



GAIN MORE KNOWLEDGE
REACH GREATER HEIGHTS

PRESIDENCY COLLEGE

(Autonomous)

Re-accredited with NAAC 'A'+Grade
Kempapura, Hebbal, Bengaluru- 580024
www.presidencycollege.ac.in

Name of the Event - Swara: Jeevanada Belakina Raga

Date - October 7th to October 15th

Venue - Presidency College.

SWARA , Flagship Project of Rotaract Club of Presidency College aiming to spread Menstrual Awareness was conducted during Navratri to promote Women Empowerment.

1st Day : Rotaractors shared their opinions about Menstruation to break the taboo.

2nd Day : PR Activity where Rotaractors took a video using Instagram AR filter showcasing facts about Menstruation.

3rd Day : Flash Mob at Rotary Bhuvaneshwarinagar Navratri Event to Spread Awareness about Swara.

4th Day : Menstrual Hygiene Awareness Session taken by Rtr. Garima for the Members of Interact Club of Bangalore RajMahal Vilas.

5th Day : PR Awareness on Menstrual Kits .

6th Day : Rotaractors put up a flash mob in Presidency College to spread awareness among the students and conducted a fundraiser.

7th Day : "Each one Donate one" , Rotaractors donated sustainable menstrual cups or cloth pads to known ones.

8th Day : Thank you video for non-menstruators for their support .

9th Day : Menstrual Awareness Session for College Faculty by Gynaecologist Rtn.Dr. Meenakshi Bharath.

We also have pledged to donate 100 Cloth Pads to underprivileged girls in schools.