

NO MORE LIMITS

#NoMoreLimits

Menstrual Month, May for International Menstrual Day 2018

In Nepal, MHMPA (Menstrual Health Management Partner Alliance) agreed to celebrate May month as Menstrual month because each girl and women deserve dignity during menstruation. This year the slogan for Menstrual day is #NoMoreLimits. In this connection, Radha Paudel Foundation led, coordinate, participate at Local, National and Global level in order to built critical mass around dignified menstruation. Few activities briefly highlight in succeeding paragraphs.

May 3: Screening of Documentary at UN House Nepal

RPF founder, Ms. Anupa Regmi was a speaker during screening of Documentary “Chhaupadi-Banished for Bleeding” in partnership with Safer hands was held in front of 30 national and international delegates at UN House Kathmandu.



May 19: Dialogue on dignified menstruation with school teacher at Chitwan

In coordination with Radha Paudel Foundation, Women's forum organized the interaction program with school teacher/students on Dignified Menstruation in Chitwan Madi where 25 participants were involved. Ms. Radha Pokhrel, Moti Kandel were facilitators.



May 19: Recitation of Poem on Dignified Menstruation

Radha Paudel-Founder/Director of RPF recited her poem at Chitwan among 60 participants, mostly working in literature. She launched her new poem book 'Steps of Peace' with the main aim of fighting against the menstrual restriction and ensure the human rights of every individual.



May 23-25: Training on Dignified Menstruation at Melamchi

Radha Paudel Foundation facilitated the training session "dialogue on dignified menstruation" with 18 school teachers at Melamchi as well as trained on producing cloth reusable sanitary pads.



May 26: Art Competition

The art competition on dignified menstruation was held in collaboration with Radhe Krishna Savings and Credits. The program was held with presence of almost 500 student, organizer and teacher. 34 students from 11 schools of Nagarjuna Municipality took part in the competition.



1st- Sahil Bishwokarma, Class 8, Peoples friendship academy

2nd- Swastika Sharma, Class 7, Nagarjun Valley Academy

3rd- Kristina Adhikari, Class 7, Kausal English Boarding School

4th- Raessa Shakya, Class 9, NIC Academy



May 26: Cycle Rally

Radha Paudel Foundation join forces with X-pose Nepal to conduct the Cycle rally program to celebrate “World Menstrual Hygiene Day” on May 26th 2018. Among 300 cyclist who participated in the cycle rally 80 were female. Representative from Radha Paudel Foundation gifted the hand book on dignified menstruation is everyone’s business to Chief Guest Hon. Bina Magar, Ministry of Water and Sanitation. The slogan for this year was “No more limits”.

The cycle rally event started at 7:30 am after distributing T-shirts, play cards and stickers reflecting menstrual facts to each participant, volunteers and represent of different organization.

Route of cycle rally was from Basantapur, DurbarMarg, Putalisadak, Anamnagar, Maitighar Mandala, Thapathali, Jawalakhel, Lagankhel to Mangal Bazar, Patan Durbar Square



May 28: Art Exhibition

An exhibition of best art done by 34 school students on May 26 was organized at City Hall. Approximately 1000 people including Ministers from Women and Children, Ministry of Education, Ministry of Water Supply and Sanitation, Ministry of Health, visited the exhibition including general public, nursing student from Tribhuvan University, Kathmandu University, Purbanchal University and Council for Technical Education and Vocational Training.



May 28: Celebration of National Dignified Menstruation Day

For the first time in the history of Nepal, Government of Nepal celebrated “National Dignified Menstruation Day”. Ms. Radha Paudel was the key note speaker at the program. She discussed about the existing situation, law and punishment regarding the menstrual restriction and areas to be improved to obtain the dignified menstruation status.

May 28-Speech Competition

On May 28, Speech competition on dignified menstruation was held among the 20 students of class 8, 9 and 10 at Durga Secondary School Lamra, Jumla in collaboration with Action Works Nepal and district education office.



May 28-Celebration of Dignified menstruation Day at School

Usha paudel and her team (School Teacher) conducted the several programs like cycle rally, storytelling, and drama with the technical advice of Radha Paudel among the students of without any logistic and financial support. This shows if we are willing to make a difference in the society we can bring a change.



Media Engagement:

Radha Paudel, Director of Radha Paudel Foundation, spoke in various media at local, national and international level about the importance and urgency of dignified menstruation.