

## Seva Sahayog Foundation

### Urmi (All About Menstruation)

#### Quarterly Report (October 2021 to December 2021)

#### ❖ Sales & Distribution of Sanitary Napkins:

In the month of Oct, Nov & Dec Sanitary Napkins & Reusable cloth napkins were distributed to beneficiaries from different background 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
October	4,492	50
November	1,040	0
December	26,826	145
<b>Total</b>	<b>32,358</b>	<b>195</b>

#### ❖ Sessions on Menstrual Awareness & Hygiene

Sr. No.	Location	Attended By	Remark	Maitrin Kit Sponsored By
1	Dhayari in DSK Vishwa Society on 03 <sup>rd</sup> October 2021.	Housekeeping ladies staff attended the session.	40+ ladies participated in the session. These ladies collect waste from the society. They didn't have any knowledge about the purpose of using red dot bags, but after the session, they ensured that they will appeal to people from society to use these red dot bags for Sanitary waste so they can easily identify and separate them along with the dry and wet waste.	-
2	Rambhau Mhalgi Madhyamik School , Katraj, Pune on 20 <sup>th</sup> October 2021.	School girls from 8 <sup>th</sup> to 11 <sup>th</sup> std participated in the session.	44 Girls and 5 Teachers were present in this session. In the session girls participated very actively, they asked the questions and also answered the questions that were asked to them. 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	<b>49 Maitrin Hygiene Kits</b> for the whole year were distributed to the attendees with the support of <b>Wolters Kluwer company</b> . Each ' <b>Maitrin Hygiene Kit</b> ' includes Packets of

			for sanitary waste and will also teach others to make them. School Principal Rathod madam assured that the girls will use these Red Dot Bags and this will start from school and will help to keep the school toilets clean.	Sanitary Napkins with Red Dot Bags, Reusable Cloth Napkins and Urmi information Booklet.
3	Hinjewadi in Megapolis Construction Site on 19th Nov 2021.	Female construction workers attended the session.	120+ Ladies and girls participated in the session. These workers migrated and came from different states of India such as Chhattisgarh, Andhra Pradesh, Bihar etc. Red Dot Paper bag activity was also taken for these workers & they were very happy to learn it. These workers are staying in labour camps. During the session some of them complained to us that most of the ladies threw their sanitary waste anywhere or flushed in toilets. But after attending the session they all assured us that from now onwards they will use these bags for sanitary waste.	<b>50 Free Sample Packets</b> Distributed to the attendees
4	Erandwane Madhyamik Vidyalaya on 03 <sup>rd</sup> Dec 2021.	School girls from 8 <sup>th</sup> to 10 <sup>th</sup> std participated in the session.	Total 66 students attended the session. Girls participated actively in the session and they also asked questions that came to their mind. Gouritai Pendse had nice interaction with these girls. Afterwards we also taught them to make red dot paper bags.	<b>66 Maitrin Hygiene kits</b> for 6 month distributed to the girls with the support of <b>Wolters Kluwer company</b> . After 2 month we will take a follow up session for them and then we will distribute the remaining 6 month kit to the girls.
5	Rambhau Mhalgi School on 07 <sup>th</sup> Dec 2021.	School girls from 9 <sup>th</sup> & 11 <sup>th</sup> std participated in the session.	50 students attended the session taken by Gouritai Pendse.	<b>50 Maitrin Hygiene Kits</b> for the whole year were distributed to the attendees with the support of <b>Wolters Kluwer company</b> .

6	Kalmadi Kannada Medium School on 09 <sup>th</sup> Dec 2021	School girls from 7 <sup>th</sup> to 10 <sup>th</sup> Std participated in the session.	Total 92 girls participated in the session. In this session students of Kalam Centre from Kalmadi Junior College performed a skit on awareness of disposal of sanitary waste. They also taught how to make Red Dot Bags to these students and importance of red dot bags.	<b>92 Maitrin Hygiene kits</b> for 6 month distributed to the girls with the support of <b>Adient company.</b>
7	Vidyapeeth Highschool, Ganeshkhind on 30 <sup>th</sup> Dec 2021.	School girls of 8 <sup>th</sup> and 10 <sup>th</sup> Std participated in the session.	Around 55 girls and 2 teachers attended the session taken by Sonalitai Ghatpande. Our Seva Sahayog Volunteer Miss. Abha Dixit took red dot bag activity for these girls Girls also assured us that from now onwards they will make and use these bags for sanitary waste and will also teach others to make them.	<b>55 Maitrin Hygiene Kits</b> for the whole year were distributed to the attendees with the support of <b>Wolters Kluwer company.</b>
8	Pandavnagar & Wadarwadi on 10 <sup>th</sup> Dec 2021.	Ladies and girls from Pandav Nagar & Wadarwadi slum area participated in this session	33 Ladies & girls participated in the session. The Session was taken at a temple premises in Pandav Nagar at Paanch Pandav temple. Same day a second session was taken at Wadarwadi anganwadi and 37 girls and ladies were present in the session. After the session, we took Red Dot Paper bag making activity which was enjoyed by the attendees. They got to learn something new through this activity. Both the sessions were arranged with the help of Snehdeep Foundation.	<b>70 Free Sample Packets</b> Distributed to the attendees.
9	Shankar Maharaj Vasahat in Dhankawadi on 16 <sup>th</sup> Dec 2021	Adolescent Girls & their mothers participated in the session.	With the help of Swadhaar Sanstha we took a session at Swadhaar abhyasika for their students and mothers. Total 36 attendees were there in the session.	<b>36 Free Sample Packets</b> Distributed to the attendees.

10	Lokmanya Tilak Madhyamik Vidyalaya Wakad on 17 <sup>th</sup> Dec 2021.	School girls of 8 <sup>th</sup> & 9 <sup>th</sup> std participated in the session.	Total 69 students and 4 teachers attended the session. In the session girls participated very actively and answered the questions that were asked. Teachers from schools also said that the session was very useful to them.	<b>75 Free Sample Packets</b> Distributed to the attendees.
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### ❖ Train The Trainer's session & Sessions taken by Trainer's

Sr. No	Activity	Attended By	Remark
1.	Train The Trainer Session (Online) on 25 <sup>th</sup> Dec 2021.	Volunteers of Prerna Foundation (Sangli) and Seva Sahayog participated	Under Urmii Train the Trainers program we took an online training session for new volunteers of Prerna Foundation & Seva Sahayog. 05 Volunteers attended this session. In coming days, we will also take demo sessions for these volunteers to build up their confidence before they can take actual sessions. The purpose of the training session was to create more awareness about menstruation and related myths in nearby villages in Sangli region.

### ❖ Other Activities

Sr. No	Activity	Attended By	Remark
1	Volunteer Engagement	Seva Sahayog Urmii's youngest volunteer.	Seva Sahyog Urmii's youngest volunteer Mugdha Barve aged 9 years. She made red dot bags at her home and donated them to Urmii. It is really admirable to have this awareness at such a young age.
2	Volunteer Engagement activity of Red Dot Bags, on 30 <sup>th</sup> Nov 2021.	Students from Kaveri Junior College participated in the activity.	27 students from Kalam centre of Kalmadi junior college participated in this red dot paper bag making activity. Within 15 minutes these students made 150+ paper bags and donated them to the Urmii project. They have decided to make as many Red Dot bags as possible and donate to the Urmii project. They will also help us in spreading awareness about the use of these bags. Many of them were unaware about the usage and importance of these bags.
3	Distribution Of Sanitary Napkins	Prerna Foundation Sangli.	After attending Train, The Trainers Session former volunteers of Prerna Foundation are

			<p>taking sessions in their nearby villages and creating awareness regarding menstruation &amp; related topics. After the session they distribute Sanitary Napkins Packets provided by Seva Sahayog Urmi Project to the attendees. <b>500 Sanitary Napkins Packets</b> sent to Sangli for distribution as a free sample.</p>
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### ❖ Success story about Volunteer Engagement

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

### ❖ Volunteers feedback

- **Miss.Shivani Patwardhan (Kalmadi Junior college)**

*"I am volunteering for Kalam centre and our first activity is making Red dot paper bags for safe disposal of sanitary napkins. We learnt to make these bags but also we got a new perspective by learning something new and the importance of these bags. Now we will also help in spreading the awareness of using these red dot bags."*

- **Miss.Mihika Hadap (Kalmadi Junior college)**

*"I am part of the Kalam centre and am volunteering here. We learnt to make Red Dot Bags. This concept is very new for me. Making these bags is very easy and its use and importance is much more. This bag is very useful for ladies and girls. It has been a very satisfying experience of participating in this activity. I will spread the awareness and importance of these bags as much as possible."*

### ❖ Session Feedback from Attendees

- **Mrs. Anuradha Bangar (DSK Vishwa Society, Housekeeper)**

*"Session was very informative, especially information about Red Dot Bags. Nowadays most of the ladies are using sanitary pads during their menstruation but they didn't have any knowledge about the use of Red Dot Bags. We will give them this information and insist them to use these Red Dot bags for disposal of Sanitary waste and keep this waste separately."*

- **Miss. Swapnali Dhebe (Rambhau Mhalgi School 11<sup>th</sup> std)**

*"Session taken by Gouritai Pendse was very nice and she explained very nicely. She taught us to make Red dot bags and also explained the use of these bags."*

- **Miss.Pranjali Ashok Gujar (Rambhau Mhalgi School)**

*"I had knowledge regarding the topic to some extent but I didn't have any knowledge about the use of Red Dot Bags. After getting all this information I will start using them and will also tell others to use them."*

- **Mrs. Asha Maruti Gosawade (Construction Worker, Hinjewadi)**

*“Very nice information about menstruation we got from Gouri Madam. Before attending the session, we didn’t have any knowledge on this topic but from now onwards we will also share this scientific knowledge with others.”*

- **Mrs. Hansadevi Prajapati (Construction Worker, Hinjewadi)**

*“We got nice information about the monthly cycle. We didn’t go to school, so we had no idea how menstruation came & the reason behind this process, but Tai explained all the information to us in a nice way. Now onwards we can tell our daughters very confidently about the topic.”*

- **Miss. Niharika Santosh Chavhan (Erandawana Madhyamik Vidyalaya, 10<sup>th</sup> Std)**

*“Information about menstruation given by Gouritai Pendse was very well understood by us. We got detailed knowledge about related topics and they removed our misunderstandings related to this topic. We also did not have any knowledge about Red dot bags. but now we know this and we will use these bags & also will help in spreading awareness regarding its use. We are very thankful for giving us Sanitary kits.”*

- **Miss. Saniya Haidar Shaikh (Eerandawana Madhyamik Vidyalay, 8<sup>th</sup> std)**

*“Till this date, no one had come to our school like this. We got very nice information about menstruation. I did not have any knowledge about what is right and what is wrong. but Gouritai told us very nicely about all the related topics. We understood it very well. The yearly Sanitary Napkins kit given by you is a very nice initiative. Beneficiaries coming from weakened financial backgrounds will benefit from this.”*

- **Miss. Janhavee Rakesh Sakpal (Vidyapeeth Highschool)**

*“Through Urmi Project Sonalitai Ghatpande came to our school. They gave us detailed information about menstruation. Also, some misunderstandings associated with the topic were removed from my mind. They taught me how to make Red Dot Bags. We will surely use hygiene Kits sponsored by Wolters Kluwer company and Red Dot bags also. Now onwards we will try to spread awareness regarding the topic as well as Red Dot Bags.”*

- **Miss. Kajal Asaram Pawar (Vidyapeeth Highschool,10<sup>th</sup>)**

*“The information about menstruation given by Sonalitai was very nice and we liked it. We got the answers to questions coming to our minds. We also like the kit sponsored by Wolters Kluwer company, we will definitely use this. We also learned to make Red Dot Bags, now onwards we will use red dot bags for disposal of Sanitary waste.”*

## ❖ **Glimpses of the Session**



Rambhau Mhalgi School



Erandawana Madhaymik Vidyalay



Vidyapeeth High school



Mega police Construction workers



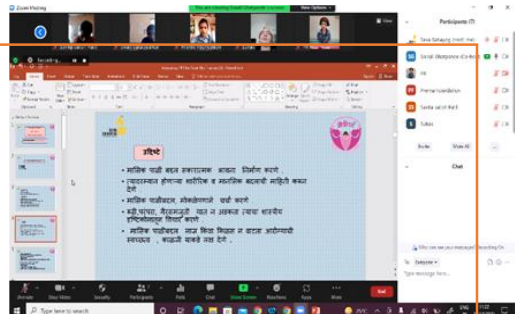
Dhyari



Kalmadi High school



Lokmany Tilak Vidyalay, Wakad



Train The Trainer Session

**Thank You**