

Period Tracking App “SAKHI”

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Abstract: *Sakhi is a female empowerment app that serves as a period tracking and wellness companion app, helping women take charge of their physical and mental health. Wellness and well-being into their own hands. The app offers you a tailored period tracking experience, as well as giving users properties of a dynamic breath advice on adopting healthy habits. We are here to challenge the stigma around menstruation through a safe and supportive Sakhi shared with a community of women to make those connections. Menstruation is a normal part of life but remains a taboo subject in a lot of cultures. Women often shamed, stigmatized and embarrassed to speak up about their menstrual health causing to be unaware and uninformed about their bodies.*

The Sakhi app wants to change this by helping women keep track of their periods, and providing insights and advice for a healthier lifestyle. In our “Sakhi Period Tracking App” project, we have devised a mobile app which helps women monitor their menstrual cycles. The app provides tailored insights and forecasts that leverage the user’s data to assist them in scheduling their reproductive health. Myths include that menstruating women and girls shouldn’t touch certain foods. Or enter places of worship, or that they must be alone. Not only women cannot be a mothers but this is a God-given opportunity given only to women to bear a child. Sakhi is celebrating womanhood!

Sakhi is not just a period tracking App but it is an emotion for females who has to go through this hardship every month, it highlights that mensuration is not just a biological process but also a powerful aspect that should be celebrated and embraced. The app “SAKHI” inspires womens to embrace their body and their capacity for motherhood, seeing it as cherished opportunity rather than a burden. It is also an platform that helps the teenage girls to get an overview about this biological process.

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