

Seva Sahayog Foundation

Project - Urmi (All About Menstruation)

Quarterly Report - October to December'24

❖ **Highlights:**

- A total of 33 awareness sessions were conducted in the month of October, November & December and reached 1351 girls, Boys and Women beneficiaries from rural and urban areas schools and vastis.
- 75,340 Sanitary Napkins and 770 Reusable cloth napkins were distributed/sold in the month of October to December '24 to women and school girls and Kishori Vikas beneficiaries.
- Awareness sessions were conducted for adolescent beneficiaries- girls & boys and women in Pune and around areas.
- 2000 Booklets & 2000 Sanitary napkins packets were distributed to Kishori Vikas beneficiaries of Pune, Gadchiroli, Sangli, Beed, Medha (Satara) through Kishori care kit.
- Conducted Red Dot Bag making Activity in Dassault company in Hinjewadi office premises and for Fergusson college students at Seva Sahayog Office premises.
- 718 Yearly Hygiene kits were distributed in the month of December with the support of companies like FIS, Amdocs, Xoriant & Pricol.
- Distributed Gud and Peanut chikki to each attendee during the session after explaining the importance of a healthy diet, iron and calcium rich food.

❖ **Sales & Distribution of Sanitary Napkins:**

In the month of October, November & December 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
October	14224	51
November	1504	1
December	59612	718
Total	75340	770

❖ **Awareness Sessions:**

Date of Activity	Vasti / School	Awareness session attended by	Attendees
06-Oct to 30-December 2024	29 awareness session conducted for female beneficiaries across 8 schools and seva vastis in and around Pune.	6th class to 10th class girls and women empowerment ladies.	1189
08-Oct & 30-Dec 2024	4 awareness session conducted for male beneficiaries across 2 schools .	8th class to 10th class boys and teachers	162

❖ **Detailed Information about Menstrual Awareness & Hygiene Sessions:**

- **WEP Vasti Sessions:** From 19th November to 17th December, under Seva Sahayog's Women Empowerment Project, awareness sessions on Menstruation and Health were conducted for women and girls from various Seva Vastis under Urmi Project. A total of 11 Seva Vastis were covered and reached 270 women and girls through these sessions. With the support of Women Empowerment Project Vasti Coordinators - Snehaltai, Poojatai, and Yogitatai these sessions were arranged.

Urmi trainers Gauritai, Vaishalitai, and Pranjalitai gave detailed scientific information on menstruation, menstrual hygiene practices, myths and misconceptions related to menstruation, the side effects of taking pills to delay periods, proper nutrition, and safe disposal of sanitary waste.

By giving the information about the importance of using Red Dot Bags also taught to make them. The women in all the Vastis actively participated and openly asked questions. sanitary napkins and Red Dot Bags were distributed to all the women and girls present.

- **Awareness sessions for girls:** The menstrual health & hygiene session was conducted for adolescent girls from Rural and urban schools. Urmi trainer Pranjali Inamdar, Gouri Pendse provided detailed scientific information covering many aspects of menstruation, including hygiene practices, Nutrition, the importance of exercise, proper disposal of sanitary napkins, and myths associated with this natural process. Our trainers used real-life examples to make the information relatable and engaging for the attendees. They attentively and actively participated in these sessions and answered the questions asked to them. To promote responsible disposal practices, information about Red Dot Bags was shared, and the participants were also taught how to make them. They enjoyed the Red Dot Bag activity and promised to always use such bags while disposing of the waste and also spreading awareness about red dot bags to others.
- **Online Awareness Sessions for Sangli School Girls:** An online session was conducted for the girls of Kanya High School, Yedenipani and Zilla Parishad School, Belunki, Sangli by Sonalitai and Gouritai with the help of a presentation. In spite of several technical difficulties, the students listened attentively and conveyed that they liked the session. This session was organized with the help of Prerna Foundation, Sangli. A Total 67 girl students and Prerna Foundation volunteers attended the sessions.

- **Awareness sessions for Boys:** Urmi Volunteer Mr. Virendraji Kelkar conducted sessions for boys on the topic of scientific information about menstruation. The main objective of these sessions was to promote empathetic views towards their female classmates and family members who go through this natural process. Which in turn also reduces stigma related to the topics. Educating boys at this age with such knowledge to support their mothers, sisters, friends, and future partners during menstruation is very important.

❖ **Session feedback from attendees:**

- **9th class Boy from Swa. Tu. Go. Gosavi:** I have learned that periods are a natural process that happens to women every month, and it's not something to be ashamed of. We, as boys, are also a part of this nature, and each of us has come into this world through this same process. Understanding this has taught me to respect it, rather than feel uncomfortable or laugh about it. It's important to support and respect our mothers, sisters, and friends during this time. I will also help by providing Red Dot Bags for safe disposal, making sure they feel supported and protected.
- **Radha Nilesh Kedar, Sampraday Pathshala Alandi, 10th class:** I really liked today's session because when we get our periods, no one usually tells us about all the little things we need to know, and so many questions come to our minds. But in today's session, all my doubts were cleared, and I now understand the real reason why we have periods every month. I've realised that menstruation, which I used to dislike, is actually very important for us, and I understand why it happens. Thank you so much for the detailed information.
- **Gouri Unecha (Sahayog Nagar WEP beneficiary):** "Today, Gouritai gave valuable information about menstruation. We understood why periods occur and the challenges women face during this phase. I also learned that taking pills to delay periods can be harmful to our health. Having an open conversation on this topic with adolescent girls and family members is an effective way to break the taboo and misconceptions. Thank you, Gouritai, for this informative session."
- **Snehal Kachare (Kanya Vidyalay, Bavdhan):** Before this session I had many questions about the topic. but after attending the session, almost all my doubts have been cleared. The session was very informative. Please visit our school again for more such sessions!"
- **Siddharth Santosh Kambale (Shri Shivaji Veer Baji Pasalkar Highschool, Panshet):** Through this session, I learned the importance of respecting women and girls, especially during menstruation. We should support them and make sure not to tease or make them feel uncomfortable. I also gained knowledge about the use of Red Dot Bags for proper disposal of sanitary waste, which helps protect the health of waste pickers. This session was very informative.

❖ **Glimpses of the sessions:**



Thank You!!!