

## Seva Sahayog Foundation

### Project - Urmi (All About Menstruation)

#### Quarterly Report – July to September '23

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

- 25,590 Sanitary Napkins were distributed/sold in the month of July, August & September '23 to women and school girls including Kishori Vikas beneficiaries through Kishori care kit.
- Maitri Project 2<sup>nd</sup> year sessions started from July month. First session of the project i.e. Menstrual Health & Hygiene were taken in Maitri Schools.
- Maitri Diaries were distributed to 8<sup>th</sup> standard girls.
- Awareness & Interactive session taken at Rail Vihar Society, Chinchwad.
- Urmi Stall at Flex company, Hinjewadi for donation drive & project information.
- 1000 Booklet & 1000 Sanitary napkins packets were distributed to Kishori Vikas beneficiaries through Kishori care kit.
- Red Dot Bag making Activity in Cummins India Company, Dahanukar Office premises.

#### ❖ 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)
July	9792
August	2688
September	13110
<b>Total</b>	<b>25590</b>

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

Date of Activity	Activity	Attended By	Remark
04 <sup>th</sup> July 2023	Shri Eknath Khese Vidyalay, Lohegaon.	Adolescent School girls	Awareness session on Menstrual health & hygiene was taken for 08 <sup>th</sup> to 10 <sup>th</sup> standard students of Marathi medium. Total <b>117 girls and their 3 teachers participated</b> in this session. After the session we distributed one month Sanitary Napkin Packets to the attendees.
04 <sup>th</sup> July 2023	Shree Eknathrao Khese English Medium School, Lohegaon.	Adolescent School girls	Awareness session on Menstrual health & hygiene was taken for 08 <sup>th</sup> to 10 <sup>th</sup> standard students of English medium school. Total <b>118 girls and their 2 teachers</b>

			<b>participated</b> in this session. After the session we distributed one month Sanitary Napkin Packets to the attendees.
06 <sup>th</sup> July 2023	Vaishnavi Primary & Secondary School, Lohegaon.	Adolescent School girls	Session was attended by 6 <sup>th</sup> to 8 <sup>th</sup> standard female students, total number <b>66, their 4 teachers &amp; 2 helpers</b> . This session was taken by Gouritai Pendse in English. All the girls were very attentive for the session and asked many questions related to topics.
06 <sup>th</sup> July 2023	Shree Sant Tukram Vidyalay, Lohegaon.	Adolescent School girls	Session was attended by 8 <sup>th</sup> standard girls. Total <b>113 girls</b> were present for this session. 4 teachers also participated in this session.
11 <sup>th</sup> July 2023	Shree Sant Tukram Vidyalay, Lohegaon.	Adolescent School girls	Session was attended by 9 <sup>th</sup> standard girls. Total <b>128 girls</b> were present for this session. 4 teachers also participated in this session.
11 <sup>th</sup> July 2023	Shree Sant Tukram Vidyalay, Lohegaon.	Adolescent School girls	Session was attended by 10 <sup>th</sup> standard girls. Total <b>125 girls</b> were present for this session. 4 teachers also participated in this session. All these sessions in Lohegaon Schools were taken with the help of Neha Shinde who is Vibhag pramukh in Lohegaon area.
21 <sup>st</sup> July 2023	Hutatma Rajguru Vidyalay, Pandavnagar.	Adolescent School girls	This session was taken for 7 <sup>th</sup> to 10 <sup>th</sup> standard girls. Total <b>54 girls</b> were present for the session. The Family Planning Association (FPA) helped to arrange this session.
22 <sup>nd</sup> July 2023	Rail Vihar Society, Chinchwad.	Ladies & Girls	Interactive awareness session was taken on 22 <sup>nd</sup> July by Gouritai Pendse in Rail Vihar Society, Chinchwad to create awareness & to talk more on the subject. <b>23 ladies/girls</b> participated in this session. Participants enjoyed this form of session. For the first time, ladies who had never talked about the topic were talking openly with each other. Also gave scientific information about menstruation to them & taught them to make red dot bags.
05 <sup>th</sup> August 2023	Dada Gujar School, Mohammad wadi	Adolescent School girls	Session on menstrual health & hygiene was taken for the girls of Dada Gujar School, Mohammad wadi. Total <b>80 girls from the 08th class participated</b> in this session. This session was sponsored by Amdocs company. The session started with an introduction of the volunteers from Amdocs company who played an important role in encouraging the students to actively engage in the session and to know its importance. During the session our Urmi volunteer Pranjali tai Inamdar helped in the filling up of pre-assessment forms from the students to understand their existing knowledge and misconceptions about menstruation. Gouritai Pendse gave the detailed scientific information about menstruation & its various topics including hygiene practices, diet, importance of exercise, proper disposal of napkins & myths associated with this natural process. During the awareness session a

			practical and engaging activity was taken of making red dot bags for disposal of sanitary napkins. The Amdocs volunteers assisted in distribution & collection of assessment forms, distribution of sweets (Khajoor Ladoos) & sanitary napkins packets. In addition to this they also shared their experiences and interacted with students.
09 <sup>th</sup> September 2023	Awareness session for Relief foundation beneficiaries.	Female Sex Workers	Urmi held a session for a very different class of the society- for female sex workers, these women are very neglected but in need of awareness on menstruation. These women have no educational background and most of them come from Bangladesh, Karnataka, Nepal. A total of 28 women were present for this session. Gauri Tai gave the information about menstrual care, hygiene and proper disposal of sanitary napkins in a very simple language to them. Menstrual health directly impacts the health of that woman. Urmi is working through this medium to try to improve their menstrual hygiene practices by giving them proper information about it. Pranjalitai Inamdar and Gauri Joshi also interacted with these women. These women welcomed us with great affection. Shared their problems with us very freely. The session was conducted in collaboration with the Relief Foundation.
13 <sup>th</sup> September 2023	Awareness session in Mahatma Phule Vidyalay, Hadapsar	Adolescent School girls of 8 <sup>th</sup> To 10 <sup>th</sup> class.	Session on menstrual health & hygiene was taken for the girls of Mahatma Phule Vidyalay, Hadapsar school. Total <b>57 girls participated</b> in this session.

❖ **Details of Other Activities:**

Date of Activity	Activity	Attended By	Remark
18 <sup>th</sup> July 2023	Red Dot Bag Activity	Cummins India Company, employees.	Red Dot Bag making activity taken in Cummins India company office at Dahanukar colony. 52 volunteers got engaged through this activity and they made 2300+bags in this activity. Urmi project's assistant- Afreen gave all the information about the Urmi Project & use of Red Dot Bags.
01 <sup>st</sup> August 2023	Red Dot Bag Activity	Cummins India Company, employees.	Red Dot Bag Activity: Red Dot Bag making activity was taken on 01st August in Cummins India company office premises at Dahanukar colony. 54 volunteers got engaged through this activity, and they made 1450+bags in this activity. Afreen (Urmi), Yuvraj (Waste management) & Aakash (VEP) conducted this activity. Afreen gave the information about the Urmi Project & use of Red Dot Bags.

09 <sup>th</sup> August 2023	Donation drive & Project information stall	Flex company employees visited the stall.	
02 <sup>nd</sup> September 2023	Awareness cum Interactive session & Red Dot Bag Activity in Rail Vihar Colony, Chinchwad	Society members	<p>The Interactive Session was facilitated by Gouritai Pendse in Rail Vihar Society, for the second time. 18 women &amp; girls participated in this session. Gouritai interacted with these women through activities and gave scientific information about menstruation. The participants also learned to make Red Dot Bags for proper disposal of sanitary waste.</p> <p>In Rail Vihar Society, we are initiating a change and trying to create awareness about safe disposal of sanitary waste. We gave them a box which will serve as a Red Dot Bag Bank. The members of this society will make red dot bags and deposit them in this bank. Any one from the society in need of red dot bags can take them from this bank.</p> <p>The ladies of Rail Vihar Society want to make sure that all the sanitary waste goes out in red dot bags.</p>

❖ **Maitri Sessions:**

S. No.	School Name	Attended By	Remark
1.	Adv.D.R.Nagarkar Prashala, D.P.Road on 07 <sup>th</sup> July 2023	8 <sup>th</sup> & 9 <sup>th</sup> std girls attended the session.	Scientific Information about menstruation was given in this session to students. <b>30 girls were present.</b> Maitri Diary & Sanitary Napkins Packets were also distributed to the girls.
2.	Erandwane Madhyamik Vidyalaya, Nal Stop on 14 <sup>th</sup> July 2023.	8 <sup>th</sup> & 9 <sup>th</sup> Std girls attended the session.	Scientific Information about menstruation was given in this session to girls. <b>48 girls were present.</b> Maitri Diary & Sanitary Napkins Packets were also distributed to the girls.
3.	Vanaj Pariwar Vidyamandir , Kothrud on 21 <sup>st</sup> July 2023.	9 <sup>th</sup> standard girls attended the session.	Scientific Information about menstruation is given in this session to girls. Total <b>38 girls attended</b> the session taken by Rasika tai Samant. Maitri Diary & Sanitary Napkins Packets were also distributed to the girls.
4.	Tilak Madhyamik Vidyalay on 22 <sup>nd</sup> July 2023.	8 <sup>th</sup> & 9 <sup>th</sup> std girls attended the session.	The first session of Maitri project on the topic of scientific information on menstruation, Health & Hygiene was held in this school. Total <b>124 girls attended</b> the session taken by Pranjalitai Inamdar. Intern Sayuri Shree also helped for the distribution & filling up assessments form etc.

			Due to interacting many times with these girls they are now freely talking & asking the questions without any hesitation. Maitri Diary & Sanitary Napkins Packets were also distributed to the girls.
5.	Tilak Madhyamik Vidyalay on 22 <sup>nd</sup> July 2023.	9 <sup>th</sup> std Boys attended the session.	Scientific information on menstruation was given by Gouritai Pendse for the first time to boy's students from this school. Total <b>42 Boys</b> were attended the session. They responded very well for the session & carefully listened to the complete session.
6.	Abhijat Madhyamik Vidyalay, Karve Nagar on 28 <sup>th</sup> July 2023.	8 <sup>th</sup> & 9 <sup>th</sup> std girls attended the session.	Information about menstruation is given in this session to girls. Total <b>26 girls attended.</b> Maitri Diary & Sanitary Napkins Packets were also distributed to the girls and explained all the details about Diary.
7.	Adv.D.R.Nagarkar Prashala, D.P.Road on 04 <sup>th</sup> August 2023.	8 <sup>th</sup> & 9 <sup>th</sup> class girls attended the session.	The session on the topic of <b>Menstruation &amp; Healthy Diet</b> was held at Dr. D. R. Nagarkar Prashala. Total 31 girl's students of 8th & 9th class participated in the session. Dietitian Kasturitai Bhosale collected pre-assessment forms on diet from the students. Afterward information about menstruation and proper diet was given. The girls learned to make Chana masala nutritious and delicious recipe. Nowadays, where quick bites like Kurkure, Maggi, and wafers often dominate a mid-time snack among the students, it is important to show that healthier alternatives can be equally delicious. Through the 'Maitri' Project, we are giving a few packets of sanitary napkins for a year to all the present students in each session.
8.	Adv.D.R.Nagarkar Prashala, D.P.Road on 04 <sup>th</sup> August 2023.	9th class boys attended the session	The session on the topic of <b>Menstruation</b> was held for boys. Total 33 boys participated in the session. Gouritai shared all the necessary information about menstruation. Understanding menstruation is important for everyone, and this session marked a major step towards breaking taboos and encouraging understanding. Gouritai communicated with the children very openly and gave all the information. Explained very effectively why and how important this information is for boys.

9.	Vanaj Pariwar Vidyamandir , Kothrud on 18 <sup>th</sup> August 2023.	9 <sup>th</sup> class girls attended the session.	The session on the topic of <b>Menstruation &amp; Exercise</b> was held for girls. Total 35 girls of 9 <sup>th</sup> class participated in the session. Yoga teacher Priyatai Joshi guided the students. collected pre-assessment forms on exercise from the students. Yoga exercises to reduce menstrual pain were taught along with demonstrations. Priyatai explained the importance of yoga and exercise and took some forms of yoga to increase the concentration of the girls and also performed Surya Namaskar and prayers. Yoga was also done by some students. The students participated in it with great enthusiasm.
10.	Vanaj Pariwar Vidyamandir , Kothrud on 18 <sup>th</sup> August 2023.	9 <sup>th</sup> class boys attended the session	The scientific information session on <b>menstruation</b> was conducted for the boys. Total of 31 students of class 9 <sup>th</sup> attended this session. Urmi volunteer Virendraji Kelkar explained why and how important this information is for boys in a very simple language that boys can understand, with suitable examples.
11.	Abhijat Madhyamik Vidyalay, Karve Nagar on 31 <sup>st</sup> August 2023.	8 <sup>th</sup> & 9 <sup>th</sup> class girls attended the session.	The session on scientific Information on <b>menstruation</b> is given in this session to girls. Total 22 girls participated in the session.
12.	Abhijat Madhyamik Vidyalay, Karve Nagar on 31 <sup>st</sup> August 2023.	8 <sup>th</sup> class boys attended the session	The scientific information session on <b>menstruation</b> was conducted for the boys. Total of 55 students of class 8 <sup>th</sup> attended this session.
13.	Tilak Madhyamik Vidyalay, Wakad on 2 <sup>nd</sup> September 2023.	8 <sup>th</sup> & 9 <sup>th</sup> class girls attended the session.	The session on the topic of <b>Menstruation &amp; Healthy Diet</b> was held at Tilak Madhyamik Vidyalaya School. Total 102 girls of the 8 <sup>th</sup> & 9 <sup>th</sup> class participated in the session. Dietitian Kasturitai Bhosale collected pre-assessment forms on diet from the students. Afterward information about menstruation and proper diet was given. The girls learned to make Healthy puffed rice bhel they liked it so much. Through this activity, girls learn to make a new recipe now they can try this recipe at their home instead of eating the packed snacks like Kurkure, Wafers, Maggi. Through the 'Maitri' Project, we are giving a few packets of sanitary napkins for the year to all the present students in each session.

14.	Tilak Madhyamik Vidyalay, Wakad on 2 <sup>nd</sup> September 2023.	8 <sup>th</sup> class boys attended the session	The session on the topic of scientific information on menstruation was taken for boys of Tilak Madhyamik Vidyalaya school. Total 43 boys attended the session. The main objective of this session is to promote empathetic views towards their friends in school and family members who experience this natural process. Which in turn also reduces stigma and embarrassment. Understanding menstruation encourages boys to treat menstruating individuals with respect and dignity.
15.	Erandawana Madhyamik Vidyalay on 8 <sup>th</sup> September 2023.	8 <sup>th</sup> & 9 <sup>th</sup> class girls attended the session.	The session on the topic of <b>Menstruation &amp; Healthy Diet</b> was held by Dietitian Kasturitai Bhosale at Erandwane Madhyamik Vidyalaya School. Total 46 girls of the 8 <sup>th</sup> & 9 <sup>th</sup> class participated in the session.
16.	Erandawana Madhyamik Vidyalay on 8 <sup>th</sup> September 2023.	8 <sup>th</sup> class boys attended the session	The session on the topic of scientific information on menstruation was taken by Gouritai Pendse for boys of this school. Total 38 boys attended the session. Intern from Bharti Vidyapeeth College also participated in this session.
17.	Vanaj Vidyamandir , Kothrud on 13 <sup>th</sup> September 2023.	8 <sup>th</sup> & 9 <sup>th</sup> class girls attended the session.	This activity base session was enjoyed a lot by girls. Total 36 girls participated in the session. In this session activities such as crossword solving, paper bag making were taken for girls. The crossword is based on menstruation knowledge given to them through which they can revise the topic & will be more aware about the related subject.

#### ❖ **Feedback of Session from attendees:**

- **Samiksha Sinha (9<sup>th</sup> std Eknathrao Khese Vidyalay):** Today tai gave us information about periods & also told us about how to use and dispose of used sanitary pads.
- **Trupti Jadhav (10<sup>th</sup> std Eknathrao Khese Vidyalay):** Today the Seva Sahayog Urmi project team came to our school and they gave us information about periods. They gave us such important information which we couldn't ask anyone before and we did not get this information from anywhere else. They told us about how to use napkins and how to dispose of them afterwards. Gave information about the starting age of periods. They guided us very well. Thank you so much for that.

- **Shreya Lomane (10th std Sant Tukaram Madhyamik Vidyalaya):** Thank You for arranging this session from Seva Sahayog for us. They gave us information about menstruation. They told us about changes occurring before & after the start of the periods. Most of the girls are unaware about it and they become fearful at that moment. that fear will be gone after getting such information. We will also handle such situations in future after getting such useful knowledge. We will give this information to our younger sisters. They gave us information about the use of Sanitary pads and also how to dispose of them. They told us that we will become college going girls after completing our schooling and during this time some natural changes occur in our body and we can get attracted & affected towards the bad things, but we have to focus and concentrate on our education for our better future. Thank you so much for giving such useful information.
- **Seema Santosh Sonawane (10th std Sant Tukaram Madhyamik Vidyalaya):** Today they gave us information about menstruation. They gave us information about reasons behind why periods come & how it comes. Gouritai showed us the v shape structure of our uterus, and gave information about reproductive parts. This information is very important for us. Today I found out that we had three holes in our lower part of the body. which is very important information to us. They also gave information about different products available in the market for periods. Thank you so much for giving us all this important and useful information for us.
- **Gayatri Kailas Khandave (9th std Sant Tukaram Vidyalay):** Today all tai and madam came and they gave us information about periods. Actually, I do not have periods right now. But I got all the information which I didn't know. Madam showed us the figure & gave the information. They also told us about how & what to eat, how to behave, and how to use pads. Thank you so much for all the given information.
- **Society member (Rail Vihar Society, Chinchwad):** Gouritai educated us regarding menstrual health, hygiene & disposal. This session was really informative and interactive as well. We got to know a lot of things about menstruation, myths & how to dispose of pads. We got to know why periods occur & how it happens, the scientific reason behind that. We also learned to make Red Dot Bag. We will use these bags in our society & promote them as well. Most of the time drainage lines are blocked due to this waste so we will be encouraged to use red dot bags, which are eco-friendly and we can make these at home also. Thank you very much for the session.
- **Mahatma Phule Vidyalay Student 10<sup>th</sup> class:** I liked the session very much taken by Seva Sahayog Foundation. Most of the girls didn't know anything about periods so through this session they got to know about periods, why they come etc. When the periods come for the first time, girls cry and are scared a lot due to lack of knowledge about periods.  
I understood all the given information, what the changes occur in Uterus, menstrual blood is pure etc.

#### ❖ **Feedback of Maitri Session from attendees:**

- **Kartiki Vitthal Mane (Tilak Madhyamik Vidyalaya 8th std):** Seva Sahayog Foundation tai gave us information about menstruation & helped us to understand the topic. They told us about how to use pads & how to dispose of them. We got information about sanitary waste being dry waste & it must be wrapped in paper along with a Red Dot. Thank You.



- **Shreenidhi (Tilak Madhyamik Vidyalaya 8th std):** Seva Sahayog foundation gave information us about periods. We didn't know all these things so we felt a bit different or awkward but now we understand that this information is very important & not to laugh at it. We got Sanitary Packets, Khajoor laddoo & Diary in this session. We will use this diary to note down periods & other things.
- **Aiman Akbar Sayyad (Dada Gujar Madhyamika Vidyalay 8<sup>th</sup> class):** Today I learned the things which I didn't know before, why periods are coming, what to eat during periods etc. When I got my first period I was crying so much, because I didn't know at that time what was exactly going on with me. My mother gave me some information but the scientific information and biological process, I got to know after attending this session.
- **Dhananjay Yogesh Shinde (Adv. D. R. Nagarakar Parshala 9<sup>th</sup> class):** Today due to this teacher I got to know about menstruation. I assure you that we will help and will take care of our mother & sisters during the time of menstruation.
- **Gaurav Gangadhar Bande (Adv. D. R. Nagarakar Parshala 9<sup>th</sup> class):** Seva Sahayog Santha gave us very good information. They told us about how to behave in life with others & family members during periods. We will definitely respect the menstruators & will always help them.
- **Om Sangram Mule (Vanaj Pariwar Vidya Mandir 9<sup>th</sup> class):** Seva Sahayog Urmi project held in our school.in this session we got to know about girls and their periods. They gave us information that periods come once in a month & it will be going for 4 to 5 days. This process starts in girls from 13 to 17 years and it lasts up to 45 to 55 years. We must support girls & help them during menstruation. In periods women bleed, due to blood loss they will become anaemic to recover this blood loss & to increase haemoglobin level we have to give healthy & nutritious food to them.

❖ **Glimpse of Activities & Sessions:**



❖ **Glimpse of Maitri Sessions:**

