



## Humanitarian Activities Committee

### Report on Event Awarded Funding in 2018

**Instructions:** HAC has provided you with a copy of your original event application. Please refer to this as you fill out the below assessment report.

- If nothing has changed from the original application, you may leave the response field blank.
- All questions in **\*red bold** require a response.
- Please provide photos and links to videos, when available, to supplement your answers.
- You may also answer a question in the form of a video. If you choose to do so, please provide a link to the file.

Please submit this report by email to [hac-reporting@ieee.org](mailto:hac-reporting@ieee.org)

Event Name:	<i>Inculcating Healthy And Sustainable Menstrual Hygiene Practices Among The Tribal Women Of Walvanda</i>
Event Number: (ex: 18-EC#-##)	<i>18-EC2-13</i>

#### **SECTION 1: EVENT OVERVIEW AND HAC ALIGNMENT**

##### **1. Please describe the focus of the event. (Summarize what, if anything, changed from your proposal in 2018.)**

The focus of the event was to bring about awareness among tribal women about menstrual hygiene and help them overcome emotional setbacks concerning them. The events were targeted more towards the younger women of the community, who could be reached out through interaction in schools and college, who will then in turn reach more effectively to the women in village. Since there is discomfort discussing matters concerning reproduction and menstruation, the events were to engage the participants in topics about health and hygiene related to menstruation in a friendly and non intimidating manner. The region is inhabited by tribal people and they have their own culture, beliefs and myths associated to various hygiene practices followed, hence it was decided by the team to bring out awareness through the well-known games. To avoid conflict the team also discussed on one to

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one basis of practices that they followed. Emphasis was not given to right and wrong practices, but a discussion was created on those topics.

**2. How did the event enable the development of, or showcase the activities of IEEE local volunteers carrying out impactful sustainable development and humanitarian technology related activities? (Summarize what, if anything, changed from your proposal in 2018.)**

The IEEE local volunteers were more than happy doing these activities. The success of the activities depended upon the acceptance of the suggested methods, hence the activities were designed by the IEEE local volunteers to fit into their value system. The tools for survey as well as for awareness were designed and planned giving serious thought to the myths, beliefs existing in the region. There were meetings with the local social workers of the region like Mr. Sebastian, Mr. Prakash who helped in understanding the problems at the grass root level.

The IEEE local volunteer team also interacted with Dr. Shekhar Chatterjee who is a gynaecologist for his insights in making scripts for drama (play) and in designing survey tools (questionnaire). Mr. Mohandas Nair and Mr. Nitin Sawant are free lancing educationist who are trained in dealing with tribal engagements. Mr. Nair had two sessions with the team on engagement with tribal communities, Mr. Nitin Sawant had four sessions with the volunteers in order to make outreach activities with the women more effective also. Both Mr. Nair and Mr. Sawant have been an active team members during our visits at Walawanda. The questionnaires, drama script were scrutinized by Mr. Nitin Sawant to ensure effectiveness of the events.

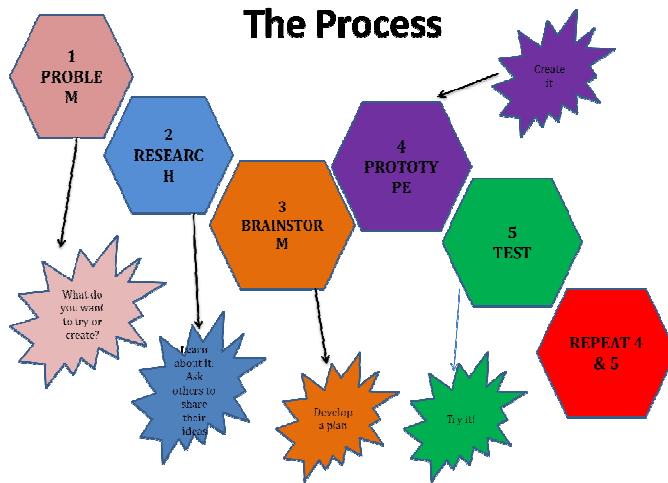


**The DBIT HAC team 2018**

The prototypes were tested with the maushis (lady sweepers, toilet cleaners) of D.B.I.T. college.

- a) The team was instrumental in designing and testing prototypes that would create impactful sustainable development.
- b) A literature review of work done in other regions of India revealed that the techniques used by them varied, while some belief systems were common. This led the team to create awareness in a more socially viable way.
- c) The team interacted with local students of the region to create an impact, they got in touch with the roots of the region, this was done through interaction with the local social workers. The connect with the tribal women increased as they moved along with the local college girls of G.E. S. college.
- d) The local women could relate to the questions asked by the team and mingled with them, played games and participated in interactive activities.
- e) Various materials were surveyed and short documentaries, comics and animated video were selected based on the audience's acceptance levels. The team set through the selection process and decided upon feasibility of the awareness tools, through regular meetings and discussions.

- f) The team through their involvement were able to bring about scientific education through the region  
g) They were also able to comprehend the gap between this community and technology.  
h) Sustainable solutions to use of sanitary napkins were discussed and disposal methods were also talked about.



The design Thinking Process for the development of prototypes were used to create interactive tools for survey and awareness.

**3. Describe the schedule of event activities. Please include speakers, topics that were discussed and activities. (Summarize what, if anything, changed from your proposal in 2018.)**

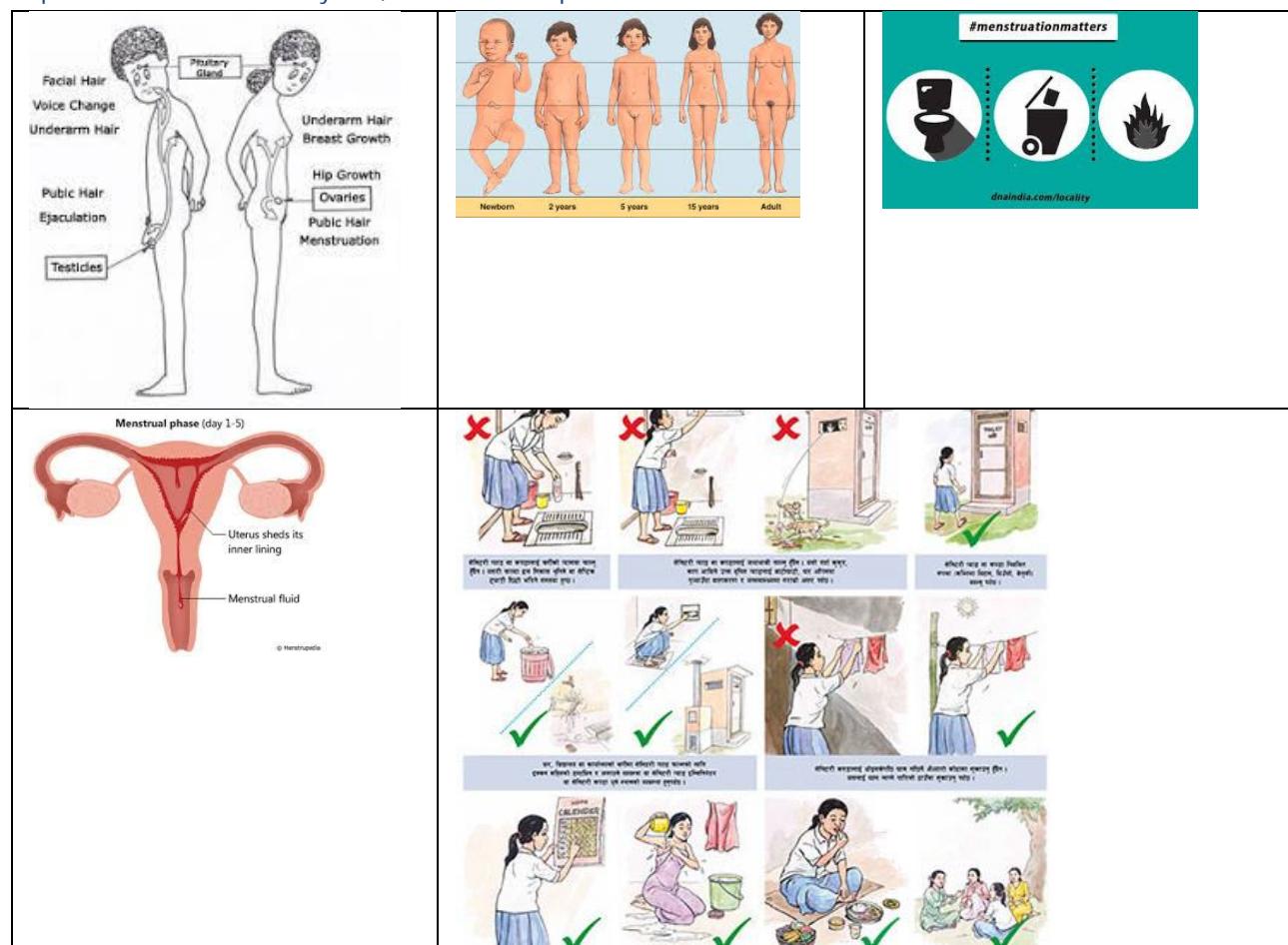
**1) Survey through questionnaire by DBIT team at Walwanda in August 30, 2018**

A team of DBIT students surveyed G.E. S. Jawahar college students wherein only 39 female students had filled the survey form consisting of 25 questions. It was done through the traditional form filling process. The team went to another hamlet "Fanaspada" where 72 female were surveyed. The Survey team consisted of four members

Ms. Mita Vasudev Halankar (Team Leader)  
Ms. Shreya Rajendra Birje (Team Member)  
Ms. Simran Anil Kumbhare (Team Member)  
Ms. Bhagyashree Bhausaheb Sangle (Team Member)  
Ms. Madhura Shinde (Team Member) (IEEE student member)  
Ms. Manisha Gupta (Team Member) (IEEE student member)  
Ms. Shraddha Nayak (Team Member) (IEEE student member)  
Ms. Rachita Nair (Team Member) (IEEE student member)  
Ms. Sanjana Patil (Team Member) (IEEE student member)  
Mr. Royal D'Souza (Team Member) (DBIT faculty)  
Mr. Mohandas Nair (Student team mentor)  
Mr. Nitin Sawant (Student team mentor)

To make survey more interactive some images were shown to explain to the participants. Survey forms were given to the participants to get feedback from the women at their homes and in the vicinity. This would sensitize them of certain issues, as the questions had evident correct answers along with them. This was the first experience that our student team had as they engaged with the community. Mr. Nitin Sawant and Mohandas Nair accompanied the team , it was

observed that the interaction had to be made short , quick and precise. The team then worked on the elements that required revision in the survey tool, and introduced pictures as under.



**2)Interactive Survey and awareness by IEEE & NSS student volunteers at G.E.S. Arts, Commerce and Science College Jawhar on Oct 23, 2018:**

The team consisted of

Ms. Prasanna Nambiar ( Team Leader) (IEEE member)(DBIT principal)

Mr. Mohandas Nair

Ms. Mita Vasudev Halankar ( Team Leader)

Ms. Shreya Rajendra Birje (Team Member)

Ms. Simran Anil Kumbhare (Team Member)

Ms. Bhagyashree Bhausaheb Sangle (Team Member)

Ms. Manisha Gupta (Team Member) (IEEE member)

Ms. Rachita Nair (Team Member) (IEEE student member)

Ms. Sanjana Patil (Team Member) (IEEE student member)

Ms. Aishwarya Kotian (Team Member) (IEEE student member)

Mr. Royal D'Souza (Team Member) (DBIT faculty)

Mr. Pursingh Rathod (NSS program officer, G.E.S, Jawahar college)

Ms. Pradnya Kulkarni ,( G.E.S, Jawahar college)

Mr. Rahul Patil ,( G.E.S, Jawahar college)

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Dr. A. S. Meshram ,(G.E.S, Jawahar college)

Dr. Avinash Adsul (NSS program officer, G.E.S, Jawahar college)



Interactive methods using games to bring about awareness among girls on Menstrual hygiene



Educative videos on Menstrual cycle in the native language (Marathi)



Group discussion among the Tribal girls and the volunteers



Group discussion among the Tribal girls and the volunteers



Group discussion among the Tribal girls and the volunteers



Group discussion among the Tribal girls and the volunteers

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**Team of student volunteers on Oct 23, 2018**

Games were played and prizes were given away to those who won as well as those who actively participated. Mr. Mohandas Nair helped us as our interactions proceeded. Also there were couple of issues during videos that were played since this place experiences electricity cut very frequently. For a video of about 30 minutes duration we had a projector shut down 3 times, wherein Mr. Mohandas Nair stepped in and made it more interesting through pictures on sunboards, etc. He had to leave for an urgent meeting after that, the team members continued with their interaction.

### **Expected outcome:**

**Four of the students of G.E.S. college teamed up voluntarily with HAC volunteers to work for HAC event.**

### **3) Survey and awareness by IEEE & NSS students volunteers on January 7-10, 2019 in two schools of Walwanda village, The Zilla Parishad school and Adivasi School**

TEAM MEMBERS- SHRUTI KORADE (IEEE student member)

RUTUJA RANDIVE

CYNTHIA MASCARENHAS

LUBDHA NARKHEDE

PRATHIBHA SHARMA

ATHARVA BONDRE (IEEE student member)

SAURABH CHAUBEY

MR. JAYWANT KAMBLI (Principal Zilla Parishad school)

MR. SURESH DANDEKAR (Adivasi High School Walwanda)

MR. ROYAL D'SOUZA

MR. NITIN SAWANT (Student team mentor)

This activity was conducted to implement baseline survey in two schools of Walwanda village. The Zilla Parishad School(6th-7th std) and Adivasi School(8th-10th std). The main motive of this programme was to make the girls aware about the sanitation and menstrual hygiene. Mr. Nitin Sawant briefed the team of certain do's and don'ts before we began with our event.

Menstrual hygiene awareness events have been conducted on January 7 & 8 in Zilla Parishad and Adivasi School of Walwanda Village. We interacted with the school girls of age 12 to 17 years. Some interactive games like land and water, snakes and ladders, etc were used as questionnaire to survey. In the beginning they were apprehensive to share their opinion, and had never discussed about the menstrual hygiene among their friends. They were not comfortable to

talk about it because they never had a conversation about menstruation and menstrual hygiene before this event. They admitted to not having any guidance for hygiene to be maintained during menstruation. These interactive games enabled them to be open to discussions and made them comfortable. Prizes were awarded to those who won these games and also prizes were awarded to those who participated in activities and involved in discussions.

The questions were as follows:

- 1)Do you have a healthy diet?
- 2)Do you know about sex education?
- 3)At what age did you get your periods?
- 4)Are your periods regular?
- 5)What do you prefer using cloth or pad during your cycle?
- 6)Do you miss your school or skip your daily chores due to menstrual cramps?
- 7)Do you take doctors advice for the menstrual cramps or irregularities in your cycle?
- 8)Do you have proper place to change your used cloth or pad in school or at home?
- 9)How does people treat you during your periods(untouchability ,faiths)?
- 10)How long do you use your pads or cloth?
- 11)How do you dispose the used pads?

**1<sup>st</sup> session January 7:** 6th and 7th std girls Zilla Parishad School:: 40 girl students

The girls were around 11 to 14 years of age. As these girls were too young to start their menstrual cycle they didn't have any idea of what is menstruation and menstrual hygiene. There were only 2 girls out of 40 to get their periods. They used both cloth and pads for their periods. Since the majority were unaware about the puberty and menstruation we explained them that the menstruation is a regular biological process that every woman undergoes during a most important stage of their life. Logically speaking the fluid that comes during one period has capability to give life. We also stated our experiences about the difference between the usage of pads and cloth and then suggested them to use the pads instead of cloth. The dampness of the cloth can carry infections if not washed and dried well, thus to prevent the unhygienic conditions we suggested them to use pads instead of a cloth.

**2nd session -**8th std girls Adivasi School :: 25 students

In this session the girls were pretty aware about the menstrual cycle also we made them aware about the menstrual hygiene that they can adopt while using a cloth or a pad during a menstrual cycle.

**3rd session-** January 8 -9th std girls Adivasi School::50 students

This session was hugely interactive because almost all of them were aware about menstrual cycle.

**4th session** January 8-10th std girls Adivasi School::45 students

As the girls knew about menstrual cycle and sanitation this session was very interactive and smooth.

Overall the girls were well informed about sanitation. They used cloth 3-4 times a day and pads 2-3 times a day and thus we made them realise the safe and hygienic methods . The disposal method that is being followed was to first wash the used pads and then bury it into the soil. . The team suggested instead to burn the sanitary pads. Almost all the girls were regular to school and never skipped their work due to menstrual cramps. They knew the importance of education. 60% of the girls approached the doctor for their menstrual cramps and the problems of their irregular periods. 15% of the girls had the religious beliefs and myths at their homes. The beliefs were that they were not allowed in kitchen ,touch anything , sit in one place ,prepare separate food during their menstrual cycle. Almost all of them had proper diet and had a good hygiene. They all had proper place to change pads in school and at their house . We could also survey with certain girls' mothers and elder sisters who shared this information. Very few of them were open to answering questions related to menstruation.

**4) Survey and awareness by IEEE & NSS student volunteers on March 7, 2019 at Mokhada a hamlet near Walwanda attended by around 150 women**

**The preparation for the Women's day celebration started in February, DBIT faculty Mrs. Freda Carvalho, Mr. Royal**

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**Dsouza and Dr. Ashwini Kotrashetti paid two visits to Walwanda to meet with the BSVS (Bosco Samajik Vikas Sanstha) social workers. The agenda of the meetings were to introduce awareness among the women during their programs. Their programs were to overcome malnutrition and unhygienic surroundings. The IEEE HAC events was to bring about awareness about menstrual hygiene, which was in alignment with the agenda of BSVS. They agreed to support our event by providing us an inlet in their gatherings.**

Participants :

Ms. Bhagyashree Bhausaheb Sangle (Team Member)

Ms. Nidhi Borhade (Team Member) (IEEE student member)

Ms. Maria K. (Team Member) (IEEE student member)

Ms. Manisha Gupta (Team Member) (IEEE student member),

6 Female students of GES's Arts, Commerce And Science College, Jawhar assisted by faculty staff members Dr. Ashwini Kotrashetti, Mrs. Freda Carvalho (IEEE member) and Mr. Royal Dsouza.

A survey was conducted with 150 women of Jawhar and Mokhada talukas of Palghar district to better understand the interplay of factors (socio-economic, educational, cultural, environmental,) that determine a rural Indian woman's menstrual hygiene management practices. The survey identified a general lack of information available to women about menstruation, and limited options for alleviating their menstrual discomfort.

Nearly all women (95%) experience some lifestyle restriction associated with menstruation with the belief in impurity and being polluted as the most commonly identified reason for these restrictions. The extent, to which a woman is influenced by beliefs that result in lifestyle restrictions, is most strongly correlated with her level of education. The survey revealed that choice of products used to manage menstruation (either cloth or disposable pad) is mostly influenced by cost factors, comfort and habit as well as cultural restrictions and beliefs. Women are largely not aware of the environmental impact in product choice.

Menstruation for most women is accompanied with pain and discomfort and with the lack of awareness and access to sanitary napkins and other hygiene products it becomes very difficult for girls to go to school and hence, many tend to drop out. The need of the hour is a holistic approach where we work on together for us to see a difference: collective action in awareness creation, product access, and affordability, availability of clean toilets and disposal systems and health consultation.

March 7, 2019::

The event was planned well in advance by the organiser Mr. Royal Dsouza and the teacher in-charge Mrs. Freda Carvalho. We reached Walwanda at 10 am for briefing with the social workers of BSVS. From there, all of us headed for our 1st session in the village Chapalpada where a group of almost 150 women from neighbouring villages of all age groups had gathered in a school. There were fun games such as lemon and spoon, frog jumps, In-Out, etc. well arranged by a few village men for these women and their children to play and enjoy. There were prizes arranged for the winners in each of the games. During this time, the team played along with them this gave them a feeling of belonging. After the games, these women were asked to gather in a classroom where they had an interactive QnA session with them in groups of 7 each. There they discussed their doubts regarding menstrual cycle and the current scenario how the women in urban areas with their menstrual cycle. After this discussion, lunch was provided to the women.. After that, the team left back for Walwanda where they sat with their mentor Mr. Royal sir to monitor, analysis and make a plan for the next day. This brought us to the end of our Day 1.

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**5) Survey and awareness by by the team on March 8, 2019 at Suryamal a hamlet near Walwanda attended by around 350 women**

- 1) Ms. Maria K(IEEE student member)
- 2) Ms. Manisha Gupta(IEEE student member)
- 3) Ms. Nidhi Borhade( IEEE student member)
- 4) Ms. Bhagyashree Sangle (DBIT student)
- 5) Ms. Freda Carvalho( IEEE member)
- 6) Ms. Anagha Shastri (DBIT faculty)
- 7) Mr. Royal D'Souza
- 8) Mr. Mohandas Nair (Student team mentor)

March 8, 2019:

Now the students were scheduled for addressing a crowd of 500-600 women of all age groups who had gathered in Suryamal village on account of International Woman's day celebration organised by the Gram Panchayat Samiti. They were accompanied by Mr. Sebastian who drew them all the way from Walwanda to Khodala, Mokhada. Later on they were joined Mr. Royal sir who had already reached the location. Mr. Mohandas Nair reached later during the day at the venue to give us useful tips and help during survey. The students made their plan and joined the audience to briefly survey the women audience sitting in the programme in groups. We were astounded by the huge gathering, Mr. Mohandas Nair helped out by his quick surveying methods and helped us in engaging groups in a better way. The volunteers had a brief discussion and shared experiences with groups of adolescent females of both Dalit and Non-Dalit

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regarding their concept of menstruation and hygiene practices. Lastly, the students were provided a meal by the villagers and then they parted off with great memories and immense knowledge.



Having discussions with the tribal women regarding various issues faced by them.

**6) Education through street play at Vinval village on March 12, 2019, attended by 450 women**

Mr. Nitin Sawant (Mentor)

The Drama Team:

1. Pratik Nerurkar  
Writer-Director of the skit. Also plays a comic relief as Shyaam.
2. Rutuja Shelar  
Plays the leading role of Madhu.

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- 3. Aishwarya Warke  
Plays the impactful role of Vaishali.
- 4. Lokesh Gaingade  
Plays the pivotal role of a Doctor.
- 5. Rohit Patil  
Plays the important role of Vijay.
- 6. Smriti  
Plays a small girl named Suman.
- 7. Vivek Viswanathan  
Plays the funny and forgetful Phone-Kaka.
- 8. Shravan Gharat  
Plays the Cajón to provide a background score.
- 9. Varun Tiwari  
Plays the Guitar to provide a background score.

**DAY1: Vinval**

**12/03/2019**

Many women were present for this activity which was arranged by Bosco Samajik Vikas Sanstha (BSVS) on account of Women's day Celebration. The event started with an orientation, followed by Tarpa dances. Aishwarya, Rutuja and Smriti surveyed many groups of women present for the function. This was followed by the skit which we performed. It was received very well by the audience . They laughed at all our jokes and, most importantly, appreciated the message which was delivered in the drama ( skit). They were called in groups of 50 to 100 and the team spoke to them in their local language about menstrual hygiene and also performed the skit.



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Prizes were awarded to those who answered to questions based on menstrual hygiene.

**7) Education through street play at Ramkhind village on March 13, 2019 around 150 women.**

**DAY 2: Ramkhind**

**13/03/2019**

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On this day the team attended a Women's day event. Here again there were many women from different villages. They performed the skit for them which they liked a lot. Later the girls from our team surveyed the presentees and sought their opinions about the drama and the message they were giving. They agreed to the message and were happy to have us talk about those issues with them. Mr. Nitin Sawant was present along with the team and guided us all throughout.



Later the women danced Tarpa dances and played musical chairs. The team joined in with the group

**8)Education through street play at Kundechapada, Jawahar on March 13, 2019 around 150 women.**

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The drama team visited G.E.S. college. They made small changes from the feedback received earlier. Our skit was appreciated by the audiences. The skit was watched by both boys and girls around 100 of them were present.



In the afternoon the team visited a Women's day event. Here the skit had a quieter response than our previous performances, which scared them a bit. Fortunately, in the survey it was found that they liked the skit, and even agreed with the message.

There were two groups of around 25 each who were addressed.



**9) Education through play in Zilla Parishad school on March 14, 2019 around 80 students .**

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In the morning we visited a school with the purpose of educating young minds. We were shocked to learn that the boys here didn't know about the concept of menstruation/periods. We spoke to them a bit, while the Aishwarya, Rutuja and Smriti also prepared the girls for the topic of the skit.

Later the team took the students to their school hall where they performed the skit. The boys found it a bit difficult to understand what was going on since they were unaware of the issue but they compensated for this by speaking to them separately. We received great help from Mr. Nitin Sawant who inspite of his busy schedule made himself available and helped out at every stage in understanding the tribal people.



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**10) One day Seminar on Low cost Incineration Techniques of Sanitary Waste, March 12, 2019, attended by 90**

Speakers:

- 1) Mrs. Rashmi Joshi.
- 2) Mr. Lakshman Singh.
- 3) Mr. Johnson Varghese

Description:

The seminar held addressed particularly the problems and techniques of incineration of sanitary waste. It highlighted mainly on how preventable measures can be taken to develop sustainable ways of incineration and disposal of sanitary waste. In India 9000 tones of waste gets generated every year among which huge amount is sanitary waste that is almost 90%. Thus in this seminar they spoke about how the disposal of sanitary waste can be done by implementing techniques like an incinerator which is particularly designed for the disposal of sanitary waste. But as every "pro" has a "con" this machine too has drawbacks such as high chances of plastic getting stuck to the cylinder, bad odor and after incineration how the ashes could be taken care off is also a big concern due to exhaustible gases. Thus as engineers how can we overcome these drawbacks and design or modify a machine which is so reliable that can help prevent waste to get collected and can help make the environment safe and sound was the focus of this seminar held. To start with people with great experience who have really taken steps towards bringing this peoples notice were called to give in their inputs as how we can help and take measures towards various problems. The speakers for today were:

1) Mrs. Rashmi Joshi :

Mrs. Rashmi Joshi is an Independent consultant at solid waste management who has been awarded the "Nari Swashakti Puraskar" and is felicitated by "Thane municipal Co-operation" for E-waste management awareness sessions. Mrs Rashmi began her talk by briefing the students about what is sanitary waste and how as an individual we can take more measures to dispose of this waste carefully and prevent it to get collected. She then gave inputs on how to control sanitary waste. It was an interactive session, thus many questions like: Where the waste can be collected, how it can be segregated from the other waste and how it can be disposed more safely without causing any harm to the surroundings. The students were asked to give their inputs as well after which she concluded with her talk.



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2) Mr. Lakshman Singh :

Mr. Lakshman Singh is the co-founder and partner of "Tendril Products". Tendril products ia a manufacturer and supplier of sanitary napkin vending and incinerator machines from navi Mumbai. It was established in 2015. Tendril believes in making clients for life and ensuring that regardless of the city area or state the product shall be serviced at all costs because SHE has the right to smile and lead a healthy life.To start with Mr. Laksman Singh spoke about the project undertaken byTendril in Dharavi that is reaching out to the women in that area and provide sanitary napkins to them at an affordable price. He highlighted that how sanitary waste issue is not only a matter of discussion for females but also a severe matter that has to be made aware to almost the entire community to help find more reliable solutions and reduce the problem . He also discussed how government bodies are taking preventive measures for the safe disposal of sanitary waste .



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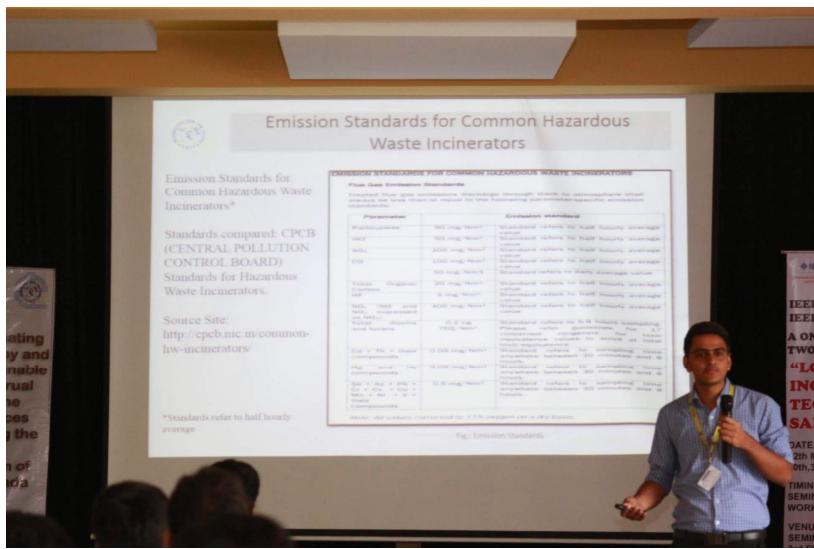
### 3) Mr. Johnson Varghese:

Mr. Johnson Vargese is a professor at DBIT mechanical department. Mr Vargese briefed the students on incinerators. He spoke about how the incinerators are designed and feasible for the disposal of sanitary waste. The briefing of entire designing of the machines and the drawbacks that is the pros and cons were highlighted in his talk which then winded up by a presentation given by the mechanical department students who spoke on sanitary waste control measures and survey or analysis conducted by them within the college itself.



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Workshop on "Low Cost Incineration Techniques Of Sanitary Napkins				
Timetable :12 <sup>th</sup> March 2019..(One Day Programme)				
Sr.no.	Topic	Session By	Time	Time in Min
1	Introduction to the session		10:15AM-10:30 AM	15
2	Talk by the Principal DBIT	Dr. Prasanna Nambiar, Principal, DBIT.	10:30AM-10:38 AM	8
3	Introduction of the Speaker Ms. Rashmi Joshi		10:38 AM-10:40 AM	2
4	Session by Ms. Rashmi Joshi (Environment Consultant)	Ms. Rashmi Joshi	10:40 AM-12:00 PM	80
5	Introduction of the speaker Mr. Lakshman Singh		12:00 PM -12:02 PM	2
6	Session by Mr. Lakshman Singh (Co-Founder and Partner Tendril Products)	Mr. Lakshman Singh	12:02 PM-12:47 PM	45
	Lunch Break		12:47 PM-14:00PM	58
7	Session By Mr. Johnson	Mr. Johnson Varghese	14:10PM-14:45PM	45
8	Session By DBIT Students Final year Mechanical	Students (DBIT, Mumbai)	14:45 PM-15:30 PM	30

### 11) Two days workshop on Design of low cost sustainable incinerator of sanitary waste March 30-31, 2019, attended by 30.

Speakers: Mr. Johnson Varghese

Mr. Sanket Choudhary

Mr. Ashley D'silva

Mr. Joy Michael Nadar

Mr. Jino Thoppil

#### A) First day - March 30, 2019

The session started with Mr. Johnson Varghese describing the design of the Incinerator. Mr. Johnson explained the procedure of using the Software in order to design the Incinerator i.e. Solid works. He explained the students regarding the structures that can be incorporated in the design of Incinerator. After explaining Solid works software sir briefed about the next software termed 'Mind map'. He explained the students on how this software can be used for forming a tree diagram which can then be exported and used in Solid works. He explained various key functions, some options and also software installation. Students made the Incinerator design based on their own ideas using this software. Students from BE Mechanical Engineering department who are currently working on this project also gave some instructions and ideas to the audience related to the incinerator and its design.

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**B) Second Day - January 19, 2019**

The second day started at 10:00a.m with an introduction to the Incinerator and designing the same in the software. Mr Johnson gave a problem to the participants so that the idea of the topic will be clear to them. Also BE Mechanical Engineering students who are working on this project helped the participants to solve the problem and helped them in designing the same on the software Solid works. In this session Mr. Johnson tested the participants by asking them questions and also had a very interaction doubt solving session. Sir made groups of 2 students and the participants



**12) Sanitary Pad Making session April 11, 2019 attended by 50 girls**

The IEEE HAC event(Day 3) was resumed on 11th April,2019. The journey from Don Bosco Institute of Technology,Kurla to Arts,Commerce & Science college, Jawhar had certain aims to be accomplished. The main motive was to make young generation aware about the personal hygiene for both boys and girls and to understand how menstrual hygiene is so important.

This task was carried forward by Mr.Royal D'souza (NSS Head), Ms.Prasanna Nambiar (Principal,DBIT), Ms. Anagha(WSD Head), Ms. Ashwini Kotrashetti (HOD(EXTC),DBIT), Ms. Freda Carvalho (Asst. Professor(EXTC),DBIT) and Ms.---. Accompanying to them, were IEEE-HAC Volunteers.The team reached college by 11:00 AM. The crowd was of FY and SY BSC. Everyone gathered at seminar hall and the session begun. The session got started by short description of personal hygiene as well as the mutualism between two colleges, which was given by Ms. Kulkarni (Principal) and Mr.---. Ms. Anagha motivated crowd by delivering a speech and explained in detail how to make a better and healthy future. This was followed by felicitation of the project leaders by a small token. 3000 pads were provided by the team for the girls in the college under IEEE project. By this, the session concluded by vote of thanks given by ---. After this, girls were asked to attend the workshop where they were taught to make handmade eco-friendly sanitary pads with minimal usage of electricity and no wastage. Many girls actively participated in this activity and they themselves made the pads. Simultaneously, a different session was conducted for boys. After this, all the girls were gifted with sanitary napkins by the bachat gat of ---- team. After this, meal boxes along with sweets were distributed to everyone and the session was ended.

Event Photos:

Providing sanitary pads to college:

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There was an understanding signed by the Principal of D.B.I.T. and G.E.S. college that the students of G.E.S. college would be permitted to join in this venture under IEEE HAC. This college based in Jawahar is the only biggest college in the region which accommodates students in and around Walwanda pursuing higher education. They have the facility of sanitary pad vending machine in the college toilets. It was thought that it would be best to handover the first lot of 1500 sanitary pads to this college to make distribution of pads easier.

A total of 9000 sanitary pads were to be given to the college. The Zilla parishad school and adivasi schools did not possess sanitary pad vending machines.

1. Cutting the straps of cotton sheets and the protective cover according to the sizes provided.



2. Compressing the sheets and cutting the edges mechanically without electricity.



3. Natural dye is used to have the additive effect. The cotton sheet is placed inside the strainer which has the shapes and over it, the dye is spread by brush. As this dye is natural with no harmful effects, it is used without any worries.

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4.. Now, the dye on the sheet must be dried. After this, the cotton sheets are glued on support sheet. Glue used is also natural, so can be available anywhere.



5. Now, this sheets need to get the shape of pads and wings need to be added.



6. Stickers are pasted at the back side and also a small one which holds together the wings.

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7. So, natural and eco-friendly sanitary pad is ready!



Distribution of pads



**13) Talk for young men on April 11, 2019 attended by 50 boys**

Speakers:

Mr. Royal Dsouza  
Mr. Mackenzy



The younger men of the college had a session with Mr. Mackenzy who explained to them about the development changes both in men and women. The talk was in groups of 10 to 15 at a time. There was a discussion among these men about their doubts and myths.



*Question 4 Intentionally Omitted*

## **SECTION 2: IMPACT OF THE EVENT**

### **5. Who was the target audience of the event? How did you encourage their active participation? (Summarize what, if anything, changed from your proposal in 2018.)**

- 1) The target audience for the activities were with the local girl and women of the region students of G.E.S. college. Introduction of the DBIT HAC team was done by the teachers/local social workers and the focus of the activity was revealed to them. As they were involved in the session snacks were served to the attendees and educative videos related to reproductive system were shown in their local language. Intermittent questions were posed to ensure involvement. All interactions between sessions were short and not spanning to more than 20-25 mins. The DBIT HAC team united with the team in between sessions through music, games and food.
- 2) The survey was made more interactive through games using post its and using local games dongar ki paani (land or water).
- 3) The speakers mentioned in our proposal Ms. Indu, CEO, Sakhi Foundation, Ms. Swati Bedekar Activist, Vatsalya Foundation, were not available hence we had Ms. Rupali to do this event of training on low cost sanitary pads making for us.
- 4) Also for the event on Design of Incinerator Ms. Jhumkeelyengar, Principal Consultant, Mr. Prakash Khanzode, Co-Founder, Onio Innovation and Design - Consulting Firm was handled by Mr. Johnson Nellisery and his project team who have developed a low cost incinerator for sanitary napkins.
- 5) Activities 2 and 3 were not funded by IEEE HAC events.

### **6. \*Number of total attendees at the event activities being supported. If possible, include attendance numbers for individual sessions/activities.**

#### **1) Survey through questionnaire by DBIT team at Walwanda in August 2018**

A team of DBIT students surveyed G.E. S. Jawahar college students wherein only 39 female students had filled the survey form consisting of 25 questions. It was done through the traditional form filling process. The team went to another

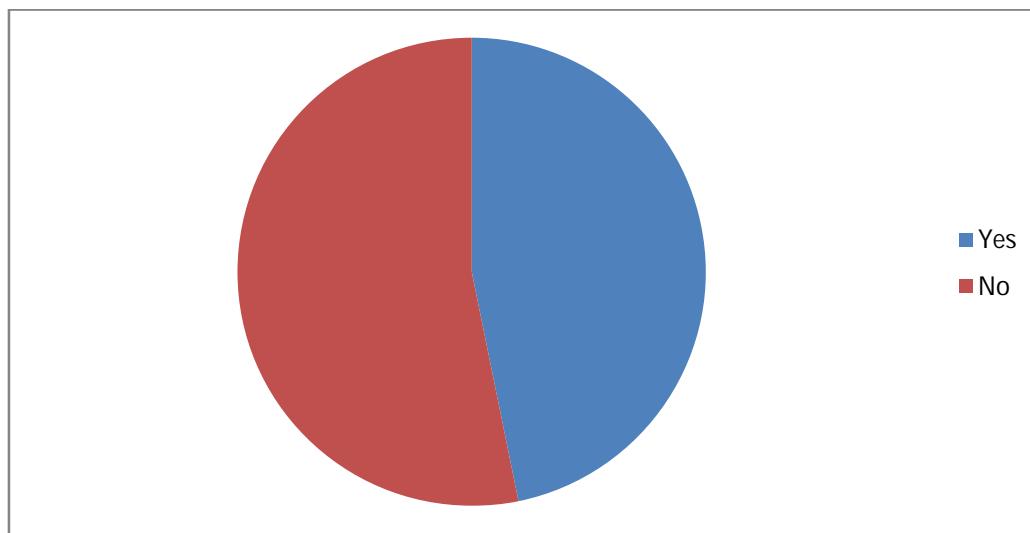
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- hamlet "Fanaspada" where 72 female were surveyed. The Survey team consisted of four members
- 2) Survey and awareness for students of G.E.S. Jawahar on Oct 23, 2018 attended by around 65 students and college faculty.
  - 3) **Survey and awareness by IEEE & NSS students volunteers on January 7-10, 2019 in two schools of Walwanda village, The Zilla Parishad school and Adivasi School attended by around 100 students**
  - 4) **Survey and awareness by IEEE & NSS student volunteers on March 7, 2019 at Mokhada a hamlet near Walwanda attended by 150 women**
  - 5) **Survey and awareness by the team on March 8, 2019 at Suryamal a hamlet near Walwanda attended by more than 350 women**
  - 6) **Education through street play at Vinval village on March 12, 2019, attended by around 450 women**
  - 7) **Education through street play at Ramkhind village on March 13, 2019 attended by around 150 women.**
  - 8) **Education through street play at Kundechapada, Jawahar on March 13, 2019 around 50 who watched the play and 90 ladies who attended the Women's day Programme**
  - 9) **Education through play in Zilla Parishad school on March 14, 2019. 80 students attended**
  - 10) **One day Seminar on Low cost Incineration Techniques of Sanitary Waste, March 12, 2019, attended by 90**
  - 11) **Two days workshop on Design of low cost sustainable incinerator of sanitary waste March 30-31, 2019, attended by 30.**
  - 12) **Sanitary Pad Making session April 11, 2019 attended by 50 students of G.E.S. Jawahar college**
  - 13) **Talk for young men on April 11, 2019 attended by 50 boys of G.E.S. Jawahar College**

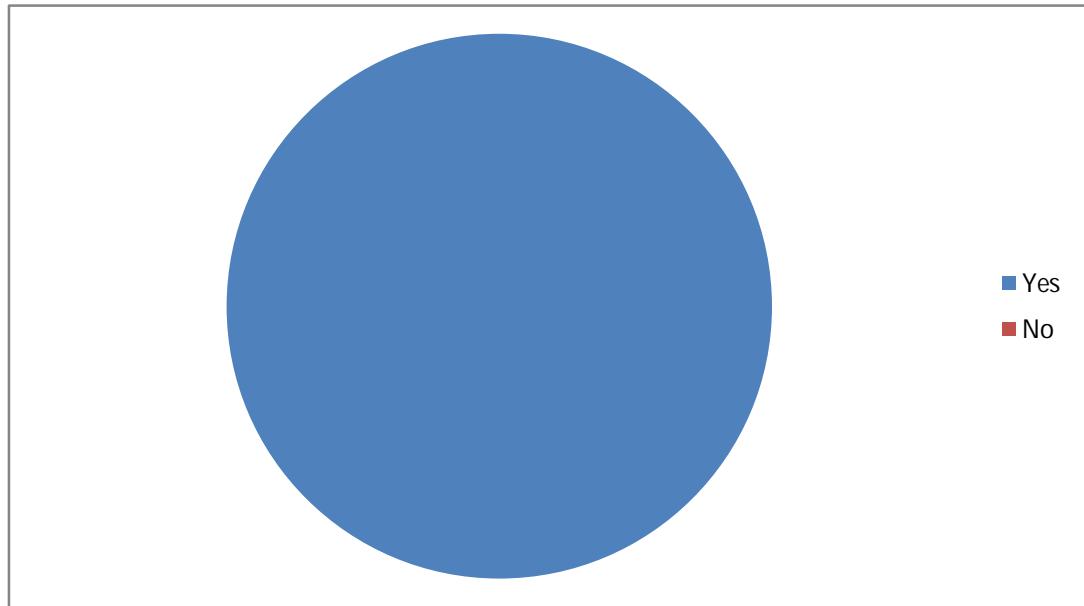
**7. \*How did you measure the success of event activities being supported?**

- 1) The first was a questionnaire whose responses were analysed, this enabled us to have a better understanding of the community. The responses reflected that more than half of the women were not happy menstruating and were not allowed to go to work when menstruating. 64% of them experienced discomfort and cramps. 88% of the women used sanitary pads and found difficult to dispose pads. 33% of them do not visit a doctor for problems faced by them when related to menstruation.
  - 2) The second survey made gave a view on the following.  
**Feedback Analysis**
1. Do you need a device which can be used to destroy the used pad?

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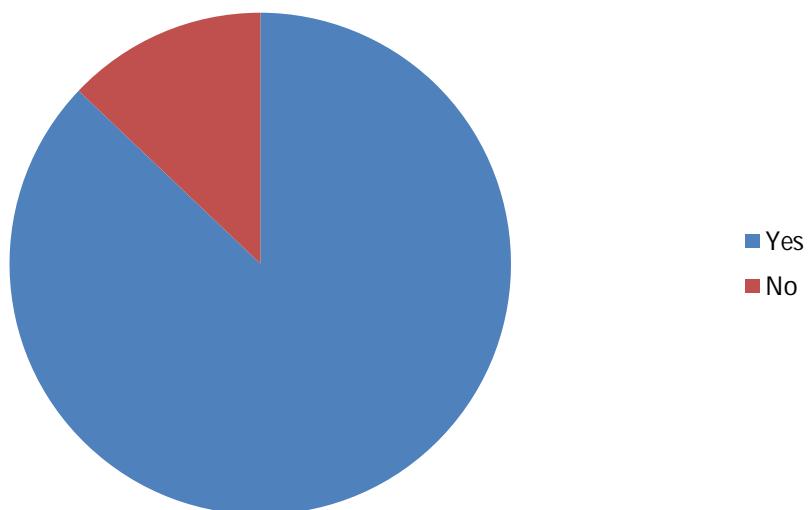


2. Does your family support you when you are on your period?

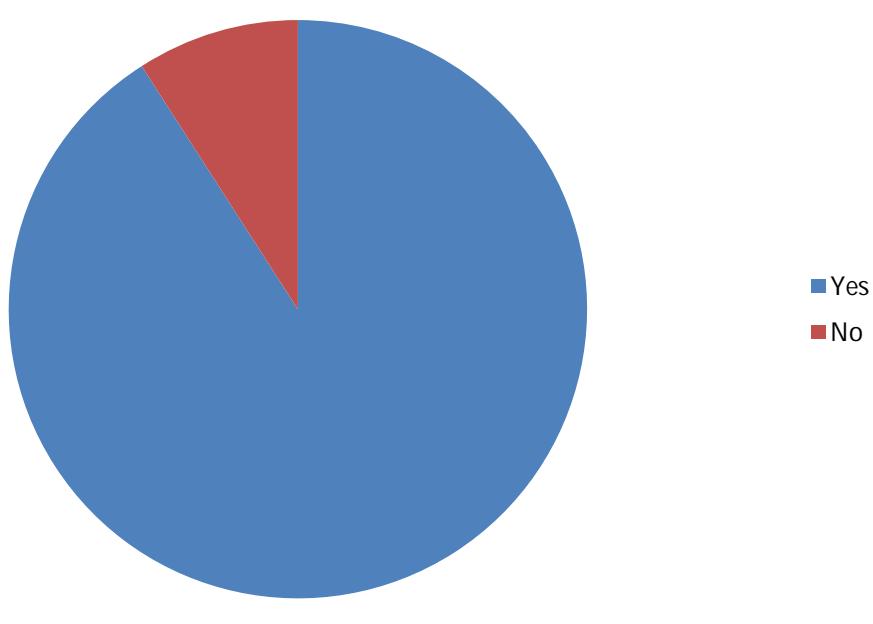


3. Do you have any knowledge regarding personal hygiene?

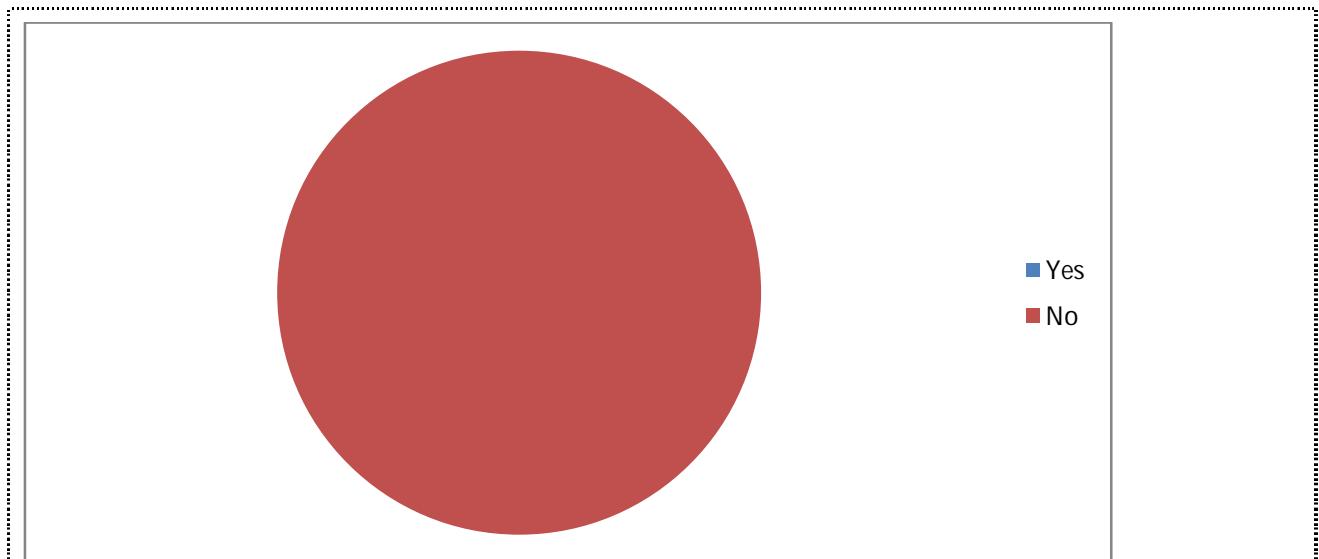
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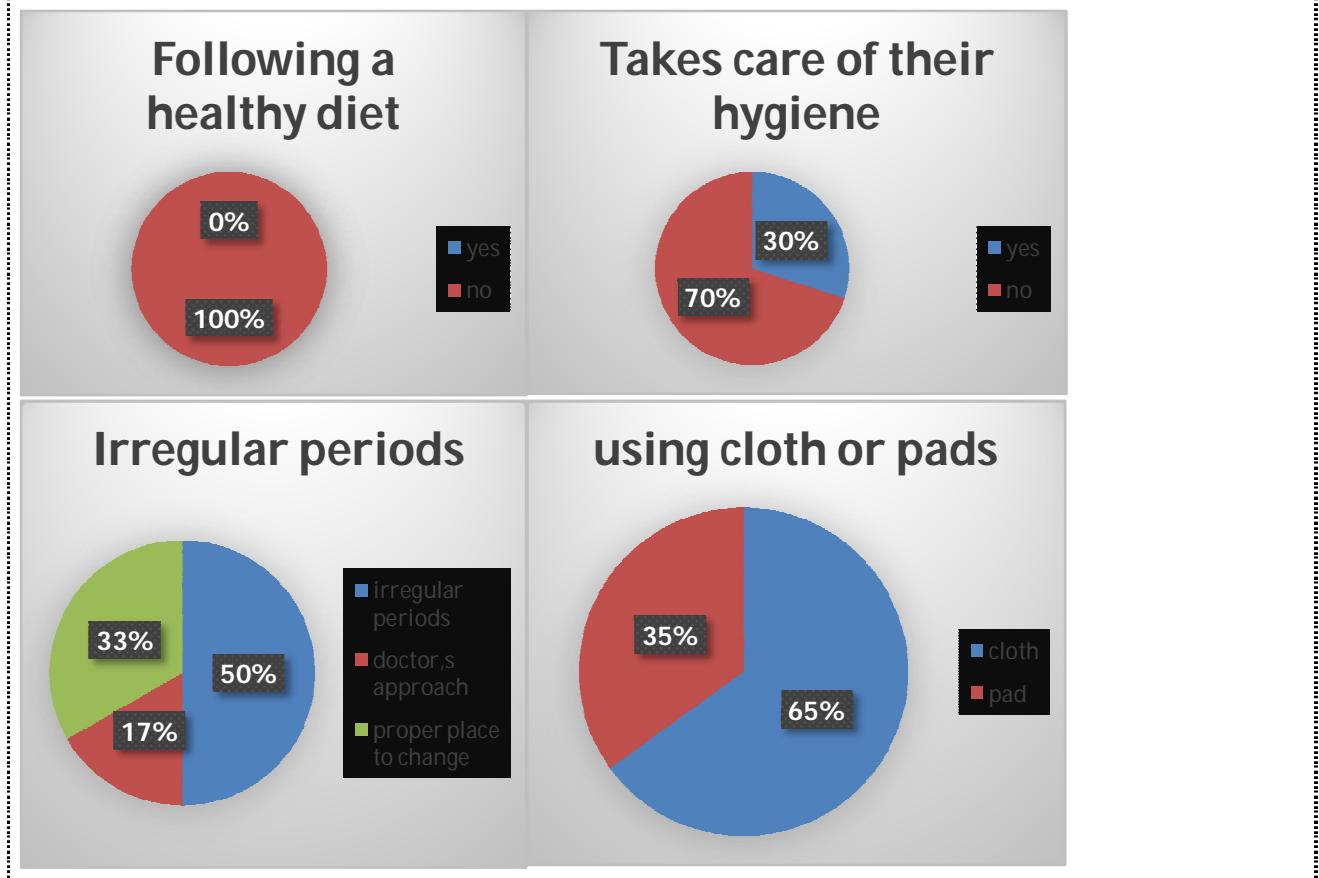
4. During my periods, I have a different arrangement for meals.



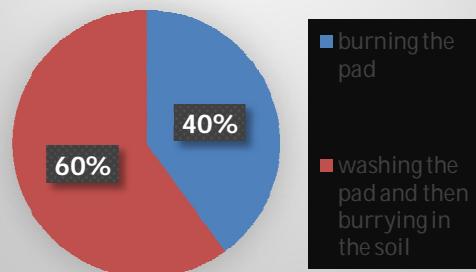
5. Do you have a private space for yourself during your periods to make use of the pad/cloth?



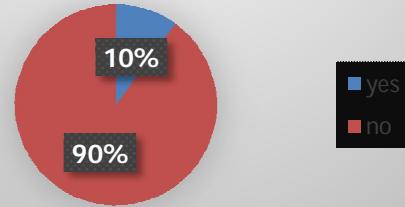
3) The third survey analysis the results are as follows



## disposal method



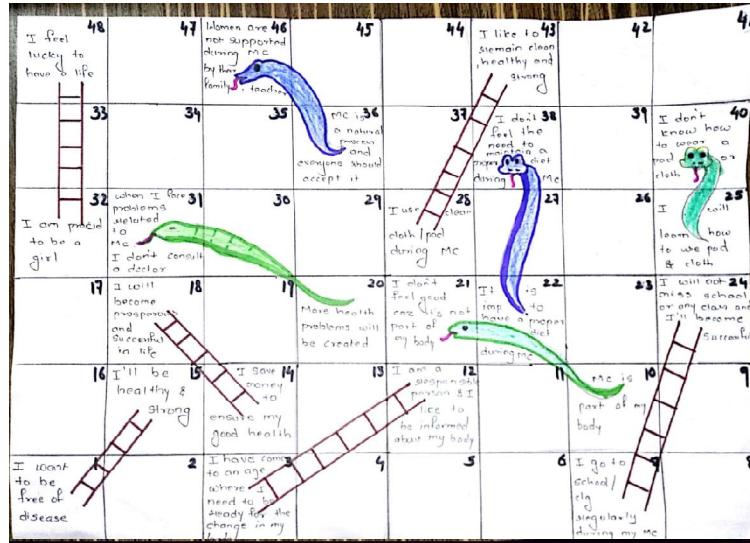
## Did the girl's share the information with their mother's or...



Suggestions of further approach to the betterment of the issue:

- 1) To make women(mothers especially) aware about sanitation and menstrual hygiene.
- 2) To make sanitary pads available for the villagers for free or at the least at lower prices.

The drama club team and the survey team picked up responses from the crowd through intermittent questions and games.



English version of the snake and ladder game

The snake and ladder game designed for education of the participants was the most appreciated game. May participated

**8. \*What was the observed or measured impact on the target audience after the event?**

The college girls of G.E.S. Jawahar college were inspired to work along with D.B.I.T. and some of them teamed up making the team stronger. The women spoke openly and shared their problems and also mentioned that poverty and water problem was a major problem that they faced. They were attentive to the street play performed by the team and majorly agreed to the lesson of the street play.

The women also like the concept of making sanitary pads and like the concept of customizing it depending upon their requirement. Those that attended asked for support for continuing with the same.

**SECTION 3: EVENT MANAGEMENT**

**9. How did you advertise and promote your event?(Summarize what, if anything, changed from your proposal in 2018.)**

**Please confirm, as appropriate, website, Facebook page, Twitter handle, WhatsApp group, etc. and submit any relevant promotional materials, etc.**

The IEEE surveys took place through the help of the principals and staff of G.E.S. Jawahar college, Zilla Parishad school and Adivasi school. The faculty and some students of G.E.S. Jawahar supported our team to promote the events. They played an active role in enabling participation for training programme on sanitary pad making and Talk on know your girl.

The IEEE student branch members promoted the event of Seminar on incineration techniques and the workshop on incinerator design.

Whatsapp was used to send information to people promoting the event. The college IEEE website was used to put up event data ([ieee.dbit.in](http://ieee.dbit.in)).

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The promotional material features logos for IEEE Humanitarian Activities Committee, IEEE DBIT, and IEEE Prototype. The text details a one-day seminar plus two days workshop on "Low Cost Incineration Techniques of Sanitary Waste". It specifies dates (12th March Seminar, 30th/31st March Workshop), timings (Seminar 10.15 a.m. - 3.30 p.m., Workshop 9.00 a.m. - 5.00 p.m.), and the venue (Seminar Hall, A Wing, 3rd Floor). A small image shows a person working with equipment.

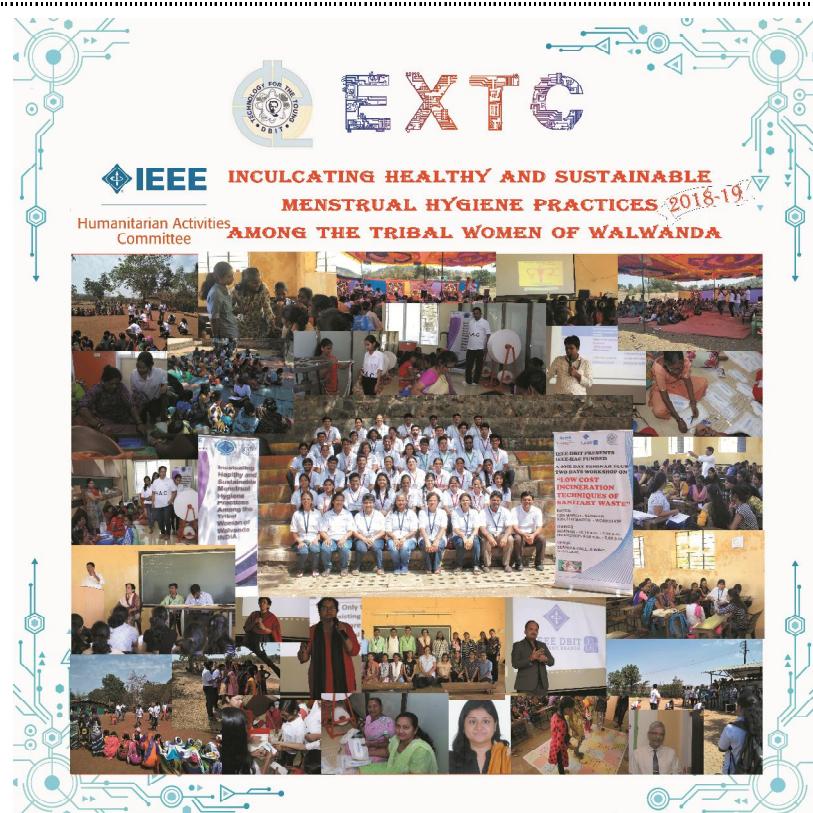
**The promotional material sent across Whatsapp Messages**

Three Whatsapp Groups were created

- 1) IEEE HAC events 2018 created on July 6, 2018
- 2) IEEE prototype created on August 6, 2018
- 3) IEEE mechanical created on August 8, 2018

The first Whatsapp Group are the faculty contributors of the HAC events

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**The Team collage with activities conducted on the college IEEE website**

*Question 10 Intentionally Omitted*

*Question 11 Intentionally Omitted*

**SECTION 4: BUDGET**

**12. \*Please submit clear accounting of all expenses for event activities that took place with the support of HAC funding.**

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S. No.	Particulars	Travel & Transport	Stationary	Food & Beverages for resource people + volunteers + participants & Lodging for volunteers + resource persons.	Samples of sanitary Napkins	Total Per Event Expenses
1	Survey & Analysis - One in the beginning and atleast 03 in the end towards understanding the impact of the event. - Total of 4 surveys which will go on for three days each = 12days in total -The sucess will be measured periodically through three surveys which accounts for 10packets for each month= 3 packets of 10 for each person. - Travel of 12 people (2 IEEE Members + 5 IEEE Student volunteers) is considered. Costs include food and lodging for 12days.	44559	6250	37186	40375	128370
4	Education through street play and drama in schools and padas, at every event to generate impact on four occasions	10025	3503	8568		22096

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5	Training On, "Low Cost Manufacturing of Sanitary Napkin" for tribal women. - Travel of 8 people (1 IEEE Members + 2 Resource persons + 5 IEEE Student volunteers) is considered. - Workshops needs to be conducted in 6 batches hence the resource persons will have to stay overnight. Costs include food and lodging for 3 days. -Sewing cloth Sanitary Pads requires sewing machines to be transposed to & from to Walvanda - Sanitary napkin making equipment and material needs to be transported to and fro.	22037	1037	9865		32939
6	Workshop on "Low Cost Incineration Techniques Of Sanitary Napkins" for PhD students, academicians, NGO's and other stakeholders in Mumbai. -Travel cost for resource persons - F & B limited to 50 participants	4440	26600	16807		47847
7	Hands-on Two Days Workshop on "Design of Low Cost Sanitary Napkin Incinerators" for under-graduate and post graduate & PhD students, academicians, & industry professionals in Mumbai. - Travel cost for resource persons - F & B limited to 50 participants	5406	5000	16095		26501
8	Talk on "Know Your Girl" for men. - Travel cost for 2 resource persons + 2 IEEE Student volunteers	4416		8000		12416
		90883	42390	96521	40375	
9	Material for making Sanitary Napkins					20001
10	Banners, Posters and promotional material					15000
11	Certificates					7500

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13	Mementoes					19605
14	Miscellaneous					19500
						351775

Total expenditure Rs. 3,51,775/-

## **5. ADDITIONAL QUESTIONS**

- (a) \*What IEEE organizational units (OUs) are or were involved in the event and what were their roles?**

IEEE Student chapter of Don Bosco Institute of Technology were involved in the activities. It is an active student branch of IEEE Bombay Section. The principal of D.B.I.T., Dr. Prasanna Nambiar (IEEE member) have been a part of the design thinking team, they have been responsible in designing the interactive tools for the event.

The Student branch members has regular interactions with the office bearers and other IEEE members. One of the contributor in this project is Jt. Treasurer of IEEE Bombay Section. The design thinking team consisted of Ms. Ashwini Kotrashetti (Jt. Treasurer of IEEE Bombay Section) alongwith Ms. Gejo George ( Student Branch Counsellor) and the Principal of D.B.I.T. SB members were majorly responsible in organizing seminars and workshops. Some of the IEEE student members were very active in surveys done right from the start. Designing of interactive prototypes and survey tools were the important tasks done by them. Their inputs were very useful as some of the members had worked in the region under social activities and had a first hand experience. This enabled to take into consideration certain facts to avoid conflict.

- (b) \*What were your biggest lessons learned in implementing the event?**

The event helped as a stepping stone towards a thorough knowledge about a very important aspect in a woman's life—"Menstruation". All who thought who knew about it have actually insufficient information about the entire menstrual process. Some especially younger men, see no connect with reproduction system.

- (c) \*What aspect(s) of the event do you feel were the biggest success(es) and why?**

The first survey help identify the problems, mostly it was through the discussions with women, health workers, adolescent girls and doctors of Jawahar. The

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awareness programs were appreciated and the girls and faculty of G.E.S. Jawahar college were motivated to join this initiative with IEEE HAC. They have also subscribed to starting a sanitary napkin production unit in their campus. The biggest success of the event was the engagement of the people with the team, they were very receptive to the message being conveyed. All of the women very rightfully agreed the menstrual waste management is a bigger problem that they face.