

Seva Sahayog Foundation Urmi (All About Menstruation) October 2023 to December '23

Distribution of Sanitary Napkins & other activities:

- 67,096 Sanitary Napkins were distributed/sold in the month of October, November and December '23 to women, school girls, Kishori Vikas beneficiaries and Sewa International beneficiaries of Osmanabad (Dharashiv).
- In the month of December 23 total 597 Maitrin Hygiene kits were distributed to adolescent girls from different schools in Pune, Satara & Sangli with the support of Amdocs company, Acquia Company & Veritas 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.
- With the assistance of Sewa International Wash Club, Urmi conducted menstrual hygiene awareness sessions on 9th and 10th October in various schools in Osmanabad, Maharashtra.
- Over the course of two days, Urmi and the team engaged with a total of 645 students across 10 schools, along with 15 teachers, making it a total of 660 participants.
- Group of students from Pune University, specialising in Management Science, Biotechnology, and MBA, came to the Seva Sahayog office for the volunteering activity of making Red Dot Bags.
- Red Dot Bag making Activity in Cummins India Company, Dahanukar Office premises and in Tietoevry company in Eon Kharadi office premises.
- Online CSR volunteering activity of making Red Dot Bags for the employees of Acquia India Company.
- Volunteers of Amdocs company participated in the awareness session conducted in Sane Guruji School in Hadapsar, Pune.
- Poster Set with information about healthy diet, exercise & disposal of sanitary napkins were given to Sane Guruji school, Hadapsar Pune.

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)
October	20744
November	1480
December	44872
Total	67096

Sessions list:

Date of Activity	Activity	Attended By
8-Oct-23	Acharya Chanakya School, Dharashiv	Awareness Session for Girls of 7th & 8th class. Total 58 girls participated in this session.
8-Oct-23	Acharya Chanakya School, Dharashiv	Awareness Session for Girls of 9th class. Total 78 girls participated in this session.
8-Oct-23	Acharya Chanakya School, Dharashiv	Awareness Session for Girls of 10th class. Total 44 girls participated in this session.

8-Oct-23	Bhagirathi Late Ashramshala, Dharashiv	Awareness Session for Girls of 6 th to 10th class. Total 39 girls participated in this session.
8-Oct-23	Jawaharlal Madhyamika Ashramshala, Bavi	Awareness Session for Girls of 6 th to 12th class. Total 66 girls participated in this session.
9-Oct-23	Shreekrishna Madhyamika Vidyalay, Gunjoti, Dharashiv	Awareness Session for Girls of 7th & 8th class. Total 74 girls participated in this session.
9-Oct-23	Shreekrishna Madhyamika Vidyalay, Gunjoti, Dharashiv	Awareness Session for Girls of 9th & 10th class. Total 100 girls participated in this session.
9-Oct-23	Shreekrishna Madhyamika Vidyalay, Gunjoti, Dharashiv	Awareness Session for Girls of 11th & 12th class. Total 97 girls participated in this session.
9-Oct-23	Jilha Parishad Girls High school, Murum, Dharashiv	Awareness Session for Girls of 11th & 12th class. Total 97 girls participated in this session.
09-Oct-23	Interactive Conversation with bachat gat women's from Dharashiv.	Interactive conversation related to menstruation with bachat gat women's. Around 20 women's present in this interactive conversation.

Date of Activity	Vasti Name / School Name	Awareness Session Attendees	No. Of Attendees	Product Distribution Maitrin / Janaushadhi / Reusable
22-Oct-23	Swanand Sanstha beneficiaries.	Adolescent girls.	38	One month packet
15-Dec-23	Sane Guruji Madhyamika Vidyalay, Hadapsar.	Girls of 9th class	63	Yearly Maitrin Hygiene Kit
19-Dec-23	Gajanan High school, Gomewadi, Sangli	Girls of 7th to 10th class & their mothers	66	Yearly Maitrin Hygiene Kit
19-Dec-23	Gomewadi, Sangli	Student's Mother	12	Yearly Maitrin Hygiene Kit
21-Dec-23	Shankarrao Jagtap Arts & Commerce college, Wagholi, Satara	Girls of 10th to T. Y students	89	Yearly Maitrin Hygiene Kit
21-Dec-23	Borgaon High school, Koregaon, Satara	Girls of 6th to 10th class	34	Yearly Maitrin Hygiene Kit
21-Dec-23	Shree Nijanand Rangnath Swami Vidyalay, Dughi- Nigadi, Satara	Girls of 6th to 10th class	28	Yearly Maitrin Hygiene Kit
21-Dec-23	Sarojini Mansing Jadhav Vidyalay, Vikhale, Satara	Girls of 6th to 10th class	43	Yearly Maitrin Hygiene Kit
21-Dec-23	Jalgaon High school, Jalgaon Satara & New English School, Chilewadi, Satara.	Girls of 6th to 10th class	46	Yearly Maitrin Hygiene Kit
21-Dec-23	Shri Vithhalrao Govinrao Nikam Guruji Vidyalay, Ambheri, Satara	Girls of 6th to 10th class	21	Yearly Maitrin Hygiene Kit
21-Dec-23	Adarsh Vidyalay, Jaipur, Satara & Palashi High school, Palshi, Satara	Girls of 6th to 10th class	65	Yearly Maitrin Hygiene Kit
27-Dec-23	Kanya Shala, Bavdhan Wai	Girls of 7th to 10th class & their mothers	94	Yearly Maitrin Hygiene Kit
27-Dec-23	WEP Mahila Bachat Gat, Surur Wai.	Women	36	Yearly Maitrin Hygiene Kit

District wise details about Menstrual Awareness & Hygiene Sessions:

Osmanabad

With the support of Seva International Wash Club, Urmi conducted menstrual hygiene awareness sessions on 9th and 10th October in various schools in Osmanabad, Maharashtra. Gauri Tai Pendse, Pranjali Tai Inamdar, and other volunteers travelled to Osmanabad to conduct these sessions. The Maharashtra State Coordinator for Seva International, Nilesh Mantri, and local activists like Digambarrao Bandgar, and Sheetal Tai Gayakwad, also actively participated in organising these sessions.

Over the course of two days, the Urmi team engaged with a total of 645 students across 10 schools, along with 15 teachers, making it a total of 660 participants. The sessions covered various aspects of menstrual hygiene, including scientific information. The enthusiasm and engagement of both the students and teachers were remarkable. Each school warmly welcomed the team, and the students actively participated in discussions. Many students had questions and expressed their appreciation for the valuable information they received. Furthermore, some participants even shared their thoughts through video messages.

Sewa International distributed Menstrual Hygiene Handbook & Sanitary Napkins Packets to each attendee.

Pune

The menstrual health & hygiene session was conducted on 15th December 2023, in Sane Guruji Madhyamik Vidyalaya, Hadapsar. The session was attended by a total of 63 girls from the 9th class, their teachers, and female volunteers from Amdocs company. The session started with the self-introduction of the Amdocs company volunteers, who played an important role in encouraging active participation and highlighting the significance of the session.

During the session, Vrushali ji Bharambe from Amdocs company 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.

Subsequently, Gouritai Pendse provided detailed scientific information covering various aspects of menstruation, including hygiene practices, dietary considerations, the importance of exercise, proper disposal of sanitary napkins, and myths associated with this natural process. Gouritai used real-life examples to make the information relatable and engaging for the students. The students attentively and actively participated in the session and answered the questions asked to them. To promote responsible disposal practices, information about Red Dot Bags was shared with the students.

Post-session, students expressed their feedback through both written testimonials and video messages, reflecting the positive impact of the session. Company volunteers actively participated in the distribution and collection of assessment forms, distributed sanitary napkin kits, and provided chikki to the attendees. All the students present received a Maitrin hygiene kit for a year from Amdocs India Company. These kits included packets of sanitary napkins, reusable cloth napkins, and Urmi information booklets.

Sangli

On Tuesday, December 19th, Urmi conducted a menstrual health & hygiene session at Gajanan High School, Atpadi – Gomewadi, Sangli with the assistance of Neelatai Deshpande and Manishatai Dehspande from Gramin Stree Shakti. Gauritai Pendse engaged with a total of 67 students and 13 parents during this session. The response from both girls and their parents was highly positive, with many providing written questions and feedback.

Khushbu, a Seva International fellow from Bihar currently in Pune, actively participated in the distribution and collection of assessment forms, as well as in the distribution of sanitary napkin kits and chikki. All the present students received a Maitrin hygiene kit for a year from Acquia India Company. These kits included packets of sanitary napkins, reusable cloth napkins, and Urmi information booklet.

Satara – Koregaon

On 21st December, Gauritai Pendse and Pranjali Tai Inamdar conducted total seven sessions from the students of eight schools of Koregaon Education Society in villages of Satara - Koregaon, Palashi, Vikhale, Jalgaon, Borgaon, Dughi & Ambheri. Through these sessions we were able to reach a total of 304 students and 13 teachers.

We received a warm reception at each school and the presence of Sunitatai Jagtap who is the chairperson of the Koregaon Education Society, accompanied us to each school, underlining her responsibility towards the values and schools. The attendance of all school headmasters and teachers at every venue was remarkable. It was truly impressive that the students in these small villages, away from the city, welcomed us in a disciplined manner. Visually appealing rangoli, themed around menstruation, was skillfully designed & drawn by students. Students from all the schools freely asked questions, showcasing their curiosity and engagement.

Post-session, girls shared their positive feedback, expressing their appreciation for the in-depth information provided, something they hadn't received before. With the support of Veritas Company, we distributed Maitrin

hygiene kits for a year to all the present students. These kits included packets of sanitary napkins, reusable cloth napkins, and Urmi information booklets.

Satara – Wai

On December 27, Sonalitai Ghatpande conducted a session on menstrual health and hygiene at Kanya Vidyalaya, Bavdhan-Wai. A total of 94 adolescent female students attended this session, expressing that they had limited knowledge about the subject before and that the session provided them with detailed knowledge. Teachers also found the session to be informative. Following the session, a song on menstruation was shown to students.

Subsequently, Sonalitai conducted a session for 36 women who were undergoing training as part of the Women Empowerment Project run by Seva Sahayog in Surur. The awareness session covered scientific information while also addressing general superstitions and misconceptions.

Details of Other Activities

Date of Activity	Activity	Attended By	Remark
27-Oct-23	Red Dot Bag making volunteering activity at SSF office	Savitribai Phule University students	Students from Pune University specialising in Management Science, Biotechnology, and MBA, visited the Seva Sahayog office to contribute their time to the Urmi Project. We provided them with an orientation about the Seva Sahayog Foundation and Urmi Project. We discussed the importance of volunteering. These students helped us in completing Red Dot Bags for disposal of sanitary napkins. 11 students completed more than 1000 Red Dot Bags in just 1.5 hrs. Their willingness to contribute to a noble cause is truly commendable.
28-Oct-23	Red Dot Bag making volunteering activity at SSF office	Savitribai Phule University students	These students helped us in completing Red Dot Bags for disposal of sanitary napkins. 6 students completed more than 300 Red Dot Bags in just 1 hr.
02 Nov 2023	Red Dot Bag making volunteering activity at Tietoevry office premises in Eon Kharadi.	Company employees	Over 100 enthusiastic volunteers participated in this activity. Some volunteers shared their positive feedback, highlighting how the activity encouraged team bonding and brought the team together in significant numbers. Remarkably, the volunteers collectively made over 2,000 bags in just 35 to 40 minutes. During the activity, Gouritai Pendse gave an introduction about Seva Sahayog & the Urmi Project.
03 Nov 2023	Online CSR activity for the employees of Acquia India company Bangalore office.	Acquia Bangalore office employees	Urmi conducted an online CSR activity for the employees of Acquia India company Bangalore office. Around 25 volunteers participated in this activity. Pallavitai Mittal gave the information about the Urmi Project and also shared the purpose and importance of use of Red Dot Bags. She skillfully guided the participants to make red dot bags. These Red Dot Bags making activities not only raised awareness about disposal of sanitary waste but also empowered individuals to actively contribute to a noble cause.
20, 21 & 22 Nov 2023	Volunteering activity of Red Dot Bags completion at Seva Sahayog office premises.	Pune university management students	32 student volunteers helped in the completion of Red Dot paper bags by putting stickers & threads to paper bags in these three days. They helped in the completion of 2500+ Red Dot bags.
28, 29 & 30 Nov 2023	Red Dot Bag making volunteering activity at Cummins India Company,	Company employees	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.

	Dahanukar colony office premises.		Around 85 company volunteers were involved in this activity & they made 2400+ Red Dot Bags through these activity sessions.
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Maitri Sessions

Sr. No.	School Name	Attended By	Remark
1.	Dnyanada School (D.R. Nagarkar), D.P.Road – on 06th October 2023.	8th & 9th class girls attended the session.	This activity based session was enjoyed a lot by girls. Total 26 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.
2.	Erandawana Madhyamika Vidyalay on 13th October 2023.	8th & 9th class girls attended the session.	The session on the topic of Menstruation & Exercise was held by Yoga teacher Priyatai Joshi at Erandwane Madhyamik Vidyalaya School. Total 51 girls of the 8th & 9th class participated in the session.
3.	Erandawana Madhyamika Vidyalay on 13th October 2023.	9th class boys attended the session	The session on the topic of scientific information on menstruation was taken for boys of Erandwane Madhyamik Vidyalaya school. Total 29 boys attended the session taken by Virendraji Kelkar. 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.
4.	Vanaj Vidyamandir, Kothrud on 20th October 2023.	9th class girls attended the session.	The session on the topic of Menstruation & Healthy Diet was held by Dietitian Kasturita Bhosale at Vanaz Parivar Vidyamandir School. Total 39 girls of the 9th class participated in the session.
5.	Abhijat Madhyamik Vidyalay, Karve Nagar	8th & 9th class girls attended the session.	The session on the topic of Menstruation & Healthy Diet was held by Dietitian Kasturita Bhosale. Total 13 girls of the 8 th & 9th class participated in the session.
6.	Dnyanda School (D.R.Nagarkar), D.P.Road – Maitri on 04 th December 2023.	8th & 9th class girls attended the session.	The session on the topic of Menstruation & Exercise was held by Yoga teacher Priyatai Joshi. Total 26 girls of the 8th & 9th class participated in the session.
7.	Abhijat Madhyamik Vidyalay, Karve Nagar on 22 nd December 2023.	8th & 9th class girls attended the session.	The session on the topic of Menstruation & Exercise was held by Yoga teacher Priyatai Joshi. Total 23 girls of the 8th & 9th class participated in the session.

Feedback of Session from attendees

Sakshi Ramchandra Jogdand (Shree Krishna Junior college Osmanabad)

“Normally we thought that periods are a shameful thing and we were not discussing it but now we got to know that menstruation or periods are not shameful and we do not have to hide it.

Also we got to know in this session information about how to dispose of sanitary waste and how to throw such waste in the dustbin. Before this session we were not aware about these things and no one gave such information to us. mostly we heard that while you are in period you do not touch anything. don't go anywhere. Today we got to know that periods are not problematic things, they are the happiest thing in our life. Thank you so much for sharing this information.”

Sakshi Namdev Chandane (Dharashiv college 11th class student)

"Two Tai's came from Pune to give us valuable information about menstruation. I want to share some information that they gave us, they gave information about the changes that occur during adolescent age, how a girl becomes adolescent or kishori and the changes occurring in her body etc. Also information about what to eat during periods and what to do was given. They informed us about how to take care of ourselves during these days and suggested some exercises for period cramps. Menstruation blood is not impure.

They gave information about how to use sanitary pads and how to dispose it after use etc."

Feedback from Volunteer

Aniket Durgude (Savitribai Phule University Student)

"We are grateful to the Seva Sahayog Foundation for giving us the opportunity. Today's volunteering program taught us a lot and also this foundation is running multiple projects. We learned a lot about the importance of proper disposal of sanitary napkins and the challenges that women face in rural and underserved communities. It was a great experience with amazing people like you and your colleagues who are working hard to break the taboo around menstruation and create a healthy and sustainable society for all. For any further volunteering we would like to take initiative and we will always stay in contact with the Seva Sahayog Urmi Project."

Atharva Matkar (Savitribai Phule University Student)

"Today on 27th October we all friends came to the Seva Sahayog office to give our one day to a social cause. We volunteered for the Urmi project which works on menstruation for girls and women. We helped them to make Red Dot Bags. We had a very good experience here and we learned the importance of these Red Dot bags."

Glimpse of Activities



Awareness & Interactive session



Awareness & Interactive session



Awareness & Interactive session



Maitri session



Maitri session



Maitri session



Awareness Session & Voulnteering Activity



Awareness Session & Voulnteering Activity



Awareness Session & Voulnteering Activity



Session at Satara & Sangli



Session at Satara & Sangli

Thank You