



Report On UNSPOKEN — Breaking the Red Silence

Participating Club	Rotaract Club of GC Sanjauli
Programme Organised by	Rotaract Club of UCBS
Date	29 August 2026
Venue	Google Meet
Total Beneficiaries	58

OVERVIEW

Members of the **Rotaract Club of Government College Sanjauli** participated in “UNSPOKEN — Breaking the Red Silence,” an online awareness webinar on menstrual health organised by the Rotaract Club of UCBS on 29th August 2026 through Google Meet.

The webinar aimed to spread awareness about menstrual health, challenge myths, misconceptions, and break the stigma and silence surrounding menstruation. The session provided participants with an opportunity to engage in an open and meaningful conversation on an important yet often overlooked topic.

SESSION & INTERACTION

The webinar's speaker was **Prikshit Thakur**, a final-year MBBS student at Pt. Jawahar Lal Nehru Government Medical College, Chamba, Himachal Pradesh.

During the session, the speaker discussed important aspects of menstrual health and emphasised the need for awareness. The session encouraged participants to understand the importance of discussing menstruation without any shame.

At end there was an interactive session that allowed participants to share their experiences and stories related to their first menstrual period. This open discussion created a safe and supportive environment where participants could express themselves freely and learn from one another's experiences.

PARTICIPATION & IMPACT

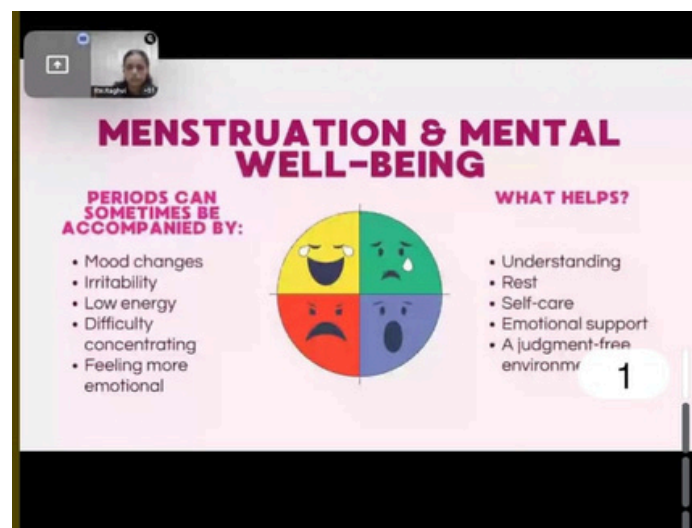
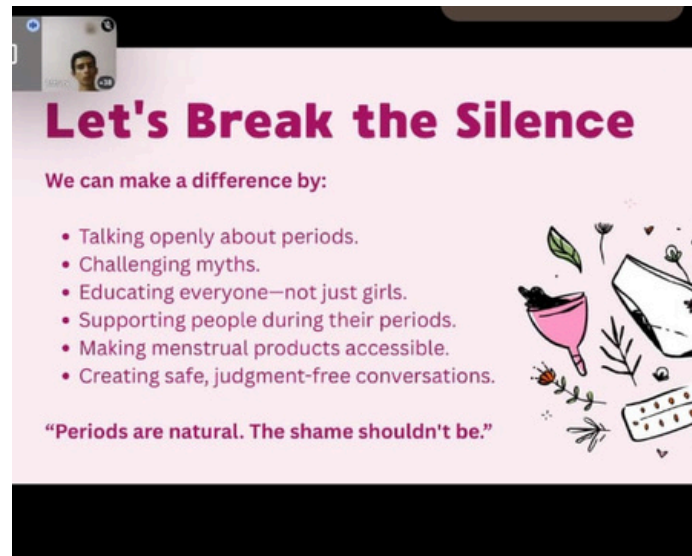
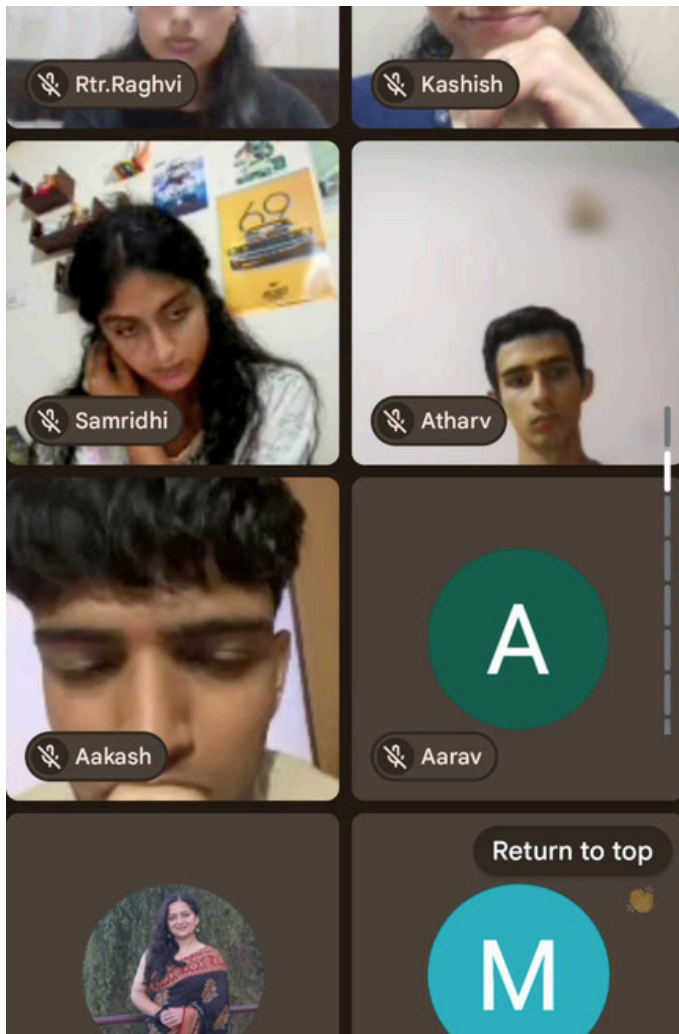
A total of 58 students participated in the webinar. The session witnessed active interaction and engagement from the participants.

The participation of the Rotaract Club of GC Sanjauli in this awareness initiative helped promote the importance of menstrual health education and open conversations. The webinar encouraged participants to challenge social taboos, spread awareness and contribute towards creating a more informed and supportive society.

CONCLUSION

The webinar ***“UNSPOKEN — Breaking the Red Silence”*** was an informative and meaningful learning experience for the participating members of the Rotaract Club of GC Sanjauli.

The session successfully conveyed the message of breaking the silence surrounding menstruation and promoting awareness, understanding and empowerment through open conversations.



People	Information	Tools
RTR Mahesh Thakur rotract ...		
Rtr ucbs Mrityunjay		
Rtr. Simran Ucbs		
Rtr. Raghvi Thakur Rotaract ...		
Sarvesh Mehta		
Shagun Verma		
Simran Rehalia		
Smriti Sharma		
Sukriti Thakur		
Supriya Dogra		
Supriya Venkat		

