



Women's Day Celebration! Annual Day

Date: 03.03.2025

Venue: Seminar Hall

Time: 10:00 am

Event : Women's Day Celebration: Annual Day

No. of Participants: 200

Event Coordinators: Dr. Vinay K S

1. Objectives of the event:

To honor and recognize the achievements, roles, and contributions of women in various fields.

Promote Health Awareness:

- To provide free health services including **blood donation**, **eye check-ups**, **dental check-ups**, and **general health screenings** for the benefit of the community.

Enhance Knowledge on Well-being:

- To create awareness about **physical and mental health** through expert-led **panel discussions** and interactive sessions.

Encourage Community Participation:

- To bring together Swakruta members, Rotarians, Rotaractors, and the larger community to foster unity and shared purpose.

Support Women Entrepreneurs:

- To provide a platform for **Swakruta members** to showcase their products, talents, and entrepreneurial ventures through stalls.

Promote Social Responsibility:

- To encourage participation in social causes like **blood donation** and health initiatives for a healthier society.

2. Event Details

a. Brief description of the event

Swakruta Charitable Trust warmly invites you to its **Women's Day Celebration and Annual Day** on **Monday, 3rd March 2025** at **RVIM, Jayanagar 4th T Block**. The event aims to honor the spirit and contributions of women while promoting health and community well-being. In collaboration with **Rotary Indiranagar**, **Rotary Jayanagar**, and **Rotaract Club**, the event will feature a **blood donation camp**, **free health check-ups** (including dental and eye screenings), and an **informative panel discussion** on physical and mental health by expert speakers. Members of Swakruta will also host stalls showcasing their products and initiatives. The day promises inspiration, awareness, celebration, and community bonding.

b. Brief profile the resource person/s

Dr. Usha – Gynaecologist

Dr. Usha is an experienced gynaecologist dedicated to women's reproductive health and wellness. With years of clinical practice, she specializes in maternal care, hormonal health, and preventive gynaecology. She is known for her empathetic approach and commitment to women's health education.

Dr. Preeti – Ophthalmologist

Dr. Preeti is a skilled ophthalmologist with expertise in diagnosing and treating a wide range of eye conditions. She is actively involved in community eye care programs and is passionate about spreading awareness on the importance of regular vision check-ups and eye health.



Dr. Trupti – Food and Nutritionist

Dr. Trupti is a certified nutritionist and dietician focused on promoting healthy eating habits and lifestyle changes. She offers guidance on balanced diets, weight management, and nutrition therapy for various age groups, making healthy living both practical and sustainable.

Ms. Shobha Jaltare – Yoga Trainer

Shobha Jaltare is a professional yoga trainer and wellness coach with extensive experience in teaching yoga for physical and mental well-being. She integrates traditional yoga practices with modern fitness principles to support holistic health and stress relief.

Ms. Shivani Lohia – Pranic Healer

Shivani Lohia is a trained pranic healer who specializes in energy healing techniques aimed at improving emotional balance and mental clarity.

c. Brochure/Flyer



The brochure is for an event at RV Institute of Management. It features the RV logo and Swakruta Charitable Trust logo at the top. The main text reads 'CELEBRATES 3TH MARCH 2025 INTERNATIONAL WOMEN'S DAY'. Below this, it announces a 'BLOOD DONATION CAMP' from 10.00 am to 4.00pm, 'IN ASSOCIATION WITH' Rotary Indiranagar, Rotary Jayanagar, and Rotaract RVIM. It also mentions 'FREE HEALTH CHECKUP CAMPS' for 'HEALTH - EYE - DENTAL CHECKUPS'. A red box at the bottom states 'Stalls by Swakruta Members' with the date '3rd March 2025 Monday', time '10.00 am to 4.00 pm', and venue 'RV Institute of Management'. At the very bottom, it lists 'Dr. Purushottam Bung, Professor & Director' and 'Dr. (h.c.) A V S Murthy, Hon. Secretary, RSST'.

d. Outcome attained

Increased Health Awareness:

- Participants benefited from free **health check-ups**, including dental, eye, and general screenings, leading to early detection and better understanding of personal health.

Knowledge Sharing by Experts:

- The panel discussion featuring specialists in **gynaecology, ophthalmology, nutrition, yoga, and pranic healing** provided valuable insights into physical and mental well-being.

Encouragement of Healthy Lifestyle Choices:

- Attendees gained practical tips and motivation to adopt healthier habits, including proper diet, regular yoga, and holistic healing practices.

Community Service and Social Responsibility:

- The **blood donation camp**, organized in collaboration with Rotary and Rotaract clubs, saw active participation, reinforcing the spirit of giving back to society.

e. Photo gallery





RV Institute of Management®

CA 17, 36th Cross Rd, 26th Main, 4th T Block East,
Jayanagar, Bengaluru - 560041, Karnataka, India

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to Bengaluru City
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contact.rvim@rvei.edu.in
www.rvim.edu.in
Tel: 080 42540300
080 26547048




Event Co-ordinator


Director