



## 2020-2021

Name of the Department/Society: **Women Development Cell**

Name of the Event **9**: The Red Spot Campaign

Date of the Event: 05-02-2021

Every year the 5th of February is observed as \*Menstrual Health and Awareness Day\*. The taboos and stigmas surrounding menstruation have been overpowering the truth and facts to such an extent, that even today, menstruation is often somehow linked to impurity and shame. In an attempt to spread awareness and normalize menstruation, WDC in collaboration with \*Sachhi Saheli\*, organized a social media campaign called \*'The Red Spot Campaign'\*. Upto 20 people participated and became a part of this campaign to celebrate menstruation and put an end to the silence surrounding it. The volunteers came forward making a red spot using markers/paint/watercolor and took a selfie where the spot is visible and posted it on social media.

