**AIM**

So, Our initiative aims to improve the lives of women and girls by letting them know every fact related to sexual and reproductive issue . The step is to **generate awareness about the serious hygiene and emotional hurdles faced by women** in India during mensturation. This project is a step to normalize periods.

Periods isn’t a thing to be shamed of , Sanitary pads aren’t a thing to be covered in newspaper or black polythene as if we’re smuggling something. Periods give power to create a new life . So, How it can be unclean?