

## **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

Shiji Ibrahim U

MONDAY

MARCH 10, 2025

TIME: 10 AM - 12 PM

VENUE: AUDITORIUM

Organised By

Women Development Cell & NSS

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**YOUR MENSTRUAL CYCLE :  
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SUPER POWER !!**

