

# PROJECT PROPOSAL

by

**THE ARKA INITIATIVE**



Help us provide *tangible* and *practical*  
support to men and women on issues  
surrounding *sexual and reproductive* health.

# TABLE OF CONTENTS



Introduction and purpose	3
Adithi by Arka	4-8
Virya	9-11
Sexual & Reproductive sessions	12- 13
Testing drives and campaigns	14
Adithi 2 : The Pad Machine	15-17
Contact information	18



# **INTRODUCTION**

The Arka Initiative is an organisation working in the grassroots in Sri Lanka, providing tangible and practical support to young men and women on issues pertaining to sexual and reproductive health. The Initiative is led by a group of young professionals, including doctors, lawyers, psychologists and researchers, and are advised by senior doctors and psychologists. The work of the organisation includes sex education in schools, awareness programs in rural parts of the country, the provision of free HIV and pap smear testing, the manufacture of affordable sanitary napkins and access to justice for victims of domestic violence, among others.

The Arka Initiative is incorporated under and in terms of the Companies Act, No. 7 of 2007 as a company limited by guarantee, and is audited by an independent auditor annually.

## **PURPOSE**

As the organization grows and expands we are actively seeking consistent streams of funding from both individual donors and other entities such as companies and corporations.

The following proposal provides a succinct background of the work Arka requires funding in, and provides a breakdown of costs along with a description of relevant projects.



## ADITHI BY ARKA

### Pad manufacturing project

This project involves manufacturing Arka's own brand of low-cost sanitary napkins. The project is the first of its kind in Sri Lanka and uses a community centric model of operation, with its factory located in Mathugama, a small village in the south of the country. The manufacture and sale of the sanitary pads will be managed and solely run by women in the local community (overseen by Arka), creating greater access to affordable sanitary napkins and also the addressing of stigmas surrounding menstruation.

### Our findings

- Average monthly expenditure on pads per individual in the primary target area is LKR 267.9.
- Most households in the area rely on a single income source.
- National statistics from the Household Income and Expenditure Survey (2019) estimate a monthly income of LKR 21,782 for a household comprising 3.7 (3–4) individuals.
- For households with multiple menstruating women, this expenditure on sanitary pads can impose a substantial financial burden.



# THIS PROJECT PROVIDES

- **Employment** to women living in the local community.
- **A reduction in period poverty**, by providing annual supply of sanitary pads to women unable to access their basic menstrual needs.
- **Empowerment to women**, through skill development.
- **A bridge in the knowledge gaps** between menstrual health and sexual health and reproduction.

Adithi has donated sanitary pads to:

- Rural government schools
- Prisons (Galle and Welikada)
- Orphanages
- Homes for the differently abled
- Poverty stricken women in the Mathugama region

Adithi staff members include

Project lead

Quality control manager

Engineer

Four female factory workers

**Adithi is currently in need of donations  
to fund the sanitary needs of women.**

## Cost breakdown

Factory operation fee including incentives (for four women)	128,000
Transport cost (for four women)	22,000
Electricity cost	40,000
Factory Engineer fee	20,000
Water supply	1,000
Administration and office related expenses	20,000
Maintenance expenses	20,000
Refreshments (tea, milk etc)	2,000
Project supervisor transport cost (includes a visit each week)	32,000
Quality Assurance Manager fee (one visit per month)	20,000
Project Lead stipend	65,000
<b>Total monthly cost</b>	<b>370,000</b>

**LKR 370,000**  
per month

goes into making

**16,000**  
**sanitary napkins**  
per month

**16,000**  
**sanitary napkins**  
per month

can eradicate period  
poverty for upto

**1600**  
**menstruating females**  
per month  
(10 sanitary napkins  
per menstruating female)

**192,000**  
**sanitary napkins**  
per year

can eradicate period  
poverty for upto

**1600**  
**menstruating females**  
per year  
(10 sanitary napkins  
per menstruating female  
per month)

*The costing provided includes all operational costs, which includes factory womens' salaries, factory rent, electricity, transport and other expenses mentioned above*

Sponsor 50 womens'  
sanitary needs for 1 month



LKR 11,600

Sponsor 50 womens'  
sanitary needs for 1 year



LKR 139,000

Sponsor 100 womens'  
sanitary needs for 1 month



LKR 23,200

Sponsor 100 womens'  
sanitary needs for 1 year



LKR 278,500

Sponsor 500 womens'  
sanitary needs for 1 month



LKR 116,000

Sponsor 500 womens'  
sanitary needs for 1 year



LKR 1,392,000





The aim of this project is to advance access to justice and legal redress for survivors of domestic violence in Sri Lanka, by connecting those in need of legal representation to lawyers who will offer pro bono legal services, including accompanying survivors to file police complaints, representing them in court and supporting them during the entirety of legal proceedings.

Arka will work alongside President Counsels, senior lawyers and junior lawyers across the country and the Bar Association of Sri Lanka. We will also conduct awareness sessions to disseminate knowledge about the legal remedies and resources available to victims of domestic violence

"In Sri Lanka, one in five (20.4%) of ever-partnered women have suffered from physical and/or sexual violence (domestic violence) from their intimate partner."

Women's well-being Survey - 2019

<b>JUNIOR LEGAL COUNSEL DRAFTING FEE</b>	
<b>Task</b>	<b>Fee (LKR)</b>
Drafting the DV application, affidavit and motion	15,000
Drafting further documentation	5,000-10,000
Drafting letters to the HRC / Victim and Witness Protection Authority	7,500
<b>Total</b>	<b>27,500 - 32,500</b>

<b>JUNIOR LEGAL COUNSEL APPEARANCE FEE</b>	
<b>Task</b>	<b>Fee (LKR)</b>
Legal advice at the first consultation	5,000
Any other consultation, if any (usually pertains to discussions on the status of the cases and updates on the circumstances of the victim)	5,000
Accompanying the victim to the police station to make a complaint	6,500
Accompanying the victim to the police station for the inquiry	8,000
Appearances at other legal authorities such as HRC, if any	7,500
Appearance to seek an interim protection order	10,000
Calling date appearances	8,000
Appearance on the date of the inquiry to seek the protection order	10,000
<b>Total</b>	<b>60,000</b>

<b>JUNIOR COUNSEL COSTS (receipts to be produced for all costs)</b>	
<b>Task</b>	<b>Fee (LKR)</b>
Printing and photocopying	1,000-1,500
Transport for each appearance in Colombo	500-1,000
Translation (if necessary)	3,000
Court costs	1,000
<b>Total</b>	<b>5,500 - 6,500</b>

**Approximate expenses for one survivor represented by a junior counsel during the entirety of the legal process :**

**LKR 65,000 - LKR 70,000**

*\* Clarifications as to the legal process and the drafting documentation can be provided upon request.*

# **SEXUAL & REPRODUCTIVE HEALTH SESSIONS CONDUCTED IN RURAL SRI LANKA**

The Arka Initiative organises information and awareness sessions conducted by medical doctors across the country, in order to equip young people, men and women with the tools they need to navigate practical issues pertaining to sexual and reproductive health. To date, the Arka Initiative has conducted over 90 sessions in districts including Kurunegala, Kuliyaipitiya, Puttalam, Rathnapura, Chilaw, Polonnaruwa, Giriulla, Pannala, Balangoda, Makandara.

## **Topics addressed**

- Education on reproductive system anatomy and menstruation, dispelling myths and misconceptions
- Guidance on maintaining menstrual calendars, managing irregularities, and emphasizing nutrition for menstrual health.
- Coverage of topics including contraception, cancer screenings, STDs/STIs, other illnesses, and pregnancy
- Discussions on concerns of attendees directly with the doctor

## Proven benefits of sex-ed programs

- INCREASES - Awareness on HIV / AIDS and other STIs and understands the benefits of condom use
- DECREASES - Unprotected intercourse and STIs
- REDUCES - Unplanned pregnancies and abortions
- ASSISTS - Good mental and family health
- AFFIRMS - Gender identity and autonomy





## TESTING DRIVES / CAMPAIGNS

Arka facilitates access to free HIV testing and pap smears in collaboration with the National STD/AIDS Control Program and the Family Planning Association of Sri Lanka respectively.

Each of these drives begin with awareness and counseling sessions as well as support in the event of a positive diagnosis.



*"Detecting cervical cancer early with a pap smear gives you a greater chance at a cure. A pap smear can also detect changes in your cervical cells that suggest cancer may develop in the future. Detecting these abnormal cells early with a pap smear is your first step in halting the possible development of cervical cancer."*

Mayo Clinic

# ADITHI 2

## The Pad Machine

The Arka Pad Machine project aims to enhance the production of low-cost disposable pads by developing a machine suitable for small to medium-scale production in rural areas. Based on field experience from the Adithi by Arka project, it is apparent that there is a trade-off between the level of automation of a semi-automatic pad production machine and its suitability to small to medium-scale production settings in rural environments. Consequently, the Arka Pad Machine aims to apply the practical lessons learnt from the field operation to appropriately calibrate and determine an optimal level of automation that strikes a balance in this trade-off. With this design goal in mind, many computer-aided design (CAD) iterations for Arka's machine were proposed, analysed and improved.

Significant design choices made for the Arka Pad Machine:

**Integration of core fabrication and finishing:** The Saral Designs machine for the Adithi by Arka project consists of two separate machines; one to carry out core fabrication and the other to apply the top and back sheet to finish and cut the pad. However, these machines can only be operated one at a time as they share the same glue machine and pneumatic system. Arka's machine combines these processes into one machine. This consolidation reduces the machine's physical footprint, making it more space-efficient and flexible for rural operations.



**Elimination of pneumatic system:** Adithi's machine is powered both by electricity and a pneumatic system. This requires a powerful air compressor, ample space for pressurised air tubing and specialised knowledge to operate, maintain and repair. The pneumatic system is primarily utilised for cutting mechanisms. Arka's machine simplifies the design by eliminating this, and opting for manual cutting operations instead. This decision was based on the challenges faced with pneumatic systems during Adithi's initial stages.

**Improved material feeding mechanism:** Adithi's machine utilises DC motors to operate the feeding mechanism for all materials. However, due to the lack of sensors to control the rate at which material is fed, many issues with alignment and consistency were found during the production process. Arka's machine addresses this problem by incorporating infrared sensors and encoders to measure the feeding rate accurately. An Arduino-based embedded system will control all DC motors based on sensor information for this purpose.

Additionally, other minor quality-of-life design enhancements were incorporated into the design of the Arka Pad Machine. Currently, a prototype has been developed, with all design work completed and finalized CAD models ready for implementation.





Figure 01: Isometric, side, top and front view of the final CAD models of the proposed design

# CONTACT INFORMATION

*For any further details, please do not hesitate to contact the undersigned.*

+9477 420 7065

**Manisha Dissanayake**

Attorney-at-Law

Supreme Court of Sri Lanka

Founder / Director

The Arka Initiative

+9477 259 4111

**Dr. Kemalie Herath**

MBBS

Mentor /

Head of Project Adithi

The Arka Initiative

*website*

[www.arkainitiative.org](http://www.arkainitiative.org)

*email*

[contact@arkainitiative.org](mailto:contact@arkainitiative.org)

*social media*

