



Since 2003

Karupa Foundation Education and Research Centre

Registered Office: 18W, Rajapuram, Bungalowmedu, Mettupalayam – 641301
Administrative Office: 129 D. Old Court Building, Karamadai Road, Mettupalayam 641301
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Contact Details : +91-98422 91558, 9443998485, 04254- 293003

Activity Report

Menstrual Hygiene and Personality Development

Date	23.01.2025
Purpose	Awareness
Venue	Coimbatore
About the Programme	Karupa Foundation and Karpagam Academy of Higher Education conducted an MHM and Personality Development event featuring Salini Prapha T, Lifeskill and Enneagram Coach Posh and Pocco Facilitator as the resource person. The Awareness Program focuses on educating participants about the importance of menstrual health, breaking social stigmas, and promoting hygienic practices for overall well-being. Additionally, the program emphasizes personality development by enhancing self-awareness, confidence, and emotional intelligence. Supported by Sustainable Development Goals (SDGs), this initiative aims to equip students with essential knowledge and a positive mindset, fostering personal and social development.





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Activity Report

Menstrual Hygiene Management'2025

Date	28.05.2025
Purpose	Awareness
Venue	Coimbatore
About the Programme	The Karupa Institute of Development Initiatives (KIDI), Unit of Karupa Foundation, Center for Menstrual Hygiene Management (MHM), Center for Sustainable Development Goals, and Karpagam Academy of Higher Education (KAHE), jointly organized Menstrual Hygiene Day Events on 28th May 2025 at 2:30 p.m., under the theme "Menstrual Hygiene Management for Pharmacy Students: A Multidimensional Approach Aligned with the Sustainable Development Goals (SDGs)."



Center for Menstrual Hygiene Management (MHM)
 &
Faculty of Pharmacy
 Organise
Menstrual Hygiene Day

Date: 28th May, 2025 Time: 2.30 p.m

Co-ordination

Capt. Dr. K.P. Sridhar
 Managing Trustee,
 Karupa Foundation

Dr. A. Dharmaraj
 Director,
 Extension Programme

Lt. S. Nithya
 Public Relations Officer,
 Karupa Foundation

