

2023/2024 ANNUAL REPORT



Campaign on Dignified Menstruation

Radha Paudel Foundation

A Secretariat Office of Global South Coalition for Dignified Menstruation
Gahanapokhari, Kathmandu, Nepal

Acknowledgement

Radha Paudel Foundation, a secretariat of Global South Coalition for Dignified Menstruation would like to extend our deepest gratitude to all those supporting hand that has contributed to the our organization over the past year.

First and foremost, on the behalf of Radha Paudel Foundation/Gobal South Coalition for Dignified Menstruation, I would like to thank our working group (women group, men group, child club members, youth club members) for their unwavering trust in us and joining hand in our campaign to change the narrative around menstruation from five days bleeding to the life cycle approach. Your participation in our campaign motivate us to strive in the journey of Dignified Menstruation.

I also express an appreciation to our implementing partners Child Protection Organization (CPO) from Sarlahi, PACE Nepal from Jumla, fellows from National (all 7 provinces of Nepal) and Global level, RPF/GSCDM team members, steering committee members, national coordinators, general members and volunteers/interns for their commitment that have been the backbone of our campaign. Your tireless efforts have helped us navigate challenges and achieve our objectives.

To our funding partners (individuals/organizationals) and stakeholders, thank you for your collaboration and shared vision. Your contributions have been instrumental in our achievements and have strengthened our capacity to work on Dignified Menstruation.

Last but not the least, I would like to take this opportunity to thank Founder/CEO of Radha Paudel Foundation/Gobal South Coalition for Dignified Menstruation and entire board members for their leadership, guidance and strategic insights. Your direction has been critical in steering the organization through both opportunities and challenges.

Sincerely,
Sapana Poudel
Program Coordination
RPF/GSCDM

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Organization of Report

This report highlights the activities that RPF/GSCDM has implemented from August 2023 to July 2024. With the vision of “*creating regenerative society where the both menstruators and non-menstruators can live a life with full dignity*”, RPF/GSCDM has conducted the trainings, interactions, workshops, webinars, research, campaigns, advocacy (policy dialogue), and publications on Dignified Menstruation at national and global level.

This year in collaboration with the 6 funding partners: Amplify Change, AIDS Healthcare Foundation, Agence Française de Développement, Americares, Seti Foundation and The Colombo Plan; implementing partners: CPO from Sarlahi, Pace Nepal from Jumla, Nepal FM Networks; consortium partners: Fos Feminsita, Equipop and PSI Europe; national fellows organizations representing all 7 provinces of Nepal: Aakasha Academy, Entrepreneurial and Skill Development Disabled Association, Kopila Nepal, Medicos Society Nepal, Samaj Sudhar Darchula, Shakhi-A Friend of Women, Gift for Girl; virtual fellows representating the countries such as Bangladesh, Cambodia, Colombia, China, Costa Rica, Malawi, Nigeria, Philippines, Sri Lanka, and United Kingdom, RPF/GSCDM has led the activities on Dignified Menstruation at national and global level. The total budget for this year is \$ 301,326/-.

This report will emphasize the activities intervented by Radha Paudel Foundation through its networks Dignified Menstruation Campaign Nepal at national level and Global South Coalition for Dignified Menstruation at global level.

This report will highlight the training, workshop, orientation, interaction, webinars, researches, policy advocacy, production of reading materials produced and executed by RPF/GSCDM at national and global level.

This report is also accompanied by the other activities such as education support, response to the pandemic, natural disasters e.g. response to earthquake and fire intervented by RPF/GSCDM this year.

Organizational Introduction

Radha Paudel Foundation ([RPF](#)) is a pioneer organization to work on Dignified Menstruation at national and global level since 2017. It is registered as “not-for profit organization” in Office of Company Registrar with Reg. No. 167502/73/074 in 2017. It is also affiliated in Social Welfare Council (SWC) with the Affiliation No. 46617. Though RPF carries a history from 2017, it owes the significant sacrifices, contributions of Dr. Radha Paudel (Founder/CEO of RPF) from her childhood.

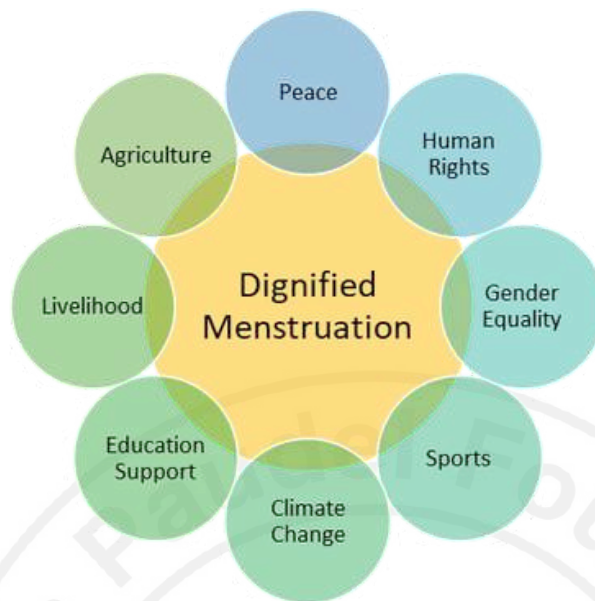
With the VISION of *“creating a regenerative society for both menstruators[1] and non-menstruators[2] to live their live with dignity”*, RPF is working relentlessly to dismantle the discriminatory menstrual practices through innovative and holistic approach “Dignified Menstruation” at national and global level. For the national level, it is working through its network Dignified Menstruation Campaign Nepal ([DMC Nepal](#)) in all 7 provinces of Nepal through its 44 individuals and organizational members. On the other hand for the global level, it is working through Global South Coalition for Dignified Menstruation ([GSCDM](#)) in more than 35 countries through 90 individuals and organizational members.

Researches conducted by RPF/GSCDM shows that girl/boys by the age of 6-9 years learn/knew something about menstruation for the 1st time in their life cycle. They observe their mother/sister or any female member of their family member practicing the menstrual discrimination. This practices started to shape the unequal power relationship between menstruators and non-menstruators which results in girl started to developed the feeling of being impure, weak, powerless, inferior, similarly the boy started to developed the feeling of being pure, strong, powerfull, superior. This socialization process creates the unequal power relationship and patriarchy in the form of menstrual discrimination. Thus, menstrual discrimination is the entry point of all form of violences faced by menstruators. Hence, in order to dismantle the menstrual discrimination, RPF/GSCDM is working through the holistic and innovative approach, **“Dignified Menstruation”**. RPF/GSCDM define Dignified Menstruation (DM) as , “State of free from any forms of menstrual discrimination includes stigma, taboos, abuse, violence, restrictions associated with menstruation throughout the life cycle of menstrurators within all identities

[1] Those who are born with uterus and ovaries

[2] Those who are born without uterus and ovaries

Our Key Thematic Areas



Our Key Approaches

RPF applies the following 3 different approaches while working on Dignified Menstruation (DM) at National level.

3E Approach

RPF wield the 3 “E” approach while carrying the intervention at the community level. It simple refers to **E**ducating the both menstruators and non-menstruators about the systematical & symptomatical power dynamics that support in the construction of Power and Patriarchy at all level through interaction, orientation, training, workshop and so on for bringing transformation at the individual level. Simultaneously, they will **E**mpower themselves by the way of their engagement or collaboration in harmony with the individuals, CSOs, and networks. This will legitimize to **E**mancipate by themselves.

Education: Emphasizing on a need for change and enlightening the population about menstrual discrimination as the underlying cause of GBV will be instrumental in mitigating primary factors to dismantle the discrimination around menstruation. 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.



Empowerment: Survivors of menstrual discrimination and any form of GBV struggle to fit in the community due to blame the victim mentality. Thus, our motive is to empower them, make them capable of standing up for themselves, and say NO to all forms of discrimination and violence.

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

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.

Ecological Approach

RPF/GSCDM believes changes should be started from an individual level which will automatically transform to the family level then have a domino effect at the community level which will re-transform at the national level. Thus, start the CHANGE at the individual level because a journey of a thousand miles begins with a single step.



Our Working Cluster

GSCDM/RPF is working with different group at national level and global level:

Name of Group	No. of Group	Provinces
Women Group	14	2,3 and 6
Men Group	5	2,3 and 6
Child Club	5	2,3, 5 and 6
Youth Club	5	2,3,5 and 6
Interfaith leaders	3	2,3 and 6
Local Government	10	2,3,5 and 6
Parliamentarians	-	All 7 provinces
Media Professional	15	All 7 provinces
Media House	4	2,3, and 6 (This includes the radio and tv.)
CBOs	12	All 7 provinces
Note*: In total RPF is working with 73 diverse group in all 7 provinces of Nepal.		

For the global level, GSCDM is working through the organizational structure: Steering Committee Members from Pakistan, Philippines, Malawi, Nepal, North America, and Sri Lanka representing the 2nd batch of Steering Committee Members. Followed by National Coordinators from Australia, Bangladesh, Burundi, Indonesia, Nigeria, Philippines, Sri Lanka, and Vanuatu. There are 8 chapters to campaign on Dignified Menstruation from all around the globe as Dignified Menstruation Germany, Dignified Menstruation Nigeria Chapter, Dignified Menstruation North America Chapter, Dignified Menstruation Pakistan Chapter, Dignified Menstruation Philippines Chapter, Dignified Menstruation Sri Lanka Chapter, Dignified Menstruation Uganda Chapter, and Dignified Menstruation UK Chapter.

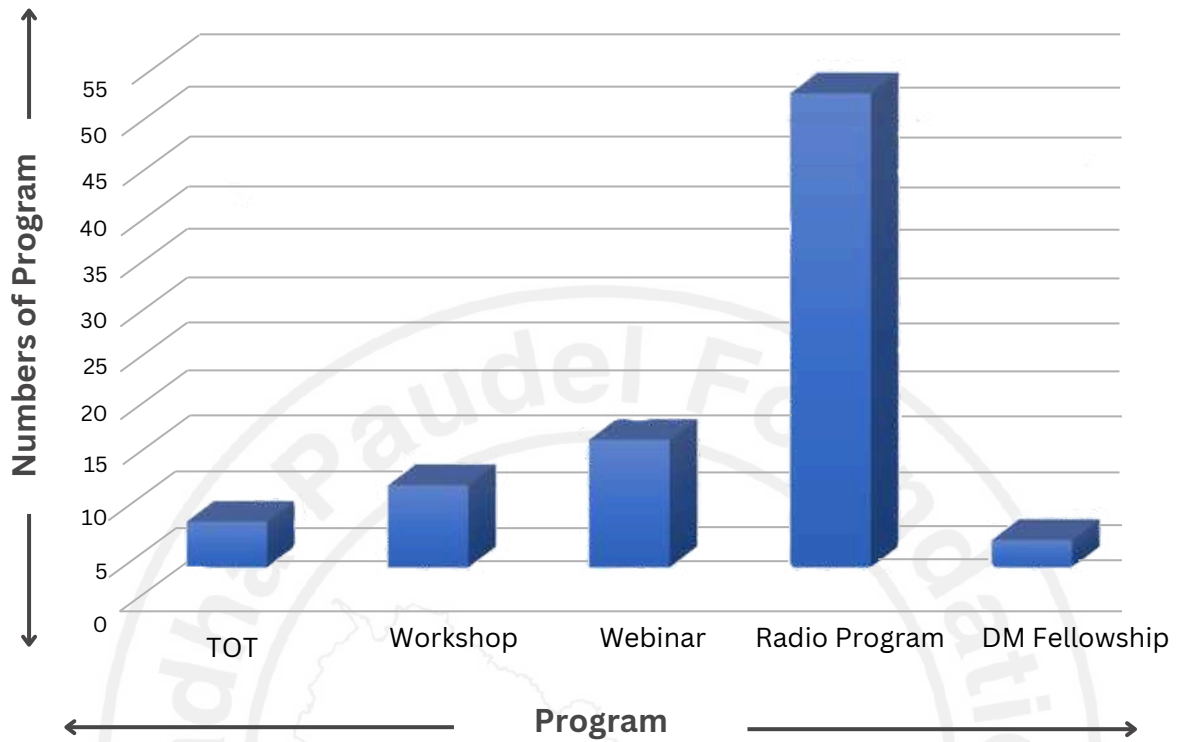
Highlight: RPF/GSCDM is registered in USA as a “Dignified Menstruation INC”

Key Achievement

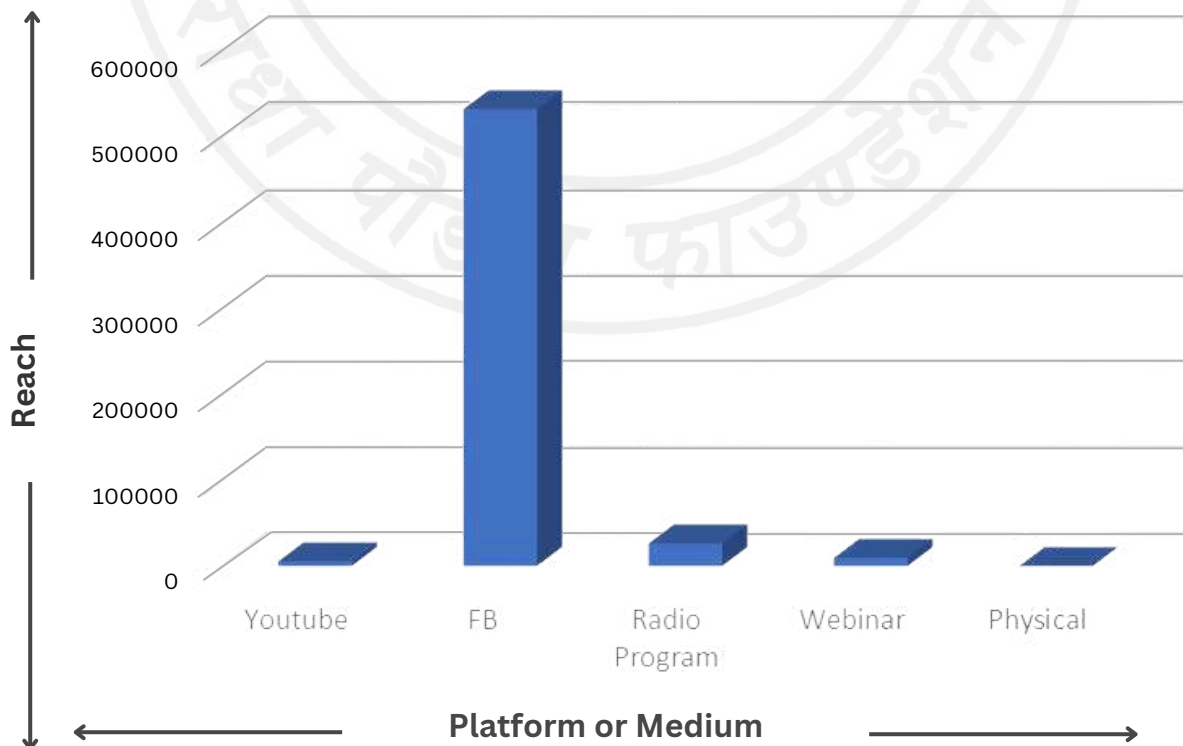
The major key achievement in the campaign on Dignified Menstruation for this year is to host the 3 major international training of trainers with 86 international participants from 13 different countries. The 1st ever training manual on Dignified Menstruation was developed on both Nepali and English languages which was launched on the occasion of the 5th International Day on Dignified Menstruation on December 8, 2023 at national level. Correspondingly, it was launched at the international level on the occasion of the 73rd Anniversary of The Colombo Plan in Colombo, Sri Lanka. This year two songs “म बाट महिनावारी”, “सगैँ सगैँ छु” on Dignified Menstruation was launched. Correspondingly, RPF/GSCDM handed over the appeal letter to the Hon. N.P. Saud, the Minister for Foreign Affairs to present forward to the General Secretary of UN, António Guterres during his visit to Nepal in the month of October, 2023. The interaction and consultation meeting with the parliamentarians and ministries lead to finalize the drafted guideline on Dignified Menstruation which is under the review process.

So as to achieve the above achievement, RPF/GSCDM reinforced the following interventions:

Program



Reach Out



Our Interventions

Menstrual Discrimination (MD) refers to taboos, shyness, shame, stigma, restrictions, abuses, violence, and deprivation from services and resources that are associated with the menstruation throughout the life cycles of menstruators (girls, women, transmen, queer) in all diversities. It is a form of sexual and gender-based violence and a violation of human rights. GSCDM 2019. MD has been practiced all around the globe with different names, forms, and magnitudes.

Therefore, GSCDM/RPF's intervent at national and global through diverse mechanism to address the menstrual discrimination and create the Dignified Menstruation Friendly Environment where menstruators and non-menstruators can live their life with dignity.

- a. Capacity Building
- b. Campaign on Dignified Menstruation
- c. Education
- d. Media Engagement
- e. Knowledge Production
- f. Advocacy
- g. Response to Disaster and Emergency

Capacity Building

Training of Trainers (TOT)

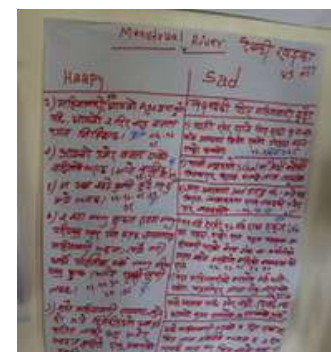
Each year GSCDM/RPF provides 5 days residential training (TOT) to the NGO/INGO leaders, activist, media person, local government representative, lawyers, school management committee, academia on Dignified Menstruation. The objective behind this training is to capacitate and stimulate front line workers on Dignified Menstruation to break the silence on menstruation through dismantling the discriminatory menstrual practices and encourage them to advocate on Dignified Menstruation from famiy level to the policy level.



TOT at National Level

This year, GSCDM/RPF conducted 2 TOTs on national level in November 2023 and June 2024 with 55 diverse participants from all 7 provinces of Nepal. The participants for these trainings were menstruators, menstruators with disability, and non-menstruators who represent the NGO/INGO's leaders, activist, local government representatives, teacher, media person, youth club and international volunteer (Ms. Julia Ambos-Germany).

The individual and group work in these traning identified the 97 menstrual practices that is being practices their family, community and workplace during menstruation related to touch, mobility, eating, seeing, participation and others. Majority of the participants had perceived the menstrual blood as dirty and impure blood and minority of the participants had perceived the menstrual blood as a clean blood however, they practices all the menstrual discrimination during the menstruation.



Menstrual Practices

On the other, GSCDM/RPF conducted 3 TOTs on global level in Colombo, Sri Lanka. 1st training was organized in collaboration with the national NGO, Viluthu in July 4-7, 2023 where 34 participants (30 menstruators and 4 non-menstruators) from 10 different districts participated in the training. 2nd training was organized in collaboration with French Embassy of Sri Lanka and Maldives and Family Planning Association, Sri Lanka in October 23-27, 2023 where 28 participants (all menstruators) from 13 different NGOs took part in the training. Altogether, 155 Menstrual Practices was discovered in Sri Lanka during two TOTs.



1st TOT at Global Level (Sri Lanka)



2nd TOT at Global Level (Sri Lanka)

3rd training was organized by The Colombo Plan in July 1-5, 2024 where 24 participants (19 menstruators and 5 non-menstruators) from 13 different countries (US, UK, Sweden, South Korea, Sudan, Rwanda, France, Switzerland, The Philippines, The Netherland, Nepal, India and Sri Lanka) participated in the training. Alike from Nepal and Sri Lanka, the individual and group work concluded with exploring the discriminatory menstrual practices in their country. This training created the platform to share their experiences on menstruation and developed the strategy to promote DM in their region.



3rd TOT at Global Level

The training at both level i.e. national and global level, it mirrored that menstrual discrimination is common despite of different name and magnitude.

RPF/GSCDM as a “Resource Pool”

RPF/GSCDM carries the services as a facilitator to provide the training, conduct researches, orientation, interaction program on Dignified Menstruation for the CSOs, networks etc. Likewise, it also deliver the classes as a Guest Speaker at the school, colleges and universities at the national and global level



Guest Speaker at Pokhara University



Guest Speaker With the University Student, USA



Facilitating the Workshop with Faithhealer Green Tara Nepal, Bhajang

Workshop

GSCDM/RPF conducted the 4 national level workshop with editors (August 23, 2023), with the parliamentarians in Kathmandu and Dhangadi (September 15, 2023 & May 29, 2024), with interfaith healers (January 12, 2024) in Bhajang, academias, UNDP (May 31, 2024) on Dignified Menstruation. Altogether 186 participants were presented physical and virtually from the diverse background in the workshop. The objective of the workshop was to highlight the urgency of dignified menstruation and their role in policy advocacy. As a conclusion of the workshop, they uphold the role of DM



Workshop with Parliamentarians



Workshop with Editors



Workshop with Interfaith Leaders

Similarly, RPF/GSCDM conducted the International level workshop with the team members of World Bank, Sri Lanka and Shanthimargam (National NGO of Sri Lanka). On July 4, 2023, an workshop at the National NGO (Shanthi Margam) was conducted with the team members. Altogether 5 participants were there where the number of female is 4 and number of male is 1. 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. GSCDM/RPF highlighted the urgency of having a dialogue on Dignified Menstruation and its role to dismantle all the taboos, stigmas associated with menstruation.



Workshop at ShanthiMargam, Sri Lanka



Workshop at World Bank

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, GSCDM/RPF presented the how menstrual discrimination act as a pushing factors for the all form of women violence, its roles in the Workshop at ShanthiMargam, Sri Lanka construction power and patriarchy and Dignified Menstruation as an innovative approach for the solution of menstrual discrimination

As a result of the workshop, both organizations committed to integrate Dignified Menstruation in their work plan and mark International Day on Dignified Menstruation.

Orientation

GSCDM/RPF provided two days orientation on dignified menstruation to 10 women groups, 5 men groups, 5 child clubs, and 5 youth clubs in three districts i.e. Jumla, Sarlahi and Kathmandu with the faciliation of implementing partners PACE Nepal-Jumla and Child Protection Organization-Sarlahi. The objective behind this program is to empower the group to break the silence on menstruation, initiate the dialogue on menstruation in their family and community level. Oriented and active group members are acting as a change maker and the door to door program to have a discussion on menstruation in their community level.



Women group



Men group



Child Club

Pad Making Training

RPF/GSCDM produces two different types of menstrual pads i.e. biodegradable menstrual pad (Miteri Jaibik Pad) and reusable cloth pad in Chitwan. It provides training on production on both pads. This year, RPF/GSCDM provided training to the women groups in Nepal and Sri Lanka. The pad making training were followed by the brief orientation on Dignified Menstruation and mapping the menstrual practices. Altogether 50 women (30 in Sri Lanka, 20 in Nepal) were trained on the reusable pad making training this year. As a outcome of this training, women are mobilizing themselves as a trainer for reusable pad making training and producing the cloths pad for their community enriching their economic condition.



Reusable pad making training in Sri Lanka



Reusable pad making training in Nepal

Online Training

RPF/GSCDM in collaboration with AIDS Healthcare Foundation (AHF) organized 3 days online training to girls' leaders who are engaged in Girls Act (GA) program where, Dr. Radha Paudel, facilitated the training as a Lead Facilitator. It was virtual training with young girls from nine countries of AHF's countries. It was four hours long training started from 12.00-16.00, Cambodia (10:45-14:45 Nepal time) for three days; August 13, September 10 and November 2023. By considering the educational priority of girls, the training was planned for weekend, Sunday.

GirlsAct Global South Coalition
Training on Dignified Menstruation with Girls Act
Second Session | Sep 10



Virtual Training with Girls Act

In an average 45 girls participated though the few participants were struggled due to connectivity issue. AHF created an online group to discuss current issues as well as quick communications with them. Despite having language problem, girls were participated and contributed significantly. The lecture, question answer, discussion, presentation, storytelling etc. were the key methods for trainings. Regards to contents, their expected areas such as rules of trainings, speech, leadership, presentation and menstruation addressed which were collected through online survey before the training. They also discussed about organizing and mobilizing the communities while hosting the community activities around HIV and dignified menstruation. 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.

Mentoring/ Coaching

Dr. Radha Paudel had coached the student from different universities all around the globe.

Campaign on Dignified Menstruation

The various campaign on Dignified Menstruation through fellowship program on national and global level. This year for the national level, it executed two fellowship programs (National Fellowship Program and Media Fellowship Program) on Dignified Menstruation through Dignified Menstruation Campaign Nepal and Virtual Fellowship through GSCDM.

National Fellowship Program



Interaction with FCHVs

For national fellowship program was active for 7 months where eight organizations representing seven provinces were selected through the open application call. The selected organization were Aakasha Academy, DMC Nepal, Entrepreneurial & Skill Development Disabled Association, Gift for Girls, Kopila Nepal, Medicos Society Nepal, Samaj Sudhar Darchula and Shakhi-Friends of Women

The fellows executed an interactions, orientations, campaign, awareness raising programs at communities and schools with Female Community Health Volunteer, Women and Men group, Child Clubs, Adolescents Group, Student and Teacher. Altogether 951 individuals i.e. 18 Female Community Health Volunteers, 228 Women and Men group, 38 Child Clubs Members, 33 Adolescents group members, 599 students and 20 teachers, 15 local government representatives oriented about the urgency of Dignified Menstruation.



Interaction at School

They were aware about the menstrual law, policies on Dignified Menstruation, the connection between the menstrual discrimination and the violation of human rights, the nexus between the menstrual discrimination and the constitution of Nepal.

Media Fellowship Program

GSCDM/RPF organized a training on Dignified Menstruation with the Media Professional in collaboration with Nepal FM Network. All together 14 media persons from all 7 provinces of Nepal (from remote areas to urban city) has participated in the training among them 8 were women and 6 were men. The objective of this training are, to find out the menstrual practices in all 7 provinces, to urge the media to perceive the menstrual discrimination through the lens of dignified menstruation, to amplify the movement of dignified menstruation through media. The outcomes of the training were, Honorable State Health Minister, Mr. Uttam Joshi has committed to do lobby and advocacy on Dignified Menstruation at national level, Media Person has created the Facebook Page DMJ Nepal (Dignified Menstruation Journalist Nepal) for advocacy, the process of formation of online news portal name DMKhabar (Dignified Menstruation Khabar[3]).



Training on DM to Media Fellows



Media fellowship Book

Virtual Fellowship

For global level fellowship, the participants were from Bangladesh, Cambodia, China, Costa Rica, Colombia, Malawi, Nigeria, Philippines, Sri Lanka, and UK. The dialogue on Dignified Menstruation is a global urgency in present context. With objective of initiating a dialogue on Dignified Menstruation at global level, RPF/GSCDM steered the virtual fellowship program on Dignified Menstruation where 20 fellows from all around the globe joined the virtual fellowship.



Virtual Fellowship Program

They were the representatives from universities, activists, experts, women, men working on menstruation and women issues in their respective setting. RPF/GSCDM shape them as a leader to advocate on Dignified Menstruation and linked them at different International Forum such as International Day on Dignified Menstruation, World Social Forum, and CSW etc.

[3] Khabar is the Nepali phrase which indicate news

Knowledge Production

Research

RPF/GSCDM conducted the researches, webinars, published the reading materials and songs on Dignified Menstruation. This year RPF/GSCDM conducted 2 major researches i.e. [A Baseline Study of Menstrual Dignity for SRHR in all Diversities](#) and [Assess of School Curriculum Regarding Menstrual Dignity](#).



Research Dissemination at National Level

A baseline study was conducted in November 9-17, 2023, in the clusters of Jumla, Kathmandu and Sarlahi, districts, by using mixed methods research design. A survey was conducted among 471 menstruators and 24 participants participated in a qualitative data collection where only nine were non-menstruators from the same age. Key findings of the study are thematized under the category of home, schools, community, SRHR, GBV and public institutions from both demand and supply side of the menstrual dignity and SRHR. The findings of the research was disseminated in all three districts.

Correspondingly, the second study's objective was to assess the school curriculum from grade 1 to 10 regarding menstrual dignity. Secondary data from textbooks was reviewed which was provided by the Education Development Center for grades one to ten. The absence of menstruation-related content in the early grades (1 to 3) is notable. While personal hygiene is covered. However, the content still falls short of providing a holistic understanding of menstruation and its management. There is no content to be found in grade nine and ten in present secondary school curriculum.

Publication

RPF/GSCDM plays a vital role in publishing reading materials on Dignified Menstruation. Till now it has published 15 books on Dignified Menstruation in 4 different languages i.e. Nepali, English, German and Spanish. IT has also contributed the chapter in 6 international books on menstruation. This year RPF/GSCDM published 7 books named as , “Training Manual on Dignified Menstruation-English Version, “मर्यादित महिनावारी तालिम प्रशिक्षण पुस्तक”, “सृष्टिको रगतको गाथा”, Menstrual Stories: An Anthology from Global South”, Mini Hand Book “Dignified Menstruation is Everyone’s Business” in Sign Language, German and Spanish languages and “उत्सव”. The books “मर्यादित महिनावारी तालिम प्रशिक्षण पुस्तक”, and “सृष्टिको रगतको गाथा” was launched on the occasion of the 5th International Day on Dignified Menstruation on December 8, 2023 at Hotel Himalaya, Kupondle, Lalitpur. Similarly, “pT;j” was launched on August 2, 2024 at Army Officers Club, Sundhara, Kathmandu.

On the other hand, two books “Training Manual on Dignified Menstruation” and “Menstrual Stories: An Anthology from Global South” was launched on July 4, 2024 on the occasion of the 73rd Anniversary of The Colombo Plan in the presence of 25 ambassadors and the training participants. Dr. Benjamin P. Reyes expressed his opinion with celebratory words, and Dr. Radha Paudel delivered a avid speech highlighting the urge to incorporate Dignified Menstruation in global policymaking.



Publications/Articles on DM



Book Launching Program (Sri Lanka)

RPF/GSCDM also published the song on Dignified Menstruation in both two in Nepali (Sanga Sangai Chu, Ma bata Mahinawari) and one in English Language (Say No). There are 3 more songs to be published soon by the end of 2024.

Development of IEC Materials

GSCDM/RPF produced a IEC materials in 4 different languages i.e. on English, French, Nepali and Spanish targeting the national and global audience.



Nepali



English



Spanish



French

IEC materials are also developed in the form of video which are available in the YouTube Channel of GSCDM.

Webinar

RPF/GSCDM conducted the 8 webinars at national and global level. The webinar was live from the [Facebook](#) page of Global South Coalition for Dignified Menstruation where 120 viewers joined the webinar live and 457 viewers view the webinar offline. There were 13 speakers from all around the globe; Abigail Lennox (Ph.D Researcher at the Univeristy of East London), Alnoor Bhimani (Professor of Management Accounting & Director of South Asia, Centre at the London School of Economics), Diane Danzebrink (Consultant, Speaker and Educator, Passionate about menopause and mental health), Erfaan Hussein Babak (Steering Committee Member-GSCDM, Huma Rights Defender, Gender Expert, Trainer on SRHR, Behavior Change Communication), Farah Ahamed (Human Rights Lawyer and Editor of Period Matters: Menstruation in South Asia, Pan Hancmillan), Ghanashyam Bishwakarma (National Adolescent Boys Network), Manasa Sharma (Dignified Menstruation, North America Chapter), Punam Kunwar (Dignified Menstruation Activist), Puspa Katwal (Children, Adolescents and Youth Activist), Dr. Radha Paudel (Author, Activist, Nurse), Samir Pariyar (National Coordinator, DMC Nepal), Sarah Green (Chair, Child Marriage and Sexuality Working Group), Siti Kasapila Kapichi (Dignified Menstruation Fellow), and Sreyka Mon (Girls Act, Cambodia). The focused areas for the webinar were menopause, child marriage, urgency of Dignified Menstruation, cross cultural approach on Dignified Menstruation, digitalizing Dignified Menstruation, men’s engagement and role of youth on Dignified Menstruation.



Media Engagement

Radio Program

GSCDM/RPF is running a radio program on “Dignified Menstruation is Everyone’s Business” in collaboration with Nepal FM Network. This year 150 radio series on education, health, parliament, government, planning, work place etc centering menstrual dignity has been on aired.



Radio Program

The radio program is on air twice a week i.e. on Sunday at 7 PM, and Friday at 6:30 AM with the speakers from the diversified background; ministries, municipalities (21), government officials (8), local government (11), academicians (19), communicators(6), experts (4), interfaith/religious leaders (2), etc. **PSA** on Dignified Menstruation played 16133 times in a year and song “ सगैँ सगैँ छु, महिनावारी भाछु” (*NO DIFFERENCE BETWEEN 25 DAYS AND 5 DAYS*) played 3 times in a day and 1095 times in a year.

Involvement in national and international media

RPF/GSCDM is advocating through the different media platforms such as online media, magazines, newspapers, main streaming media on Dignified Menstruation. This engagement has aware the public on menstrual discrimination, sexual and gender based violence and importance of having a dialogue on Dignified Menstruation at national and global level.



National Media



International Media

With Editors

RPF/GSCDM organized a interaction with the editors of the main streaming media in collaboration with Nepal FM Networks on August 23, 2023 where 25 editors participated. The interaction focused on the 15 years old adolescent girl who died in the menstrual hut due to snake bites in the western part of Nepal. The interaction led to the news covered by the main stream media on the snake bites.



With Main Streaming Media

Day Celebration

There are numbers of reasons to mark the 8th December is a Dignified Menstruation Day as 14th day of 16 days activism since 2019. The 16 days activism against the violence for girls girls and women is global campaign for prevention of various forms of SGBV, celebration of success around it and promotion of human right, for 16 days every year from November 25 to December 10 since 1991. Here, the menstrual discrimination itself a form of SGBV in many ways according to UN. For achieving overarch goal of gender justice and human right, needs to celebrate the menstruation throughout 24/7. Practically, which is not possible therefore dedicated day for DM significantly was urgent and important, therefore, December 8 is marked as the International Day of Dignified Menstruation which urged everyone through the lens of human right across all sectors and levels.



December 8 from 2019-2024

- **2019:** *Dignified Menstruation as a Prevention of Gender-Based Violence and Promotion of Human Rights.*
- **2020:** *Menstrual Talk, Dignity First.*
- **2021:** *Dignified Menopause as a Human Right, Not a Privilege.*
- **2022:** *Dignified Menstruation for Ending Child Marriage.*
- **2023:** *Dignified Menstruation for Ending Sexual Violence and Child Marriage.*

Other Day Celebration

RPF/GSCDM mark other national and international days along with Menstrual Health Day (MH Day) on May 28 every year with the slogan of the “Menstrual Talk, Dignity First”. It consider other days as an opportunity to advocate on Dignified Menstruation.



Advocacy

GSCDM/RPF advocate on the Dignified Menstruation at national and international level through the participation at different forums, webinars, consultation. GSCDM/RPF works directly with 4 with the ministries i.e. Ministry of Women, Children and Senior Citizen, Ministry of Health, Ministry of Education, Ministry of Water Supply etc. Founder of GSCDM/RPF works as a core team members of policy drafting committee as well as working as a member of expert group of Ministry of Women, Children and Senior Citizen. It is working with the 3 Commissions i.e. National Planning Commission, National Women Commission, National Human Rights Commission, 78 parliamentarians, 34 municipalities, 102 wards, and 73 working group. GSCDM/RPF also conduct the interaction with the school health nurse representing different districts.



With Minister of Women, Children and Senior Citizens



With National Planning Commissioner



With Municipality

Correspondingly, GSCDM/RPF also advocate at global level through the participation at different platforms. This year, it has conducted the virtual conference on different global forums like NGO CSW Forum 68 on March 12, 2023 with the title “Dignified Menstruation is integral to eliminate of Sexual and Gender Based Violence”, Women Deliver on July 19, 2023 “Menstruation Dignity and Comprehensive Sexuality Education for Gender Equality” in collaboration with Aids Healthcare Foundation (AHF), World Social Forum (WSF 2024) on Feb 16, 2024 “ Dignified Menstruation: Decolonized the Menstrual Movement & Reimagining Feminism”, Feb 17, 2024 “Right to Education is Right to Truth” and “ Universal Social Protection, Maternity Protection in Asia, Gender Equality and on Impant of Privatization in The Public Services”. Altogether 598 participants joint the discussion in person and online.



Education

Distribution of education materials and teacher support

GSCDM/RPF works with three schools, i.e. two government schools (Shree Panchasheela Ni.Ma.Bi and Shree Ma. Bi Bidhyalaya, Shasinagar) in Jumla and Chitwan districts and one private school (Shree Newstar Boarding Secondary School) in Sunwal district. It also distributed the menstrual dignity kits and provide education support to more than 100 students in the schools of Chitwan. With this, a teacher in support of GSCDM/RPF is providing education to the student in Jumla from more than 10 years.



Teacher Support in Jumla



Distribution of Dignity Kit



School in Sunwal

Research Scholarship grant

GSCDM/RPF in collaboration with the Kathmandu University provided the two research grants to the students pursuing Master, Mphil and Ph.D degree. The research grants were categorized as:

- Miteri Alina Neurodevelopment Disorder Research Grant
- Miteri Sudha Lal Gurung Dignified Menstruation Research Grant

These research grants were provided to Ms. Bipin Serchan and Ms. Renuka Magar.



Ms. Bipin Serchan



Ms. Renuka Magar

Response to Disaster Risk Reduction and Emergency

Menstruation is inevitable thus GSCDM/RPF also works on the response to the Disaster Risk Reduction and Emergency focusing the menstruating the groups. The response does not only limit to the distribution of the relief materials, it includes the distribution of menstrual kits, counseling sessions and follow-up mechanism to the women who are pregnant, postpartum women, elder, child inclusively. This year more than 1200 women received the response services from GSCDM/RPF.



Response to Earthquake



Response to Flood



Response to Fire

Our Partners:

1. Individuals including Radha's 100 % time
2. Foundations e.g. AIDS Healthcare Foundation 2022
3. Informal group of supporter e.g. SETI Foundation 2023
4. Amplify Change- 2024
5. The Colombo Plan- Event sponsor
6. AFD- a consortium member as a learning partner along with Fos Feminista, Equipop and PSI Europe.

Challenges:

- High resistance among the elites NGOs, Activists, Politicians, INGOs.
- Exclusion from the networks, alliances, groups.
- Lack of long term funding.
- Funding organization focusing the infrastructure rather than the transformation in behavior.
- Decision maker's ignorance on finalizing the guideline on Dignified Menstruation and its implementation.
- Neglecting and undermining the urgency of Dignified Menstruation.
- Radha experienced all forms of risks and challenges such as life killing threat, online harassment, media threats, shouting and menacing phone, and exclusion.

Conclusion:

This year has been one of the significant progress and growth for RPF/GSCDM. Despite challenges, RPF/GSCDM gave achieved notable milestone in trainings, workshop, policy brief and financial performances too. Our commitment to create the Dignified Menstruation Friendly environment has been driving force behind these accomplishments.

RPF/GSCDM is thankful towards their supporting partners, implementing partners & likeminded organization for supporting the cause and collaborating with us in the campaign of Dignified Menstruation.

Recommendations:

RPF/GSCDM as an organization committed to advancing Dignified Menstruation, we recognize the need for continued efforts to address the systematic and symptomatic barriers, promote education and foster the inclusive practices. Based on our experiences and findings from this year, we recommend the following actions:

- **Policy Advocacy:**

There is the continual requirement to advocate with the decision maker on Dignified Menstruation. The government should prioritize the urgency of Dignified Menstruation as consider it as a fundamental human rights. Government should ensure adequate funding to continue the campaign on Dignified Menstruation.

- **Community Engagement:**

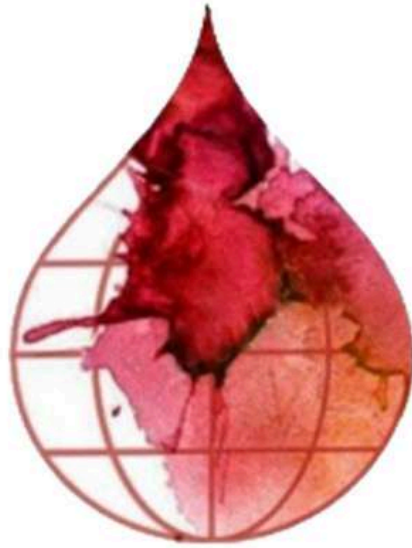
There is the need of strengthening community-driven initiatives that empower individuals to challenges the stigma, taboos around menstruation. There is the crucial role of local leadership and grassroots movements for creating the sustainable cultural shifts.

- **Comprehensive Education:**

There should be the development or revised the curriculum at school, colleges and universities according the age-appropriate.

- **Global Solidarity:**

Fostering the international collaboration to share the best practices and resources. Global networks can play vital role in amplifying the advocacy effort and enhance the collective impacts.



Dignified Menstruation

Radha Paudel Foundation

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