

## **Seva Sahayog Foundation**

### **Project - Urmii (All About Menstruation)**

#### **Quarterly Report – April to June '23**

#### **❖ Distribution of Sanitary Napkins & other activities:**

- Total 5248 Sanitary Napkins & 5 Reusable Cloth Napkins were distributed as free samples in the month of April, May & June'23 in different school, Vastis.
- Urmii kept a stall for donation appeal and volunteering appeal at Seva Sahayog's School kit assembly at Bal Shikshan Mandir, kothrud, Baner & Yerwada.
- From the month of April, Urmii started a session by experts to gain further guidance for the project. Urmii will organise such expert sessions once in a month on different topics which are related to the project. First Expert Session was taken by Pranjali tai Inamdar on the Subject of Sex education & Addiction.
- Urmii celebrated 5 years' journey with volunteers on 10th May 2023.
- Red Dot Bag making Activity in HSBC Company Yerwada Office premises & Cummins Company, Dahanukar & Balewadi Office premises.
- Urmii celebrated 'International Menstrual Hygiene Day' month by doing Donation drives on social media through different platforms.
- Launched Urmii Digital Magazine 3<sup>rd</sup> edition on 28<sup>th</sup> May 2023, on the occasion of 'International Menstrual Hygiene Day'.

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

<b>Month</b>	<b>No. Of Napkins Distributed/ Sold (in Napkins)</b>	<b>No.Of Reusable Cloth Napkins Distributed</b>
April	680	03
May	2368	02
June	2200	0
<b>Total</b>	<b>5248</b>	<b>05</b>

❖ **Details of Menstrual Awareness & Hygiene Sessions:**

<b>Date of Activity</b>	<b>Activity</b>	<b>Attended By</b>	<b>Remark</b>
10 <sup>th</sup> April 23	Expert Session on Sex Education and Addiction	Urmi Volunteers and Seva Sahayog office staff	Urmi volunteer Pranjali Inamdar took the first session on the subject of Sex education and addiction in the SSF office. She has completed the course with trainings on sex education and child abuse. While working with Mukta charitable trust Pranjali tai has conducted these sessions in several schools and colleges for adolescent boys and girls. With the help of a presentation and in a very simple language she explained the topic very effectively.  15+ volunteers attended this session.
13 <sup>th</sup> April 23	Awareness session at Kamshet.	Anganwadi Sevika, Bachat gat Ladies and their daughters attended the session	This awareness session on menstrual health and hygiene was taken by Gouritai Pende for self-help groups and Anganwadi Sevikas of Shiv Vidya Pratishthan and Sanman Samajik Bahuddeshiy Sanstha.  More than 55 ladies and girls attended this session. Women listened very attentively to all the information given to them. They also freely asked many doubts that came in their mind.  At the end of the session many ladies came and opened up about their opinions and concluded that they no longer considered menstruation as a problem or difficulty as it is a very natural process and its sign of good health.  Gouritai taught them to stitch Reusable Cloth Napkins.
18 <sup>th</sup> April 23	Awareness session at Vaiduwadi near Chaturshrunji.	Wasti Ladies and their daughters	This Awareness session was organised by an intern Goutam Lokhande for his vasti ladies and girls, for them to know more about this subject of menstruation and to gain scientific knowledge.  23 girls and ladies participated in the session.
20 <sup>th</sup> May 2023	Awareness session at Shivraj Nagar in Upper Depo.	Adolescent girls	Awareness sessions on Menstrual health & hygiene were taken for Family Planning Association (FPA) beneficiaries under their vasti vikas project.

			<b>41 adolescent girls</b> participated in the session.
23 <sup>rd</sup> May 2023	Awareness session at Pawan Nagar in Appar Depo.	Adolescent girls	<b>50 adolescent girls</b> of FPA participated in the session.
24 <sup>th</sup> May 2023	Awareness session at Ambedkar Nagar in Market Yard.	Adolescent girls	<b>39 adolescent girls of FPA</b> participated in the session.
29 <sup>th</sup> May 2023	Awareness session at Meenatai Thakare Vasahat, Gultekdi.	Adolescent girls	<b>28 adolescent girls</b> FPA participated in the session.
29 <sup>th</sup> May 2023	Awareness session at Daayas Plot, Gultekdi.	Adolescent girls	<b>43 adolescent girls</b> FPA participated in the session.
30 <sup>th</sup> May 2023	Awareness session at Gokhale Nagar.	Adolescent girls	<b>34 adolescent girls</b> participated in the session.
31 <sup>st</sup> May 2023	Awareness session at Sahakar Nagar Swachhata Kothadi.	Mahila Swacchta Karmachari (Female Waste Pickers)	<b>18 Ladies</b> participated in the session.
02 <sup>nd</sup> June 2023	Awareness session at Mahesh Nagar, Pimpri.	Adolescent girls & Ladies	Awareness sessions on Menstrual health & hygiene were taken for Swadhaar Sanstha beneficiaries. This organization is working for the welfare of HIV+ persons & for their family. More than <b>50 Ladies &amp; adolescent girls</b> participated in this session.
17 <sup>th</sup> June 2023	Awareness session at Rajgad Chawl in Upper Depo.	Adolescent girls	Awareness session on Menstrual health & hygiene were taken for Family Planning Association (FPA) beneficiaries under their vasti vikas project. <b>47 adolescent girls</b> participated in the session.

❖ **Details of Other Activities:**

<b>Date of Activity</b>	<b>Activity</b>	<b>Attended By</b>	<b>Remark</b>
06 May & 13 May 2023	Urmi Donation Drive, Stall in School Kits.	Individual Volunteers & company volunteers participated	Urmi kept a stall in Baner & Yerwada school kit assembly. Gave information about project Urmi in detail and volunteering opportunities in the project and also appealed for donation.

10 <sup>th</sup> May 2023	Get together programme to celebrate Urmi's 5 years' journey.	Seva Sahayog & Urmi volunteers	Urmi completed 5 years in April 2023. On this occasion a volunteer get together programme was held at Dnyanada Prashala. In this programme Urmi's 5 years' journey was revealed. Some volunteers expressed their feelings of volunteering with Urmi. Chief guest Dr.Medha Kumathekar (Psychologist) guided everyone on the topic of menstrual cycle and mental changes in this program.
10 <sup>th</sup> May 2023	On the occasion of 'International Menstrual Hygiene day' on 28 <sup>th</sup> May 2023 we started a campaign for Urmi magazine "Menstrual awareness for all" and also appealed for donations on social media.	Social media platform users & through vocal messages.	Same as last two years' this year also we appealed to everyone to send in their entries on menstruation related topics, which can be in the form of poems, experience sharing, short stories, essays, artwork etc. nice responses were received from participants. They sent us their entries through Emails and WhatsApp.  We collated all the entries and converted them into <b>Urmi Magazine 3</b> which was launched on 28 <sup>th</sup> May 2023 on social media. Urmi Magazine consists of different poems, stories, self-experience stories & Posters, sent by participants on the subject of 'Menstrual awareness for all' from all over Maharashtra. The same is uploaded on our website as well. Appreciation certificates were given to the participants.
10 <sup>th</sup> May 2023	On the occasion of 'International Menstrual Hygiene day' on 28 <sup>th</sup> May 2023, we started a campaign of Urmi donation drives.	Social media platform	On the occasion of 'International Menstrual Hygiene Day', Urmi started a donation appeal on different social media platforms through circulating different posters and messages.
19 <sup>th</sup> May 2023	Red Dot Bag Activity	HSBC Company Employees	Red Dot Bag Making Activity in HSBC company Office at Yerwada. 50+ volunteers participated in this activity, and they made more than 1650 bags in 1.5 hours. Gouri tai gave them information about the use of red dot bags. Two employees showed interest in taking this awareness campaign in their society as well.
05 <sup>th</sup> June 2023	Red Dot Bag Activity at Pune Mahila Mandal, Sahakarnagar	Sahakar nagar citizens including senior ones are participated in this activity	On the occasion of World Environment Day on 5 <sup>th</sup> June, Pune Mahila Mandal organised a programme to celebrate this day. Urmi kept a stall in this programme and also gave information about the project in detail. Gouri tai Pendse & Intern Vismaya Bhagwat taught them to make Red Dot Bags and also told about its importance.

13 <sup>th</sup> , 14 <sup>th</sup> , 15 <sup>th</sup> & 20 <sup>th</sup> June 2023	Red Dot Bag Activity	Cummins India Company, employees.	Red Dot Bag Making Activity in Cummins India company Office at Dahanukar Colony, Kothrud. 237 volunteers participated in these activities, and they made 6875 bags. Gouri tai gave them information about the use of red dot bags.
29 <sup>th</sup> June 2023	Red Dot Bag Activity	Cummins India Company, employees.	Red Dot Bag Making Activity in Cummins India company Office at Balewadi. 48 volunteers participated in this activity and they made 1745 bags.

❖ **Maitri Session:**

<b>Date of Activity</b>	<b>Vasti Name / School Name</b>	<b>Session Type</b>	<b>Remark</b>
10-April-23	Maitri Session - Vanaj Vidya Mandir, Kothrud.	Awareness session for Mothers.	<p>Under Seva Sahyog Urmi's Maitri Masik Paalishi Project we interact with girl &amp; boy students and their parents.</p> <p>As a part of this, a session related to menstrual health and hygiene was conducted online by Sonalita Ghatpande for parents of students of Vanaj Vidya Mandir School.</p> <p>Parents attended the session very calmly and asked many queries too. Mother of some students said that now they can speak freely while talking to their daughters about this issue.</p> <p>The mother of one of the students expressed her gratitude towards Sonali Tai for holding the session through poetry and also expressed her desire to the school to have such sessions more often.</p> <p>More than 15 parent mothers attended the session.</p>

## ❖ Glimpse of activities:

