**Project Category**

**People/Employee Welfare and Security ( Women Safety ).**

India has constantly been in news headlines is due to the continuous string of disturbing and highly atrocious incidents related to women safety, from it’s capital city of New Delhi , which is now being regarding as one of the most unsafe places for Women globally. Everyday on news channels spine chilling incidents of rape, molestation, acid attack, dowry killing and forced prostitution from all over the country are featured. All these slowly have resulted in multiple restrictions on Women ranging from their choice of clothing to their curfew time (for night).

Considering India has the highest youth population all of whom are connected by the Internet we have decided to use this to our best advantage and create a project that will enhance Women Safety.

Also in 2018 India made headlines for winning an Oscar for a documentary related to the stigma of women’s periods. It is a 25 minute long documentary by the title of ’Period. End of Sentence.

**Objective of the Project**

We have thus decided to incorporate an element of this in our project as well. With an aim to contribute towards ending the stigma of periods we have decided to build a website to promote and encourage menstrual health and hygiene.

**Project Description (features) and Structure of the program**

In the website we wish to add a period calendar that will help track the monthly menstrual cycle of women. Moreover we wish to send health updates to all the users on a daily basis. This everyday update will include 2-3 articles/Videos by clinical practitioner everything related to it from solutions to ease menstrual cramps to myths regarding menstruation or symptoms of PCOD. Moreover we can send a weekly quiz to ensure the audience is engaged. Later on we can also add features such as tracking everyday diet consumption for ensuring sufficient consumption of nutrients by women. In addition to this we wish to build an app devoted towards enhancing Women safety.

**Conclusion**

The app shall contain the link for the above website ensuring easy hassle-free access all from one place. For the purpose of the App we wish to ensure the ability of a friend or closely related acquaintance/family member to track the current location of their loved ones. Moreover it will also help women suggest alternative safer routes in case it is seen that they are travelling alone at night. Moreover in case of emergency the phone shall instantly notify the nearest police station or acquaintance and an instant SOS CALL will be sent to both the police station and the emergency contacts saved. In case of further ideas for emergency resources we shall evaluate feasibility and proceed as per time permits.

With this we have presented to you our idea for our Uplift project 2020 on the domain related to People Welfare.