

# All for a 'bloody' LEAVE!

I sit in the office anxious, depressed and unfocused. On the second day, the pain is excruciating and the flow is heavy.

By PuneMirror Bureau | [Zainab Kantawala](#) | Thu, 9 Mar 2023 | 02:32 am



For Daisy Tanwani, co-founder and CEO of Pinklay menstrual leave is not a gender privilege - but a gender need. Periods can cause physical pain and emotional distress and just because they are a monthly occurrence does not reduce the discomfort they come with, she says. “Women bring a lot to the table and a little leeway on such days, especially if it helps their health is the least corporations can do for them. I go through painful periods. And, like most women, it causes me immense stress yet I have always shown up at work because our society hasn't made enough room for an understanding of this very real and regular occurrence in a woman's life.” Pinklay, in 2022, introduced the Period Leave Policy.