

Seva Sahayog Foundation

Project - Urmi (All About Menstruation)

Quarterly Report – January to March '23

❖ Distribution of Sanitary Napkins & other activities:

- Total 1,40,018 Sanitary Napkins & 1951 Reusable Cloth Napkins were distributed as free samples and via Yearly Maitrin Hygiene kits in the month of January, February & March'23 in different school, vastis and Maitri Session schools.
- Total 1440 Yearly Maitrin Hygiene Kits were distributed in January to March 2023 to Seva Sahayog Women Empowerment Ladies and school girls from rural & urban parts of Maharashtra like Pune, Ratnagiri - Khed & Beed- Gevrai with the help of Acquia India Pvt. Ltd. Company.
- Total 400 Yearly Maitrin Hygiene Kits distributed in February '23 to underprivileged needy ladies and school girls from rural & urban part of Chalisgaon with the help of Wolters Kluwer company.
- 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)
- Distributed Khajoor & Gud Laddoo to each attendee during the session after explaining the importance of a healthy diet, iron and calcium rich food.
- Volunteering activity of making Sanitary Napkins Kits and red dot bags with Persistent company volunteers along with other company volunteers, individual volunteers, school boys as well with Agriculture College students, 11th std students from Phulgaon to make them aware about proper disposal of sanitary waste.
- One intern from Bangalore, 3 Interns from Symbiosis college & 2 Interns from KHS college also participated in the Awareness sessions and helped us in the project through making Red Dot Bags, filling up assessment forms from the beneficiaries.
- Acquia Company volunteers participated in the programme of Awareness session arranged on 17th March 2023. specially to celebrate Women's Day and to interact with the ladies.
- Urmi celebrated Women's day by conducting an interactive session for Seva Sahayog Office staff (both Men and Women) to reduce taboo and to be more vocal about menstruation.

❖ Sales & Distribution of Sanitary Napkins:

- In the month of January, February & March'23 Sanitary Napkins & Reusable cloth napkins were distributed as a free sample and in Yearly Maitrin Hygiene kit to beneficiaries from different backgrounds in and around Pune including Maitri project & Ratnagiri-Khed, Beed, Chalisgaon's different Schools, Vastis & tribal areas.

Month	No. Of Napkins Distributed/ Sold (in Napkins)	No.Of Reusable Cloth Napkins Distributed
January	20920	251
February	56356	890
March	62742	784
Total	140018	1925

• **Menstrual Awareness & Hygiene Sessions in Pune & around Area**

Date of Activity	School Name	Attended By	Remarks	Yearly Maitrin Hygiene kits distributed on behalf of Acquia India.
11-Jan-22	Veer Baji Pasalkar High school, Panshet	Awareness session for 8th to 10th Std Girls.	85 students and all their 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.	85
12-Jan-23	Mega polis, Near Hinjewadi	Awareness session for construction worker ladies and their daughters.	54 Ladies and girls participated in the session. These workers migrated and came from different states of India such as Chhattisgarh, Andhra Pradesh, Bihar etc. 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 red dot bags for sanitary waste.	54
23-Jan-23	Vasudev Balwant Phadake Vidyalay, Ravdi - Bhor.	Awareness session for 8th to 12th Std Girls	69 students and 3 teachers participated in the session. In the session girls participated very actively and answered the questions that were asked.	72

24-Jan-23	Shivganga Madhyamik Vidyalaya, Kusgaon – Bhor.	Awareness session for 8th to 10th Std Girls	37 students & one teacher participated in the session.	38
7-Feb-23	Chatrapati Shivaji Maharaj High School - Kanhe vadgaon Maval	Awareness session for 8th to 10th Std Girls.	-	75
7-Feb-23	Jilha Parishad School - Kanhe Vadgaon Maval	Awareness session for 7th to 10th Std Girls	-	43
8-Feb-23	Ambedkar Wasahat - Aundh	Awareness session for Women Empowerment Ladies	-	14
8-Feb-23	Aundh Gaon - Aundh	Awareness session for Women Empowerment Ladies	-	29
16-Feb-23	Nane Madhyamik Vidyalay, Nane Kamshet, Maval	Awareness session for 8th to 10th Std Girls	-	45
16-Feb-23	Bhairavnath Madhyamik Vidyalaya, Ghonshet, Maval	Awareness session for 8th to 10th Std Girls	-	37
28-Feb-23	Chetan Dattaji Gaikwad Highschool – Bavdhan Pune.	Awareness session for 9th Std Girls	-	81
28-Feb-23	Chetan Dattaji Gaikwad Highschool – Bavdhan Pune.	Awareness session for 8th Std Girls	-	73
4-Mar-23	Chtrapati Shivaji Highschool - Khopi - Khed Ratnagiri	Awareness session for 6th To 9th Std Girls	-	55
4-Mar-23	Jilha Parishad School- Khed Ratnagiri	Awareness session for 6th To 8th Std Girls	-	06
4-Mar-23	Jilha Parishad School, Mirle , Khed- Ratnagiri	Awareness session for 6th To 8th Std Girls	-	09
5-Mar-23	Sahajeevan Shikshan Sanstha Vidyalay - Ratnagiri Khed	Awareness session for 9th & 11th std Girls	-	198
5-Mar-23	Sahajeevan Shikshan Sanstha Vidyalay - Ratnagiri Khed	Awareness session for 6th to 08th std Girls	-	82

17-Mar-23	Awareness Session & Women's day Programme celebration with Acquia company volunteers	Seva Sahayog Women Empowerment Programme Ladies	-	58
18-Mar-23	Seva Sahayog WEP - Karve Nagar Vasti	Awareness session for Women Empowerment Ladies	-	50
20-Mar-23	Seva Sahayog WEP - Happy Colony Vasti	Awareness session for Women Empowerment Ladies	-	23
21-Mar-23	Leelawati Rikhavlal Shah Kanya Vidyalay, Neera	Awareness session for 8th std Girls	-	81
21-Mar-23	Leelawati Rikhavlal Shah Kanya Vidyalay, Neera	Awareness session for 09th std Girls	-	76
25-Mar-23	Mahila Seva Mandal - Girls Hostel	Awareness session for Adolescent girls & ladies	-	100
28-Mar-23	Seva Sahayog WEP - Ramnagar Vasti	Awareness session for Women Empowerment Ladies.	-	17
29-Mar-23	Janseva Vidyarathi Kalyan Sanstha, Beed Gevrai	Adolescent girls from 06 th to 08 th std.	-	39

❖ **Menstrual Awareness & Hygiene Sessions in Chalisgaon:**

Date of Activity	School Name	Attended By	Yearly Maitrin Hygiene kits distributed on behalf of Wolters Kluwer Company.
2-Feb-23	Dahiwad Madhyamik Vidyalaya - Chalisgaon	Awareness session for 8th to 12th Std Girl	83
2-Feb-23	Sundar Nagar Tanda - Chalisgaon	Awareness session for 8th to 10th Std Girls	85
3-Feb-23	Chinchgavhaan Madhyamik Vidyalaya - Chalisgaon	Awareness session for 8th to 10th Std Girls	53
3-Feb-23	Kalmadu Madhyamik Vidyalaya	Awareness session for 8th to 10th Std Girls & Junior college students	103

3-Feb-23	Khadakisim - Chalisgaon	Awareness session for Ladies	49
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❖ **Other Activities:**

Date of Activity	Activity	Attended By	Remark
01-Jan-23	Urmi Appreciation Certificate distribution to Indian Council for Mental Health (ICMH), Nerul students	-	8 students who had developmental disabilities from ICMH school, regularly giving us the Red dot bags. Till date, they have provided more than 4000 bags to Urmi. To appreciate their efforts Urmi gave certificates to these students.
12-Jan-23	Makar Sankranti Festival –Donation drive & sanitary kit (Sanitary Napkins Packet , Reusable cloth Napkin) selling campaign	People on social media like Facebook, WhatsApp, etc.	We appealed to ladies to distribute the Sanitary Napkins Packet / Reusable Napkins / Paper bags as Waan in their Haldi – Kumkum ceremony to make the ladies aware about the topic and to talk more on the subject. Also to change the mind-set of society through this campaign.
3-Feb-23	Reusable Napkins Stitching Training	Two ladies from Sundarnagar , Chalisgaon.	Reusable stitching training was given to these ladies by our volunteer Gouritai Pendse. Through this training we are giving the earning opportunity to these ladies. Now these two ladies will be able to give the training to other ladies also.
4-Feb-23	Online Awareness session for adolescent girls from Khed , Ratnagiri.	Adolescent girls	Online awareness session taken by Sonalitali Ghatpande for adolescent girls.

15-Feb-23	Volunteering Activity at Persistent Company	50 employees of company participated in the activity	This activity was making Sanitary Napkins Packets & Maitrin Yearly kits. They made 1700+ Packets & 200 Maitrin Hygiene kits
24-Feb-23	Volunteering Activity at Persistent Company	60+ employees of company participated in the activity	This activity was of making Sanitary Napkins Packets They made 1200+ Packets
01-Mar-23 & 02-Mar-23	Volunteering Activity in Persistent Company at Hinjewadi & Karve Road office premises	64 employees of company participated in the activity	This activity was of making Sanitary Napkins Packets and Making Red Dot Bags. volunteers made 2262 Packets and 500+ Red Dot Bags within an hour.
07-Mar-23	Interactive Session for SSF Mhatre Bridge office staff.	More than 30 members of SSF Office staff both Men & Women participated in the activity.	on the occasion of International Women's Day, Urmi conducted an interactive session for the SSF Mhatre bridge office staff to reduce the taboo and to be more vocal about menstruation. The focus of the session was on the three objectives of Urmi - awareness about menstruation, appropriate products, proper disposal of sanitary waste. A short film giving scientific information about menstruation was also screened during the session. The session was very well received by all the participants. Team Urmi is looking forward to conducting more such mixed gender interactive awareness sessions.
08-Mar-23	Red Dot Bag making activity & awareness on disposal at Agriculture college, Shivaji nagar, Pune.	130 students of Agriculture college participated in activity.	On the occasion of International Women's day Urmi conducted Red Dot Bags making activity for these students and they made 2320 bags in this activity and donated to Urmi. To create awareness on disposal Urmi showed a presentation related to topic.
09-Mar-23	Awareness Session for Pricol company employees	More than 80 employees participated in session.	On the occasion of National safety week on 4 th March & Women's day on 8 th March Seva Sahayog took an awareness session for Pricol company

			employees which are coming from different region of Maharashtra for employment.
16-Mar-23	Visit To Veritas Company	-	Introduction of Urmi for Veritas company volunteers on the occasion of Women Premiere League (WPL) arranged by Veritas company for their female office staff.
23-Mar-23	Red Dot Bag Activity at Phulgaon.	11std students preparing for NDA , NEET , JEE exam are participated in this activity	Urmi volunteer Dhanashree Pharate took initiative and taught to make Red Dot Bag to these students and also spread awareness about proper disposal of sanitary waste. 15 students participated in this activity.

❖ **Maitri Session:**

Date of Activity	Vasti Name / School Name	Session Type	No.Of Attendees	Product Distribution Maitrin / JanAushadhi / Reusable	Distributed By
20-Jan-23	Erandawana Madhyamik Vidyalay - Maitri	Yoga & Exercise Session	42	2 Month Packs	Maitri Project
21-Jan-23	Tilak Madhyamik Vidyalay - Maitri	Post Assessment fill up & Kit Distribution for 9th std girls	33	2 Month Packs	Maitri Project
21-Jan-23	Tilak Madhyamik Vidyalay - Maitri	Post Assessment fill up & Kit Distribution for 8th std girls	49	2 Month Packs	Maitri Project
21-Jan-23	Tilak Madhyamik Vidyalay - Maitri	Boys Session for 9th std	48	-	Maitri Project
21-Jan-23	Tilak Madhyamik Vidyalay - Maitri	Boys Session for 9th std	39	-	Maitri Project
20-Mar-23	Dr. D. R.Nagarkar Prashala - Maitri	Post Assessment fill up & remaining Kit Distribution to girls	29	4 Month Packs	Maitri Project
24-Mar-23	Tilak Madhyamik Vidyalay - Maitri	Remaining Kit Distribution to girls	94	2 Month Packs	Maitri Project

24-Mar-23	Erandawana Madhyamik Vidyalay - Maitri	Post Assessment fill up & remaining Kit Distribution to girls	45	4 Month Packs	
28-Mar-23	Vanaj Madhyamik Vidyalay - Maitri	Post Assessment fill up & remaining Kit Distribution to girls	37	4 Month Packs	Maitri Project

❖ Urmi Awareness Session Feedback from Attendees:

- Samiksha Deepak Tambat (Shivganga Madhyamik Vidyalaya, 10th std):**
First of all, thanks to Gouritai for giving us such useful and important information. We learned a lot of things from this session and got new information. Thank you for visiting our school and giving us this information. Also a big thanks to Acquia India company for giving this useful kit.
- Gouri Ravindra Shedage (Shivganga Madhyamik Vidyalay, 10th std):**
Gouritai came to our school. She cleared our misconception that menstrual blood is impure. We will tell our family about it. They taught very well. No one has given such information to us before. We will use the kit gifted by you.
- Prajakta Rajendra Ambavale (Krantiveer Vasudev Balwant Phadake, 12th std):** Thanks to Gouri tai as this is a topic that girls are very shy to talk about. But Tai clearly told us all the scientific information very deeply.
This information should be known to all, the older girls like me in our school knew to some extent about this but did not speak. We received the kit which is very expensive, thank you for giving us this.
- Samruddhi Anil Kashid (Krantiveer Vasudev Balwant Phadake)::** Gouri tai gave us information about menstruation today. When we are about to have a period for the first time, our mother does not tell us anything, we only know that it is going to start. But Gouri tai told us everything about menstruation. How it starts, what it is, how it happens etc. They also told us how to take care of your body and what you should do to maintain your health. Also gave information about how to take care of our environment and how to use pads as well as cloth. Thanks to Acquia company for giving us the kit.
- Shweta Nale (Megapolis Construction site – Site supervisor):** Today a session was arranged by Seva Sahayog Foundation on menstruation. Gouri tai gave information about menstruation that we should get in our childhood. Many things we did not know or we knew it partially. The given information was explained by Gouritai in a very simple language with the help of diagrammatic representation. Here we are working with female labourers. This information normally never reaches them or no one has educated at their home about all these things. Through this platform all the important information is passing over them.
- Vidya Wawle (Urmi team member):** Vidya Wawle joined Urmi team in 2018 as part of the sanitary napkin production team. In 2019 when production of sanitary napkins was discontinued, she joined WEP production team. Since then, she has grown a lot in terms of confidence and skills. Currently, she is part of Urmi by being a contact point for sale of napkins in her community and also stitches reusable cloth napkins. This year (2023) on the auspicious occasion of Makar

Sankranti she distributed packets of sanitary napkins to her friends. This was a proud moment for Urmi to see Vidya evolve from a shy person into a very confident person who doesn't consider Menstruation a taboo now. This is the start of the impact Urmi is having in our communities.

- **Mohini Suresh Nanekar (9th std Chatrapati Shivaji Maharaj School, Maval):** Two tais from Seva Sahayog came to our school and gave us important information about menstruation. They told us about how to take care of ourselves and how to maintain cleanliness during menstruation. This information and knowledge will be useful in the future also. They gave us an Annual Hygiene kit which we will use throughout the year. Thank You for the Kit.
- **Khushi Sanjay Gabhane (8th std Chatrapati Shivaji Maharaj School, Maval):** Today two Tai's came to our school and they gave us the detailed information about menstruation. This will be of great benefit to us in our life. They talked about topics like how to take care of ourselves during periods, what to eat and how to keep ourselves healthy and look beautiful etc. They gave us Sanitary Pads also and also told us how to dispose of the used Sanitary Pads.
- **Amrapali Sandeep Ghoderao (Ambedkar Vasahat, Aundh):** Gouri tai informed us very well about periods. We also got information about how to use and dispose of sanitary pads, the changes that occur in the body during puberty. Now we know all this information very well, which we didn't know before, so we will be able to talk about it freely. We will make good use of the given kit. Due to this information we are now able to see the changes occurring in our daughters. In the future we'll also be able to tell them about this information.
- **Sarika Abhijeet Mohite (Aundh Gaon):** I attended the session that was held earlier by Urmi. I got a lot of information from these sessions. We have a lot of misconceptions about menstruation like this blood is impure. But now I know all the information very well. I know what exactly happens in our body and what is the process of menstruation. No one gives such information and no one is talking about this but because of this session we now know all these topics. We also learned how to dispose of sanitary pads and how to use the material given in the kit. Thank you Acquia India for giving us this kit.
- **Mansitai Dandawate (Urmi Volunteer):** Our Urmi volunteer Mansitai is making Red Dot bags at home and donating these bags to Urmi on a regular basis. On the occasion of Haldi Kumkum she made Red dot bags at home and purchased these bags on behalf of Urmi and gave them as a Waan (Gift in Haldi Kumkum) to ladies. Also she sold some bags made by her to her friends and all the money was donated to Urmi. In this unique way she helped Urmi by volunteering in making Red dot bags, Selling Red Dot Bags & Promoting Red Dot Bags.
- **Tejaswini Mahendra Nikam (Madhyamik Vidyalay Chinchgavhan, Chalisgaon, 9th std):** Gouritai gave us very nice information about menstruation. She gave us information about reusable napkins as well as disposable napkins. Our all doubts are clear now and I can share this information with my friends.

- **Ritika Dadabhau Pawar (Dahiwad Madhyamik Vidyalay, Dahiwad, Chalisgaon 7th std):** Gouritai gave the information about periods. She explained this information in very simple language. I am very thankful to them.
- **Disha Madware (Dahiwad Madhyamik Vidyalay, Dahiwad, Chalisgaon 9th std):** Gouritai told us about menstruation in a very easy way. no one has given such information to us. Even our mothers are shy to talk with us on this subject. Thank you so much for giving such useful information.
- **Rajeshwari Dyaneshwar Devya (Madhyamik Vidyalay, Kalmadu):** Gouritai has told us something very big which we think is very minor and that is about menstruation. They specially came for us from Pune and gave us this information. Thank you so much for that.
- **Ruchita Santosh Mahadik (Shri. Chnadulal Sheth High School, Ratnagiri –Khed) –** Representatives of Seva Sahayog Pune came to our college and gave information about Menstruation to all the girls from our school. Thank you so much for giving such useful information and Sanitary Napkins Hygiene kits to us. All of us come from rural background and we will definitely benefit from this information. We will surely make proper use of the given kit.
- **Mayuri Mahesh Nikam (Shri. Chandulal Sheth High School, Ratnagiri –Khed) –** Today 8th March On the occasion of International Women’s Day, Seva Sahayog Pune came to our school and informed us about menstrual periods. They also gave us enough sanitary napkins which will be useful for the whole year. Before, we knew a little about it but today we understood all the information completely. Thank You so much for that.
- **Chitrali Prasad Gaikwaad (Karve Nagar Wasti) -** Today’s session was on menstruation. In fact, we knew about puberty and coming of age. But the changes that take place internally were not known. Or what exactly is happening we didn’t know at the time of the period but after this session, we know it now. I attended a similar session when I was in school, but at that time I got very little information. Today I got detailed information about the Uterus and menstruation. Thanks to Seva Sahayog and Acquia for giving this Hygiene Kits to us.
- **Partiksha Shrikant Tamhane (Leelawati Rikhavlal Shah Kanya Vidyalay , Nira - 8th std)-**Today on 21st march 2023 we got some information about menstruation from Seva Sahayog and Acquia company. They informed us about changes that occur before and after menstruation. At the same time, information was given about what nutrition to take. They also informed us that Menstrual blood is pure. They also gave us a kit and a nutritious laddoo which was very tasty. They also showed us a uterus diagram and gave us information about that. We got information about sanitary napkins, how many times a day it should be changed. Later I asked them about where they get motivation to do all this work. We are so thankful to them.
- **Srushti Nitin Jagtaap (Leelawati Rikhavlal Shah Kanya Vidyalay , Nira - 8th std) –** Some representatives came to our school today. Later they came to our classroom. So many questions came in our mind about what they will say now, what was the topic etc. But they put up a banner and we found out that they are going to tell us information about menstruation. They told us all the information regarding the topic. At our home my mother and sister are there, who also have periods. But still when we have our periods our parents told us to sit outside for 5 days, not to go in front of god, not to touch Tulsi etc.

They gave very good information today so that we can tell this information to our friends. Today after going home, many of us will tell this information to our mother or sister too, so this information will reach everyone. They gave us all the scientific information. I did not know about this. no one had given us this information before. I am very thankful to everyone for giving us this important and useful information and a kit. Many thanks to Acquia company for reaching us as well as they are reaching to every school and every girl. Thank you very much for guiding us.

❖ **Maitri Session Feedback from Attendees:**

- **Soham Kamble (Tilak Madhyamik Vidyalaya 9th std):** Today Rahul Kulkarni sir gave the information about menstruation. we understood that, at the age of adolescence many changes occur in boys. Likewise, changes are occurring in girls as well. Reproductive system of girls is developing at this age for periods. We also got the knowledge about Red dot bags for disposal of sanitary pads through this session.

❖ **Glimpses of Awareness Sessions at Schools:**

Veer Baji Pasalkar High school, Panshet



Krantiveer Vasudev Balwant Phadake Vidyalay, Ravdi



Shivganga Madhyamik Vidyalaya, Susgaon



Construction workers



Maitri Sessions





Kanhe Vadgaon Maval



School's



Nane Madhyamik Vidyalay, Kamshet



Bhairavnath Madhyamik Vidyalay, Ghonshet



SSF Women Empowerment Ladies - Ambedkar Vasahat & Aundh Gaon



Chalisgaon Session Glimpse

