



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**.





