



Seva Sahayog Foundation

Project - Urmi (All About Menstruation)

Quarterly Report - January to March'25

❖ About the Project Urmi:

Menstruation is still considered a taboo. Therefore, the majority of times, the mind-set of the people restricts them from discussing the topic freely as any other health issues. This results in a lot of health-related problems in adolescent girls & women as they feel shy to openly discuss their problems and also are unaware as to what can be considered normal or not when it comes to female hygiene & health.

In 2018, the Urmi project started to provide information about menstrual health and hygiene to women and adolescent girls in Pune. While working on other projects, our team members noticed that most of the women and girls living in the slum area / vasti lack menstrual awareness. Most adolescent girls were not prepared and aware of menstruation, so they face many difficulties in their day-to-day lives. Even most of the women don't possess scientific information about menstruation. Under this project, so far we have reached out to 27,900+ girls & women to make them aware of the importance of menstrual health and hygiene. Additionally, we distribute Sanitary Napkins and Maitrin Hygiene Kits that include the annual requirement of menstruation products for a person. Through this program we aim to:

- a. Increase awareness about menstruation & related good health & hygiene practices. e.g. Avoiding period delaying pills, tracking period cycles, eating healthy diet, etc.
- b. Encourage discussion on Menstruation in society at large.
- c. Increase awareness about available menstrual hygiene products.
- d. Making such products available to some extent (through individual & CSR sponsorships) to encourage healthy habits.
- e. Proper disposal of used sanitary waste to encourage systematic segregation and reduce associated health risks.

❖ Highlights of the activities:

- A total of **101 awareness sessions** were conducted in the month of January, February and March reached **5089 girls, Boys and Women** beneficiaries from rural and urban areas schools and vastis.
- **3,48,109 Sanitary Napkins and 1999 Reusable cloth napkins** were distributed/sold in the month of January to March '25 to women and school girls and Kishori Vikas beneficiaries.
- Awareness sessions were conducted for adolescent beneficiaries- girls, boys and women in Pune & around areas and Satara, Wai, Kolhapur, Beed.
- **3964 Yearly Hygiene kits** were distributed with the support of companies like FIS, Amdocs, Xoriant, Pricol, UST, DWS, Media Ocean & TE Connectivity.

- Each Yearly Hygiene Kit included **sanitary napkin packets, Reusable cloth napkin, Red dot bags, an information booklet on menstruation, along with a cloth bag.**
- **Nutritious jaggery-peanut chikki** was distributed to each attendee after explaining the importance of a healthy diet, iron and calcium rich food for girls as well as Boys.
- Information booklet on menstruation for boys was handed over to schools.
- Volunteers of Xoriant company participated in Tilak Madhyamik Vidyalay School awareness session activity and distribution.
- Volunteering activity of making hygiene kits and making red dot bags is conducted at Xoriant company Baner office premises and more than 50 volunteers participated in this activity.
- Volunteers of TE Connectivity company participated in Adarsh Vidyalay School for Awareness session and kit distribution.
- Volunteers of DWS company participated in Sarthi Vidyalaya, Kharadi for awareness session activity and distribution. Making Red dot bags is also conducted at school premises and 9 Male volunteers participated in this activity.
- Volunteers of Media Ocean company participated in Wakad Kanya School, C. R. Ranganathan School & Sant Tukaram School for awareness session activity and distribution.

❖ **Distribution of Sanitary Napkins:**

In the month of January, February & March 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)	No. Of Reusable Cloth Napkins Distributed/ Sold
January	78100	901
February	141280	294
March	128729	804
Total	348109	1999



❖ **Awareness Sessions:**

Date of Activity	Vasti / School	Awareness session attended by	Attendees
15-Jan to 10-March 2025	82 awareness session conducted for female beneficiaries across 55+ schools in and around Pune.	6th class girls to B.Ed. college students and women empowerment beneficiaries of Seva Sahayog	4133
16-Jan to 10-March 2025	19 awareness session conducted for male beneficiaries across 13 schools .	8th class to 12th class boys and teachers	956

❖ **Details of Other Activities:**

Date of Activity	Activity	Attended By	Remark
4-Jan-25	Volunteering activity of making Red Dot Bags	Hujurpaga School students	In response to the Urmi Project's need for 2.5 lakh red dot bags, Swpnatai Tamhane (Seva Sahayog Volunteer) and her friend Dhanashreetai Abhyankar launched a Red dot bag-making initiative at their Hujurpaga School. Marking Savitribai Phule Jayanti, the 1984 alumni batch gathered to support the cause, with enthusiastic participation from teachers, students (6th-9th std), and over 30 alumni across both Hujurpaga branches (Katraj and Laxmi Road). Together, they successfully made over 7,200 red dot bags for the Urmi Project.
20-Jan-25	Volunteering activity of assembly of Yearly Hygiene Kits & Red Dot Bag making Activity at Xoriant, Baner	Xoriant company, employees.	<p>A volunteering activity was conducted on 20th January 2025 at the office premises of Xoriant in Baner, where more than 50 volunteers participated in assembling Maitrin Hygiene Kits and making Red Dot Bags.</p> <p>During the activity, volunteers were introduced to the Seva Sahayog Foundation and the Urmi Project. The session starts with a discussion on the importance of responsible menstrual waste disposal and the significance of Red Dot Bags. Volunteers were then guided through the process of making these eco-friendly disposal bags, ensuring they understood their role in maintaining hygiene and protecting waste collectors.</p> <p>In the hygiene kit assembly, volunteers efficiently packed essential items such as sanitary napkins, reusable cloth napkins, red dot bags, and informative booklets into cloth bags. Their</p>

			teamwork and dedication were excellent, as a result 200 hygiene kits were assembled in just half an hour.
25-Feb-25	Volunteering activity of making Red Dot Bags & Awareness session		<p>A volunteering activity was conducted on 25th February 2025 at Sarthi Vidyalay, Kharadi, where more than 10 male volunteers actively participated in making Red Dot Bags.</p> <p>The session started with the introduction of the Seva Sahayog Foundation and the Urmi Project. Volunteers were then engaged in a discussion about the importance of responsible menstrual waste disposal and the important role of Red Dot Bags in ensuring safe disposal practices. They were guided step-by-step through the process of making these red dot bags to dispose of sanitary waste. In addition, female volunteers supported the awareness sessions by helping with the distribution and collection of assessment forms, as well as assisting with snack distribution for the students.</p> <p>The activity was a meaningful contribution towards spreading awareness and encouraging responsible practices in menstrual health and hygiene.</p>
21-Mar-25	Red Dot Bag Making Activity	Indus International School, Bhukum	The Red Dot Bags Activity was conducted at Indus International School, Bhukum, with enthusiastic participation from over 70 Class 11 students. Vaishnavi from Urmi and Harshal from the VE team introduced students to Seva Sahayog and the Urmi Project, and guided them in making red dot bags.

❖ Feedback from girls:

- Sanskriti Ramesh Mohite (10th class Kai Bhausaheb Bhagwat Madhyamik Vidyalay, Malwadi Daund):** "Today, Deepti Tai from Seva Sahayog Urmi Project provided us with very valuable information about menstruation. We are truly grateful for this session, as it helped us understand an important aspect of our health that is often not discussed openly, especially in rural areas like ours.
Menstruation is something that every girl experiences, yet many feel the need to hide it. There are things we should be able to share with elders or teachers, but due to shame, we often remain silent. However, today's session made us realize the importance of talking about it and taking guidance when needed."



Before this session, we knew that all girls go through this process, but we didn't fully understand what actually happens in our bodies. Now, we have clear scientific knowledge about menstruation, its purpose, and how to manage it properly.

We are also happy to know that next year, this session will be conducted for boys as well. It is a great step because boys should also be aware of what their mothers, sisters, and teachers go through. Instead of teasing or misunderstanding, they should learn how to be supportive and respectful.

Thank you so much for this wonderful session!"

- **Siddhi Rahul Samgir (8th class, Dyansavardhini Vidyalay):** Gouritai provided us with valuable information about menstruation, including many things we were unaware of. She shared new insights and explained concepts that we had never learned before. They also demonstrated important aspects related to menstrual health and distributed essential materials. We are truly grateful for this informative session and sincerely thank them for their guidance and support.
- **Vaishnavi (Adarsh Vidyalay, Shirwal):** Today, Gouritai and Pranjaitai from the Urmi Project provided us with very valuable information about menstruation. Many of us had doubts and fears about periods, but this session helped clear all our misconceptions. Earlier, we used to think of menstruation as a problem, but now we understand that it is a natural and precious gift given to women. The belief that we should not go to temples or participate in religious activities during periods is just a misconception—it is up to us to decide. We also learned about different menstrual products and how to use them. Thank you for this informative session!
- **Pushpa Jhende (Teacher at Pratibha Pawar School):** "With the support of Seva Sahayog Foundation's Urmi Project, the team visits our school every year to provide valuable information about menstruation to our 8th and 9th-grade girls. Many students have misconceptions about periods, believing that the blood is impure. Initially, I too thought the same, but after attending these sessions, my misconceptions were cleared. Most students often wonder, 'Why does this happen to me?' or 'Why do I have to go through this trouble?' Through these sessions, all their doubts were addressed with scientific explanations, helping them understand the natural process of menstruation. Additionally, the students received hygiene kits sponsored by the UST Company, which they found very useful. They also learned about Red Dot Bags for the safe disposal of sanitary waste, ensuring the safety of waste pickers. The trainers not only educated the students about proper menstrual hygiene but also taught them how to make Red Dot Bags and use them responsibly. The detailed information provided in these sessions has helped our students become more aware and confident. We are truly grateful for this initiative!"

❖ **Feedback from boys:**

- **Siddharth Santosh Kambale (8th class Shree Shivaji Veer Baji Pasalkar High school):** From this session, I learned that we must respect every girl, woman, and individual. If someone is in need or experiencing their period, we should not laugh at them or tease them. I also understood the importance of using Red Dot Bags for

disposing of sanitary pads, as it helps in proper waste segregation. This session has truly changed my perspective, and I am grateful for the knowledge shared.

- **Boy Student from Veer Baji Pasalkar High school:** Menstruation is a natural process and one of the greatest gifts given by nature. We should not laugh at it or make fun of those who experience it. Instead, we should respect and support the girls around us.
- **Mahesh Sunil Talekar (8th class, Rameshwar Vidyalay, Wing):** From today's session, I learned about menstruation. how it happens and why it is a natural process. I also understood the importance of supporting others during this time. I realized that we should never tease anyone about periods but instead help and respect our mothers, sisters, and friends. This session changed my perspective, and I am grateful for the knowledge I gained.

❖ Glimpse of Sessions:



Shree Shivaji Veer Baji Pasalkar High school



Tilak Madhyamik Vidyalay



Boys session Abhijat Madhyamik Vidyalay



New English School, Manjai Asni



DWS Company Volunteers



Xoriant Company Volunteers

Thank You !!!