



Helly Shah - Storyteller

@thisishellyshah

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Helly Shah - Storyteller shared a post.

28 December 2018 at 12:45 · 🌐

Good Morning, indeed! Check out the article to know more! ❤️



Helly Shah

28 December 2018 at 12:43

I recently had the opportunity of performing at a workshop and interactive session held by Painful Periods- [WhySufferSilently](#) in association with [Spill Poetry](#) a...

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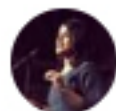


TIMESOFINDIA.INDIATIMES.COM

Mumbaikars attend an interactive session to clear the air around how period pain - Times of India

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Posts



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29 October 2018 · 🌐

Blue Cross and Spill Poetry presents [WhySufferSilently](#)
Every month, a large proportion of women bear agonizing pain during their periods which is incorrectly brushed off as 'normal' by many. Watch Helly Shah tell us how periods are normal but the period pain is not.
www.painfulperiods.in
[#whysuffersilently](#)

