

Rotary
District 3190



Rotaract
Rotary Club Partner



ACTIVITIES OF THE ROTARACT CLUB OF BMSCW 2020-2021

ACTIVITY 1

Rotaract Club organized an Online Workshop on “Strategies to Maintain Mental Health during COVID-19 Lockdown” on 29/4/2020.

BMS COLLEGE FOR WOMEN
NAAC - ACCREDITED 'A' GRADE
BASAVANAGUDI, BANGALORE - 04

INVITATION

ROTARACT CLUB OF BMSCW
ORGANIZES ONLINE WORKSHOP

**STRATEGIES TO MAINTAIN MENTAL HEALTH
DURING COVID-19 LOCKDOWN**
WEDNESDAY 29th APRIL 2020 - 11A.M.
ALL ARE CORDIALLY INVITED

Resource Person
MS. RACHEL JAYASEELAN
Consultant Psychologist
Reach Clinic, Bangalore

Meeting ID: 912 731 2736

Prof. A. Vyjayanthi
Faculty Advisor
Rotaract Club, BMSCW

Dr. N. Nanda
Principal
BMS College for Women

Hosted by: Rtr. Prajwala SN, President, Rotaract Club, BMSCW



11:39 4G

Zoom Leave

RE-GAINING CONTROL

DEALS OF SELF	DEALS OF WORK!!	DEALS OF STABILITY
<ul style="list-style-type: none">* Meditate, Self Awareness* Sleep, Every waking* Gratitude Journal* Look for opportunities* Be consistent & no engage* Activity Scheduling* Discouraging Charts	<ul style="list-style-type: none">* Distribute Responsibility* Learn a New skill* Replicate existing roles* Take an outdoor exercise* Observe your stress/habit* Take recovery online* Resources & Reach to and Associate with an NGO, where you can contribute* Protect your employees	<ul style="list-style-type: none">* Chalking and Planning* Engage your support* Hope is So much!!* Multiple Realities* Connect with the "Right people"* Maintain relationships* Reconnect & Reach Forward* Check in with your payments, as to how you are managing with the Rent, Food bill

Unmute Stop Video Share Content Invite Participants More

ACTIVITY 2

Rotaract Clubin association with NIIT Mumbai organized an e-workshop on Career Guidance in the field of Banking and Finance on 22nd June 2020 for the students of all streams for creating an awareness on availability of various job opportunities available in Banking, Financial Services and Insurance Industry.

Workshop Poster Details:

- Event:** CAREER GUIDANCE IN THE AREA OF BANKING AND FINANCE
- Date & Time:** 22nd JUNE, 2020 | 2:00PM - 3:30PM
- Speakers:**
 - DR. ALOK MALHOTRA:** A SENIOR MENTOR AND HEADS THE EDUCATION DELIVERY OF NIIT IFBI. DR. ALOK HAS OVER 30 YEARS OF VARIED WORK EXPERIENCE RELATED TO THE BANKING INDUSTRY (15 YEARS STANDARD CHARTERED BANK, 6 YEARS OF ENTREPRENEURSHIP, AND 9 YEARS OF BANKING TRAINING)
 - MR. NIRANJANI T MOHITE:** A REGIONAL LEAD FOR WEST AND SOUTH FOR BFSI VERTICAL OF NIIT. MR. NIRANJANI HAS OVER 18 YEARS OF WORK EXPERIENCE IN THE EDUCATION TRAINING INDUSTRY.
- Registration:**
 - There is no Registration Fees for the workshop.
 - Separate Registration is required for every Student for this Workshop.
 - Webinar will be conducted through Zoom App for 350+ participants
- Meeting ID:** 973 0930 5749

Zoom Meeting Interface:

- Meeting Title:** BMS College for Women (Rotaract club of BMSCW), Bengaluru
- Host:** NIIT LTD, MUMBAI
- Presenting Webinar on:** Banking and Financial Service Industry overview
- Topic:** Careers in Banking & Financial Services Industry
- NIIT Logo:** REIMAGINING LEARNING THE NEXT WOW

Zoom Meeting Interface (Left):

- Recording:** On
- Slide Title:** Basic Qualification
- Age:** Between 19-26 years at the time of admission to the program
- Education:** Fresh graduates in any stream with minimum 50% marks
- Experience:** Some candidates may come with 1-2 years of work experience
- Background:** Could be from Metro/ Tier II/ Tier III/ Tier IV cities

Participants List (Right):

Name	Initials	Video Off	Audio Off	More
Sneha M H	SM	Yes	Yes	>
Sneha Sampath		Yes	Yes	>
Sneha Suresh	SS	Yes	Yes	>
Soundarya.D	S	Yes	Yes	>
Sowmya A 90		Yes	Yes	>
Sunitha M	SM	Yes	Yes	>
Supriya R		Yes	Yes	>
Sushmitha R	SR	Yes	Yes	>
Swapna D		Yes	Yes	>
Swathi M	SM	Yes	Yes	>

ACTIVITY 3

Rotaract Club organized the Virtual Installation Ceremony -PURVA on 17th July 2020 for inducting the President and Office Bearers of the Rotaract Club of BMS College for Women for the Rotary Year (July – June) 2020-2021. Rotaractor ChandanaPM of Final year B.Com was inducted as the Club President. Principal Dr.Nanda N addressed the participants and congratulated the newly inducted President and other Office Bearers.

Rotaract Club of BMSCW **Rotary RI DIST 3190**

BMS COLLEGE FOR WOMEN
BASAVANGUDI, BENGALURU - 560 004
NAAC ACCREDITATION A GRADE

Rotaract Club of BMS College for Women
Sponsored by
Rotary Bangalore North
Cordially invites you to

PARVA
Installation of President and Office Bearers 2020-21

Patron
Dr. Nanda N
Principal
BMSCW

Guests of Honor

Rtn Balaji S K President Rotary Bangalore North	Rtn Praveen H K Secretary Rotary Bangalore North	
Rtn Janakiram Jayaraman Youth Service Director Rotary Bangalore North	Rtr Raj Vamsli District Rotaract Representative Rotaract District 3190	
Outgoing President Rtr Prajwala S N Rac BMSCW RY 2019-20	Incoming President Rtr Chandana P M Rac BMSCW RY 2020-21	Prof. A Vyjayanthi Faculty Advisor Rac BMSCW

Date : 17th July 2020
Time : 2:30 PM
Platform : Zoom

Meeting ID: 872 5417 5066

Zoom Meeting

Participants (64)

Zoom Meeting

Participants (62)

ACTIVITY 4

Project UpliftHer a Five Day Webinar on Woman Empowerment was organized by Rotaract Club from 20th July to 24th July 2020. The project was initiated to empower woman and was graced by woman achievers standing as role model in uplifting women in the society.

Rotaract
R.I. District 3190

innovate.
innovate.
impact.

DAY 2

DAY 3

DAY 4

DAY 1

DAY 5


Rotaract Club of BMSCW
INITIATES


PROJECT
#UPLIFTHER


A 5 DAY WEBINAR ON
WOMEN EMPOWERMENT


20 - 24 July 2020
6 pm - 7 pm

JOINING WITH US :

MEETING ID : 
830 2026 3799


2019-2020
#UpliftHer


Rotaract


Rotaract | Maharani
women's ACM
College

#team
UpliftHer
2020-21

Day 1: 20th July 2020
Webinar Topic: Women Entrepreneurship
Guest Speaker: Mrs. Rashmi Coprum
Entrepreneur

Rotaract Club of BMSCW
Initiates
Project
#UPLIFTER
A 5 Days Webinar on
Women Empowerment

Day-1
Women Entrepreneurship
Speaker
Mrs. Rashmi Coprum
Entrepreneur & Educationalist
in Jewellery Designing Course,
Trainer & Faculty for Jewellery
Designing Courses in
Vogue Institute of Design,
Bengaluru.

A motivated self-starter with a
passion to explore & expand
Creative ability

Date: 20th July 2020 (Monday)
Meeting ID: 830 2026 3799
Time: 6pm to 7pm

Joining hands with us:

Jewelry Experiences by
Rashmi Coprum
Bringing out the You in You.

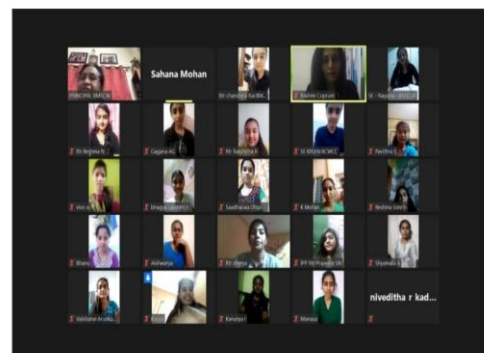
THE JOURNEY OF A WOMAN
ENTREPRENEUR

opportunities

Is It Enough?

Revival Jewelry II

"You can do anything as long as
you have passion"



The session was driven by amazing artistic work designed and manually crafted by the Resource Person Mrs. Rashmi Coprum

Day 2: 21st July 2020
Webinar Topic: Sustainable Menstrual Hygiene
Guest Speaker: Dr. Meenakshi Bharat
Gynaecologist

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Rotaract
Club of BMSCW

Initiates
Project #UPLIFTER
A 5 Days Webinar on Women Empowerment

Day-2 Sustainable Menstrual Hygiene Speaker
Dr. Meenakshi Bharath
Gynaecologist & Fertility Specialist, Green Campaigner
Founder- Green the red Campaign

Be informed, Be proactive, Be involved.

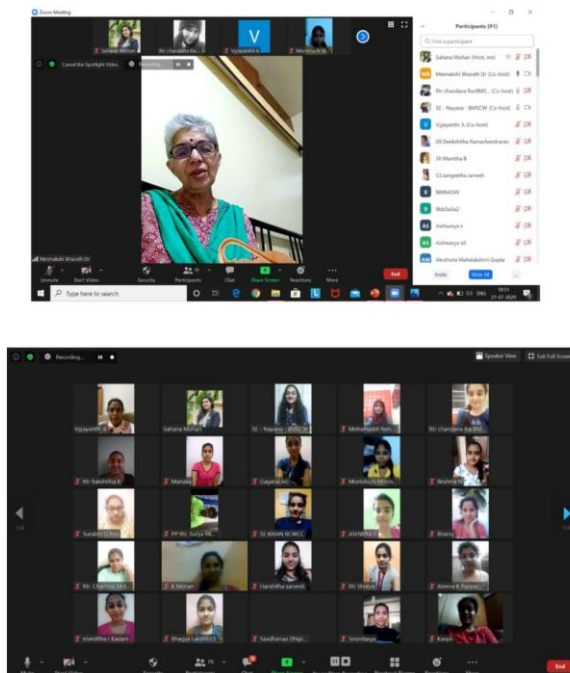
Day & Date
Tuesday
21 July 2020

Meeting ID
830 2026 3799

Time
6pm to 7pm

Joining hands with us:

Rotaract Mahatma Jyoti Bapu Women's ACM College



New products for Menstrual hygiene

More than a few million women use it.

Use a menstrual cup or cloth pad and enjoy a hassle-free period.

Rash free, Trash free, Cash free periods

Impact on ENVIRONMENT

What happens to the sanitary pad after use?

- 1) Dumped in Landfill
- 2) Burnt in the incinerator
- 3) Current Burial or Bury
- 4) Released in the landfill and takes hundreds of years to breakdown.
- 5) Causes Environmental & Health Effects
- 6) Filter and produces dioxin and furan

Can one use the menstrual cup with CUT?

Yes.

Maintaining hygiene of a used cloth pad is easy with these steps!

Cloth Pad Menstrual Cup

Use a cloth pad from Menstrual to Menstrual, and from All Menstruacare use a menstrual cup.

Dr. Meenakshi Bharath a Gynaecologist and a green campaigner who addressed on best sustainable menstruation, created awareness about impact on environment due to wrong disposable methods.

Day 3: 22nd July 2020

Webinar Topic: Great Talents in the field of Art and Culture

Guest Speaker: TaskeenFathema

Self Taught Mixed Media Artist

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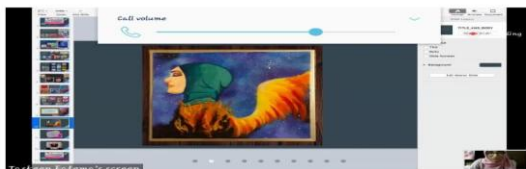
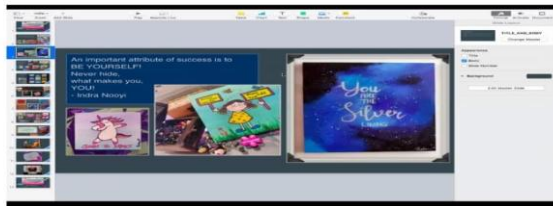
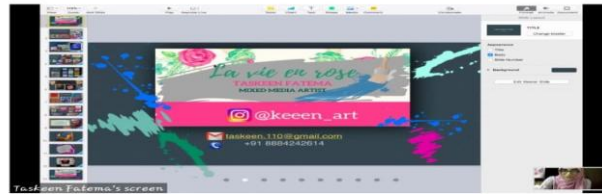
Day- 3
Great Talents in the field of Art and Culture
Speaker
Taskeen Fatema
A Self-taught Mixed Media Artist, Abstract Art, Landscapes, and Calligraphy (Arabic & English), and also a French Tutor.

Creative mind, Soft heart & hard work by default

Day & Date Friday 24 July 2020
Meeting ID 830 2026 3799
Time 6pm to 7pm

Joining hands with us:

Rotaract Club of BMSCW



Day 4: 23rd July 2020

Webinar Topic: Women Warriors in the field of Civil Services

Guest Speaker: Tmt. S.Madhumathi IAS

Secretary to Government, Secretariat Chennai.

BMS COLLEGE FOR WOMEN
BASAVANAGUDI, BENGALURU - 560004
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Initiates
Project #UPLIFTER
A 5 Days Webinar on Women Empowerment

Day- 4
Women Warriors in the field of Civil Services
Speaker
Tmt. S. Madhumathi IAS
(Tamil Nadu 2003)
Secretary to Government,
Social Welfare and Nutritious Meal Programme Department

Instead of cursing the darkness, light a candle.

Day & Date Friday 24 July 2020
Meeting ID 830 2026 3799
Time 11:30am to 12:30pm

Joining hands with us:

Rotaract Club of BMSCW, Maharani Government ACM College



Tmt. S Madhumathi IAS Secretary to Government, Department of Social Welfare, Nutritious Meal Programme and Secretariat Chennai, in her address stated that by providing education to girls, society can not only be free from child marriage and sexual abuse, but there can also be development of society.

Day 5: 24th July 2020
Webinar Topic: Passion to Profession
Guest Speaker: Joanna Deepika
Entrepreneur & Event Stylist

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A 5 Days Webinar on Women Empowerment

Day- 5
Passion to Profession
Speaker
Joanna Deepika
An Entrepreneur, Crafter
and Event Stylist
Founder - Wired Expressions.

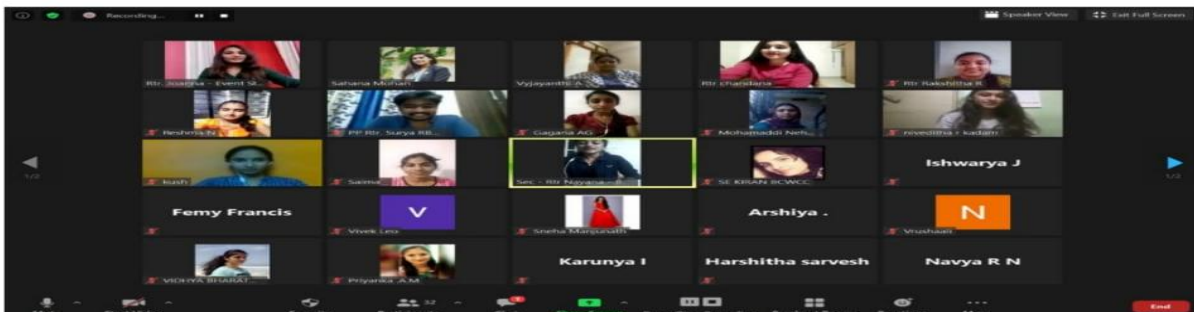
To achieve great things, two things are needed: a plan and not quite enough time.

Day & Date
Friday
24 July 2020

Meeting ID
830 2026 3799

Time
6pm to 7pm

Joining hands with us;



Miss Joanna Deepika an Entrepreneur, Crafter and Event Specialist inspired youth on creative and innovative ideas on how to convert passion to profession.

ACTIVITY 5

Covid-19 18+ Vaccination Awareness Activity

A video activity with message from Principal Dr.Nanda N and students creating awareness on 18years+ Vaccination and its procedure was made by Rotaract Club on 28th April 2021.

The main video frame features a light beige background with faint floral patterns. At the top, there are logos for B.M.S College for Women (Reaccredited by NAAC with 'A' Grade) and Rotaract Club of BMSCW. The text on the left reads: "BMS College for women", "Rotaract club of BMS College for women", "Awareness on covid-19 vaccination for", and "18+". In the center, there is a blue circular icon of a person wearing a face mask. To the right, a woman (Dr. Nanda N) is shown in a video frame, wearing a green and blue saree. Below her video frame, the text reads: "Dr Nanda N", "Principal", and "BMS College for Women".

A grid of six smaller video frames, each featuring a student. Each frame has the same header as the main video: B.M.S College for Women (Reaccredited by NAAC with 'A' Grade) and Rotaract Club of BMSCW. The students are shown in various indoor and outdoor settings, all appearing to be part of the awareness activity.

Have a heart



.... Lend a hand

Stand out and Make a difference



Rotaract Club

BMS College for Women

Basavanagudi, Bangalore - 5600 04

Rotary



Rotaract
R.I. District 3190



Rotaract
Club of BMSCW



#team
UpliftHer
2020-21
Explore - Evolve - Enact

