyamik Vidyalay - Maitri	Yoga & Exercise Session	33	2 Month Packs
25-Nov-22	Dr.D.R.Nagarkar Prashala - Maitri	Yoga & Exercise Session	36	2 Month Packs
25-Nov-22	Dr.D.R.Nagarkar Prashala - Maitri	Boys Session	71	-
25-Nov-22	Erandawana Madhyamik Vidyalay - Maitri	Boys Session	68	-
25-Nov-22	Erandawana Madhyamik Vidyalay - Maitri	Diary & Packet Distribution	43	2 Month Packs
10-Dec-22	Tilak Madhyamik Vidyalay - Maitri	Yoga & Exercise Session	87	2 Month Packs

❖ Urmi Awareness Session Feedback from Attendees

- Aliya Usman Mulla (Kasturaba Gandhi Vidyalay)

“Gouritai gave us important information about menstruation which will be very useful to us. We also got the knowledge about how to keep our lifestyle healthy via proper diet and exercise and how to dispose of the used sanitary napkins properly by using red dot paper bags.”

- Vaishnavi Baban Gavade (Kasturaba Gandhi Vidyalay)

“Gouritai gave important scientific information about menstruation. I have periods. I always thought this blood was impure. But today, due to the information given by Gouri tai, I came to know that menstrual blood is not impure, it's just a simple process of being thrown because the body no longer needs it. I learned about red dot bags and also learned how to make them. I will surely tell my family, neighbours and friends about it.”

- Amruta Vithhalrao Ghule (Aranyeshwar Madhyamik Vidyalaya 10th Std.)

“Gouritai Pendse gave us very good information about menstruation and we also got a hygiene kit. The unknown things which were not understood from mother/sisters were understood properly.”

- Diksha Sanjay Waghmare (Aranyeshwar Madhyamik Vidyalaya 9th Std.)

“I used to think that menstruation is a bad thing, why does it come, I don't want it to come. But today Gouritai told us everything about the periods and my doubts were cleared. I learned the importance of periods due to this session and also came to know that regular periods happen for the reproduction of human beings.”

- Madhumalati Sundar (Pratibhatai Pawar Madhyamik Vidyalay, Kondhwa,10th Std.)

“Today Gouritai told us about what is menstruation, its duration, at what age, what problems you generally have during periods, like Stomach aches and what causes them. Also, there are many misconceptions that blood during menstruation is impure but scientifically it's not like that. It's pure blood but it's not required in our body so it's thrown out. What our parents think is passed down from generation to generation. This has to change.”

- Sayali Rajendra Ovhal (Pratibhatai Pawar Madhyamik Vidyalay, Kondhwa,10th Std.)

“Gouritai Pendse gave us detailed information about menstruation. Why & when periods come, and at what age, as well as she told us about the physical and mental changes occurring in our body during puberty & before periods start. I learned scientific information about whether period blood is pure or impure. She told us that when a woman conceives this blood is utilised for the nutrition of that baby so this blood is pure. They also gave us information about Red dot bags and also taught us to make them, which we will use from now on for the disposal of sanitary napkins. Gouritai talked about 3 things to look good which are daily exercise, a proper diet of homemade food & always smiling. Thank you Gouritai for giving us such useful information to us.”

- Prachi Suresh Lohakare (Sevadhaam Trust Ashramshala, Malegaon Khurd)

“Seva Sahayog Foundation came to our school and guided us about menstruation. Thank you very much for coming to our school. They gave us information about physical and mental changes that occur in our

bodies during periods. They also gave information about the self-care to be taken during periods. Thank you very much for giving us the sanitary napkins kit. We request you to please provide such guidance always.”

- Sanjana Sainath Ibitwar (Pratibhatai Pawar Madhyamik Vidyalaya, Kondhwa)

“I liked the information we got today, and learned a lot of things. learned about unknown things. This information was also told in our schools but not in such detail.”

❖ Maitri Session Feedback from Attendees

- Ishwari Sathe (Vanaj Pariwar Vidya Mandir)

“Priyatai Joshi taught us Yoga asana. These Yoga asanas will be very useful to reduce the pain of menstruation. We also learned to perform Surya Namaskar in this session.”

- Nitin Mohite (Dr.D.R. Nagarkar Prashala)

“We had very little information on this topic and I always thought that it was something about girls. but Kelkar sir explained it to us very well. And now onwards we will respect every girl and woman and also help them.”

❖ Glimpse of Awareness Sessions



Glimpse of Maitri Project Sessions



Glimpse of Other activities

