



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
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

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.

