

Seva Sahayog Foundation

Urmi (All About Menstruation)

Quarterly Report (April 2022 to June 2022)

❖ Sales & Distribution of Sanitary Napkins

In April, May, and June 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 Vanwasi Kalyan Aashram.

Month	No. Of Napkins Distributed/ Sold (in Napkins)	No. Of Reusable Cloth Napkins Distributed
Apr	1696	5
May	4392	63
June	2264	0
Total	8352	68

❖ Sessions on Menstrual Awareness & Hygiene

Sr. No.	Activity	Attended By	Remark
1.	Session at Karvenagar Vasti on 10 th April 2022	Ladies working on Daily wages and as housemaids participated in the session.	53 ladies attended the session taken by Sonalitai Ghatpande. All the ladies carefully listened to the given information. Our Seva Sahayog volunteer Adititai Hatwalane also helped in the session. This session was arranged with the help of the RSB Foundation's Chetanji Kusalkar. They distributed Maitrin Sanitary Napkins for 6 months to these ladies.
2.	Session at Zilha Parishad School, Undri on 13 th April 2022.	School girls of 06 th and 09 th std participated in the session.	A total of 89 students & two teachers attended the session taken by Gouritai Pendse. Padmanidhi Mahila Sanghatana helped to arrange the session. After the session attendees gave their feedback on the same. Maitrin Sanitary Napkin Packets were distributed to all the students.
3.	Session at Samatanagar Ganeshmala on 22nd Apr 2022.	Vasti Ladies & Girls attended the session.	Seva Sahayog's women empowerment program (WEP) ladies participated in the session. around 23 ladies and their daughters participated in the session. Maitrin Sanitary Napkin Packets were distributed to all the attendees.
4.	Awareness session at Nerul Mumbai, on 12 th May 2022.	Ladies working staff of ICMH (Indian council for mental health)	17 ladies & 2 gents attended the session taken by Gouritai Pendse. Gouritai also taught Red dot bags to slow learner students. Some of the students from the school also know to stitch and they were interested to learn to make Reusable cloth napkins also.

5.	Awareness Session & Reusable Napkins training session at Mulshi Shere Village on 25 th May 2022	Bachat gat ladies from Shere Village	An awareness session on menstruation and health under the Seva Sahayog Urmi project was conducted by Sonali Tai Ghatpande for the ladies of the self-help (Bachat gat) group of Rashtriya Sarvangin Vikas Sanstha at Shere Village near Mulshi Taluka. A total of 31 ladies were present for this session. We also taught them to make Red Dot bags and their importance. SSF Women Empowerment trainer Vidya Wavle trained the ladies to make Reusable Cloth Napkins. They will use this training to create employment and create awareness in their nearby villages. Ladies actively participated in all the activities. This event was organised by Shere Village Gram Panchayat, Madhavitai Bhakare & Poonamtai Mehta from Rashtriya Sarvangin Vikas Sanstha.
6.	Session at Sahakarnagar on the occasion of International Menstrual Hygiene day on 28 th May 2022.	Adolescent girls from Taljai Pathar, Vanshiv, Annabhau Sathe abhyasika of Kishori Vikas Prakalp (KVP) attended the session.	On the occasion of International Menstrual Hygiene Day on 28 th May 2022 Urmi Awareness session was held at Sahakarnagar Pune. More than 60 girls from Kishori Vikas Prakalp of SSF attended the session. Sonalitai Ghatpande gave scientific information about menstruation to these girls. Our Urmi Volunteer Abha Dixit taught the girls to make red dot bags. The girls present for this session were given a one-year Maitrin Hygiene kit from Mespac Company. This session was attended by Ushaji Subramanian, Neha Sharma, Samruddhi Gawankar, and Manisha Salamwade from the Mespac company.
7.	Awareness session at Ramnagar, on 04 th June 2022.	SSF Women Empowerment program (WEP) Ladies & girls	10 Ladies & 14 girls attended the session taken by Gouritai Pendse. Gouritai explained the importance of exercise and proper diet to attendees along with scientific information about menstruation. Many Mother-Daughter pairs were present in the session. They asked the questions which came to their mind related to topics. Girls told us that they didn't get such in-depth scientific information from school or anywhere else and also said that this information is very useful to them.
8.	Awareness Session at Shivajinagar in Patil, on 07 th June 2022.	Ladies and girls from the Patil Estate slum area	A total of 41 ladies and girls participated in the session taken by Sonalitai Ghatpande. We also taught attendees how to make Red Dot Bags. Many of these girls' parents work as waste collectors, so the information given to them is very useful to them to tell others about sanitary waste disposal and the use of red dot bags. But we felt that they need more frequent sessions about health and hygiene. This session was arranged with the help of Maata Saavitri Mahila Bahuddeshiy Sanstha.
9.	Awareness Session at	SSF Women Empowerment	A total of 29 ladies & girls participated in the session taken by Gouritai Pendse.

	Sutardhara, on 13 th June 2022.	program (WEP) Ladies & girls.	Ladies & girls asked many questions related to the topic. We gave them information about the importance of the use of Red Dot Bags & also taught them how to make Red Dot bags. In this session, Kajal Sonawane recited a poem on menstruation, written by her.
10.	Awareness Session at Padmavati on 16 th June 2022.	SSF Women Empowerment program (WEP) Ladies & girls.	Total of 17 ladies & girls participated in the session taken by Gouritai Pendse. Ladies asked questions about the misunderstanding or myths associated with the topic very openly.
11.	Awareness Session at Thergaon on 22 nd June 2022.	Adarsha Mahila Bachat gat ladies and girls.	A total of 35 ladies & Girls were present in the session taken by Gouritai Pendse. Gouritai gave all the information about menstruation and also about proper diet, exercise and red dot bags for disposal. Taught them how to make red dot bags and also appealed to use them. The session was organised with the help of Dr Mohan Gaaikwaad of Sanskaar Pratishatan and Vaishali Tai Khude Head Adarsh Mahila Bachat Gat. Corporators of Adarsh Nagar also attended the session and appreciated the work being done by Urmi. They are interested in arranging more such awareness sessions in the PCMC area.
12.	Awareness Session at Taljai on 28 th June 2022.	SSF Women Empowerment program (WEP) Ladies & girls.	More than 35 Ladies and girls were present in the session taken by Gouritai Pendse. Urmi volunteer Abha Dixit helped all the ladies and girls to fill up the forms. all the ladies & girls listened to all the information very carefully and told us that they will share this information with others too.

❖ Other Activities

Sr. No	Activity	Attended By	Remark
1.	Volunteering Activity on 30 th Apr 2022.	AISSMS College of Pharmacy Students participated in the activity	Total 9 students participated in the activity. During the activity, we gave all the information about Urmi and volunteering opportunities in Urmi as well as in Seva Sahayog and other programs. Students also showed interest in some of the activities. Around 250 bags were made and donated by the volunteers in this activity.
2.	Volunteering activity on the occasion of International Menstrual Hygiene day on 28 th May 2021 we organised a	Participants from all over Maharashtra.	Same as last year 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 E-mails and WhatsApp.

	campaign “Let’s Celebrate Periods” on 28 th May 2022, on social media.		We collated all the entries and converted them into Urmii Magazine 2 which was launched on 28 th May 2022 on social media. Urmii Magazine consists of different poems, stories, self-experience stories & Posters, sent by participants on awareness of Menstruation from all over Maharashtra.
3.	Volunteering Activity of Red Dot bags & Introduction of Urmii Project & SSF. at SSF office on 18 th June 2022	Interested volunteers from different streams present in the activity.	We appealed to different groups on social media to register for the volunteering activity of Urmii. 7 to 8 volunteers registered for the activity and out of that 4 were present for the activity. We gave all the volunteering opportunities in the Urmii Project and also information about Seva Sahayog’s other projects.
4.	Red Dot Bag Activity at Lakshminagar on 18 th June 2022	Girls from Vasti attended this activity.	Total 5 girls were present for the activity. We taught them to make Red Dot Bags and also told them the importance of Red Dot bags to the girls. These girls are now interested in creating awareness about Red Dot Bags in their vasti area.

❖ Session Feedback from Attendees

- **Rajshree Hanumant Kharat (Samata nagar- Ganesh mala)**

“We got the detailed information about menstruation. This information was given by Gouritai Pendse. This is a very silent subject, no one wants to talk on this topic, but after knowing all the scientific information, we can talk without hesitation. The period is coming every month to every woman but most women are unaware of how it comes.

Through this session, we were able to know all the details about Periods and myths associated with the topics.”

- **Sumitra Sanjay Kadam (Samata nagar – Ganesh mala) –**

“Before the session, I didn't have any knowledge about menstruation but now after the session, we got detailed information. Also got very good information about exercise and diet.”

- **Nandini Ramratan Bogate (Z.P.School Undri)**

“Thank you so much for the session about menstruation. We got detailed information about menstruation. This information is very useful for us in the future as well.”

- **Dr. Paritosh (ICMH, Nerul Mumbai)**

“It was a very informative session taken by Gouritai Pendse. We know many things about periods but we do not follow them. Even today in our society there is a lot of taboo about menstruation. And there is a practice of not speaking on the subject. Everyone should talk about it. Gouritai gave the information about waste management. We are very thankful to Gouritai for giving us such nice and important information.”

- **Sneha Ingale (KVP Abhyasika)**

“Session taken by Sonalitai Ghatpande was very useful for us. Now I know all the details and scientific information about menstruation. Now I can tell others also about this information. After the session, we got a ‘Maitrin Hygiene kit’ from Mespac company which includes Sanitary Napkins, Reusable Cloth Napkins, and Urmii information booklet. We are very thankful for giving us this. We also learned to make Red Dot Paper bags for disposal of napkins.”

- **Janhavee Vitthal Adballe (Sutardhara Vasti)**

“I attended the session on menstruation in school as well. But due to a large number of girls & due to our ignorance I didn't understand the topic at that time. But in this session, I got full knowledge about menstruation, what exactly has to be done in periods and how to dispose of the pads we got all the information very well. We also learnt to make Red Dot Bags. We will use these bags and tell others. The topic of myths was also very useful for us.”

● **Chaitrali Mohan Bhatle (Adarsh Mahila Bachat Gat, Thergaon)**

“We all experience menstruation every month but we don't have much information about it. Gouritai Pendse explained in a very simple way what was going on in our body, physical changes, and mental changes at the time of menstruation. There are many things that we are ashamed to talk about or do not express. So we have to start with ourselves and pass it on to the next generation. Also got useful information about Red Dot Bags for disposable and we learned how to make these bags in a very short time.”

● **Archana Mahendra Gaaykawad (Taljaai Vasahat)**

“Gouritai Pendse gave us detailed scientific information about menstruation, and changes occurring during the age of adolescence. And also said that It's so important as a mother to tell these all things to our daughter in this confusing period of adolescence. We also got information about how to dispose of sanitary pads and diapers as well. Thank you so much.”

❖ **Glimpses of the Session**



Thank You!!!