



Hanaru



Hanaru Women's Health Fundraising Inc
Annual Report 2022 - 2023



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

Hanaru has had a great year consolidating different aspects of the Charity's work. The Ambassador Program continues to prove very effective, distributing the sanitary napkins and providing menstrual education. The recycled polyester napkin material quality and durability has proved exceptional. We are now well established and continue to increase the number of girls we can help.

Kayoko, the Charity Founder, went to India in March. She visited two different slums with the Ambassadors and witnessed firsthand the reality of daily life for millions of people in India. You can read more about her visit later in the report.

The Fundraising tours have started again with one each to India and Japan. All Board members completely fund their own travel and any other expenses related to their volunteering.

The Ambassadors in Delhi have been trailblazers for the Charity this year - distributing Napkin Kits and educating girls in sixteen slums across North Delhi. These bright university students and graduates are passionate about improving the lives of the young girls in these slums.

The Ambassadors gave us vital feedback about our napkins, resulting in us changing what we supply to better meet the girls' needs. This has also led us to develop nine new designs that should start to become available from September 2023.



Charity Founder in India

Ambassadors

University of Delhi



Kayoko went to India to continue the voluntary work she does for the Charity - the first time that she had been able to travel there since the COVID-19 restrictions had been lifted. She spent time in Delhi and West Bengal.

Meetings with the Ambassadors

She finally met the three Delhi Ambassadors - Pooja, Priyanka, and Pooja G - in person, having previously appointed and met with them only on-line.

Kayoko was able to go through the whole Napkin Kit distribution process with them. She travelled with them to the slums, watched them educate the girls about the menstrual cycle and gave out Napkin Kits. The Ambassadors showed her all about life in the slums, and the reality of daily life for the girls. (More information on these slum visits later in this Report.)



Aditi Mahavidyalaya Women's College, University of Delhi

Aditi - based on the outskirts North-West Delhi - is a college where students can study for B.A. Hons degrees. The aim at Aditi is *"to empower rural women by imparting quality education"*. Their mantra is *"to initiate holistic development of young women equipping them with the power to act and adapt to the growing challenges of the changing world"*.



Kayoko was invited to Aditi along with the Ambassadors - who are all graduates of this college. The Ambassadors were enrolled in 'The National Service Scheme' when they studied here. This scheme provides an opportunity for students to engage in constructive social action through voluntary community service. The Ambassadors chose to work in the area of menstrual health which started their association with Hanaru.



Professor and Principal Mamta Sharma (left) teaches Social Work.

Dr. Mali Devi Sawariya (center), is an Assistant Professor of the Department of Social Work and a Program Officer at the National Service Scheme.

Kayoko (right).

A meeting with professors and students allowed Kayoko to explain and raised awareness about the Charity's work. Along with the Ambassadors she promoted the use of these washable sanitary napkins to reduce the rubbish created from disposable ones. Our Ambassadors proudly embody both the aim and the mantra of their former college.

Charity Founder in India

International Women's Day

India Meets Japan

International Women's Day Celebration - 8th March

Shahbad Dairy Slum is one of the biggest in Delhi. Kayoko and the Ambassadors visited here twice to distribute Napkin Kits and provide menstrual education. The second time they visited on International Women's Day along with a special guest and - via Zoom - students and teachers from Aomori Akenohoshi, a Japanese high school.

As their special guest they were pleased to have Delhi University's Professor Principal, Mamta Sharma, attend the event and talk to the girls there about menstruation and the United Nations' Sustainable Development Goals.

They then all jointly celebrated 'International Women's Day', and the traditional Japanese 'Girls' Day'. They were both able to see the differences in daily life and culture between India and Japan, and everyone appreciated this rare opportunity to meet. It was an eye-opening experience for all, but



especially for the Japanese participants seeing what life is like in this Slum.

The Japanese students and teachers explained that 3rd March is a festival day for them, and showed their 'Girls' Day' doll display to the Indian girls. This unique festival celebrates the growth and good health of

young girls. Displays of 'hina' dolls, representing the Emperor, Empress, attendants, and musicians of the Heian period (794-1185), are set up with peach flower decorations. Festive food such as arare (multi-colored rice crackers) and chirashizushi (sliced raw fish with rice) are served.

On this occasion Hanaru provided 40 girls, aged 10-13, with Hanaru's Napkins Kits and menstrual education. In return, the girls promised that they would continue going to school and also pursue their dreams after graduating.

The 'Girls' Day' display at Aomori Akenohoshi High School.



Training



In the photo below Kayoko explains how to use the snap machines.



Budhvihar, Delhi

Kayoko provided training for local women who live near the slums to learn how to make Hanaru's sanitary napkins, with an emphasis on quality stitching and finishing.

The women use their own hand-crank sewing machines, and Hanaru provides them with snap machines for putting the fasteners on the napkins.

Kayoko stayed with them late into the evenings providing the training that the women, who wish to be employed by Hanaru, need. Both of the materials used in making the napkins are stretchy and Kayoko showed them different techniques for coping with this issue when sewing.

Both Meena, a mother of 2 grown up children, and Parmeela, a mother of 3 young children, are keen to develop their skills and continue making the napkins.



Murshidabad, West Bengal

Kayoko went to Murshidabad, a remote village that is six hours drive from Kolkata. She had been invited there to meet group of women who are interested in making our sanitary napkins.

Kayoko met and trained Rafi, a leading tailor who was recommended and who was known to have good skills. He will, in turn, be able to train more women to be able to produce the Napkin Kits in future.

The Ambassador Program

Pooja



In the photo above the man and boy have been collecting cow manure which they shape, dry in the sun, and then use as fuel for their cooking stove.



them face inhumane and unhygienic living and working conditions. Their homes are little more than huts and there are usually no roads, water, sewers, electricity or other services.

Pooja joined Hanaru in September 2020. She has a B.A. (hons) in Social Work. She has been distributing napkins in Shakurpur, Yamuna Khadar, Kirari, Shahbad Dairy and Laxmi Nagar slums.

The people living in these slums are largely overlooked by the authorities, and most of

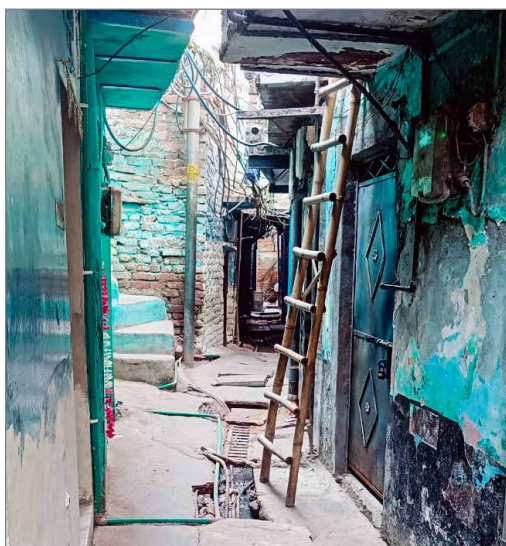


Most residents of the Shakupur slum are migrants from other parts of India. Some have lived there for over 25 years. They are working in construction or as domestic workers, cycle rickshaw drivers or street vendors. They have faced repeated demolitions and have never been given any options of rehabilitation.



The Ambassador Program

Priyanka



Priyanka joined Hanaru in September 2020. She completed her B.A. (hons) in Social Work in 2021 and her Master's degree in Social Work in 2023. She has been distributing napkins in Lal Bagh, Shahbad Dairy, Budh Vihar, Krishan Vihar, Mojiwala Bagh, Haiderpur and Mayur Vihar slums.



These photos were taken in Shahbad Dairy and the Lal Bagh Slum, where Priyanka had meetings with community leaders and, in July 2022, started distributing Napkin Kits and education material. There are a lot of women in these slums who pick and clear garbage for a living. Many of them pick and sort rags and are some of the poorest in India. One rubbish 'mountain' is piled 26 stories high and the work is dangerous and illegal.

Most children start picking recyclable materials out of the waste as a family occupation. Waste picking is the fourth largest occupation for these children, who have either dropped out of or never been to school. They learn to collect, segregate and sell rubbish to support their family.



The Ambassadors Program

Pooja G



Pooja G joined Hanaru at the end of December 2021. She has a B.A. (hons) in Social Work and is pursuing a Master's in Social Work. She has been distributing napkins in Jahangir Puri, Majlish Park, Milan Vihar, Khyber Pass and Shahbad Dairy slums.

The photos below are from Shahbad Dairy. Many of the families living here exist in one tiny room and collect their water each morning from a tanker. As with the other slums many of the residents here are waste pickers. You can see in two of the photos some of the bags of recycling they have collected from the huge city rubbish dump.

Waste pickers play a significant role in the process of waste disposal, but face many health issues from their toxic work and living environments.



Red Dot Challenge Day

The 'Red Dot Challenge' in India is a collaboration between UNICEF, adolescent girls, women, and advocates which seeks to dispel period stigma. UNICEF wants a world where no girl or woman is held back because of the natural menstrual cycle, and where period poverty and persisting taboos are history. Pooja G is part of 'The Challenge', and these photos show her Jhangirpuri Slum.



The Ambassador Program

Distribution Areas

The maps below show the areas where the Ambassadors have been distributing Kits and menstrual education since the start of the Ambassador Program in 2021.

Pooja, Priyanka and Pooja G have done all the distribution this year in Delhi.

Gulshan, Vivek and Kitem will be distributing more napkins in the future.



Delhi Slums

Pooja, Priyanka and Pooja G distributed Kits in these slums in North Delhi.

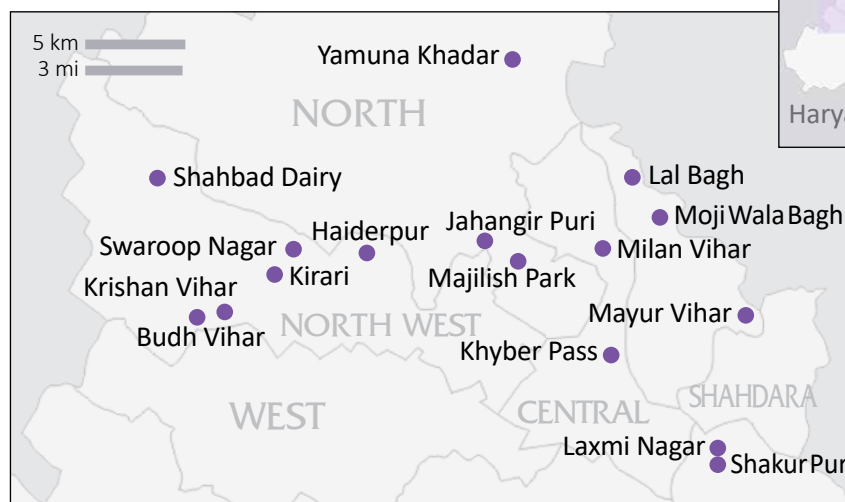
Priyanka



Pooja G

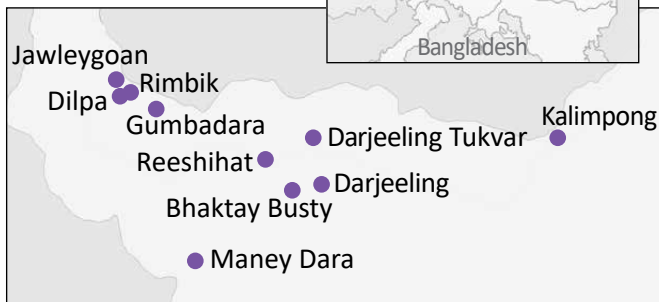


Pooja



Darjeeling Area, West Bengal

Vivek (pictured top) distributed Kits in the Darjeeling Province in West Bengal, and Kitem in Darjeeling and Kalimpong Provinces.



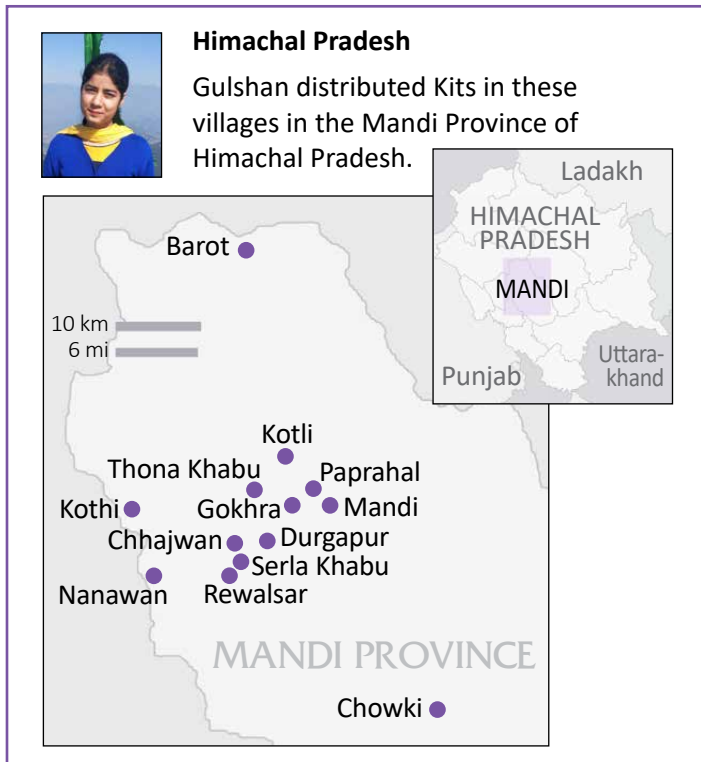
Vivek

Vivek joined Hanaru in 2021. He lives in Rimbick, Darjeeling Province, has a Master of Business Administration degree and says *"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"*.

Kitem

Kitem joined Hanaru in 2021. She lives in Kalimpong and has a Master of Business Administration degree. She likes being involved with a charity that is *"taking such a great initiative in brightening the girls future and giving them the confidence."*

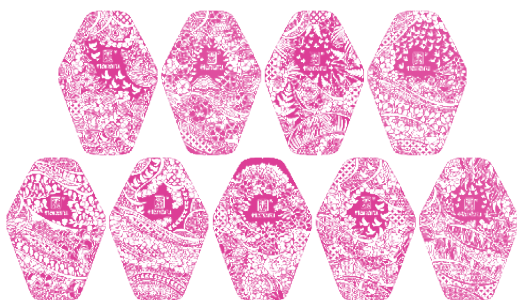
The Ambassador Program



Gulshan

Gulshan joined Hanaru in 2021. She lives in Rewalsar, Himachal Pradesh and has a Bachelor of Science Degree. She thinks that *“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.”*

Meeting the needs of the girls in India



Our Ambassadors in Delhi gave us valuable feedback about how the girls feel about using the napkins. The girls in the Delhi slums say that, unfortunately, most of them do not have access to toilets at school, and feel more comfortable and safer using the large napkin size as they do not feel able to change the napkin during the day.

Board member Lizzie has designed nine new large size napkins and assembled them into a grid for the present print run.

We will continue to work with the Ambassadors and girls so that we can best meet the girl’s sanitary napkin needs, and help them stay at school.

Making the Napkins in India

WORK Continued Production



Rolls of fleece material arriving in Himachal Pradesh.

As we mentioned previously in this report, women are starting to make napkins for us in Delhi and, from September, women in West Bengal will be making them too.

Production in Himachal Pradesh

Sumna (top right) and Pooja continue to make the napkins for Hanaru in this rural area of Northern India.

Some of the other women in this area have finished making napkins for us. On Kayoko’s next visit in September she will be interviewing and training more women here.



Fundraising Report



Hanaru Women's Health Fundraising Inc experienced a very successful financial year. The majority of funds raised have been through donations from members of our local, national and international communities. Through these generous donations Hanaru has been able to supply 4,416 sanitary napkins in 736 Napkin Kits to Indian schoolgirls. The charity has also been able to provide funds for material and supplies necessary in the sanitary napkin production. Hanaru, through the tireless efforts of Kayoko Govindasamy and her team managed to raise funds totalling: \$25,018.27

These funds were raised through:

- Sponsorship and donations \$24,731.97
- Fundraising including
Container Exchange Proceeds and Sanitiser Sales \$207.30

The two main fundraising events for the year were the trips to India and Japan. There is more information about them on the next two pages.

A huge thank you to the generosity we have within the community far and wide. It makes way for expansion to deliver the dream of so many.



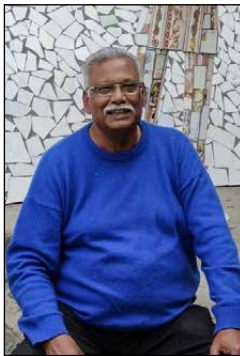
Fundraising Report

The Hanaru India Tour February 2023

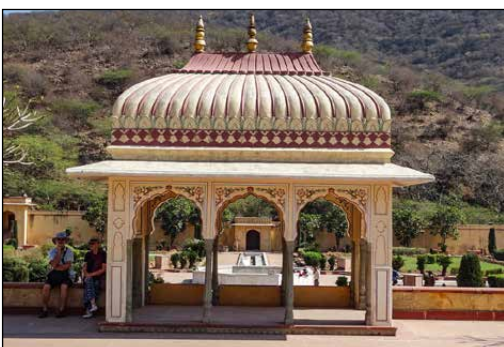
By Ros Julien



The wonderful thing about these trips is that each traveller contributes \$500 to Hanaru, while enjoying an inexpensive tour.



Our thanks to Divya (Saha's daughter-in-law) and Saha for the hard work in doing all the arrangements.



On 1st Feb 2023, twelve of us departed Australia for Delhi. Our intrepid travellers, led by Board Members Mohan, Mic and Ros, were a mixture of locals from the Tweed Valley, NSW, and family and friends from Brisbane. As usual, in a fundraising tour of India, we were greeted in India by Saha (our trip organiser in India and our mobile banker).



We travelled by mini-bus, visiting the main sites of Delhi (India Gate, Lotus Temple, Red Fort, Qutub Minar), Agra (Taj Mahal), and then Fatepur Sikri on our way to Jaipur. In Delhi we were also accompanied by 3 of Hanaru's Ambassadors.

In Jaipur we visited the Amber Palace, Jantar Mantar and a few shops! Then we traveled by train to Amritsar to visit the Golden Temple and take a trip out to the Pakistan border where we witnessed the extraordinary Indian military spectacular that is performed daily right at the border, and that is mirrored at the same time by Pakistani soldiers on the other side.



Back into the mini-bus for travel to Chandigarh where we visited the Rock Garden, and then a flight to Kolkata. Here we did a guided history walk in the old town, and stayed in Varsha's wonderful guesthouse. Varsha is Saha's daughter. An overnight train took us to hill villages in Kalimpong and we also visited several National Parks - where we saw tigers, elephant, gaur, rhinoceros, deer, peacocks, and many other birds. A highlight for us was a cricket match with some local boys, and songs by gifted young singers in the foothills of the Himalayas.



All the way we ate authentic and spicy Indian food and shopped at every opportunity.

We returned to Kolkata by train and spent a few days there, visiting Daimond Harbour, feasting in Saha's apartment, and shopping. Finally, catching the midnight plane from Kolkata and arriving back in Brisbane on 23rd Feb.



Fundraising Report

The Hanaru Japan Tour April 2023

By Marie Morrin



In appreciation for Kayoko's time and patience Marie's family has donated \$4,000.00 to Hanaru Women's Health Fundraising Inc.



Hanaru's 12 day Tour of Japan was led by Kayoko and husband Mohan in April 2023. Eight members of my family took in sight-seeing in the Tokyo, Kyoto and Hiroshima regions in the first week, followed by the region north west of Tokyo, visiting Matsumoto and Tateshina in the second.



There were many highlights enjoyed by the group including the Kiyomizu Temple and Golden Pavilion in Kyoto, the Todaiji Temple in Nara, and the Museum, A-Bomb Dome (pictured below), and grounds in the Hiroshima Peace Memorial Park.



The group had time to take a breath when visiting Matsumoto and Tateshina in week two. En-route the group passed through rich agricultural regions. The group enjoyed meandering through the quieter streets and the castle of Matsumoto. The health resort at Tateshina gave us the opportunity to enjoy the "onsen" experience (natural hot springs that have been heated by the earth). The highlights did not stop with the sightseeing. Kayoko ensured that we experienced the finest of Japanese culinary delights, usually washed down with a Sapporo, Asahi, or Sake. The perfect way to end a jam-packed day? Not for some when an Onsen was on offer!

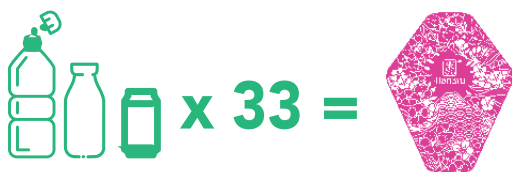


Yes, the whole cultural experience was there for us to enjoy. When touring with Kayoko only the best will do.

The family wishes to thank Kayoko for providing an incredible Japanese experience. We wish the charity continued success.

Marie Morrin on behalf of the Twohill Family.





The money from 33 containers will buy one napkin.

HANARU'S
scheme ID number:
C10448953



Containers for Change

Hanaru registered with the 'Containers for Change' scheme which operates in Queensland and Western Australia. The scheme is run by a Not-for-Profit Organisation which gives refunds on bottles, cans and poppers. They have depots, collection points and reverse vending machines and recycle 100% of everything collected.

When they are identified as the recipient charity, Hanaru receives 10c for every container recycled through this scheme.

The Queensland Government's recycling centers are easily overwhelmed, and when this happens, all recycling is diverted to landfill. So, as well as being a fundraiser it is great for the environment too!

✓ Donate it

Most glass, plastic, aluminum, steel and paper-based cartons between 150mL and 3L can be recycled.



"Period shaming, poverty and discriminatory cultural norms on menstrual health affect women and girls' physical and mental health. We need to break this chain and help every girl and woman to manage periods safely and with dignity."

UNICEF India Representative, Dr Yasmin Ali Haque



EDUCATION & FUNDRAISING

Charity Founder in Japan



School Visits

Kayoko gave lectures to Junior High School (JHS) students (aged 12 – 15 years) and Senior High School (SHS) students (aged 15 – 18 years) in four schools in Northern Japan – listed in the box on the next page. She talked about the Charity's work in India, and included references to the relevant United Nations' Sustainable Development Goals (SDGs).

Kayoko helped raise awareness about social issues, poverty, discrimination against girls and women, and the urgent call for environmental sustainability in India. She went on to share that 23% of school girls in India are forced to quit their studies due to a lack of sanitary protection and social and religious taboos. The Japanese students were surprised this could happen, especially as schooling is compulsory to age 15 in Japan. They said it was unimaginable to them that girls having periods are considered impure as this is not Japanese culture, unlike in India. The students realised the different values and customs in India and expressed their gratitude for not living in such conditions. Kayoko could see them start to think about what they could do to be a part of solving such fundamental issues.



Aomori Akenohoshi SHS Teachers who supported Kayoko's lecture.



Ms Keiko Takaki (left) and Ms Emi Toriyabe who organised the lecture.

Aomori Akenohoshi

The junior and senior students are studying the effects of poverty worldwide and the challenges around menstrual health. Three hundred students and their teachers attended Kayoko's lecture in the grand hall either in person or online, and were keen to find out about Hanaru's approach to these issues in India. During the talk, Kayoko poured water on a Hanaru napkin to demonstrate that leakage was contained, reducing the risk of embarrassment to the girls using them. The audience was impressed by the quality of the napkins.

90 of the senior students participate in a project called 'Team SDGs'. There are 9 teams in this project, and one that consists of 15 girls is studying the issues around menstruation and poverty. The SDG teams are supported by Ms Keiko Takaki and Ms Emi Toriyabe who set up the on-line meeting with the girls in the Delhi Slum.

Fundraising

24 SHS students are organising a store at their school fete where they will sell Hanaru napkins as their first fundraiser. Kayoko attends their on-line meetings and looks forward to future collaborations.



Mr Takemi Shinwashi (left), Maths teacher, and Mr Satoshi Numata, Science teacher.

School Visits in Japan

EDUCATION & FUNDRAISING

Charity Founder in Japan

Misawa SHS

Kayoko visited her old high school in Misawa city, Aomori Prefecture, and gave a lecture to 36 students, 4 teachers and 5 guests from the community. Many of the students stayed after the program to discuss the Charity's work further and ask questions.



Six Aomori Akenohoshi SHS students came to Misawa to be part of the event.

We would like to express our appreciation and sincerely thank the principals and teachers who organised these events, and the students who participated in them.

| | | | |
|----------|-------------------------------|--------------|---|
| 28.09.22 | Hachinohe Nakasawa JHS | 65 Student. | Principal: Mr Takino |
| 08.12.22 | Hachinohe Daiichi JHS | 112 Students | Principal: Mr Sasaki and class teacher MsOhno |
| 22.02.23 | Aomori Akenohoshi JHS and SHS | 300 Students | Principal: Mr Sasaki and class teacher Ms Takaki |
| 23.06.23 | Misawa SHS | 36 students | Principal: Mr Chiba and English teacher Ms Tanaka |

Thank You Hanaru!

Yamuna Khadar slum



Holi Spring Festival

Kayoko and the Ambassadors were invited to celebrate 'Holi', the [Indian] Colour Festival of Spring, with some of the children in one of the largest slums in Delhi - including girls that had previously received menstrual education and Napkin Kits from Hanaru, and who were grateful and wanting to show their appreciation. The Yamuna Khadar Slum in Mayur Vihar is inhabited by thousands of poor workers. They do not have toilets, electricity or other basic amenities. When the Yamuna River floods, they have to leave their huts and take refuge on nearby streets.

The children had great fun throwing many different coloured powders at each other. The organisers were true to their promise that, instead of powder, they would kindly sprinkle beautiful flower petals on their guests.

Holi is the Hindu Festival of Colours, Love and Spring. It celebrates the triumph of good over evil, and the divine love of the Gods Radha and Krishna. The celebrations start on the night before Holi with prayers, singing, dancing and the lighting of bonfires. On the day of Holi people play with colours with their friends and families.



Looking to the Future

After a great year, we look forward to bringing Napkin Kits and education to an increasing number of girls and training more women in West Bengal and Himachal Pradesh to make napkins.

One Fundraising Tour to Japan is being organised for October. Hopefully there will be others.

Kayoko is planning to go back to India again in 2023

and 2024. She continues to be active in all areas of the Charity's work.

The Ambassadors are keen to distribute as many Kits as we can make. They love to see the positive difference we can make to the girls' lives.

Kayoko hopes to collaborate more with Dr. Mali Devi Sawariya and the students at Aditi.

Board Members

MIC JULIEN - President

Born in NSW in 1946, Mic studied agriculture, worked briefly in agriculture in Papua New Guinea, moved on to studying biological sciences and finally 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 7 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, Marie has a Diploma of Teaching and Bachelor of Education, majoring in Geography and Economics. While teaching part time she held the position of financial manager of the family business of contract harvesting within the sugar industry. She has also held numerous treasury positions within the community on a voluntary basis.

ROS JULIEN - Secretary

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

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 one year Scholarship, majoring in Textile Art, from the Indian 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 was born in Singapore of Indian heritage. He came to Australia in 1973 and married a Japanese girl, Kayoko. They have two grown up kids. He ran his own business until he retired in 2019. He enjoys his countless visits to India and has also traveled 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 its 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', sailed across oceans, and lived on board while working in the Caribbean and UK. In 1991 she migrated to Australia. She happily donates her time in all areas of graphic design and helping with administration.

Charity Details

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