



Karupa Foundation Education and Research Centre

Registered Office: 18W, Rajapuram, Bungalowmedu, Mettupalayam – 641301
 Administrative Office: 129 D. Old Court Building, Karamadai Road, Mettupalayam 641301
 E.Mail: info@karupafoundation.com, karupafoundation@gmail.com, capsridhar@gmail.com, -Web:
 www.karupafoundation.com
 Contact Details : +91-98422 91558, 9443998485, 04254- 293003

Activity Report

Building Safe Space: Understanding POCSO And POSH Act

Date	11.09.2024 and 12.09.2024
Purpose	Awareness
Venue	Coimbatore
About the Programme	<p>Karupa Foundation and Karpagam Academy of Higher Education jointly Comprehensive Life Skills And Knowledge Enhancement Program On Building Safe Space: Understanding POCSO And POSH Act From 11-09-2024 and 12-09-2024 (9.15a.m to 04.00p.m).</p> <p>The event was a significant initiative to raise awareness about child protection and workplace harassment laws. Resource person Dr. Ramya Nishal provided detailed insights into the POCSO Act, which safeguards children from sexual offences, and the POSH Act, which addresses sexual harassment in the workplace. Interactive sessions and workshops helped participants understand the legal frameworks and their practical applications. The program emphasized creating safe environments for children and employees. Overall, it was a successful effort to promote safety and legal awareness.</p>





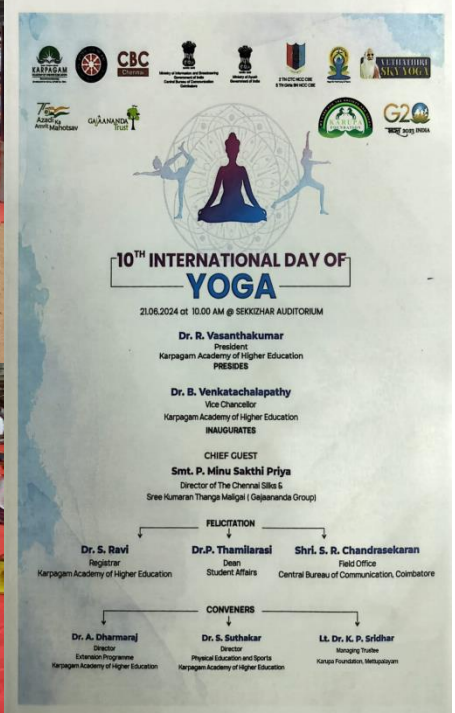
Karupa Foundation Education and Research Centre

Registered Office: 18W, Rajapuram, Bungalowmedu, Mettupalayam – 641301
 Administrative Office: 129 D. Old Court Building, Karamadai Road, Mettupalayam 641301
 E.Mail: info@karupafoundation.com, karupafoundation@gmail.com, capsridhar@gmail.com, -Web:
 www.karupafoundation.com
 Contact Details : +91-98422 91558, 9443998485, 04254- 293003

Activity Report

International Yoga Day

Date	21.06.2024
Purpose	Awareness
Venue	Coimbatore
About the Programme	Karupa Foundation and Karpagam Academy of Higher Education conducted an International Yoga Day with the Ministry of Information Broadcasting, Central Bureau of Communication, Gajanadha Trust, and Ventantri SKY Yoga at Coimbatore. Dr. B. Venkatachalapathy, Vice Chancellor, delivered the inaugural speech and chief guest speech for SMT. P.Minu Sakthi Priya, Director, The Chennai Silks & Sree Kumaran Thangamalgai (Gajanandha Group), has delivered a special address regarding Yoga and its importance in detail. Specifically, she has interacted with the students regarding self-discipline, personal hygiene, and how Yoga helps develop our physical and mental wellness. More than a thousand students, including the National Cadet Corps, National Service Scheme, and Sports Volunteers, as well as faculty members and volunteers from NGOs, participated and performed Yoga. The program was organized by Capt.Dr.K.P.Sridhar, Managing Trustee, Pavithra S, Administrative Officer, & Lt.S.Nithya, Public Relations Officer (PRO), Karupa Foundation, Mettupalayam.





Karupa Foundation Education and Research Centre

Registered Office: 18W, Rajapuram, Bungalowmedu, Mettupalayam – 641301
 Administrative Office: 129 D. Old Court Building, Karamadai Road, Mettupalayam 641301
 E.Mail: info@karupafoundation.com, karupafoundation@gmail.com, capsridhar@gmail.com, -Web:
 www.karupafoundation.com
 Contact Details : +91-98422 91558, 9443998485, 04254- 293003

Activity Report

Awareness of Safe Touch and Unsafe Touch & POCSO

Date	03.06.2024
Purpose	Awareness
Venue	Coimbatore
About the Programme	<p>Karupa Foundation conducted a program on awareness of safe and unsafe touch & POCSO Act at JJ Nagar, Government School, Mathukarai, Coimbatore. The chief guest of the program is Lt. S. Nithya, Public Relations Officer (PRO), Karupa Foundation, Mettupalayam. Awareness of safe touch and unsafe touch, as well as the Prevention of Children from Sexual Offences (POCSO) Act, among children, is crucial for their safety and well-being. Safe touch refers to physical contact that is appropriate, consensual and does not cause harm or discomfort. Examples include affectionate gestures from trusted individuals, such as hugs from family members or high-fives with friends. Conversely, unsafe touch encompasses any form of physical contact that feels wrong, uncomfortable, or inappropriate. This includes touching private body parts without consent, forced physical contact, or any action that violates personal boundaries. POCSO mandates stringent measures for the protection of children from sexual offences, including provisions for reporting, investigation, and legal action against perpetrators. Awareness of safe touch and unsafe touch is critical within this framework as it empowers children to recognize and report instances of sexual abuse or exploitation. Educating children about their rights, boundaries, and appropriate behaviour can strengthen their ability to protect themselves and seek help when needed.</p>





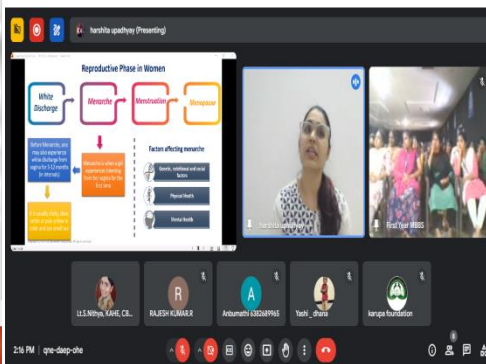
Karupa Foundation Education and Research Centre

Registered Office: 18W, Rajapuram, Bungalowmedu, Mettupalayam – 641301
Administrative Office: 129 D. Old Court Building, Karamadai Road, Mettupalayam 641301
E.Mail: info@karupafoundation.com, karupafoundation@gmail.com, capsridhar@gmail.com, -Web: www.karupafoundation.com
Contact Details : +91-98422 91558, 9443998485, 04254- 293003

Activity Report

Breaking Down the Societal Taboos Surrounding Menstruation

Date	28.05.2024 and 29.05.2024
Purpose	Awareness
Venue	Coimbatore
About the Programme	<p>Karupa Foundation and Karpagam Academy of Higher Education jointly organized the program on breaking down the societal taboos surrounding menstruation at at JJ Nagar, Government School, Mathukarai, Coimbatore.</p> <p>On Day 1, Mrs Harshita Upadhyay, a Member of Globalhunt Foundation, graced the event as the chief guest, shedding light on the crucial issue of breaking taboos surrounding menstruation. The event aimed to raise awareness and initiate discussions on menstrual health and hygiene, challenging the stigma associated with menstruation.</p> <p>On Day 2, Capt.Dr.K.P.Sridhar, Managing Trustee, Karupa Foundation, emphasized the foundation's focus on menstrual health and hygiene as a crucial component of their community outreach programs. He stressed the significance of collaborative efforts in addressing social issues effectively.</p>





Karupa Foundation Education and Research Centre

Registered Office: 18W, Rajapuram, Bungalowmedu, Mettupalayam – 641301
 Administrative Office: 129 D. Old Court Building, Karamadai Road, Mettupalayam 641301
 E.Mail: info@karupafoundation.com, karupafoundation@gmail.com, capsridhar@gmail.com, -Web:
 www.karupafoundation.com
 Contact Details : +91-98422 91558, 9443998485, 04254- 293003

Activity Report

Women's Day Celebration

Date	08.03.2024
Organized By	Karuppa Foundation liasoning with Karpagam Institution
Purpose	Celebration cum empowerment events
Venue	Sekkilar auditorium, Karpagam Academy of Higher Education, CBE
About the Programme & Schedule	<p>Dr.G.P.Godhanavalli, Student's Counselor, Founder & Chairman Thiyagi G.P. Velan Trust., Co-ordinator : Project Parisutham, RAAC., CTAG & CII. Advisory Committee member of J.D. Health & Medical, Cbe Dist Harassment Committee Member and Fact finding committee D.S.W off., Cbe Dist, Consumer Council,</p> <p>She delivered the women's day special address, her expert speech created awareness about empowerment and the qualities which girls should acquire.</p> <p>Vinoba Pop, the programme Manager, WSAF South, addressed the gathering on the "Women safe space & Empowerment"</p> <p>Mr.Chandra Sekar, Ministry of Information Broadcasting motivated by saying the power of women in the present government and also depicted the value of being with equality in the society.</p> <p>College students were enacted the mime show, Mono Act and Speech to create awareness about the gender equality and safe space.</p>

