



# Hanaru



Hanaru Women's Health Fundraising Inc  
Annual Report 2020 - 2021



# Acknowledgement of Land

We acknowledge the traditional custodians of the lands on which we work, and we pay our respects to the Elders past, present and future for they hold the memories, the culture and dreams of the Aboriginal and Torres Strait Islander people.

We recognise and respect their cultural heritage, beliefs and continual relationship with the land and we recognise the importance of the young people, who are the future leaders.

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# Welcome

The Hanaru Sanitary Napkin Project was instigated by Kayoko Govindasamy to assist school girls to complete their education.

Many schools have very limited facilities to help girls manage menstruation and the cost of buying pads may be restrictive. Consequently girls may terminate their education when they begin menstruation or miss education while their periods occur. There also exists a fair amount of ignorance about menstruation as well as cultural taboos. These issues are more particularly so for girls of lower socioeconomic status.

The Project aims to provide education about menstruation and including how periods can be managed, and to provide girls with washable, re-usable napkins.

The Project also aims to develop a cottage industry in India producing the re-usable napkins and The Project will contribute to environmental sustainability by reducing the use of disposable menstrual products.

It is early days in The Project, however the following have been achieved. Fabric has been selected, napkins designed and kit sizes established (each kit consist of a bag containing six napkins of different sizes for use at different times during period flow). Over 1000 kits have been produced during the development stage and 640 kits have been distributed to girls in India. Fund raising in Australia over the last year has provided resources for the project to move ahead next year by ramping up training, napkin production and distribution.

Mic Julien  
Chair





# One on One Project

## GOALS

Connecting Girls and Sponsors

Continuing the Project around Covid restrictions

Hey,  
I'm Shruti. I want to thank Hanaru Sanitary napkin one on one project. I am grateful to all who gave me this opportunity to be a part of this project. This is a great initiative to change the world.  
This project empower and aware girls and women in India to sustain our environment. You are doing a powerful and great job.  
THANK YOU  
(and a special thanks to my sponsor Mrs Naomi Azuma from Japan)

HANARU SANITARY NAPKIN  
THANK YOU :- Mrs. Denise Benjamin  
Access to maternal hygiene products is a basic human right.  
Mrs. Denise Benjamin you did a very great job thank you to make periods easy too.  
THANK YOU  
From - ANSHIKA  
Village - BALI  
District - Mandi

### The start of the 'Hanaru One on One Sanitary Napkin Project'

In January 2020 Hanaru canceled all planned trips to India, because of Covid19 restrictions. Our plans to make school visits in Himachal Pradesh, and provide the school girls with menstrual education and Hanaru napkin kits had to be replaced with other alternatives to fulfill our objectives.

Despite the cancellation of the travels to India, Hanaru Women's Fundraising Incorporated has run the 'Hanaru One on One Sanitary Napkin Project', using both Social Networking System (SNS) and local networks. We provided 640 school and college girls, all over India, with menstrual education and a sanitary napkin kit. The Kit comprises 6 napkins and 1 carry pouch. We employ local women in making, packing and dispatching the kits.

We approached many local individuals, who are in highly influential positions, for their support for our project however, without exception, they all responded "We have to wait until Covid is over."

All schools in India stayed closed, but they started Online education for their students by using one of the SNS called WhatsApp, which gave us a hint as to how to connect with school girls whom we have never met.

Approaching one Indian girl at a time from Australia, without knowing them at all, would be a big task but we kept on reminding ourselves that, because of the pandemic, more girls in the poverty will suffer from the lack of necessary protections during their period.

"Yes, yes, we will help your project when the Covid is over." To such typical responses, we replied, "Covid or not, girls do not stop their menstruation."

We are so fortunate that we live in the era of technology. Despite the pandemic, Internet and digital technology enabled us to connect with others. Hanaru set up a system to connect Indian girls, with possible donors anywhere in the world. We called this project: 'Hanaru One on One Sanitary Napkin Project'. Our objectives remained firm: to provide the school girls with menstrual and hygiene education and a napkin kit, while raising awareness of environmental issues, and employing the local women in production.

Hanaru expanded the network of girls, not only in the state of Himachal Pradesh, but also in Delhi, Haryana, Punjab, Bihar, Sikkim, and West Bengal.



# The Ambassador Program

## GOALS

Expanding distribution  
Connecting with the  
Community  
Supporting Girls



### The start of the Ambassador Program

This Program started in September 2020, with university graduates joining the project as ambassadors, to support girls in their local communities.

They expressed their strong empathy in supporting more girls to receive the kits. Hanaru is able to conduct ongoing virtual meetings with them. They are a massive help in fulfilling our objectives.

Pooja and Priyanka have been distributing some of the kits in the slum areas of Delhi.

We look forward to working with them to create the best outcomes and also expand this network.

*Hanaru would like to introduce you to the first Ambassadors:*

#### Pooja

Age 19 years

City: Delhi

Academic background: Pursuing graduation in social work

Objectives/thoughts: Hanaru is a great opportunities for me to learn new things and enhance my professional skills.

Also Hanaru provides a platform, where I can contribute my small efforts towards the protection of our environment.





# The Ambassadors Program



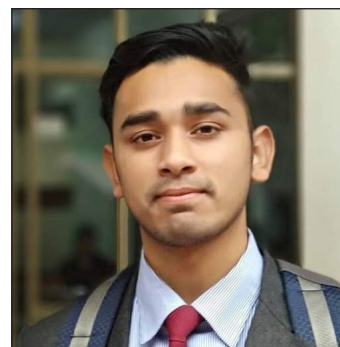
## Vivek panchkotti

Age: 25

Town: Rimbick, Darjeeling, West Bengal

Academic background: Mba

Objectives/thoughts: It is great working with Hanaru I got to learn many new things as I was able to break stereotypical thinking and was able to help distribute kit along with my friends.



## Kritem Thapa

Age: 24

Town: Kalimpong, West Bengal

Academic Qualifications: MBA.

Objectives/thoughts: It is a great opportunity for me to work with Hanaru family for the most honourable measures of empowering the girls in my country. I thank all the Hanaru family for taking such a great initiative in brightening the girls future and giving them the confidence. I am also very thankful to Ma'am Kayoko for believing in my potential and motivating me in every step.



## Priyanka

Age: 21

City: Delhi

Academic background: completed B.A. hons (Social Work) and pursuing Masters in Social Work

Objectives/ thoughts: I would like to work for good hygiene of girls and more awareness about female hygiene. I'm really thankful to Hanaru to give me this opportunity to learn more about our community and the real situation.



# The Ambassador Program

**Gulshan Kumari**

Age: 20  
Town I live: Rewalsar, Himachal Pradesh  
Academic background: Bachelor of Science.  
Objectives/ thoughts: Hanaru is such an amazing project. It's helping all the girls throughout the country and this project is also helpful to improve environment conditions. So I always feel so honoured to work with Hanaru



**Pratibha Kumari**

Age: 21  
Town: Rewalsar, Himachal Pradesh  
Academic background: B.Sc. in botany  
Objectives/thoughts:  
It feels very good when you do something towards environment ...  
It gives me happiness to work with Hanaru because this single participation has given me opportunity to help needy girls, unemployed women and to save environment. (Little efforts make big difference.)





# Administration in India

## WORK

Posting Kits  
Material storage  
Coordinating  
Managing



### Meena Devi

Meena is also a mother and housewife who, before starting work with Hanaru had never had a job before.

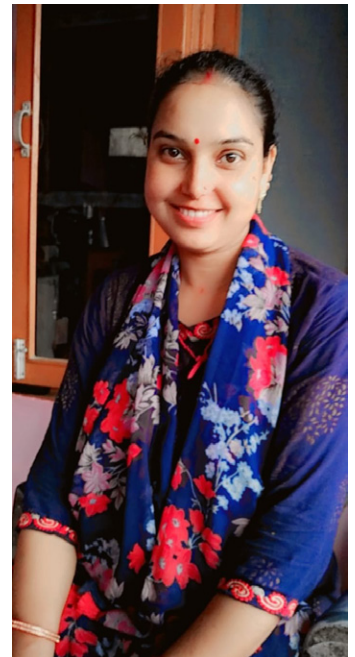
Meena is 37 and has been married for 16 years. They have three daughters 16, 12 and 3.

Meena is very happy to be employed by Hanaru because she can work at home, while taking care of her youngest daughter, Yashbi.

She has been making the napkins for a while now, but during Covid she stepped up to take on administrative duties.

Meena is packing and dispatching the napkins to the individual girls and the ambassadors who live away from our office in Himachal Pradesh.

Meena knows all the local women who are employed making the napkin kits.



## Feedback from the Girls



Hanaru asked all the girls in the 'One on One' Project to complete a survey.

*In the survey, we found that:*

55% of girls responded they feel impure during their menstruation  
53% of girls expressed their urgency to reduce the disposables by using reusable napkins.  
34% of girls wish to empower other girls.

*The girls who received the Hanaru Napkin Kit expressed their amazement, that the napkins are cute, soft, absorbent, breathable, and they do not leak!*



## ACHIEVEMENTS

### Overview

### Sanitiser Fundraiser

### One on One Project

#### Hanaru Woman's Health Fundraising Inc

During the 2021 Financial Year Covid 19 continued to dominate life around the world. Constraints due to lockdown restrictions have had a great bearing on Hanaru's Fundraising Programme. Planning outside the square has become a normality to achieve our primary goal, to raise funds for the supply of sanitary napkins for school age girls in India.

Hanaru, through the tireless efforts of Kayoko Govindasamy and her team managed to raise funds totalling: \$18 065.60.

These funds were raised through:

• Donations	\$4385.00
• Sale of "Hanaru" Sanitiser	\$523.00
• One On One Project Donations	\$4 540.00
• Fabulous Feast	\$8 611.00

#### Sanitiser Fundraiser

The sale of Hanaru Sanitiser is an ongoing programme with a total of 105 bottles sold during the year.



Bottles in stock as at 30th June, 2021 totalled 102 valued at \$510.00 (sale price \$5 per bottle). Once these bottles have been sold the programme will most likely cease.

*Again, we wish to take this opportunity to thank Husk Distillery and Beauty World for the supply of sanitiser, bottles and labelling.*

#### One On One Project

During 2021 \$4,385 has been donated through the One On One Project. This project has introduced donors to Indian school girls through sponsorship. Donors have been encouraged to purchase a Sanitary Napkin kit for \$20.00. During the Covid Pandemic this project, through WhatsApp, has been a very successful way to connect with Indian school girls. Hanaru Women's Health Fundraising Inc has given 340 Kits to Indian schoolgirls through this project.

After the completion of a number of menstrual educational worksheets the girls received a Sanitary Napkin kit.

#### The Fabulous Feast

Hanaru's major fundraising event for 2021 was "The Fabulous Feast" held in Tyalgum Hall. A most beautiful day on so many levels. A huge thank you to the band of helpers.

*A special mention to the kitchen staff headed by the Sri Govinda Dham gang. They did an amazing job with the catering. We also wish to thank MC Sam Morrin and the musicians, Sharni and John Forrester. The donation of your time is much appreciated.*

## ACHIEVEMENTS

### The Fabulous Feast Thank You



The Fabulous Feast fed 100 odd people who gave generously. The day raised \$8,611.00, which included \$941.00 from the raffle proceeds.

*Thank you to raffle donors including Bon Bon's Hair Salon, Belle M Boutique, Jan Brooks, Josh Bystrom, Mohan Govindasamy and Mic and Ros Julien.*

This day proved so successful the Hanaru gang believes it could be an annual event ... the future is the beholder!



*Finally, Hanaru Women's Health Fundraising Inc wishes to thank all who contributed to the success of its fundraising campaign in 2021.*

Through its fundraising efforts the Charity has been able to make provisions for 640 Sanitary Napkin Kits which were distributed in India during 2021. \$11,000.00 is also available in funds to provide a total of 550 Sanitary Napkin Kits in the near future.

*With 2021 being such a challenging year, Hanaru feels blessed to have received such generosity which has enabled it to continue its charitable works.*



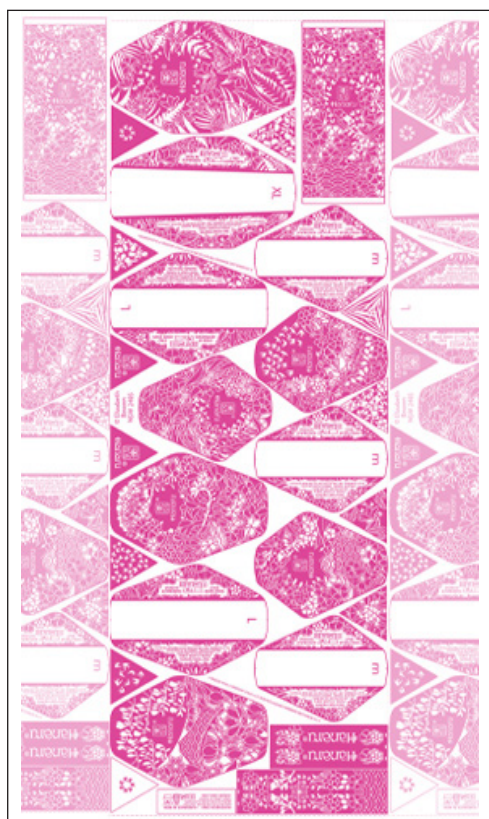
## GOALS & OUTCOMES

Evaluating first printing

Testing durability

Re-evaluate Design

Patchwork



### First Grid Printing

The material from Taiwan has proved to be excellent quality and we are very pleased with the durability of the fabric. Samples of the fabric were sent to Australia so that Kayoko could stitch sample napkins. She then did ongoing washing trials for months.



### Updated Grid and Designs

The test fabric confirmed the stretch and shrinkage of the material and Board member Lizzie has updated the grid to reflect this and has updated and enhanced the designs.

### Patchwork

In order to reduce the wastage on the scraps of discarded material, triangle patchwork designs.

### Printer Approved

The new design grid has been approved by the printers and is ready to print.



# Manual for Making the Napkin Kits

## GOALS & OUTCOMES

### Creating two Manuals Easy Instructions



### Manual for the First round of Printing

The manual way made by following each incremental step in making the kit and recording each step photographically. This goes from cutting the material through to putting the snaps in.

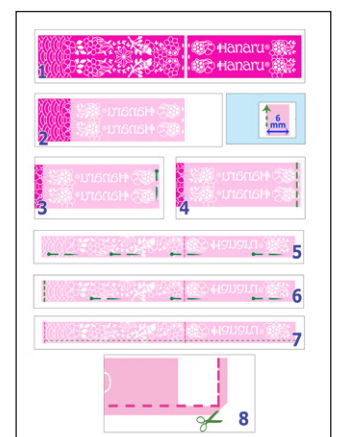
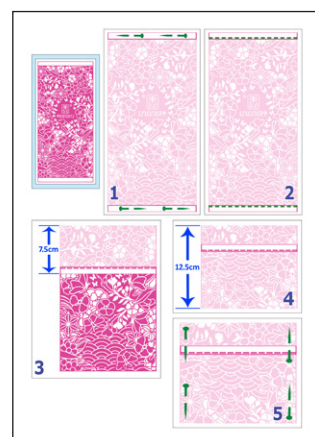
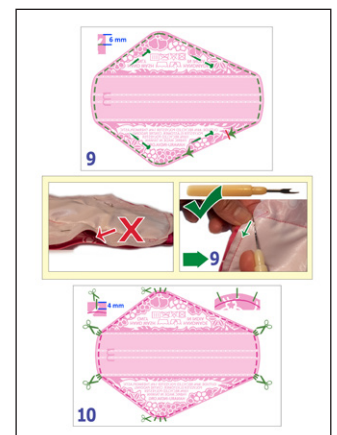
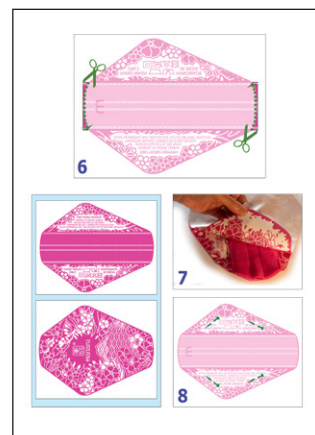
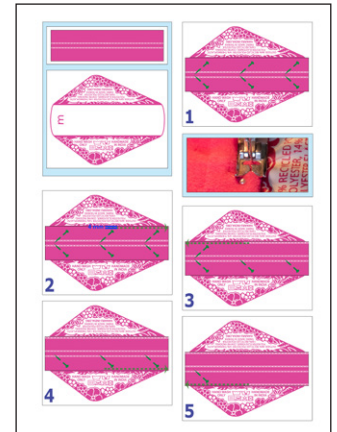
### Updated Manual

The second manual has been created using more diagrams and reflects the updates to the fabric grid design.

As India has many different languages, all the instructions are diagrammatic or photographic.

If Hanaru is able to start making napkins in other areas of India then having the grid design and a comprehensive manual will smooth the process.

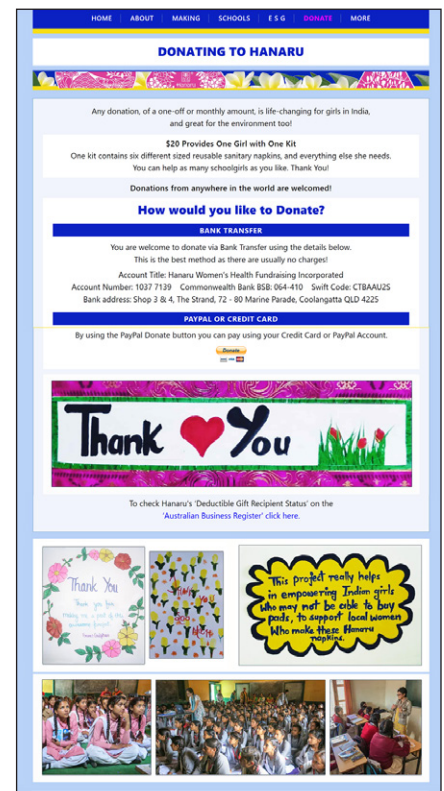
A few of the pages are shown here.





# Website

The Website has been updated and added to, and has been given a new look with different design elements.





## Thank You Hanaru

Here is a 'Thank You' from a few of the girls:

Hey,  
I'm Lalita Thakur.  
I want to thank Hanaru Sanitary napkin one on one project and especially my sponsor Mrs. Kumiko Tamura. I am grateful to all who gave me this opportunity to be a part of this project. This is a great initiative to change the world.

I think this is such a great initiative taken by Hanaru. I would like to thank the organisers and the whole team of Hanaru who all are working hard. It's not just for the menstrual hygiene but also for women who get work because of this project. I always wanted to use a reusable sanitary pad. I'll be grateful to Hanaru for this.

"Alone we can do so little, together we can do so much"

Thanks  
Hanaru  
\* For giving eco-friendly napkins  
\* Special thanks to  
Mr. John Mirror  
From: DEEPANSHU

I am Komal. I want to thankfull to Hanaru sanitary napkin such a great project to gives us a great opportunity. I am greatfull to all who gave me this opportunity to be a part of this project. This is great initiative to change the world.

Hello Hanaru 😊❤️  
Thank you is the least I can say to show my appreciation for everything you are doing. I feel grateful to be part of this project. Your project is very helpful.  
Lots of power and congratulation.  
**THANK YOU VERY MUCH!**

Thankyou all

Thank you  
Thank you  
Thank you  
We can do so little, together we can do so much.  
This is a great initiation to change the world.  
Thank you  
Thank you - The  
Mrs. Neelima Aggarwal  
me with one-on-one project.

## Looking to the Future

Hanaru plans to start a new production of napkin kits in the coming months. The women in Himachal Pradesh have been eagerly waiting to start on this new line.

Our graphic designer, Lizzie, has created new printing patterns and a manual. This ensures that making the kits, managing the resources and the finished products, will be easy and accountable.

Due to the restrictions of COVID-19, training the women will be done on-line between Australia and Mandi,

Himachal Pradesh, India. It is exciting to know that we are able to expand the possibilities of supporting the women, and hence more girls, who are waiting for the new Hanaru Napkin kits, can be catered for.

Recently, we have received an inquiry from the slum near Delhi, where we have supported a small group of girls. In the near future, we hope to meet and support 2500 school girls there, as we complete the new kits.



## Board Members

### **MIC JULIEN** - President

Born in NSW in 1946, studied agriculture and then worked in agriculture in Papua New Guinea briefly and then studied biological sciences and worked as a researcher in CSIRO in Brisbane from 1974 until retirement in 2009. He has worked in and travelled for pleasure in many countries. He has visited India on 6 occasions helping to lead small group tours for 21 day visits. Currently living in northern NSW.

### **MARIE MORRIN** - Vice President

Born in Northern NSW in 1959. Completed Diploma of Teaching and Bachelor of Education, majoring in Geography and Economics. While teaching part time held the position of financial manager of the family business of contract harvesting within the sugar industry. Has held numerous treasury positions within the community on a voluntary basis.

### **ROS JULIEN** - Secretary

Born in Sydney 1948, raised in Northern NSW where she studied Arts / Education before pursuing an English teaching career. She has travelled often with the other board members to India in support of welfare initiatives, such as a medical centre and proposed orphanage. Looking forward to this project in support of women and girls.

### **KAYOKO GOVINDASAMY** - Treasurer and Public Officer

Kayoko was born and raised in Japan. In 1986, after majoring in Textile Art, she received her Bachelor of Art from the Women's College of Art in Tokyo. In 1987 she completed her 1 year Scholarship, majoring in Textile Art, from the India Government and received her 'Certificate of Foreign Casual Course' from the Visva Bharathi University, Santiniketan, West Bengal. She is a qualified teacher in Australia and has been to India many times.

### **MOHAN GOVINDASAMY** - Financial Advisor

Mohan (Michael) Govindasamy is of Indian heritage and born in Singapore. He came to Australia in 1973 and married a Japanese girl, Kayoko. They have two grown up kids. He has always run his own business and is now retired. He enjoys his countless visits to India and also travelled extensively as an assistant to his Spiritual Master to many parts of the world. He believes passionately in the empowerment of women as a means to changing society for the better. He appreciates the saying "Do good things and don't get caught" ... so far he appears free and eager to assist in ensuring this project reaches it's potential.

### **ELIZABETH BOWEN** - Graphic and Web Design

'Lizzie' was born and raised in the UK and studied architecture at University College London. She is an 'Industry trained' graphic artist. She spent 10 years living on small sailing boats without 'mod cons', and spent many months at sea. She lived on board while visiting and working in different countries. In 1991 she migrated to Australia. She happily donates her time in all areas of graphic design and helping with administration.

## Charity Details

Hanaru Women's Health Fundraising Inc  
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Website: [hanaru-india.org](http://hanaru-india.org)

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