

Seva Sahayog Foundation

Urmi (All About Menstruation)

July 2022 to September 2022

❖ Sales & Distribution of Sanitary Napkins

In the month of July, August & September Sanitary Napkins & Reusable cloth napkins were distributed to beneficiaries from different backgrounds in and around Pune including Maitri project to different Schools, Vastis & tribal areas.

Month	No. Of Napkins Distributed/ Sold (in Napkins)	No. Of Reusable Cloth Napkins Distributed
July	5740	25
August	10476	155
September	7958	145
Total	24174	325

❖ Session on Menstrual Awareness & Hygiene

Sr. No.	Activity	Attended By	Remark
1.	Awareness session at Yogi Arvind Hall at Sahakarnagar for Annabhau Sathe Vasahat Ladies, on 02nd July 2022.	SSF Women Empowerment programme (WEP) Ladies & girls	35 Ladies & girls attended the session.
2.	Awareness session at Happy Colony, on 04th July 2022.	SSF Women Empowerment programme (WEP) Ladies & girls	More than 42 Ladies & Girls attended the session. This session was taken in Temple.
3.	Awareness session at Aundh, on 06th July 2022.	SSF Women Empowerment programme (WEP) Ladies & girls	18 Ladies & girls attended the session.
4.	Awareness session at Mamasahab Mohol Vidyalay at Shere village in Mulshi, on 26th July 2022.	School girls from 8 th to 10 th std.	25 School girls attended the session. Maitrin Hygiene Kit for 6 months is given to all the attendees by Wolters Kluwer Company.
5.	Awareness session at New English School, Vinjar on 01 st Aug 2022.	School girls from 8 th to 10 th std.	47 School girls attended the session. Maitrin Hygiene Kit for 6 months is given to all the attendees by Wolters Kluwer Company.
6.	Awareness session at New English School, Vinjar on 01 st Aug 2022.	Junior college students	81 college students of 11 th & 12 th std attended the session. Maitrin Hygiene Kit for 6 months is given to all the attendees by Wolters

			Kluwer Company.
7.	Awareness session at Narsinha Madhyamik Vidyalaya, Tathawade on 04th Aug 2022.	School girls from 9 th & 10 th std.	66 School girls attended the session. A Maitrin Sanitary Packet for 1 month is given to all the attendees.
8.	Awareness session at Narsinha Madhyamik Vidyalaya, Tathawade on 04th Aug 2022.	School girls from 8 th std.	39 School girls attended the session. Maitrin Hygiene Kit for 6 months is given to all the attendees by Wolters Kluwer Company.
9.	Awareness session at Ajantha Avenue Society, Kothrud on 26th Aug 2022.	Housekeeping ladies staff of the society.	15 ladies were present in the session. A Maitrin Sanitary Packet for 1 month is given to all the attendees.
10.	New English School Bhag Shala - Sakhar, Velha on 14 th September 2022.	Awareness session for 8 th - 10 th std Girls	30 School girls attended the session. Maitrin Hygiene Kit for 6 months is given to all the attendees by Wolters Kluwer Company
11.	New English School Bhag Shala - Sakhar, Velha on 14 th September 2022.	Awareness session for 8 th - 10 th std Girls	22 School girls attended the session. Maitrin Hygiene Kit for 6 months is given to all the attendees by Wolters Kluwer Company
12.	Apti Madhyamik Vidyalaya , Apti – Bhor on 20 th September 2022.	Awareness session for 8 th & 9 th std Girls	44 School girls attended the session. Maitrin Hygiene Kit for 6 months is given to all the attendees by Wolters Kluwer Company
13.	Apti Madhyamik Vidyalaya , Apti – Bhor on 20 th September 2022.	Awareness session for 10 th std & Junior College	40 School girls attended the session. Maitrin Hygiene Kit for 6 months is given to all the attendees by Wolters Kluwer Company
14.	Mhalunge Madhyamik Vidyalaya , Mhalunge on 24 th September 2022.	Awareness session for 9 th & 10 th std	67 one month pack distributed

❖ Other Activities

Sr. No.	Activity	Attended By	Remark
1.	Online Volunteers Induction meet for Maitri Project on 12 th July 2022.	Interested volunteers from different streams present in this online meet.	In this Meeting all the information about Maitri Project and volunteering opportunities was given to participants.
2.	Distribution of Sanitary Napkins.	ladies & girls from Tribal areas.	100 Packets of Sanitary Napkins were distributed in tribal areas of Mandangad, Dapoli, Khed from Ratnagiri district through Vanvasi Kalyan Ashram.

3.	Volunteering Activity of Teaching & Making Red Dot Paper Bags.	Senior citizens of the Ajantha Avenue Society	Urmi Volunteer Rasikatai Samant taught to make Red Dot Bags. 8 citizens attended this activity.
4.	Volunteering Activity of Making Red Dot Paper Bags.	Persistent company employees.	On the occasion of International Menstrual Hygiene Day on 28 th May 2022. Persistent company arranged the volunteering activity of making Red Dot Bags in their office premises. Total 481 employees from the Hinjewadi & Erandwane branch participated in this activity. Within 1 hour they made more than 4500 paper bags & donated to Urmi.
5.	Donation Drive on the occasion of Independence Day on 15 th August 2022.	Social Media Platform	While India is celebrating 75 years of freedom, 75% of women are still not free from the misconceptions about menstruation. So on the occasion of 15 th August, Independence day Urmi appealed on social media to celebrate this day by donating a Maitrin Hygiene Kit to the needy.
6.	Stall at Ajantha Avenue society, Kothrud on 11 th September 2022.	Urmi Donation Drive stall	Giving information about the Seva Sahayog and Urmi project to the visitors of the stall.
7.	EPAM Company, Yerwada	Red Dot Bag making activity	30+ volunteers participated in this activity.

❖ Maitri School Project

About Maitri: Urmi Project was started in July'18 by the Seva Sahayog Foundation. Since its inception various awareness sessions have been conducted with a variety of beneficiaries. Urmi's beneficiaries range from school going girls to house- helpers living in slums of Pune; from migrated construction workers from different parts of the country to housekeeping staff in companies, and the list goes on.

During the sessions, a common thought has occurred many times that there is a need to interact with the beneficiaries repeatedly in order to bring a change in real sense. A single session, though being informative, has the tendency to lose its impact after a period.

So, the team came up with the idea to start a pilot project of 2 years with 5 schools in Pune.

The thought process behind this idea is-

1. Catch them young- at the start of their menstruating phase.
2. Captive Target Audience.
3. Mother-daughter duo- make a great team and are the foundations of a family.

4. Multiple stakeholders- Through this project, inclusion of multiple stakeholders involved like Teachers, School Staff, Parents, Students, Volunteers, Sponsors, etc., is possible in many ways.

5. Sustainability- With the active participation of stakeholders at the school level, team Urmi expects the program to become self-sustainable at the end of 2 years.

There will be 6 Sessions for 8th & 9th standard students in a year that will be interactive & activity-based. 5 Schools were identified for this project. Sessions in these schools start from July 22.

We are giving a Yearly Hygiene kit and a diary to the attendees through this project to note down their day to day activities.

❖ Maitri Sessions.

Sr. No.	School Name	Attended By	Remark
1.	Erandwane Madhyamik Vidyalaya, Nal Stop on 9 th July 2022.	8 th & 9 th Std girls attended the session.	Scientific Information about menstruation is given in this session to girls. 40 students were present.
2.	Tilak Madhyamik Vidyalay on 23 rd July 2022.	8 th & 9 th std girls attended the session.	Two sessions of Maitri were held in this school. Scientific Information about menstruation was given in this session to girls. 8th standard 58 girls & 9th standard 32 girls were present in the session.
3.	Adv.D.R.Nagarkar Prashala, D.P.Road on 27 th July 2022.	8 th & 9 th standard girls attended the session.	Scientific Information about menstruation is given in this session to girls. 33 students were present.
4.	Abhijat Madhyamik Vidyalay, Karve Nagar on 29 th July 2022.	8 th & 9 th standard girls attended the session.	Scientific Information about menstruation is given in this session to girls. 28 students were present.
5.	Vanaj Pariwar Vidyamandir , Kothrud on 30 th July 2022.	8 th standard girls attended the session.	Scientific Information about menstruation is given in this session to girls. 31 students were present.
6.	Abhijat Madhyamik Vidyalay, Karve Nagar on 05 th August 2022.	9 th standard Boys attended the session.	Scientific Information about menstruation was given to boy's in this session. 38 students were present. This session was conducted by our Volunteer Shri. Virendra ji Kelkar. Urmi felt the need of spreading awareness not just in women but also in men so that the families can get rid of the myth & superstitions about menstruation. As the first step in this direction we took the first awareness session for boys.
7.	Erandawana Madhyamika Vidyalay, on 12 th	8 th & 9 th standard girls attended the session.	Nutrition & Diet related information was given to girls in this session. 47 students were present.

	August 2022.		This Session was conducted by a Dietician Kasturita Bhosale. Kasturita informed students about menstruation & proper diet. Teaching a recipe to students is a part of our session to help them to understand that nutritious food can be delicious. We taught to girls to make Masala chana (मसाला चणे) and also fed them.
8.	Abhijat Madhyamik Vidyalay , on 17 th August 2022.	8 th & 9 th standard girls.	25 girls were present on this day. We distributed diary & Sanitary packets to them.
9.	Dr. D.R.Nagarkar Prashala, on 25 th August 2022.	8 th standard girls	39 girls were present on this day. We distributed diary & Sanitary packets to them.
10.	Abhijat Madhyamik Vidyalay, on 26 th August 2022.	8 th standard Boys attended the session.	Scientific Information about menstruation is given to boy's in this session. 17 students were present.
11.	Vanaj Pariwar Vidya Mandir, on 27 th August 2022.	8 th standard girls	34 girls were present on this day. We distributed diary & Sanitary packets to them.
12.	Tilak Madhyamik Vidyalay, Wakada on 27 th August 2022.	8 th & 9 th standard girls and 31 Parent mothers.	92 girls & 31 parent mothers attended the session. Awareness session on menstruation was conducted and gave information about myths associated with the topic for both together in a session. Distributed Diary and Sanitary Napkins packets to all the students and Reusable Napkins to all mothers of students.
13.	Abhijat Madhyamik Vidyalay - Maitri, on 16 th September 2022.	8 th & 9 th standard girls.	Nutrition & Diet related information was given to girls in this session. 26 students were present.
14.	Tilak Madhyamik Vidyalay – Maitri, on 17 th September 2022.	8 th & 9 th standard girls.	Nutrition & Diet related information was given to girls in this session. 98 students were present.
15.	Vanaj Vidya Mandir – Maitri on 22 nd September 2022.	8 th standard girls.	Nutrition & Diet related information was given to girls in this session. 39 students were present.
16.	Adv. D. R. Nagarkar Prashala – Maitri on 23 rd September 2022.	8 th & 9 th standard girls.	Nutrition & Diet related information was given to girls in this session. 35 students were present.

❖ Awareness Session Feedback from Attendees

- Vaishali Pankaj Langhe (Happy Colony)

“Gourita Pendse gave us very detailed and good information about menstruation. We didn't know before the knowledge behind the monthly period, what are the health benefits of regular periods and what exactly happened in our body during menstruation days. Till date we had this misconception that impure blood is coming out from our body which was not true. We also got the knowledge about

proper disposal of napkins through this session and now onwards we will use Red Dot Bags to dispose of sanitary napkins.”

- Kiran Amol Khatar (Aundh Wasti)

“I am actually a B.sc student, I came here only to listen to this information and thoughts of other ladies on this topic. Due to this session I got more and detailed information regarding the topic. And now I will also share this scientific information with others.”

- Gouri Ganesh Meghe (Abhijat Madhyamik Vidyalaya) Maitri Project

“Our first session of Maitri project was on menstruation. We all met you for the first time, but all tai’s are so friendly. They interacted with us so nicely and shared all the information very friendly. We didn’t know this information before. If you wouldn’t have come to our school I think, we would be unaware about this topic. Thank you so much for coming to our school to provide such useful knowledge. We are waiting for the next session of the Maitri Project. We also liked 3 things Gouri tai shared with us in this session to look beautiful. First is Regular Exercise, second is Healthy and homemade food to be eaten every day and third is Laughing freely without any hesitation.”

- Sejal Kiran Walaj (Vanaz Parivar Vidya Mandir) Maitri Project

“Gouri tai gave us very good information about menstruation.and as she said we have to be friends with this menstrual cycle. So now I am starting to feel a little friendship with this menstrual cycle. Gouritai said three things to us, which is very useful for us: eat Home food every day, do regular exercise, and laugh a lot.”

- Aarti Rajendra Gaaikwaad (New English School, Vinjar)

“We got detailed information about menstruation through the Urmi project & Wolter Kluwer company. We liked this information which is very useful for our future also. Before this session we didn’t have any knowledge about this information but now we understand all the things and we will now share this information with others also.”

- Shubhangi Kisan Shelar (Narsinha Vidyalay, Tathawade)

“Gouritai gave us detailed information about menstruation. Seva Sahayog runs a Urmi Project which provides scientific information about menstruation as well as about physical and mental changes occurring in our body during puberty. We got the knowledge about how to dispose of a used sanitary pad. We can use this knowledge for our day to day life. Gouritai talked about 3 things to look good which is Daily exercise, proper Diet of homemade food & smiling always. Thank you to Gouritai for giving such useful information to us.”

- Priya Vitthal Karadkar (Apti Madhyamik Vidyalay, Apti Bhor)

“Seva Sahayog Urmi Project came to our school and guided us on the topic of menstruation. Thank you so much for the information. Gouritai told us about 3 things to keep healthy & physically fit ourselves. which is healthy and homemade food in our daily diet, Surya Namaskar for daily exercise & keep smiling always. These things were interesting and we will always remember them.”

- Vaishali Jadhav (Teacher of Science in Apti Madhyamik Vidyalaya, Apti Bhor)

“In 10th standard science book part two chapter 3, is about menstruation related topic. But I didn’t explain this topic in the class and told them to learn this topic at home by themselves. Because girls feel shy in front of boys to discuss this topic. But through the Urmi session this topic was easily understood by the girls and will be helpful in their future.”

❖ Maitri Session Feedback from Attendees

- Nilesh Dadasaheb Jhagade (Abhijat Madhyamik Vidyalay 9th Std.)

“Gouritai & Virendra Dada told us about Menstruation, which occurs in every girl. I didn’t have any knowledge about this information. But After knowing all this information our attitude will change towards girls. I will help girls and also will change my attitude towards them.”

- Yuvraj Kambale (Abhijat Madhyamik Vidyalay 9th Std.)

“I knew little about menstruation, but now due to this session I got deeper knowledge and also understand the internal movements which occur in women’s body and pain due to this. we will change our approach towards girls & women. We will try to help as much as we can.”

- Viraj Santosh Malpote (Abhijat Madhyamik Vidyalay 8th Std.)

“Virendra Kelkar sir gave us very important and detailed information about menstruation in a very nice way. We also got information about Red Dot Bags for disposal of Sanitary pads and diapers.”

- Shashikala Ukharande (Mother of student Tilak Vidyalay, Wakad)

“Thank you for the information given to both girls and mothers together. This is very important and useful for all of us.

*When we told parent mothers about sharing this scientific information of menstruation with boys also, some mothers were ready to accept this change and also agreed how important this topic is. except one lady named **Mrs.Yogita Bansode** mother of a girl student from Tilak Vidyalaya. According to her boys should not be given this information. they will know automatically when they come to that age. Otherwise children will mature early.*

(There are all kinds of people in our society. they may also have different opinions.)”

- Sheetal Gangadhar Dudhane (Tilak Madhyamik Vidyalaya)

“Kasturitai gave us detailed information about healthy diet and also taught us to make one healthy and easy recipe which is Moong Matki Bhel. We ate bhel and also enjoyed this activity. We will also try to make these recipes at home.”

- Sakshi Datta Gaaikwaad (Adv. D.R.Nagarkar Prashala)

“Kasturitai gave us very good information about diet. In this session we got the information about daily breakfast, healthy kaddhanya (Cereals), different types of healthy as well as tasty recipes. We learned to make Moong Matki Bhel at our school. This bhel is so tasty and yummy. We liked this recipe a lot.”

- Sakshi Amol Bhalerao (Adv.D.R.Nagarkar Prashala)

“We like this diet session a lot which was taken by Kasturitai Bhosale. We learned about what is good & nutritious food for our body and what is not. We learned to make Moong Matki Bhel which is very Healthy and tasty. we liked this and will try this bhel at home and also will follow all the instructions given by Kasturitai Bhosale “

- **Virendraji Kelkar** - Honorary Trustee of the Indian Council for Mental Health (ICMH)

1. In our School for Special Children at Nerul, Navi Mumbai, Ms. Gouri Pendse conducted a session on menstrual awareness under the Urmi project. The session was attended by our ladies’ staff & for the first time two males participated in the audience.

The subject was described in a very convincing way through various angles such as hygiene, health, environment, disbelief, disposal, do’s & don’ts, livelihood earning opportunities through making red dot bags and spreading social awareness.

2. As an outcome, our special children started a red dot bags project as part of their vocational activity & by this date hundreds of such bags have been delivered by us to Urmi.
3. As a result, almost all the lady staff is now regularly taking red dot bags from our vocational section. A few of them booked orders for more quantity as well (this clearly means they are successful in spreading the word around).
4. One of our senior lady staff for the first time described in writing to the management her mental & physical suffering due to menopause. This showed the good signs of the removal of taboo about the topic. This could enable the management to take an empathetic view when we were all pressed for the goals to be achieved.

Sessions in WEP Vastis



Sessions in Schools





Maitri Project Sessions



Thank You