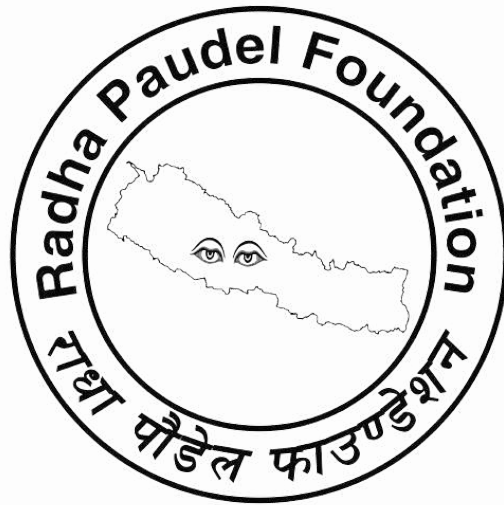


Radha Paudel Foundation

2023

Annual Report



Radha Paudel Foundation

Putalisadak, Kathmandu

Radha Paudel Foundation (Secretariat)

Global South Coalition for Dignified Menstruation



2023

“Dignified Menstruation for Ending Sexual Violence
and Child Marriage”

Abbreviations

AHF: AIDS Healthcare Foundation

CBOs: Community-Based Organizations

DM: Dignified Menstruation

GBV: Gender-Based Violence

GSCDM: Global South Coalition for Dignified Menstruation

INGOs: International Non-Governmental Organizations

IDDM: International Day of Dignified Menstruation

NGOs: Non-Governmental Organizations

RPF: Radha Paudel Foundation

SGBV: Sexual and Gender-Based Violence

UN: United Nations

Executive Summary

RPF/GSCDM advocates to change the narratives around menstruation from 5 days bleeding to life cycle approach from the day of its establishment. It has been piloting the awareness raising campaign, fellowship campaign on Dignified Menstruation at local, regional, national and international level for empowering women, peace building, gender justice, climate justice by protecting the human rights through the lens of Dignified Menstruation. RPF is in motion of enhancing the capacity of youth to advocate on Dignified Menstruation at different level through training and orientation programs on Dignified Menstruation in alliance with CBOs, and NGOs at the ground level with the objectives of the “CREATING REGENERATIVE SOCIETIES FOR MENSTRUATORS AND NON-MENSTRUATORS TO LIVE WITH DIGNITY”. RPF is functioning at National and International level through DMC Nepal and GSCDM.

A Series of social media campaigning, webinars, online-offline training, and guest lectures at national and international universities next to national & international level was alleged to urge the urgency of dignified menstruation.

The main focus of RPF/GSCDM is to highlight the under-shadowed & eliminate discriminations associates with menstruation which violates the fundamental human rights of an individual. RPF/GSCDM is moving forward from day one to change the perspectives at an individual and societal level around menstruation from SHAME to DIGNITY.

With the objective of advocating and creating a movement on the urgency of dialogue on Dignified Menstruation in Asia and Beyond, RPF/GSDCM handover the petition to Honorable Minister. N.P Saud, Ministry of Foreign Affairs to present in front of Honorable Antonio Guterres, Secretary general of the United Nation during his visit to Nepal in the month October, 2023. The purpose of this submission is to Appeal UN to mark International Day on Dignified Menstruation on December 8.

In addition to this, interaction with relevant stakeholders, media persons, policymakers, child rights activists, and women rights activists is a key activity of RPF/GSCDM at national and international levels to dismantle the discrimination, stigma, and taboos associated with menstruation.

Somehow, RPF/GSCDM is struggling to demonstrate, menstrual discrimination as the root cause of all forms of gender-based violence focusing on child marriage. Emphasizing the aim of UN of eliminating child marriage by the end of 2030, RPF/GSCDM piloted research on the “Nexus between Menstrual Discrimination and Child Marriage”, Research Paper.

The pandemic, wars, and natural disasters anything around this universe could not stop the menstruation cycle of the menstruators, thus RPF/GSCDM urges all the local, provincial, national, and international organizations, governments, political leaders, and influencers at both national and international levels to start the dialogue on Dignified Menstruation going beyond Hygiene and Sanitation.

Introduction

Radha Paudel Foundation (RPF) is a non-governmental, non-political, non-profit organization (2016) and works for Peace, Human Rights, Empowerment, Dignified Menstruation, Gender Justice, and Livelihood with the fundamental belief- All people are special regardless of caste, class or gender. Discrimination against anyone is discrimination against everyone.

RPF is working as Secretariat for the Global South Coalition for Dignified Menstruation (2019) & Dignified Menstruation Campaign Nepal (2021) for doing lobby and advocating at the global level and national levels.

The Foundation simplifies the protection of human rights (women, girls, disabilities, and LGBTIQ) and their empowerment through education and advocacy on Dignified Menstruation.

VMO (Vision Mission and Objectives):

Vision:

Creating a Regenerative Society where menstruators and non-menstruators can live with dignity.

Mission: Five 'E'

- Educate to deconstruct the social evils and malpractices around gender justice.
- Engage boys and men for gender equality, peace, and human right.
- Empower girls, women, and everyone from marginalized communities politically, economically, socially, environmentally, and in other dimensions of the state.
- Enrich the capacity of the team, partners, and concerned stakeholders for transformational approaches.
- Enhanced networks, coalitions, and alliances for sustained policy advocacy across all levels.

Objectives:

- To initiate dialogue on dignified menstruation for preventing Sexual and Gender-Based Violence, improving Sexual and Reproductive Health Rights, and promoting human rights.
- To cultivate a culture of hope and inspire during nature and human-made emergencies including the era of COVID-19.
- To mobilize likeminded organizations and individuals through education and livelihood interventions for justice, peace, and human right
- To amplify evidence-based policy advocacy through research
- To demonstrate role models through the execution of programs

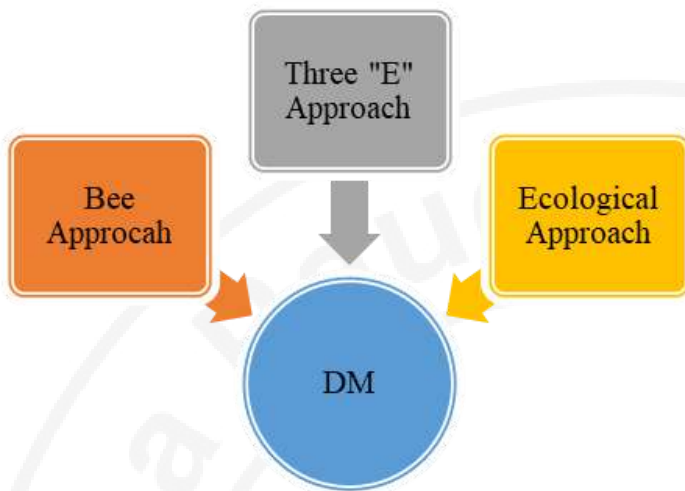
Key Thematic Areas



Our Values



Key Approaches



**Primary Actors: CSOs, Media, Political Leaders, Interfaith Leaders, Women & Men leaders, etc.*

a. Bee Approach:

Involvement of the central segment of the society; CSOs, Media, Political Leaders, Interfaith Leaders, Women & Men Leaders, etc. in-order to dismantle the discrimination around menstruation and form a dignified menstruation- friendly environment. No loopholes or gaps in discriminating against women/girls because of menstruation.

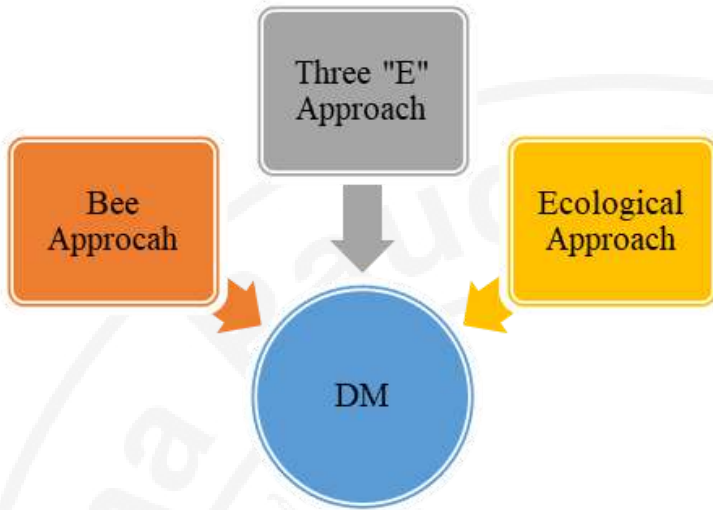
b. Three 'E' Approach:

Education: Enlightening menstrual discrimination as the underlying cause of GBV sensitizes all *primary actors to dismantle the discrimination around menstruation.

Empowerment: Survivors of menstrual discrimination and any form of GBV struggle themselves to survive in the community. Our motive is to empower them, make them capable to stand up for themselves, and say NO to all forms of discrimination and violence.

Emancipate: Half of the population of this planet is restricted to utilize fundamental rights because of menstruation. RPF/GSCDM works to emancipate them from all types of restrictions and set them free to live their life with full dignity.

Key Approaches...



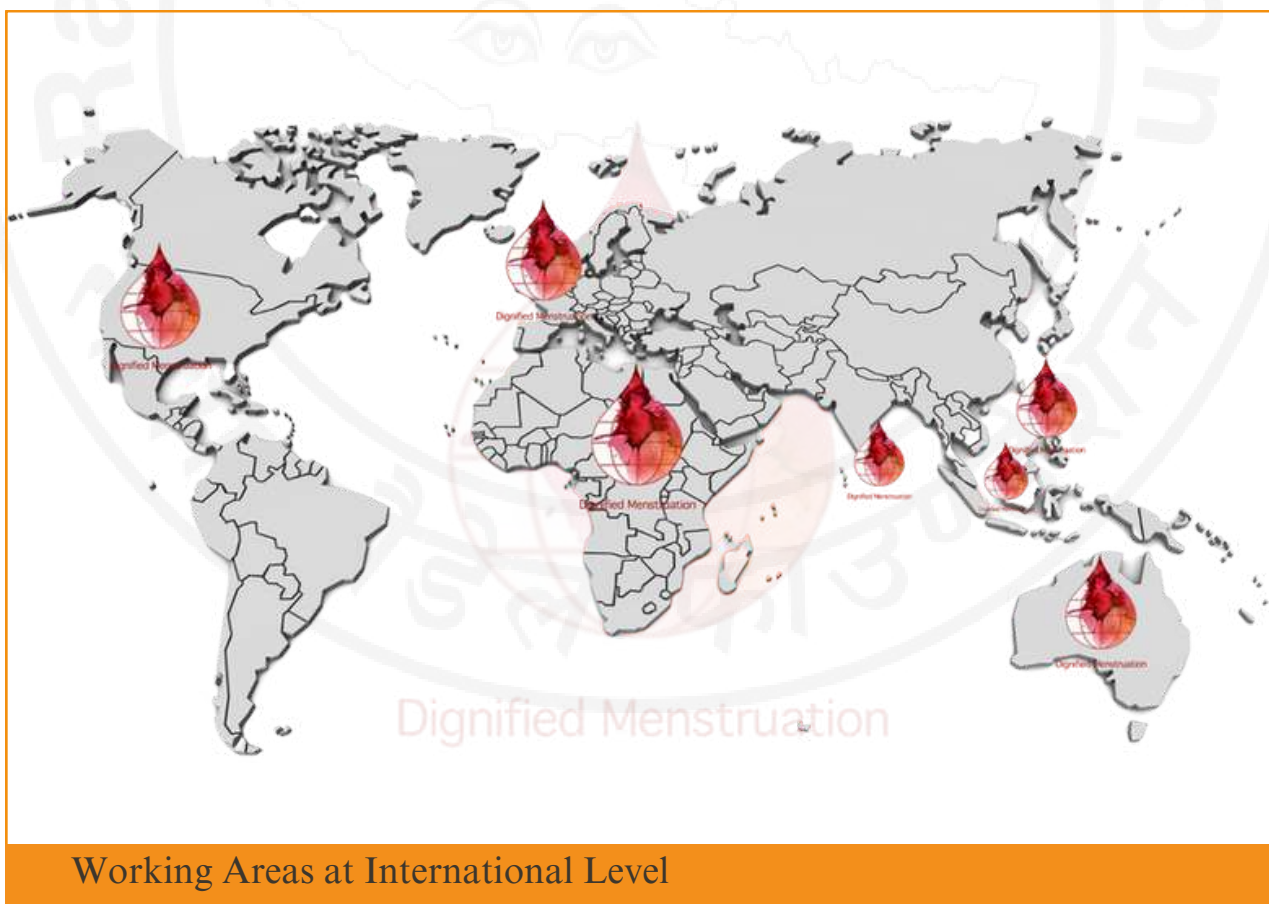
**Primary Actors: CSOs, Media, Political Leaders, Interfaith Leaders, Women & Men leaders, etc.*

c. Ecological Approach:

RPF/GSCDM believes changes should be started from an individual level which will automatically transform to the family level then after the changes take place at the community level which will re-transform at the national level. Thus, start the CHANGE at your level 1st.

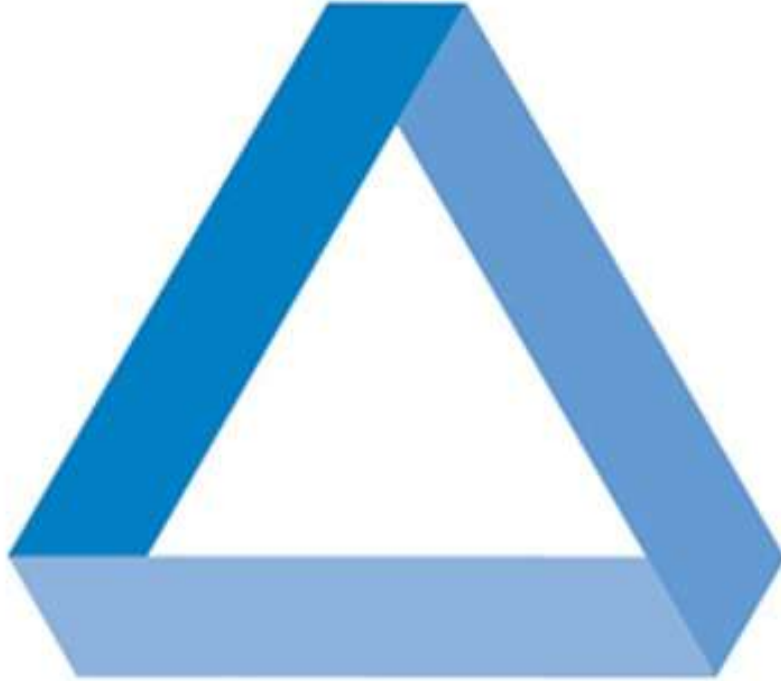
Working Areas:

Radha Paudel Foundation is working in all 7 provinces of Nepal through the DMC Nepal and in more than 56 countries through GSCDM.



Affiliations:

Office of Company Registrar



Social Welfare Council

Kathmandu Metropolitan City

Our Year in Numbers:

750

500

250

0

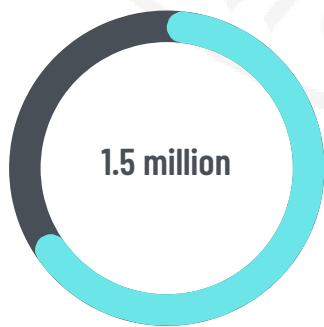
Reached Countries

Member Countries

Trained Individuals

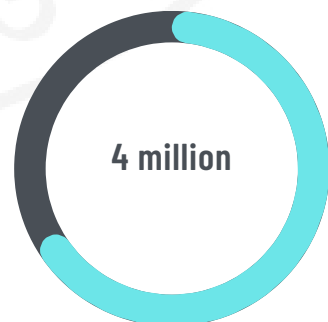
Radio Program

Reached Beneficiaries



1.5 million

Direct



4 million

Indirect

Changing the narratives around Menstruation

Dignified Menstruation is an emerging issue around the world where RPF/GSCDM has 1st initiated to lobby and advocate around the stigma, and taboos associated with menstruation. RPF/GSCDM endlessly executes activism at the national and international levels for changing the narratives around menstruation. Participation as a guest lecturer at national/international universities, and as a keynote speaker/panelist on different national/international forums highlighted the diverted interest of people/organizations from hygiene and sanitation to dignified menstruation.



Participation at International Forum



Participation at International Forum



Orientation to Child Clubs Members



Interaction with Women Group

Groundwork for Change Maker

RPF/GSCDM provides training/orientation to Child Clubs, Youth Clubs, Women Groups, Men Groups, Interfaith Leaders, and CBOs in order to prepare them as 'Change Makers'. This supports the transformation of change from the individual level to the national level. RPF address the menstrual discrimination construct the power and patriarchy which act as a multiplier effect for GBV faced at home, community, and workplace. This reason underlined the importance of dialogue on Dignified Menstruation. As an initiation to partnership with the private sector, this year RPF/GSCDM has collaborated with the Jyoti Bikash Bank Ltd. to prepare child club members and women groups to advocate on Dignified Menstruation

Empowerment

- **Women & Youth Group**

RPF/GSCDM believes in empowering women, youths, and children for the sustainability of the change. It provides reusable pad-making training to the women's group and also delivers Financial Literacy Training to the women's group, child clubs, and youth groups in order to strengthen their financial management capacity.



Financial Literacy Training



Reusable Pad Making Training

- **Adolescents Girl-Girls Act**

RPF/GSCDM provide the online training to the 45 adolescent girls from the Girl Acts. The training was led by 3 different sessions. Despite having language problem, girls were participated and contributed significantly. The lecture, question answer, discussion, presentation, storytelling etc. were the key methods for trainings. Participants were asked to do assignments at an individual and group and asked them present which allowed them to apply their acquired knowledge and skills. Despite having diversity in country, region, religion, socio-economic background, time zone, girls were committed for the training and participated other GSCDM's program e.g. menstrual anthology.



Building Knowledge, Raising Awareness

RPF/GSCDM is building knowledge and raising awareness through the National FM; Nepal FM Network in all 7 provinces of Nepal. Jingles on dignified menstruation, interaction with different political leaders, stakeholders including disabilities & LGBTIQ communities, sportspersons, media persons, interfaith leaders, men/women activists, and departmental heads from Universities are the tools to raise awareness on the urgency of dignified menstruation.

As most significant measure of raising awareness, RPF/GSCDM conducts the fortnight webinar with national and international activist who are working tremendously on Dignified Menstruation.



Radio Program on Nepal FM



Webinar

Role of Private Sectors

a. RPF/GSCDM has incorporated with Kathmandu Guest House and Jyoti Bikash Bank Ltd. to initiate the dialogue on Dignified Menstruation through their Corporate Social Responsibility. These collaborations emphasize the menstrual practices in the cities areas like Kathmandu that highlighted the life-threatening situation of women and girls arising due to menstrual discrimination. This alliance has reinforced the private sector to be vocal about dignified menstruation to create a Dignified Menstruation friendly environment.



Financial Literacy Program to Youth & women group-JBBL



Distribution of Menstrual Dignity Kit-KGH

b. Collaboration with Kathmandu University

RPF/GSCDM collaborated with Kathmandu University from this in order to motivate Academia Professional to perform the research on Dignified Menstruation. It has concluded to provide 2 different types of Research Grants i.e. Miteri-Alina Neurodevelopment Disorder Research Grant and Miteri Sudha-Lal Dignified Menstruation Research Grant to the 2 students of the Kathmandu University. This year two students Ms. Renuka Kaucha Magar and Ms. Bipin Serchan was awarded with the respective Research Grant.



Miteri Sudha-Lal Dignified Menstruation
Research Grant



Miteri Alina Neurodevelopmental Disorder
Research Grant

Commemoration

a. Media Fellowship Program

Radha Paudel Foundation has conducted the training to the media professionals representing all 7 provinces of Nepal at Sauraha, Chitwan. The objective of this training is to add value to their skill in developing the stories, news related to Dignified Menstruation through 6 months long Media Fellowship Program.

As an outcome of the Fellowship Program, Dignified Menstruation journalist Group has been formed and media professionals are advocating in this campaign through this group.



Training with Media Professionals



Training with Media Professionals

b. Fellowship Program

This year, Radha Paudel Foundation launched the second batch of the Fellowship program on Dignified Menstruation in all seven provinces of Nepal. 7 different organizations i.e. Aakasha Academy, Udhyamshil tatha Ship bikash Apanga Sangh (Bagmati Province), Kopila Nepal (Gandaki Province), Samaj Sudhar Samiti Darchula (Sudharpaschim Province), Gift for Girls (Lumbini Province), Medicose Society, Shakhi (Madesh Pradesh) are the fellows organizations.



Training to Fellows



Awareness Program by Fellows

c. Virtual Fellowship Program

Global South Coalition for Dignified Menstruation has announced the Virtual Fellowship Program on Dignified Menstruation from all around the globe. All together 78 applications has received for the fellowship where 20 fellows from the different countries like Sri Lanka, Bangladesh, Malawi, Nigeria, Philippines, Pakistan, Ghana, Austria, Nepal were selected. In total 11 sessions has been conducted. As outcome of the fellowship program, fellows has marked 5th International Day on Dignified Menstruation and they are doing advocacy at their place.



Application called for Virtual Fellowship



Session on Virtual Fellowship

Training on Dignified Menstruation at the International Level

1. Training with Viluthu, Sri Lanka

3.5 days long residential Training of Trainers on Dignified Menstruation was conducted successfully from July 4-7, 2023 in No 490/5, Ecumenical Institute for Study & Dialogue, Havelock Road, Colombo 6. Altogether 34 participants (Female: 30 and Male: 4) participated in the training from 10 different districts of Sri Lanka. Participants were the Community Leaders, Media Persons, and Development Officers.

Objectives

- To build a leadership on Dignified Menstruation
- To build the movement on Dignified Menstruation

Outcomes

- Assemble the human resources on Dignified Menstruation in Sri Lanka.
- Understood the urgency of dialogue on Dignified Menstruation from the local level to the national level.
- Commitment to reform the existing school as a Dignified Menstruation Friendly School.
- Commitment to mark December 8, International Day on Dignified Menstruation.



TOT at Sri Lanka, Viluthu



Group Work, TOT at Sri Lanka, Viluthu

2. Reuseable Pad Making Training-Puttalam District, Sri Lanka

Altogether, 30 participants (28 Female and 3 Male) received Reusable Pad Making Training. Materials like cotton cloths, waterproof cloths, Falatin, Scissors, Thread & Needle, Inch Tape, Scales and Chalks were used. Despite of other methods, traditional method were used for this training, where the participants can produce reusable pad in a very limited resources

Apart from the reusable pad making training, interaction program with the participant has been conducted where, they shared their practices around menstruation at their home and community. As a result of interaction session, the following practices were find out:

- .Restriction in food (not allowed to eat milk, coconut, pineapple etc.)
- .Restriction in mobility (not allowed to enter to the temple etc.)
- .Restriction in participation (not allowed to participated in the religious activities, prayers etc.)
- .Consider Menstrual Blood as IMPURE, and taking bath daily to PURIFY them.
- .No fasting for 7 days or till the blood flow stop.



Reusable Pad Making Training



Exploring Menstrual Practices

3. Interaction with NGO at Sri Lanka

On July 4, 2023, an interaction program at the local NGO (Shanthi Margam) was conducted for 3 hours with the staffs of the organization. Altogether 5 participants were there where the number of female is 4 and number of male is 1. During the interaction, it is found that alike to Nepal, Sri Lanka is also practicing menstrual discrimination in different forms, names and magnitude. Embarrassing, shame, torture, annoying, scared, confusing, afraid are their 1st impression towards the menstruation. They have the practices of restriction in mobility (in temple, house, school, and sitting in the corner of house), restriction in touch (temple, male members of family or male friends), restriction in food (nutritious food such as meat, egg, sour food etc.). This practices shows, Sri Lanka is not different to Nepal or any countries who practices the menstrual discrimination. RPF presented why Dignified Menstruation is important and having a dialogue on Dignified Menstruation dismantle all the taboos, stigmas associated with menstruation.



Interaction at Shanti Maargam

4. The urgency of Dialogue on Dignified Menstruation at World Bank, Colombo

On July 4, 2023, a dialogue on urgency of Dignified Menstruation was conducted at office of World Bank, Colombo. Altogether there were 23 participants at the program where 7 were physically present and 16 joined virtually.

With this, RPF presented the how menstrual discrimination act as a pushing factors for the all form of women violence, its roles in the construction power and patriarchy and Dignified Menstruation as an innovative approach for the solution of menstrual discrimination.

World Bank Colombo

As a result of the program, they will work on their plan to integrate Dignified Menstruation.



World Bank Colombo

5. TOT on Dignified Menstruation with Family Planning Association, Sri Lanka

5 days Training of Trainers (TOT) was organized with 28 representatives from 13 NGOs of Sri Lanka from October 23-27, 2023 in the Courtyard by Marriot, Colombo, Sri Lanka. The program was organized by Shanthi Maargam, Family Planning Association Sri Lanka and French Embassy in Sri Lanka and Maldives. Altogether, 154 menstrual discriminatory practices was explored during the sessions of the trainings which is further categories as: restriction related to mobility, restriction related to participation, restriction related to touch, restriction related to eat, menstrual health issues, and menstrual products (Poverty). In contempt of having a higher literacy rate and belonging from the urban setting, menstrual discrimination is similar to Nepal. Activism on menstruation is centering on menstrual product as a menstrual poverty which does not addressed the menstrual discriminatory practices that has violates the fundamental human rights of an individual



French Embassy, Sri Lanka



With 13 organizations of Sri Lanka

6. Networking & Coordination

In order to harmonize common action in the campaign of Dignified Menstruation, Radha Paudel Foundation/Global South Coalition for Dignified Menstruation developed the network with several governing bodies in Sri Lanka named Ministry of Health Sri Lanka, 13 different Local NGOs, UNDP Sri Lanka, Family Planning Association Sri Lanka, Embassy of Nepal in Sri Lanka and The Colombo Plan.



Ministry of Health, Sri Lanka



Embassy of Nepal in Sri Lanka



The Colombo Plan



UNDP Representative, Sri Lanka



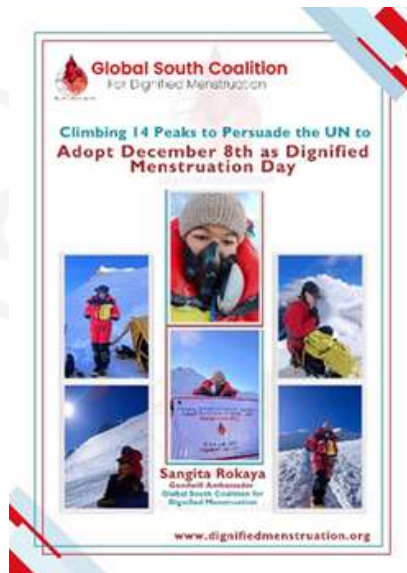
Family Planning Association, Sri Lanka

d. Appealing UN

In order to appealing United Nations, GSCDM submitted the petition to the UN General Secretary through the Ministry of Foreign Affairs, Honorable N.P. Saud. With this, the Goodwill Ambassador of GSCDM is climbing 14 highest peak of the world to persuade UN for marking December 8 as an International Day on Dignified Menstruation.



Handovering the Petition to Hon. Foreign Minister, N.P. Saud.



Appeal from Goodwill Ambassador of GSCDM

e. 5th International Day on Dignified Menstruation (December 8)

This year RPF/GSCDM along with the 77 member countries marked 5th IDDM with the slogan of "Dignified Menstruation for Ending Sexual Violence and Child Marriage" all around the globe. The secretariat of GSCDM along with its Solidarity Partners AIDS Healthcare Foundation, Amplify Change, SETI Foundation, Beijing Stoke Committee, DMC Nepal conducted the Hybrid Conference on Hotel Himalaya on December 8, 2023. In this conference, 80 people were physically presented and more than 100 joined the conference through the virtual platform.

RPF/GSCDM has announced the Art Competition and Essay Competition at the global and national level where the Nadira Ganji from Afghanistan and Rachana Tiwari, Pokhara Nepal won the Art Competition and Essay Competition.



Movement through Social Media

RPF/GSCDM continuously perform the movement on dignified menstruation through social media. Live webinars, and social media campaigning are the riggings factors to do lobby and advocacy at the national level and international levels. Amplifying the voices from all around the world through the webinar/the conference sustenance the world to divert from hygiene and sanitation towards the dignity of menstruators.



Marking Days

Marking Days

Emergency Response to Earthquake

Earthquake hits the Jajarkot and west Rukum on November 3, 2023. In response to the natural disasters, RPF worked on the quick response to distribute the relief and non-relief materials to those areas. RPF provided psychosocial counseling to the pregnant and postpartum women of that area along with children, disabled people, and elder people. With this, RPF distributed the 55 warm clothes set to the pregnant, postpartum and their infants along with the nutritious food, blankets, and tents. In addition to this, it also distributed warm clothes set to the 30 school going children.



Distributing Relief to Postpartum Women



Distributing warm clothes to Children

Resources on Dignified Menstruation

RPF/GSCDM keeps on creating and publishing the reading resource materials on Dignified Menstruation in an inclusive approach



Mini Hand Book



Aapabitra Ragat in English



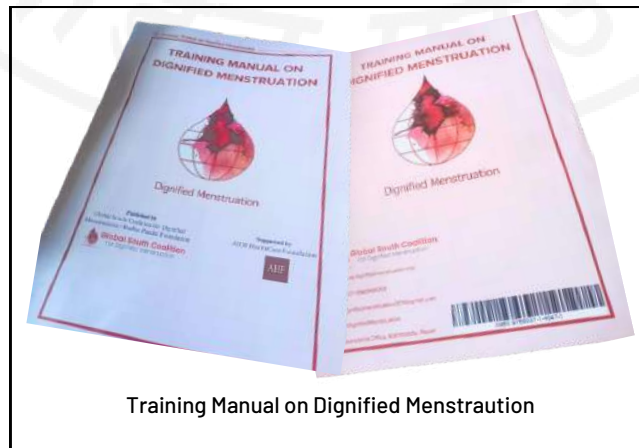
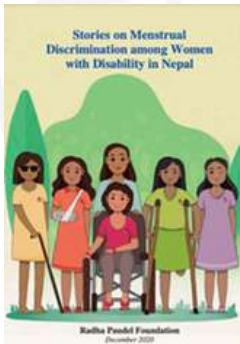
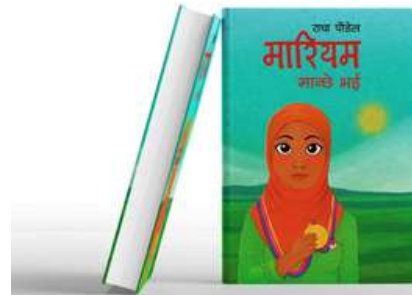
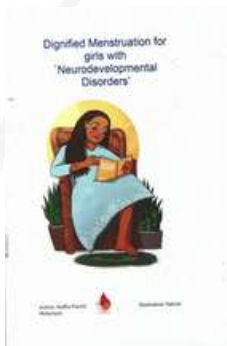
Aapabitra Ragat



A Practical Hand book



A Surgical Menopause



Training Manual on Dignified Menstruation

Resources on Dignified Menstruation

RPF/GSCDM keeps on creating and publishing the reading resource materials on Dignified Menstruation in an inclusive approach



Mini Hand Book



Aapabitra Ragat in English



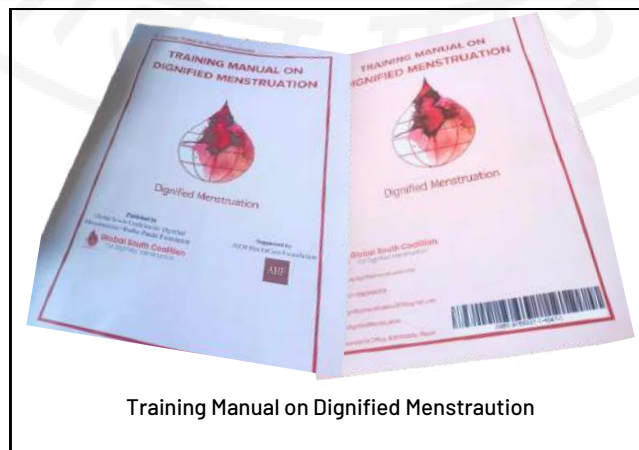
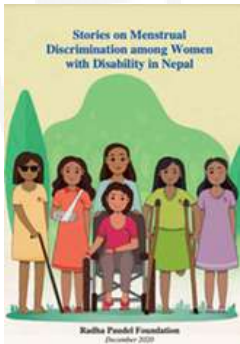
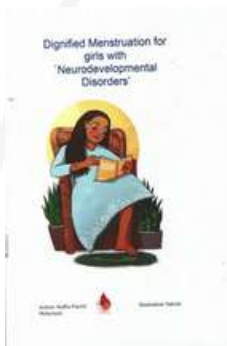
Aapabitra Ragat



A Practical Hand book



A Surgical Menopause



Training Manual on Dignified Menstruation



Gallery

At National Level



Song at Shree Madhyamik Vidyalaya, Chitwan



At Conference, Madesh Province



At School



At Pokhara University



Distributing Nutritious Food at Jumla



Farewell to our Intern



Welcoming Green Tara Nepal Team



With Plan International Team



Gallery

At National Level



With Parliamentarians at Madhesh District



Signing Ceremony at Kathmandu University



Strategy Workshop with Core Team Member



Welcoming AHF Team



Welcoming Amplify Change



Welcoming SETI FOUNDATION



Dignified Menstruation with Female Community Health Volunteer



With Parliamentarian at Bagmati Province



Gallery

At National Level



With School Health Nurse



With Interfaith Leader



At Radio Program



At Swotishree School



Gallery

At International Level



Preparation Meeting of Strategy Formulation



Presenting Research Paper on University of Aberdeen



Meeting with Scout Regional



Gandhi Mandela Fellowship



With University Student



Presenting at Global Forum



Presenting at Global Forum



Appeal to mark 5th IDDM



At Conference in Myanmar



Webinar



Gallery

At International Level

NGO CSW FORUM 67
6 - 17 MARCH 2023

DIGNIFIED MENSTRUATION

DIGNIFIED MENSTRUATION: TECHNOLOGY MATTERS

Date	Time	Registration
8th March 2023	6:00 PM, PST	
9th March 2023	7:45 AM, NPT	

Miti Adhikari (Moderator)
Director, GSCDM North America Chapter

Radha Paudel (Speaker)
Founder, Global South Coalition for Dignified Menstruation

Sareen Davidlian (Speaker)
Associate Director of Global Creative Design at AIDS Healthcare Foundation

Sapna Paudel (Speaker)
Radha Paudel Foundation

Global South Coalition
For Dignified Menstruation
www.gscdmfor.org/

Presenting on CSW 68

Thank You

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<https://dignifiedmenstruation.org>

<http://www.radhapaudelfoundation.org>