

Seva Sahayog Foundation

Urmii (All About Menstruation)

Quarterly Report - July 2024 to September 2024

Highlights

- A total of **40 awareness sessions** were conducted, reaching **2,574 beneficiaries**.
- Awareness sessions were conducted for adolescent beneficiaries- girls & boys and also for women in Wai, Pune and around areas.
- In the month of August Urmii organised an informative session on Menopause at the Seva Sahayog Office. The session aimed to provide a detailed understanding of menopause.
- This year, Urmii developed and printed an informative booklet of menstruation specially designed for boys to distribute them after attending the awareness session.

Sales & Distribution of Sanitary Napkins

Month	No. of Napkins Distributed/ Sold (in Napkins)	No. of Reusable Cloth Napkins Distributed
April	11,716	147
May	18,392	96
June	19,572	201
Total	49,680	444

Menstrual Awareness & Hygiene Sessions list

Date of Activity	School Name/ Vasti Name	Awareness Sessions Attendees	Remark
5-Jul-24	Zilha Parishad School, Kamthadi, Bhor	Adolescent girls of 6 th & 7 th class.	A total of 25 girls, 21 mothers , and several teachers attended this session. A one-month supply of sanitary napkin packets, along with information booklets, was distributed to the attendees.
5-Jul-24	Zilha Parishad School, Nasrapur, Bhor	Adolescent girls of 6 th & 7 th class.	A total of 20 girls, 23 mothers , teachers, and the lady panchayat president participated in the session. A one-month sanitary napkin kit, along with information booklets, was distributed to the attendees.
11-Jul-24	Adarsh High School, Hadapsar	Adolescent girls of 8 th , 9 th & 10 th class girls.	Two separate sessions were conducted for the girls. With the total 144 students and 2 teachers participated in the sessions. Yearly Hygiene kits from Amdocs company were distributed to attendees along with Peanut chikki.
31-Jul-24	Little Flower English School	Adolescent girls of 8 th & 9 th class girls.	Two separate sessions were conducted for the girls, with a total of 136 students and 2 teachers participating. A one-month supply of sanitary napkin packets, along with a booklet on menstruation information, was distributed to the attendees.
2-Aug-24	Jilha Parishad School Kusgaon & Shivganga Madhyamik Vidyalaya, Kusgaon.	Adolescent girls of 6 th to 10 th class	A total of 65 girls and 2 teachers attended this session. A one-month supply of sanitary napkin packets, along with an information booklet, was distributed to the attendees.
2-Aug-24	Jilha Parishad School, Sarola	Adolescent girls of 6 th & 7 th class	A total of 34 girls and 2 teachers attended this session. A one-month supply of sanitary napkin packets, along with an information booklet, was distributed to the attendees.
7-Aug-24	Wakad Kanya School, Wakad	Adolescent girls of 5 th , 6 th & 7 th class	Two separate sessions were conducted for the girls. Total 96 girls & 1 teacher and 8 Media Ocean volunteers participated in the session. Yearly Hygiene kits from MediaOcean company were distributed to attendees along with Peanut chikki.
10-Aug-24	Janata High school, Vishrantwadi	Adolescent girls of 7 th to 10 th class	Two separate sessions were conducted for the girls, with a total of 96 girls, 1 teacher , and eight volunteers from MediaOcean participating. Annual hygiene kits provided

			by MediaOcean were distributed to all attendees, along with peanut chikki.
12-Aug-24	New English School, Kolawadi	Adolescent girls of 7 th to 10 th class	Two separate sessions were conducted for the girls, with a total of 199 girls and 3 teachers in attendance. Each attendee received a one-month supply of sanitary napkins along with an informational booklet.
17-Aug-24	Tilak Madhyamik Vidyalaya, Wakad	Adolescent girls of 10 th class	A total of 41 girls attended the session, and each received a one-month supply of sanitary napkins along with an informational booklet.
17-Aug-24	Tilak Madhyamik Vidyalaya, Wakad	Adolescent boys of 10 th class	A total of 30 boys and 1 teacher attended the session.
21-Aug-24	Hadapsar Madhyamik Vidyalaya, Ramtekdi	Adolescent girls of 5 th to 10 th class	A total of 76 girls and 4 teachers attended the session. Each attendee received a one-month supply of sanitary napkins along with an informational booklet.
23-Aug-24	Sentfransis School Vishrantwadi	Adolescent girls of 6 th to 10 th class	A total of 91 girls, 11 teachers , and mothers attended this session, which was conducted in Hindi. Each attendee received a one-month supply of sanitary napkins along with an informational booklet.
29-Aug-24	Sant Jijabai Madhayamik Vidyalaya, Dehugaon	Adolescent girls of 8 th to 10 th class	Six separate sessions were conducted for the girls in a single day by three different trainers. A total of 399 girls and 2 teachers attended. Each attendee received a one-month supply of sanitary napkins along with an informational booklet
2-Sep-24	Shekhuji Vishnuji Satav High School, Wagholi	Adolescent girls of 8 th class	Three separate sessions were conducted for the girls, with a total of 245 girls and 3 teachers participating. Each attendee received a one-month supply of sanitary napkins along with an informational booklet.
4-Sep-24	Gurgaon Online Session	Adolescent girls of 10 th to 12 th class	Urmi conducted an online session in Hindi on menstrual health and hygiene for girls from a government school in Gurgaon, Haryana. Gauri presented the information using a PowerPoint presentation, and the students showed great interest by actively participating and asking many questions. The session was attended by over 150 students , along with their teachers and male and female employees from Amdocs Company. The volunteers from the company assisted in filling out assessment forms for the students and explained the contents of the annual Maitrin hygiene kit provided to them. Additionally, yearly hygiene kits from Amdocs Company were distributed to all attendees.
12-Sep-24	C.R.Ranganathan School, Tingare Nagar	Hearing impaired adolescent girls of 6 th to 10 th class	Urmi conducted an awareness session for hearing-impaired female students, which was truly exceptional. Initially, there were doubts about whether we would be able to convey all the necessary information to these girls. However, despite their deafness, their enthusiasm and eagerness to engage were truly inspiring. Gouri with the assistance of a sign language interpreter, carefully conveyed the session's content, ensuring that the information was clear and accessible to the students. Despite their hearing challenges, the girls actively participated and communicated with us and each other throughout the session. A total of 57 girls, 6 teachers , and 5 male and female volunteers from MediaOcean participated in the session. Yearly hygiene kits from MediaOcean were distributed to the attendees, along with peanut chikki.

13-Sep-24	Shree Chhatrapati Shivaji Vidyalaya, Shivali, Maval	Adolescent girls of 7 th to 10th class	Two separate sessions were conducted for the girls, with a total of 90 participants . A one-month supply of sanitary napkin packets, along with an information booklet, was distributed to the attendees.
13-Sep-24	Shree Chhatrapati Shivaji Vidyalaya, Shivali, Maval	Adolescent boys of 7 th to 10th class	Two separate sessions were conducted for the boys, with a total of 100 attendees . Volunteer Virendraji Kelkar led these sessions. Through these sessions, Urmii aims to educate boys about menstruation, break the associated taboos, and create a more open discussion, fostering a cohesive environment where menstruation is viewed as a normal scientific process. Additionally, the sessions aim to cultivate empathy among the boys regarding the topic.
14-Sep-24	Genba Sopanrao Moje Vidyalaya, Nagpur Chawl	Adolescent girls of 8 th class	A total of 67 girls attended the session, and a one-month supply of sanitary napkin packets, along with an information booklet, was distributed to the attendees.
20-Sep-24	Gurgaon Online Session for Sector 18 Government School	Adolescent girls of 9 th to 11th class	An online session in Hindi on menstrual health and hygiene was conducted for girls at a government school in Gurgaon, Haryana. Gauri explained the information to the students with the help of a PowerPoint presentation. The session was attended by more than 65 students , along with their teachers and male and female employees from Amdocs Company. Yearly hygiene kits from Amdocs were distributed to the attendees.
21-Sep-24	Lakshminagar Vasti	Adolescent girls and women from sewa vasti.	A session on menstruation and health was conducted by Urmii for the women and girls of Lakshminagar Seva Vasti, in collaboration with Cummins India Company and Pune Municipal Corporation's Swachhta Abhiyan, as part of the Seva Sahayog Waste Management Project. A total of 35 women and girls attended this session. Trainer Vaishali Kanasakar provided detailed information about menstruation, hygiene practices to maintain during this time, common misconceptions, the side effects of taking pills to delay menstruation, dietary considerations, proper disposal of sanitary waste, and the importance of using red dot bags. Each attendee received a one-month supply of sanitary napkin packets along with an information booklet
23-Sep-24	Nane Madhyamik Vidyalaya, Nane Kamshet	Adolescent girls of 9 th to 10th class	The session was attended by a total of 47 girls and female volunteers from Adient Company. During the session, one of the volunteers assisted the students in completing pre- and post-assessment forms. Vaishali Kanasakar provided detailed information to the girls about menstruation. Yearly hygiene kits from Adient were distributed to the attendees, along with peanut chikki.
24-Sep-24	Mangdewadi Madhyamik Vidyalaya, Mangadewadi Karjat.	Adolescent girls of 7th to 10th class	A total of 120 girls attended the session, and a one-month supply of sanitary napkin packets, along with an information booklet, was distributed to the attendees.
27-Sep-24	Online Train the trainer session – 1 st session	Seva Sahayog Nashik office interns.	3 interns participated in an online "Train the Trainer" session for the Seva Sahayog Nashik office interns. In the first of the three scheduled sessions, Urmii volunteer Sonali provided an introduction to the topic and shared scientific information. After gaining knowledge from these sessions, the interns will be equipped to conduct similar sessions in the Nashik vasti areas as well as in schools for women and girls.
30-Sep-24	Sant Tukram E Learning School - Pashan Baner Link Road	Adolescent girls of 5 th to 7 th class	The session was attended by a total of 25 girls from the school and two female volunteers from MediaOcean. Urmii trainer Vaishali provided all the information in Hindi to the students. Yearly hygiene kits from MediaOcean were distributed to the attendees, along with peanut chikki.

Details of Other Activity

Date of Activity	Activity	Attended By	Remark
28-Aug-24	Urmi – Expert Session on Menopause Awareness	Women from various projects of Seva Sahayog and Urmi Volunteers	To raise awareness on important health topics, Urmi organized an informative session on menopause at the Seva Sahayog Office. The session aimed to provide detailed information about menopause and was conducted by Dr. Sarita Kakatkar, a well-known gynaecologist with over 32 years of experience. Dr. Kakatkar earned her MBBS in 1982, followed by an MD in 1986, and has been practicing since 1992. The doctor provided detailed information about the symptoms of menopause and explained how to manage them by incorporating a healthy diet and exercise into daily routines.
August	Urmi – A booklet on menstruation for boys.	Distributing the booklet to boys after they attended the awareness session on menstruation.	This year, Urmi took a significant step forward by developing and printing an informative booklet specifically designed for boys. The aim of developing a booklet for boys, is to encourage the understanding, empathetic view and support to their female friends and family members etc. After the awareness session, these booklets will be distributed to the boys. The booklet provides essential information about the menstrual cycle, hygiene practices, and how boys can play a positive role in spreading awareness within our society.

Session feedback from attendees

1. Pramila Santosh Gonde (Adarsh Madhyamik Vidyalaya)

“We gained valuable information about menstruation, including the understanding that period blood is not impure and the practices surrounding whether or not we should touch religious idols during menstruation. The session provided us with a wealth of new and important information.”

2. Vaishnavi Ramakant Kendale(Adarsh Madhyamik Vidyalaya)

“Today, a representative from Seva Sahayog visited our school and provided us with detailed information about the female reproductive system and menstruation. We learned about periods, the purity of period blood, and how to properly use cloth napkins or sanitary napkins during menstruation. The information was explained very clearly, and I hope that similar awareness sessions can be conducted in other schools so that more students can benefit from this knowledge.”

3. Sarika Ganesh Bandal (Mother of a student at Zilha parishad school, Kamthadi)

“I have always believed that schools should provide information about menstruation to students. It's essential for girls to know how to handle their first period, especially if it occurs while they are at school. I am very pleased that the school arranged such an informative session on menstruation.”

4. Vedantika Yuvraj Patil (Little Flower English School)

“Madam provided us with a wealth of valuable information about periods. I also learned about the physical changes that occur in our bodies, which I didn't know about before. This information was extremely useful and informative for me. I will definitely share what I've learned with my friends, sisters, and mother.”

5. Student from Little flower English School

“Madam provided us with valuable information about menstruation, revealing many new things about periods that we hadn't learned at home or from our mothers. Thank you so much for this useful information, we also learned about what to eat and what exercises to do during this time.”

6. Tasbiya Jameer Inmadar (New English School, Kolawadi)

“Through the Seva Sahayog Urmi Project, we received detailed information about the female reproductive system. They provided us with valuable knowledge about periods, including the scientific process of menstruation, the

age at which menarche begins, and various menstrual products such as menstrual cups and tampons. We also learned about whether period blood is pure or impure and the importance of tracking our menstrual cycles. Before this session, I didn't know that period blood is discharged from our bodies because it is no longer needed, not because it is impure. Now, I understand that if any issues arise related to menstruation, we should visit a doctor."

7. Bhakti Tukaram Londhe (Sant Jijabai Kanya Vidyalay)

"We received detailed information about menstruation that was both informative and interesting. The session addressed questions that often come to mind, giving us a better understanding of what happens in our bodies during menstruation. We also learned about different types of menstrual products and how to use them properly. The session was well-guided, addressing various misconceptions related to the topic."

8. Sandhya Santosh Katwate (V.S.Satav High School)

"Today, we gathered for an awareness session where we received valuable information about menstruation. They explained how periods occur, providing scientific details and the reasons behind them. We also learned about various products to use during periods, such as sanitary pads and reusable pads, and the proper disposal of sanitary waste to ensure the safety of waste pickers. We will definitely try to implement what we learned. Thank you for providing such important information."

9. Shraddha Dashrath Pingale (Nane Madhyamik Vidyalay)

"Today, Adient Company provided us with a yearly hygiene kit for menstruation, and I am very grateful for this gift. The session conducted by Madam felt just like a conversation with a close friend. She explained how to maintain proper hygiene during periods, the types of food we should eat, and ways to manage period pain. The information was very useful, and I am thankful for arranging this session."

10. Madhavi Santosh Gare (7th class, Chhatrapati Shivaji Madhyamik Vidyalaya)

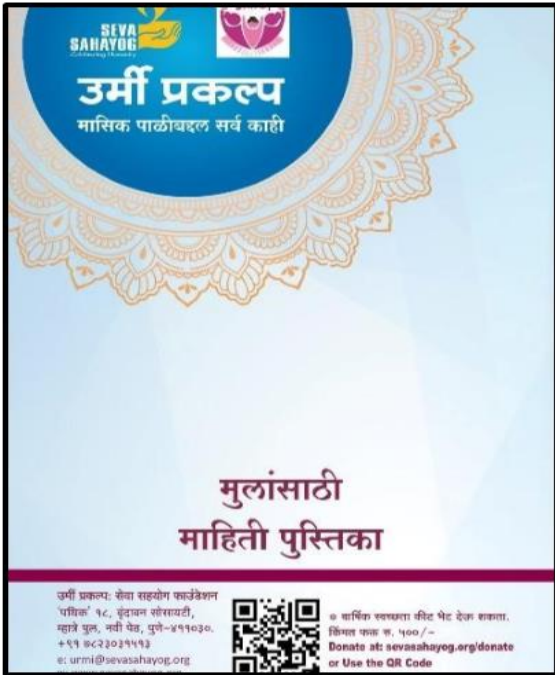
"Today, a session was conducted at our school where madam provided us with a lot of useful information about periods. Even though I haven't experienced periods yet, I now understand all about them in advance. We used to believe that period blood was impure, but now I realize it's not. Our mothers would tell us not to go to the temple or touch certain things during periods, but now I know these are just misconceptions. We also learned about physical changes during adolescence, like breast development, and that the real reason behind these changes is to enable feeding babies after they are born. Thank you for sharing such important and helpful information with us."

11. Sarthak Lahu Nibale (8th class, Chhatrapati Shivaji Madhyamik Vidyalaya)

"Sir taught us the importance of treating girls with respect, especially during sensitive times. He explained that if someone is teasing a girl, we should immediately inform an adult. As we grow, our thoughts and behaviour naturally change, and it's important to be aware of this. If we ever notice blood spots on a girl's skirt or dress, we shouldn't laugh or tease her; instead, we should support and help her. This session helped us understand how to behave responsibly."

Glimpses of the sessions






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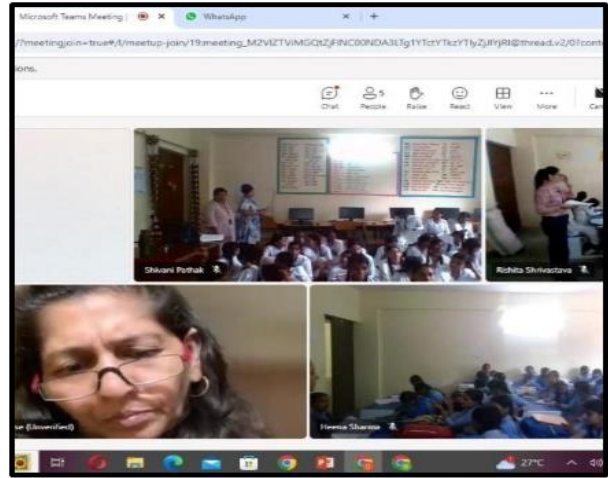
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**मुलांसाठी
माहिती पुस्तिका**

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