

Seva Sahayog Foundation

Urmi (All About Menstruation)

Quarterly Report- April 2024 to June 2024

Highlights

- A total of **19 awareness sessions** were conducted, reaching **930 beneficiaries** across various regions, including the wasti areas and schools of Chalisgaon, Pune, Wai, and Satara.
- Maitrin hygiene kits were distributed to women, adolescent girls, and Anganwadi Sevikas with the generous support of Wolters Kluwer Company. Various remote areas were covered, including villages in Chalisgaon such as Kalmadu, Kunjhar, and Sundarnagar Tanda, as well as city areas like Hirapur Road, Jahagirdarwadi, Bhagwati Vihar, and Shiv Colony.
- Each Maitrin hygiene kit includes one pack of disposable sanitary napkins (containing **8 sanitary napkins** and **8 red dot paper** bags), **9 packs** in total within one annual kit, and **one reusable napkin set**, along with an information booklet on menstruation.
- On the occasion of International Menstrual Health and Hygiene Day, observed on May 28th, Urmi organized an awareness session for both male and female office staff of Seva Sahayog.
- An introductory and volunteering session on making red dot bags was conducted at Adient Company in Pimpri-Chinchwad and at RSB Transmission Company in Magarpatta, Hadapsar.
- Urmi celebrated International Menstrual Hygiene Day throughout the month by conducting donation drives on various social media platforms.
- To celebrate International Menstrual Hygiene Day on May 28th, the Seva Sahayog Kishori Vikas Project Mumbai team organized an oratory and reels competition across the Mumbai, Palghar, Raigad, and Pune divisions.

Sales & Distribution of Sanitary Napkins

Month	No. Of Napkins Distributed/ Sold (in Napkins)	No. of Reusable Cloth Napkins Distributed
April	26,540	340
May	5,742	50
June	2,624	0
Total	34,906	390

Menstrual Awareness & Hygiene Sessions list

Date of Activity	Wasti Name / School Name	Awareness Session Attendees	Attendees & Kit distributed
28-Apr-24	Vithhal Mandir, Kalmadu Village, Chalisgaon	Women and girls, including Anganwadi Sevikas.	60 Yearly Kit
28-Apr-24	Sundarnagar Tanda 1, Chinchgavhan, Chalisgaon	Women and girls including Anganwadi sevikas.	37 Yearly Kit
28-Apr-24	Kunjhar, Shanidev Mandir, Chalisgaon	Women and girls including Anganwadi sevikas	39 Yearly Kit
28-Apr-24	Sundarnagar Tanda 2, Chinchgavhan, Chalisgaon	Women and girls including Anganwadi sevikas	75 Yearly Kit
29-Apr-24	Hirapur Road, Chalisgaon City	Women and girls including Anganwadi sevikas	38 Yearly Kit
29-Apr-24	Jahagirdar Wadi, Chaligaon City	Women and girls including Anganwadi sevikas	74 Yearly Kit
29-Apr-24	Bhagwati vihar, Chalisgaon City	Women and girls including Anganwadi sevikas	28 Yearly Kit
29-Apr-24	Shivcolony, Juna Malegaon Road, Chalisgaon City	Women and girls including Anganwadi sevikas	37 Yearly Kit
20-May-24	Awareness session for SSF office staff	The Seva Sahayog office staff on the occasion of International Menstrual Hygiene Day, with around 60 men and women employees from various Seva Sahayog projects participating in the session.	60 men and women employees of SSF
24-May-24	Family Planning Association - Ambedkar Nagar	Awareness sessions on menstrual health and hygiene were conducted for beneficiaries of the Family Planning Association (FPA) under their	49 One Month Kit

		Wasti Vikas project, with 49 adolescent girls participating in the session.	
28-May-24	Family Planning Association - Dayas Plot, Gultekdi	Adolescent girls from the Family Planning Association (FPA) participated in the session.	34 One Month Kit
29-May-24	Family Planning Association - Gokhale Nagar	Adolescent girls from the Family Planning Association (FPA) participated in the session.	40 One Month Kit
10-Jun-24	Family Planning Association – Rajiv Gandhi Nagar, Appar	Beneficiaries of the Family Planning Association (FPA) under their Vasti Vikas project, with 59 adolescent girls participating in the sessions.	59 One Month Kit
11-Jun-24	Family Planning Association - Ganesh Mala	41 adolescent girls from the Family Planning Association (FPA) participated in the session	41 One Month Kit
14-Jun-24	Borgaon, Wai	44 women and girls from the Women Empowerment Program in Wai attended the awareness session	44 One Month Kit
21-Jun-24	Sanjanabai Bhandari High School, Tadiwala Road.	37 adolescent students from the 8th to 10th grades and 5 helpers from the Family Planning Association participated	37 One Month Kit
24-Jun-24	Priyadarshini Madhyamik Vidyalaya, Appar	84 girl students from the 9th and 10th grades attended the session.	84 One Month Kit
24-Jun-24	Priyadarshini Madhyamik Vidyalaya, Appar	44 girl students from the 7th and 8th grades attended the session.	44 One Month Kit
25-Jun-24	RSB Transmission Company, Magarpatta, Hadapsar.	An awareness session was held for female employees of RSB Transmission at their office premises in Hadapsar, with more than 45 employees participating. Of these, 9 employees attended the session in person, while 36 participated online.	45 employees

Details of Other Activities

Date of Activity	Activity	Attended By	Remark
19-Apr-24	Red Dot Bag Activity	Coursera company, employees.	A Red Dot Bag-making activity was conducted for employees of Coursera, with 5 volunteers participating and creating over 100 bags . Urmi's project assistant, Afreen, provided information about the Urmi Project and the use of Red Dot Bags. She also shared her experiences regarding the purpose and benefits of the Red Dot Bag-making activity. The interaction aimed to inform employees about Seva Sahayog Foundation projects and available volunteering opportunities.
01-May-24	"Tee Chya Var Bolu Kahi" Oratory & Reels Competition 2024	Participant from different parts of Maharashtra	Seva Sahayog Mumbai organise "Tee Chya Var Bolu Kahi" Oratory & Reels Competition in the month of May 2024
20-May-24	On the occasion of 'International Menstrual Hygiene day' on 28 th May 2023, we started a campaign of Urmi donation drives.	Social media platform	On the occasion of International Menstrual Hygiene Day, Urmi initiated a donation appeal on various social media platforms by circulating different posters and messages.
23-May-24	Red Dot Bag Activity	Adient company, employees.	The Red Dot Bag-making activity was conducted for employees of Adient Company, with over 50 volunteers participating. They created more than 350 bags during the activity at their office premises, and additional bags will be made at home and donated to the Urmi Project.

Detailed information about Sessions and activities

1. Awareness Session

I. Chalisgaon

Under the CSR funding the Seva Sahayog – Gramoday Project, the Urmi Project was implemented in Chalisgaon. The primary objective of this initiative was to raise awareness and provide scientific information about menstruation to women and girls in rural area

On the 28th and 29th of April in both rural villages and urban areas of Chalisgaon -Pranjali Inamdar from Team Urmi conducted awareness sessions. These sessions provided comprehensive information on menstruation and its health aspects, hygiene practices, proper dietary habits, the importance of exercise, and the correct disposal methods for sanitary napkins. Throughout the two-day tour, a total of 8 sessions were conducted across various areas in Chalisgaon city and neighbouring villages like Kalmadu, Kunjhar, and Sundarnagar. These sessions overall engaged and interacted with 388 women, girls, and Anganwadi workers.

After the sessions, many women expressed their thoughts openly, sharing the questions on their minds. Additionally, attendees expressed that they enjoyed the session and requested for a follow-up session. Some of the attendees also provided feedback about the session in video format, showcasing the effectiveness of the sessions in conveying valuable knowledge.

After the session all the attendees were distributed a Maitrin hygiene kit for a year. Each Maitrin Kit includes packets of sanitary napkins, reusable cloth napkins and an Urmi information booklet.

The successful implementation of this sessions was possible with the collaboration of Gramodaya Project Senior Coordinator Anil Patil, Chalisgaon Project Coordinator Pankaj Rathod, Praveen Rathod, and local resident and social worker Suchitra Patil, who worked closely with Anganwadi workers and self-help group heads for effective planning and execution. The successful implementation of the Urmi Project in Chalisgaon highlights the impact of collective efforts in empowering women and girls with important & proper knowledge and resources related to menstrual health and hygiene.

II. Family Planning Association

In May and June 2024, the Urmi team conducted awareness sessions for adolescent beneficiaries of the Family Planning Association in various vasti areas of Pune as part of their Vasti Vikas project. To mark International Menstrual Health and Hygiene Day, Urmi organized a series of these sessions, aimed at providing in-depth information about menstruation. Topics covered included changes during puberty, menstrual health and hygiene, proper disposal of sanitary waste, and addressing common myths associated with menstruation.

III. Seva Sahayog Foundation Staff

On the occasion of International Menstrual Hygiene Day, an awareness session was conducted for the office staff of Seva Sahayog, with over 60 male and female employees actively participating in this informative event. The objectives of the session were to provide a detailed understanding of the activities and initiatives undertaken by the Urmi Project and to educate the staff about the scientific aspects of the menstrual process. Comprehensive information was shared about the Urmi Project, highlighting its efforts and the impact it has made in promoting menstrual health and hygiene. The feedback from male employees was particularly notable. Many expressed their admiration for the session and emphasized the importance of being informed about menstrual health. They appreciated gaining a deeper understanding of the challenges women face during menstruation and recognized the significance of supporting menstrual hygiene initiatives.

IV. Women Empowerment Project Beneficiaries

At the Seva Sahayog Foundation – Women Empowerment Program Center in Wai, Gouri Pendse conducted an awareness session for women beneficiaries. The session provided scientific information and addressed common misconceptions. Many participants shared that they had limited knowledge on the topic beforehand and found the session highly informative.

V. corporate company employees

An awareness session was conducted for the office staff of RSB Transmission Company at their Magarpatta office. Over 45 female employees participated, with 9 attending in person and the rest joining virtually from Jamshedpur, Dharwad, and the Pune plant. The session aimed to provide detailed scientific knowledge about the menstrual process. Many participants found the session insightful and emphasized the importance of being well-informed about menstrual health. Additionally, a "Red Dot" bag-making activity was held to promote healthy habits for menstrual waste management.

2. Red Dot Bag Making

An introductory and volunteering session on making red dot bags was conducted at the Adient company's office premises in Pimpri-Chinchwad. Over 50 employees participated in this volunteering activity. This session aimed to engage employees in a meaningful activity that promotes menstrual hygiene management. They made more than 350

bags during the activity at their office premises, and additional bags will be made by them at home and donated to the Urmii Project.

Participants were guided through the process of making reusable red dot bags, which are essential for the disposal of sanitary products. Urmii's project core volunteer, Gouri Pendse, provided detailed information about the Urmii Project and the use of Red Dot Bags. The purpose of this interaction with the employees was to inform them about the Seva Sahayog Foundation (SSF) projects and the available volunteering opportunities.

3. Seva Sahayog Mumbai - "Tee Chya Var Bolu Kahi" Oratory & Reels Competition 2024

On 28th May to celebrate International Menstrual Hygiene Day, the Seva Sahayog Kishori Vikas Project Mumbai team organised the Oratory and Reels Competition in Mumbai, Palghar, Raigad, and Pune divisions. This is the second year of the competition. The Pune division was handled by the Urmii team, who conducted the first round. Four participants took part in this competition, including one female and three males, which is notable. All participants were appreciated with tokens of appreciation. The finalists were sent to Mumbai for the final round, which was held in Thane, Mumbai. The winners were announced, and the prize distribution took place on 28th May 2024.

Glimpse of the session





Red Dot Bag Activity at Company



Kunjhar Village Session



Red Dot Bag Activity at Company



Sajanabai Bhandari School



Family Planning Association Sessions



Family Planning Association Sessions

Thank You