

Report on Awareness Programme: “Your Menstrual Cycle: Your Super Power!!”

Date: 10th March 2025

Time: 10:00 AM to 12:00 PM

Venue: Auditorium, MES Asmabi College, P. Vemballur

Organised by: Women Development Cell & NSS Units 53 & 95, MES Asmabi College

As part of the **International Women’s Day Celebrations (March 8)**, the **Women Development Cell**, in collaboration with the **NSS Units 53 & 95** of MES Asmabi College, P. Vemballur, organized an insightful awareness programme titled “**Your Menstrual Cycle: Your Super Power!!**” on **10th March 2025** at the college auditorium.

The session aimed to break societal taboos surrounding menstruation and empower young women with a scientifically grounded and holistic understanding of their menstrual cycle. The session was led by **Ms. Jiya O Antony, Co-founder and CEO of Houtoliv**, who inspired the audience with her powerful talk titled “**The perspective that changes everything.**”

Ms. Jiya brought fresh insights into the biological, psychological, and emotional aspects of the menstrual cycle. She emphasized how understanding and aligning with one’s cycle can boost productivity, enhance emotional well-being, and foster greater self-awareness and confidence. The programme encouraged participants to embrace menstruation not as a limitation, but as a source of inner strength and empowerment.

The event witnessed enthusiastic participation from students and faculty members. The interactive nature of the session helped create a comfortable space for open dialogue, ending with an engaging Q&A segment where students shared their thoughts and clarified doubts.

Overall, the programme served as a meaningful initiative in celebrating womanhood and raising awareness about menstrual health, aligning with the spirit and message of **International Women’s Day**.



The wisdom no one taught you.

“ The perspective that changes everything..



HOUTOLIV



M.E.S ASMABI COLLEGE

P. Vemballur

Our Speaker

Jiya O Antony

Co-founder & CEO, Houtoliv

Principal

Dr. Reena Mohamed

Women cell Coordinator

Shii Ibrahim U

MONDAY
MARCH 10, 2025
TIME: 10 AM - 12 PM
VENUE: AUDITORIUM

Organised By
Women Development Cell & NSS

YOUR MENSTRUAL CYCLE : YOUR SUPER POWER !!

