

Join in the conversation on women's dignity and menstruation on  
'Chuppi Todo Baithak'

'Chuppi Todo Baithak' by Goonj

on May 26, 2018 in  
Delhi | Rishikesh | Kolkata | Bangalore | Hyderabad | Mumbai  
(Details in the description)

'Chuppi Todo Baithak' (Break the Silence meeting) is a friendly conversation with 5 or more people on the important subject of women's dignity and menstruation

गूज्ज्..  
GOONJ.. a voice, an effort  
www.goonj.org

Because menstruation is not a women's issue it's a human issue

For details, contact Team Goonj  
(011 - 41401216, 26972351;  
mail@goonj.org)

#RaiseYourHand #NJPCbyGoonj

Entry: Free (RSVP at [bit.ly/2leISBu](http://bit.ly/2leISBu))

**Delhi** : Chabootra, Goonj Processing Centre, Madanpur Khadar, Sarita Vihar (Delhi). For directions  
:[bit.ly/2Is4v5G](http://bit.ly/2Is4v5G)

Date: May 26, 2018

Time: 11am to 1pm

Contact details: Team Goonj (011- 41401216, 26972351)

**Rishikesh** : GOONJ.. Rishikesh – Near Lal Bahadur Shashtri School Dhalwala ,Rishikesh Tehri Garhwal -249201

Date: May 26, 2018

Time: 2pm to 4pm

Contact details: Mr.Amarjeet/ Ms.Neetu Landline: 0135-2433132

**Kolkata** : GOONJ.. Kolkata,Plot No. AA-72, Prafulla Kanan(West), Kestopur, Kolkata- 700101.

Date: May 26, 2018

Time: 2pm to 4pm

Contact details: Mr. Iftikar Ahmed (9748691735), Ms. Arpita (8420493820/ 033-40047907)

**Bangalore** : GOONJ.. Bangalore, SY. No. 51/1, Chikka Begur Gate, Hosur Main Road, Kudlu Gate, Bangalore-560068 Land mark- Near Agrawal Hospital For directions-<http://goo.gl/uUMvZG>

Date: May 26, 2018

Time: 11am to 12pm

Contact details: Mr. Chandan (9663798026 /09620136320)

**Hyderabad** : GOONJ.. Hyderabad, H.No- 7-1/8, Plot no-8, Suncity, Phase-2, Hydershakote, Rajendranagar, Rangareddy, Telangana Pin- 500091

Date: May 26, 2018

Time: 11am to 1pm

Contact details: Mr. Paritosh/ Rupesh (09441553473, 9640433473)

**Mumbai** : GOONJ.. 2nd floor, M/s Mukund Synthetic Industries, R. R. Industrial Estate, W.E. Highway Road, Kashimira, Mira Road (E), Thane, Mumbai - 401 104

Date: May 26, 2018

Time: 11am to 1pm

Contact details: Mr. Ajaz/Mr. Himanshu (022- 28453034, 9818118613, 8291733401)

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A **Chuppi Todo Baithak (CTB)** is a friendly conversation with 5 or more people on women's dignity and menstruation. It is about breaking the age old silence around the basic biological need of menstruation, so that people become more aware about the connect between menstruation and women's health.

Menstruation is an issue that affects us all, whether you are a man or a woman. That's why we all must get involved in breaking the culture of shame and silence around it. Goonj first talked about this issue more than a decade ago, while also parallely working on menstrual hygiene for women in far-flung villages of India with its **'Not Just a Piece of Cloth' (NJPC)** initiative.

In the month of the 'International Menstrual Hygiene Day' (28th May) Goonj is launching **'Raise Your Hand' (RYH) Campaign** among the masses for women's dignity and a conversation on menstruation.

'Raise Your Hand' for a human issue!!

- Initiate a conversation on menstruation '*Chuppi Todo Baithak*' (Break the silence meeting) among your network of 5 or more men/women to establish menstruation as a normal. Sign up here - [bit.ly/2leISBu](http://bit.ly/2leISBu)
- Contribute for providing 100,000 menstrual 'Dignity Packs' and menstrual hygiene awareness to women and girls in villages of India. For financial contribution, <https://goonj.org/donate/>

The campaign is up on Goonj social media channels- [Facebook](#), [Twitter](#) & [Instagram](#). We are doing our bit to spread the word but more needs to be done to get everyone involved.

Do take it forward in your own network - FB page, WhatsApp groups, Twitter handle etc. because every action matters!!

#RaiseYourHand #MHDDayMay28th #NJPCbyGoonj