



Karupa Foundation Education and Research Centre

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Activity Report

Hybrid Meeting on the Topic of Break the Silence- MHM Day'22

Date	28.05.2022
Purpose	Program
Venue	Mettupalayam
About the Programme	The Hybrid meeting on “Break the Silence-MHM Day’22” under NGO Speaks SDG has been organized by the Centre for MHM & SDG, KAHE, Karupa Foundation (KFM) on 28-05-2022 from 3.30.p.m to 04.30. p.m. General discussion is carried out among women regarding the hygiene and nutrition diet that should be followed during menstruation. Such discussion helps increase the confidence, knowledge, and skills and improve access to materials and facilities for women and adolescent girls to manage their menstruation safely. Finally, we take an oath over the online meeting.

