

# Seva Sahayog Foundation

## Urmi (All About Menstruation)

### January 2024 to March 2024

### Highlights

- A total of **26 awareness sessions** were conducted in the month of January, February and March 24.
- **1,25,972 Sanitary Napkins** and **1834 Reusable Cloth Napkins** were distributed/sold in the month of January, February and March 24 to women, school girls in Pune & Pune suburbs like Mulshi, Bhor, Panshet and in Districts such as Gondawale, Dabhil Kolhapur, Ratnagiri Khed etc. with the support of Amdocs company, Acquia company & T System company.
- In total **1,650 Yearly Maitrin Hygiene kits** were distributed with the support of Amdocs company, Acquia Company and T system company.
- Each Maitrin Hygiene Kit includes [1 Pack of Disposable Sanitary Napkins = 8 Sanitary Napkins & 8 red dot paper Bags, 9 Packs in 1 Annual Kit + 1 Reusable napkin set], Information Booklet on Menstruation.
- Also distributed Jaggery – peanuts chikki to each attendee during the session after explaining the importance of a healthy diet, iron and calcium rich food.
- Volunteers of FIS company participated in the awareness session conducted in Maruti Mhadu Vidyalay, Sutarwadi, Pune.
- A "Train the Trainer" session was conducted for Amdocs Gurgaon employees, with a total of 22 volunteers participating. From this group, 9 individuals were trained to become trainers for conducting awareness sessions.
- 20 Trainer kits & 300 Maitrin Hygiene kits were sent to Gurgaon for distribution among underprivileged beneficiaries in the area.
- Conducted an introductory session for 31 teachers of Dharashiv Schools regarding taking awareness sessions on menstruation for girls with the support of Sewa International.
- Seva Sahayog organised the Seva Manthan program on February 11, 2024. The event was attended by company CSR representatives, school teachers, principals, and well-known personalities from the society. Seva Sahayog represented all its projects through stalls set up at the event.
- Conducted an introductory & volunteering session of making red dot bags in Cummins India Company, Dahanukar colony.

### 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 Maitrin project to different Schools, Vastis & tribal areas.

Month	No. Of Napkins Distributed/ Sold (in Napkins)	No. Of Reusable Cloth Napkins Distributed/ Sold
October	16270	371
November	61846	833
December	47856	630
<b>Total</b>	<b>125972</b>	<b>1834</b>

### Details about Menstrual Awareness & Hygiene Sessions

#### Outstation School

##### 1. Gondawale, Maan Schools

On February 1, 2024, Thursday, the Urmi Project organised a session on Menstruation and Health in the schools of Gondawale, Maan. A total of five sessions were conducted across four different schools on the same day. These sessions successfully reached over 330 students and teachers. Pranjalitai Inamdar and Priyatai Joshi assisted in all the sessions. The students responded positively to the sessions, expressing their appreciation and gratitude for

taking sessions for them. Many participants gave feedback in both written and video format. Additionally, a Maitrin hygiene kit was distributed to all students and teachers attending the session.

Overall, in a span of one day Urmi covered four schools and across these schools, a total of five sessions were conducted, by two trainers. The sessions reached out to 340 students and teachers, spreading awareness and knowledge effectively.

Following the sessions, a nutritious jaggery peanut chikki and Maitrin hygiene kits were distributed to all the participants.

Each Maitrin Kit includes packets of sanitary napkins, reusable cloth napkins, and an Urmi information booklet. These kits were sponsored by Acquia India Company & T System Company.

## 2. Dabhil, Ajara Kolhapur School

On February 15, 2024, Thursday, an online awareness session on Menstrual Health and Hygiene was conducted for adolescent girls of 7<sup>th</sup> to 10<sup>th</sup> class for Dabhil Madhyamik Vidyalaya School, located in Dabhil Village, Ajra Taluka, Kolhapur. A total of 36 students and 5 Asha workers and Anganwadi workers attended the session. Despite many technical difficulties, the session went well. To help the girls understand the topic easily, the entire session was presented with the help of powerpoint. Due to the absence of female teachers in the school, the students had not received adequate guidance on the topic of menstruation previously. Consequently, they found the session to be highly beneficial and they appreciated it. Pre and post assessment forms were also filled up by all the students.

The headmaster of the school and Santoshji Patkar, the Seva Sahayog coordinator for the educational assistance scheme took efforts to ease the awareness session by arranging a laptop and connecting it to a speaker, as the school lacked a projector system. Also dispatched the Yearly Maitrin hygiene kits to these attendees through transport from Pune to Kolhapur with the support of Acquia India Company.

## 3. Khed, Ratnagiri School

On the occasion of International Women's Day, an online awareness session on Menstrual Health and Hygiene was conducted on 9th March 2024 for L.P. English School girls. More than 180 adolescent girls of class 8th to 10th were present for the session. The program was organised at a well-known library in Khed by a local Seva Sahayog volunteer. This dedicated volunteer managed all the necessary support, including a sound system, projector, and laptops, to ensure that the girls from different small villages near Khed could access and benefit from the knowledge shared during the session.

Maitrin hygiene kits for a year sponsored by T System company and Acquia company distributed to **200 students**. Each Maitrin Kit includes packets of sanitary napkins, reusable cloth napkins, and an Urmi information booklet.

## 4. Gurgaon School

On 16th March, Gauritai conducted an online session in Hindi on menstrual Health and Hygiene for girls from a government school in Gurgaon (Haryana). Gauritai explained all the information to the students with the help of a PowerPoint presentation. The session was organised by the employees of Amdocs Company Gurgaon. They arranged projectors, speakers in the school so that the girls could understand the information properly.

The students actively participated by asking many questions, showcasing their interest and engagement. The session was attended by more than 80 students of the school, their teachers, and male-female employees of Amdocs Company. The volunteers from the company helped in filling up assessment forms from the students and explained the contents of the annual Maitrin hygiene kit provided to them.

Post-session, all participants were distributed a Maitrin hygiene kit for one year by Amdocs Company, which included packets of sanitary napkins, reusable cloth napkins, and an Urmi Hindi information booklet.

## Pune Suburbs Schools

### 1. Maval Schools

On 17th January awareness session on Menstruation and Health were conducted in Waru Kothurne Madhyamik Vidyalaya, Waru, Maval and Shri Chhatrapati Shivaji Maharaj Vidyalay, Shivali, Maval schools. 4 sessions were held for a total of 145 girl's students ranging from 7th to 10th grade across both schools. The students attentively listened and understood all the information provided during the sessions. Following the sessions, all participants were provided with nutritious jaggery peanut chikki and Maitrin hygiene kits for a year sponsored by Acquia India Company. Each Maitrin Kit includes packets of sanitary napkins, reusable cloth napkins, and an Urmi information booklet.

## 2. Rajgurunagar Kanhersar School

The menstrual health & hygiene session was conducted on 04th March 2024, in Ambika vidyalaya, Kanersar near Rajgurunagar on the occasion of National safety week & International Women's day week. The session was attended by a total of 33 girls from the 7th to 9th class, their two teachers, and female volunteers from Maxion Wheels company. The session started with the self-introduction of the Maxion Wheels company volunteers & their thought and purpose behind this awareness session activity. They played an important role in encouraging active participation and highlighting the significance of the session. During the session, one of the volunteers from Maxion assisted in the completion of pre & post assessment forms from the students. This step of filling up assessment forms was taken to understand their existing knowledge and identify any misconceptions related to menstruation.

## 3. Bhor School

On 12th March 2024, an awareness session on menstrual health and hygiene were conducted for the adolescent girl students of Raja Raghunathrao Vidyalaya, Bhor School. Due to the high number of girls in the school and to effectively reach the students, a total of 4 sessions were conducted: 2 sessions for 8th class students and 2 sessions for 9th class students. These sessions reached out to a total of 239 students across all classes. The response from the students was very positive, indicating their engagement and understanding during the sessions. Remarkably, 4 students with hearing & speech impairments (Mukbadhir students) from the 9th class also participated along with their teacher who helped to facilitate the session in a language they could understand. Afterwards, one of the students gave feedback about the session. Following the sessions, all **239 participants** were provided with nutritious jaggery peanut chikki and Maitrin hygiene kits for a year sponsored by Acquia India Company and T System company. Each Maitrin Kit includes packets of sanitary napkins, reusable cloth napkins, and an Urmi information booklet.

## 4. Panshet School

On the 15th of March, an awareness session on Menstrual Health and Hygiene was conducted for the adolescent girls of Shri Shivaji Veer Baji Pasalkar High School in Panshet. All the students are coming from remote villages around Panshet. Most of them come to school around 10 to 12 km walking distance from home. A separate session was taken for the 8th and 9th class students, with 41 and 35 students, along with 4 female teachers, participating in respective sessions. The engagement and attentiveness of the attendees were remarkable, all students and teachers listened and understood the information shared during the session. Following the session, the girls provided feedback, sharing their thoughts freely.

Maitrin hygiene kits for a year sponsored by Acquia India company are distributed to **80 students and teachers**. Each Maitrin Kit includes packets of sanitary napkins, reusable cloth napkins, and an Urmi information booklet.

## Pune Schools, Vasti & Company

### 1. Hadapsar, Sutarwadi & Wanawadi Schools

An awareness session on Menstruation and Health was conducted in Sane Guruji Madhyamik Vidyalaya, Hadapsar, Maruti Mhadu Sutar Madhyamik Vidyalaya, Sutarwadi and in Vitthalrao Shivarkar Vidyalay School, Wanawadi for 8th to 10th class girls separately. A total of 206 students and their teachers were present for these sessions.

12 women employees of FIS Company were also present for the Sutarwadi session. They interacted with the students and helped them to fill the pre and post assessment forms. They also helped the girls to make red dot bags. Following the session, the students as well as company volunteers expressed their feedback about the session.

### 2. Hadapsar & Wanawadi Schools

An awareness session on Menstruation and Health was conducted on February 17, for the adolescent girls in Sane Guruji Madhyamik Vidyalaya School for 8th class girls and on February 24th in Vitthalrao Shivarkar Vidyalay School for 9th & 8th class girls separately. A total of 110 students and their teachers were present for these sessions. The students attentively listened and understood all the information provided during the sessions and also gave feedback about the session.

Maitrin hygiene kits for a year sponsored by Acquia India Company and T System company distributed to each attendee. Each Maitrin Kit includes packets of sanitary napkins, reusable cloth napkins, and an Urmi information booklet.

### 3. Lakshminagar Wasti

With support of the Seva Sahayog waste management project, an Awareness session was conducted for the women and their daughters in Lakshmi Nagar vasti near Dahanukar colony Kothrud. Total 33 women and girls from the vasti participated in the session.

An Awareness session was also conducted on March 22nd for the women and their daughters in Lakshmi Nagar vasti near Dahanukar colony Kothrud. A Total 28 women and girls from the vasti participated in the session. In both sessions attendees interacted with us very openly and asked many questions related to the topic. They expressed gratitude for organising such an informative session for them and for distributing Yearly Hygiene kits which are very useful and beneficial for them. Many mentioned that they had never received such a session before. Most of the participants work as a housemaid in nearby societies or as a construction worker

### 4. Wadgaon School

On 6th March 2024 Urmi session for 9th graders at Anjali English School, Vadgaon Sheri, Pune was conducted by Gauritai Pendse for English medium students. A total of 56 students and 2 teachers attended this session.

### 5. Undri bachat gat

On 7th March 2024, Gauritai conducted Urmi's session for the women of Tejaswini Gole's Padmanidhi Women's Self-Help Group, Undri. More than 55 women, Anganwadi workers, and school teachers were included in this session.

### 6. Amdocs Company

On the occasion of International Women's Day on 8th March 2024 and on 29th March 2024, separate sessions were conducted for the women housekeeping staff and female employees of Amdocs Company. The first session had 30 attendees, while the second session had 45 attendees. Sonalитай and Gauritai took the sessions and interacted with the women on various topics related to menstrual health and hygiene. Urmi employee Afreen also shared her personal experiences during the session, including how she educates her children about menstruation and the significance of spreading awareness about the use of red dot bags in public toilets near her home. Maitrin hygiene kits for a year sponsored by Amdocs Company distributed to each housekeeping staff employee.

### 7. Red Dot Bag Activity

The activity session started with giving information about the Seva Sahayog & Urmi project to the employees of Cummins. Also we gave them information regarding the importance of making, using & donating these Red Dot Bags. Cummins India employees under their CSR activity made Red Dot Bags & Donated these bags to Urmi Project. Around 32 company volunteers were involved in this activity & they made 1600+ Red Dot Bags through these activity sessions.

## Session List

Date of Activity	Vasti Name / School Name	Awareness Session Attendees	No. Of Attendees	Product Distribution Maitrin / Janaushadhi / Reusable
17-Jan-24	Waru Kothurne Madhyamik Vidyalaya, Maval	Girls of 8th to 10th class & teachers	36	Yearly Maitrin Hygiene Kit
17-Jan-24	Shree Chtrapati Shivaji Madhyamik Vidyalay, Shivali, Maval	Girls of 7th & 8th class and teachers	36	Yearly Maitrin Hygiene Kit
17-Jan-24	Shree Chtrapati Shivaji Madhyamik Vidyalay, Shivali, Maval	Girls of 9th class and teacher	36	Yearly Maitrin Hygiene Kit
17-Jan-24	Shree Chtrapati Shivaji Madhyamik Vidyalay, Shivali, Maval	Girls of 10th class and teachers	37	Yearly Maitrin Hygiene Kit
20-Jan-24	Sane Guruji Madhyamik Vidyalaya, Hadapsar	10th class girls and teachers	46+2	Yearly Maitrin Hygiene Kit
23-Jan-24	Mhadu Maruti Madhyamik Vidyalaya, Sutarwadi	Girls of 8th to 10th class and teachers	45	Yearly Maitrin Hygiene Kit

1-Feb-24	Navchaitanya High School & Junior College, Gondawale	Girls of 8th to 10th class and teachers	87	Yearly Maitrin Hygiene Kit
1-Feb-24	Kiraksal Madhyamik Vidyalaya, Kiraksaal, Gondawale	Girls of 8th to 10th class and teachers	37	Yearly Maitrin Hygiene Kit
1-Feb-24	Parashuram Mahadeo Shinde Kanya Shala, Dahiwadi, Gondawale	Girls of 9th class	80	Yearly Maitrin Hygiene Kit
1-Feb-24	Parashuram Mahadeo Shinde Kanya Shala, Dahiwadi, Gondawale	Girls of 9th class	85	Yearly Maitrin Hygiene Kit
1-Feb-24	Sant Gadage baba Maharaj Ashramshala, Gondawale	Girls of 6th to 10th class and metrons.	51	Yearly Maitrin Hygiene Kit
15-Feb-24	Dabhil Madhyamik Vidyalaya, Dabhil, Aajara Kolahpur	Girls of 6th to 10th class & Anganwadi sevika, Asha workers (online session)	41	Yearly Maitrin Hygiene Kit
17-Feb-24	Sane Guruji Madhyamik Vidyalaya, Hadapsar	8th class girls.	38	Yearly Maitrin Hygiene Kit
24-Feb-24	Vithhalrao Shivarkar Madhyamik Vidyalay, Wanawadi	8th class girls and teacher.	35	Yearly Maitrin Hygiene Kit
24-Feb-24	Vithhalrao Shivarkar Madhyamik Vidyalay, Wanawadi	9th class girls and teacher.	40	Yearly Maitrin Hygiene Kit
24-Feb-24	Lakshminagar Wasti Ladies	Women and girls	33	Yearly Maitrin Hygiene Kit
4-Mar-24	Ambika Vidyalay, Kanersar Rajgurunagar	8th & 9th class students	35	Yearly Maitrin Hygiene Kit
6-Mar-24	Anjali English School	9th class students	56	One month kit
7-Mar-24	Padmnidhi Mahila Bachat Gat, Undri	bachat gat women's.	56	One-month kit
8-Mar-24	Amdocs Office Support staff & Employees	Awareness cum interactive session was taken for housekeeping staff	21 & 10	Yearly Maitrin Hygiene Kit
9-Mar-24	L.P.English School, Khed, Ratnagiri	8 <sup>th</sup> & 9th class girls	200	Yearly Maitrin Hygiene Kit
12-Mar-24	Raja Raghunath Rao Vidyalay, Bhor Deepti	8th & 9th class students & teacher	239	Yearly Maitrin Hygiene Kit
15-Mar-24	Veer Bai Pasalkar High School, Panshet	7 <sup>th</sup> 8th and 9th class girls and their teachers	80	Yearly Maitrin Hygiene Kit
16-Mar-24	Online Session for Gurgaon Government School	11th & 12th class girls	80+5	Yearly Maitrin Hygiene Kit
22-Mar-24	Lakshminagar Hanuman Mandir Wasti Ladies	women and girls	28	One-month kit
29-Mar-24	Amdocs Office Support staff & company employees	Awareness cum interactive session was taken for housekeeping staff	40 & 5	Yearly Maitrin Hygiene Kit
25-Mar-24	Red Dot Bag Activity in Cummins India Company, Dahanukar Colony	Cummins employees	32	

## Maitri Sessions

Sr. No.	School Name	Awareness Sessions attended By	Remark
1.	Dnyanada School (D.R.Nagarkar ), D.P.Road – Maitri on 05 <sup>th</sup> January 2024.	Boys of 8th class.	A session on menstruation and health was conducted for 8th-grade boy's students of Dayananda School as part of the Maitri project. The session was led by Gauritai Pendse, who engaged with a total of 25 students.
2.	Dnyanda School (D.R.Nagarkar), D.P.Road – Maitri on 12 <sup>th</sup> January 2024.	Parents of the students	A session on menstruation and health was conducted for mother parents of Dayananda School students as part of the Maitri project. 3 mothers were present for the session. During the session, various aspects of menstruation and its significance for both males and females were discussed in detail.
3.	Erandawana Madhyamika Vidyalay - Maitri on 19 <sup>th</sup> January 2024	Parents of the students	Informative sessions on menstruation and health were held for the mother parents of students. This session aimed to educate parents about menstruation and its significance for their children's health and well-being. Some parents expressed appreciation for the valuable information shared during the sessions, emphasising its importance for both sons and daughters, as well as mothers and fathers. They appreciated the schools and Urmi for organising such informative sessions and recognized the need for spreading awareness about menstruation within families.
4.	Tilak Madhyamika Vidyalay, Wakad – Maitri on 29 <sup>th</sup> January 2024	Parents of the students	A session on menstruation and health was conducted for the mother parent of students as a part of the Maitri project. 32 mothers and 5 teachers were present for the session. A notable and appreciable thing is that one male parent also attended this session.
5.	Abhijat Madhyamik Vidyalay on 23 <sup>rd</sup> February 2024.	Boys Session 9th class and male teacher.	A session on menstruation and health was conducted for 9th-grade boy's students of Abhijat Vidyalaya School as part of the Maitri project. The session was conducted by Gauritai Pendse, 37 boys were present for the session.
6.	Abhijat Madhyamik Vidyalay on 26 <sup>th</sup> February 2024.	8th and 9th class girls of the school	As a part of the Maitri project we are distributing yearly sanitary napkins to the students, so in this session remaining packets were distributed and a yearly post assessment form was filled up from the students to measure the impact of the project.

## Glimpse of Activities



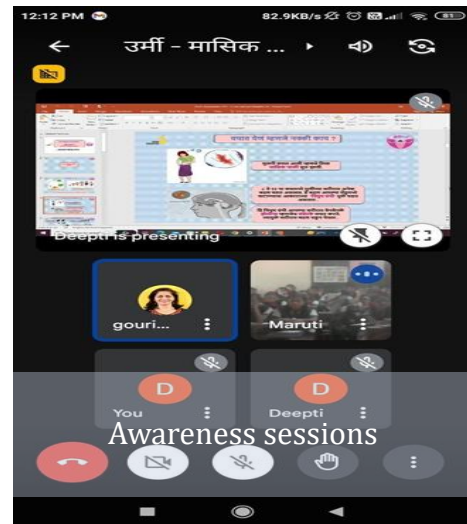
Awareness sessions



Awareness sessions



Awareness sessions



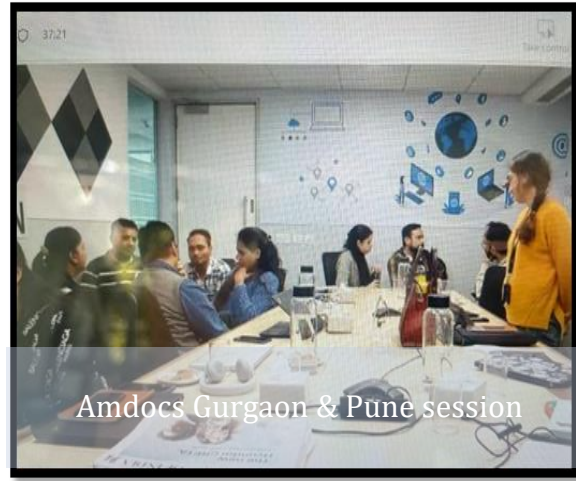
Awareness sessions



Maitri Boys session & Parent session



Maitri Boys session & Parent session



**Thank You**