

Radha Paudel Foundation

2022

Annual Report

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**Radha Paudel Foundation**

Putalisadak, Kathmandu

# Radha Paudel Foundation (Secretariat)

Global South Coalition for Dignified Menstruation



2022

“Urgency on the dialogue of Dignified Menstruation  
To  
End all forms of Gender-Based Violence”

# 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
- UN: United Nations

# Executive Summary

Since the establishment of RPF, it has been piloting lobby and advocacy, awareness programs from local, provincial, and national to the international level for peace building, women's empowerment, and gender justice by protecting human rights through the lens of dignified menstruation. RPF/GSCDM executed the training and orientation programs on dignified menstruation in collaboration with CBOs, and NGOs at the ground level with the objective of minimizing the percentage of GBVs at the national level through DMC Nepal and at the international level through 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 & ignored discriminations around menstruation. RPF/GSCDM is moving forward from day one to change the narratives and perspectives at an individual and societal level on menstruation from SHAME to DIGNITY. UN Agencies, Benefactor Organizations, and INGOs prioritize health & sanitation and undermine the stigma, taboos, discriminations, abuses, and violence associated with menstruation.

With the objective of advocating and creating a movement on the urgency of dialogue on Dignified Menstruation in Asia and Beyond, RPF/GSDCM in collaboration with AHF marked International Girls Child Day (October 11, 2022) and 4th International Day on Dignified Menstruation (December 8, 2022) to reinforce UN Agencies for declaring December 8 as an International Day on Dignified Menstruation.

Correspondingly, the immersion of the Rotary Club of Bhaktapur, in the campaign of Dignified Menstruation sensitizes other international clubs about the insistence on dignified menstruation in the current situation.

Interaction with different stakeholders, media persons, interfaith leaders, 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 of COVID-19, wars, and natural disasters anything around this universe could not stop the menstruation cycle, 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:

Emancipation for girls, women, and everyone from poverty, injustices, discrimination, and violence at all organs of society

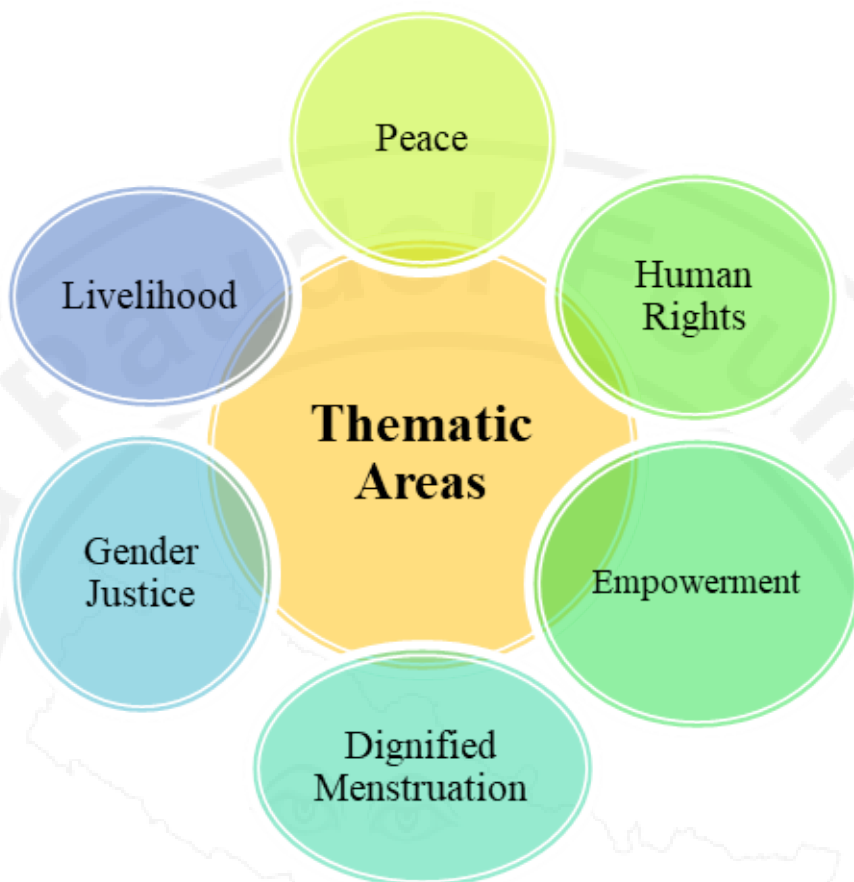
### Mission: Five 'E'

- 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

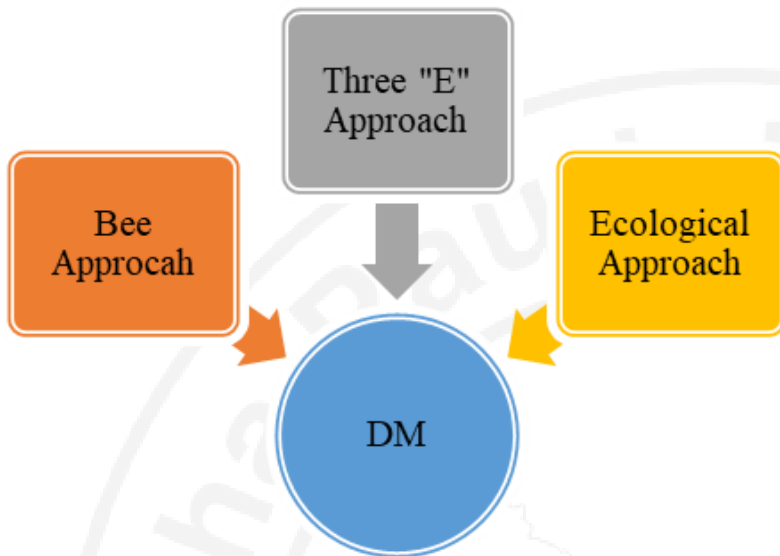
# Key Thematic Areas



# 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.

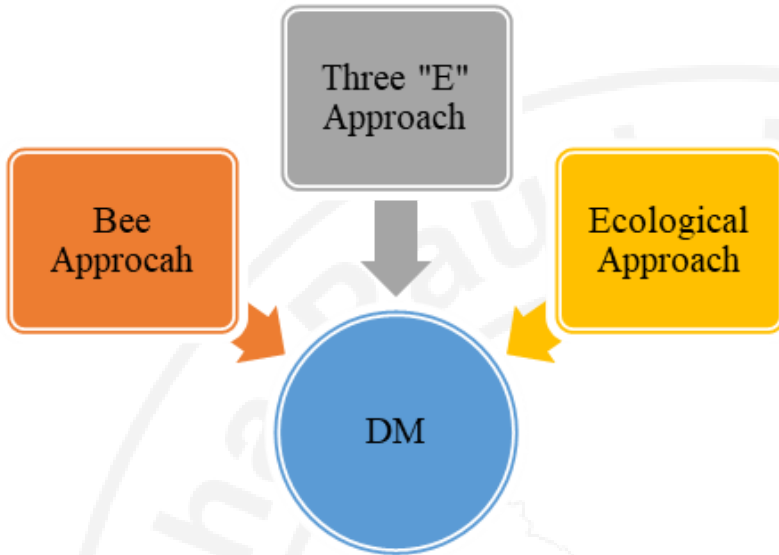
## b. Three 'E' Approach:

**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...



## 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.

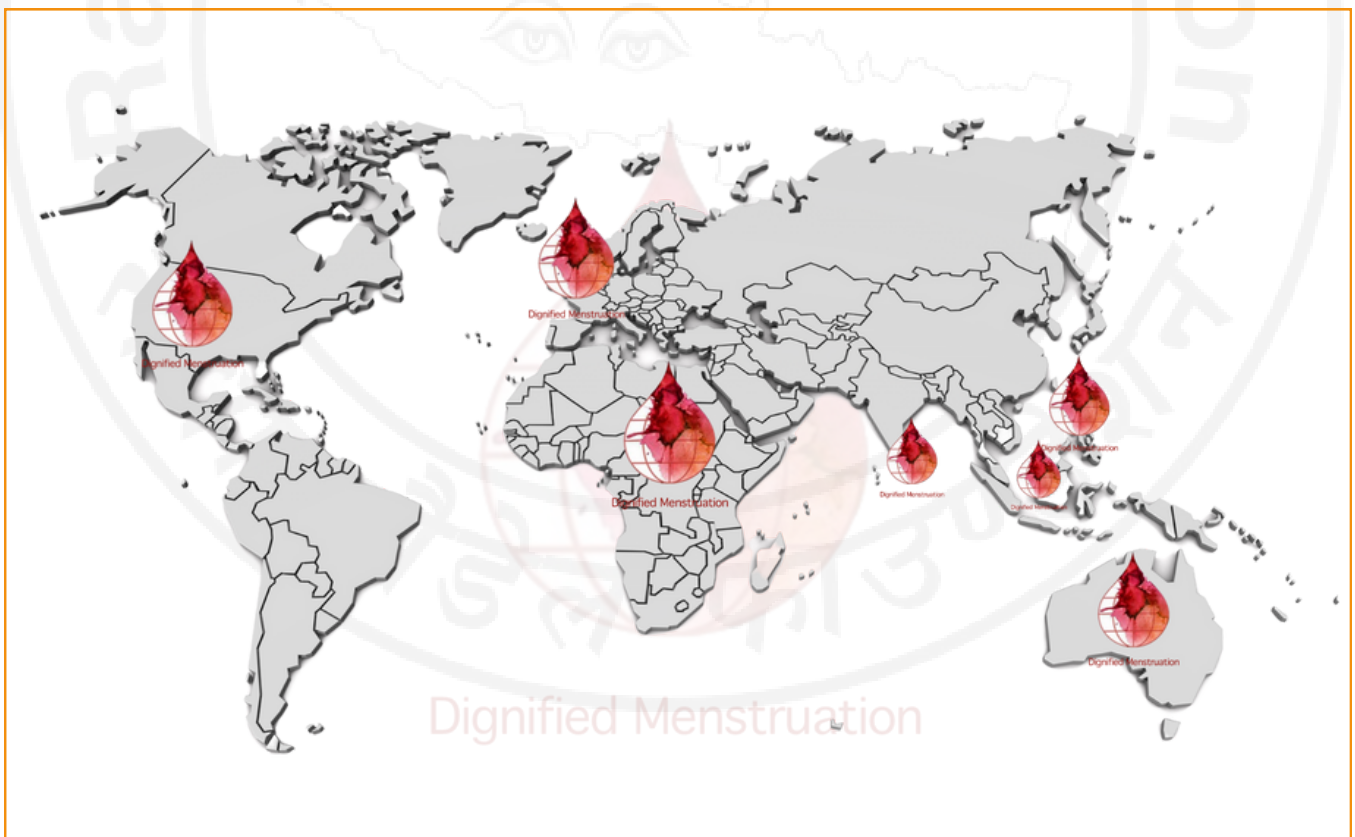
\*Primary Actors: CSOs, Media, Political Leaders, Interfaith Leaders, Women & Men leaders, etc.

# 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.



Working Areas at National Level



Working Areas at International Level

# Affiliations:

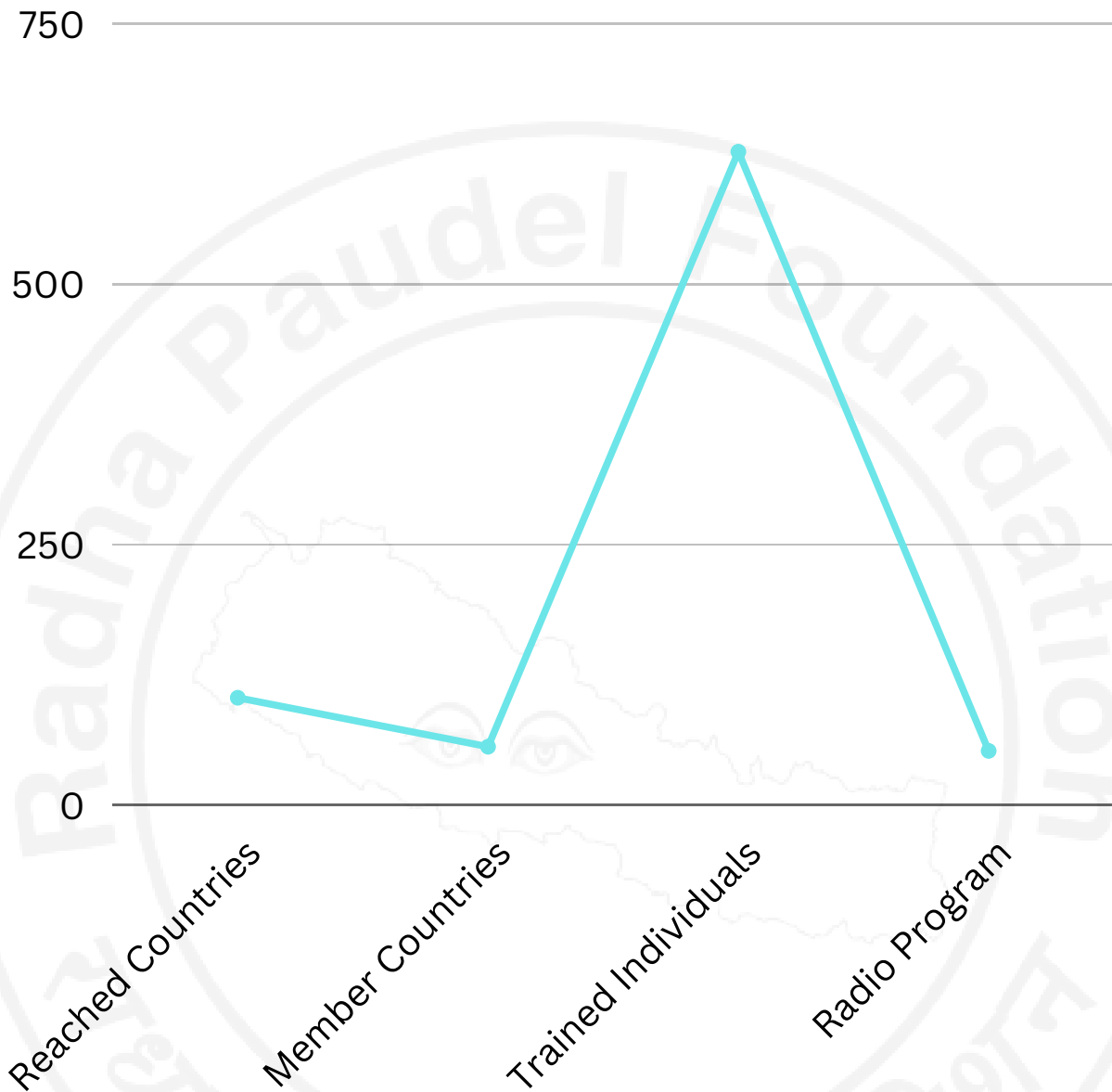
Office of Company Registrar



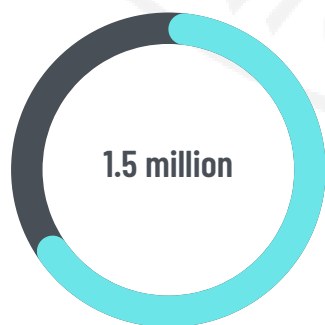
Social Welfare Council

Kathmandu Metropolitan City

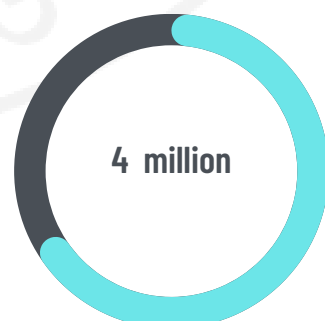
# Our Year in Numbers:



## Reached Beneficiaries



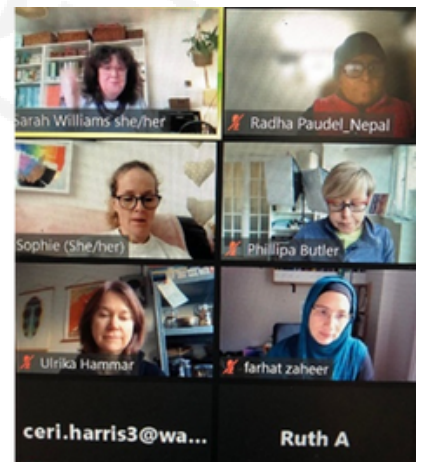
Direct



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



TOT with the members of DMC Nepal



With Women and Men of Rotary club of Bhaktapur

## Preparation 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, this year RPF/GSCDM has collaborated with the Rotary Club of Bhaktapur to provide orientation and training on Dignified Menstruation to the different sub-units of Rotary Club.

# 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, sportspeople, media persons, interfaith leaders, men/women activists, and departmental heads from Universities are the tools to raise awareness on the urgency of dignified menstruation.



With Interfaith healer at Dhangadi



With Nepal FM Network Team



TOT with the members of DMC Nepal

## Role of Private Sectors :

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.



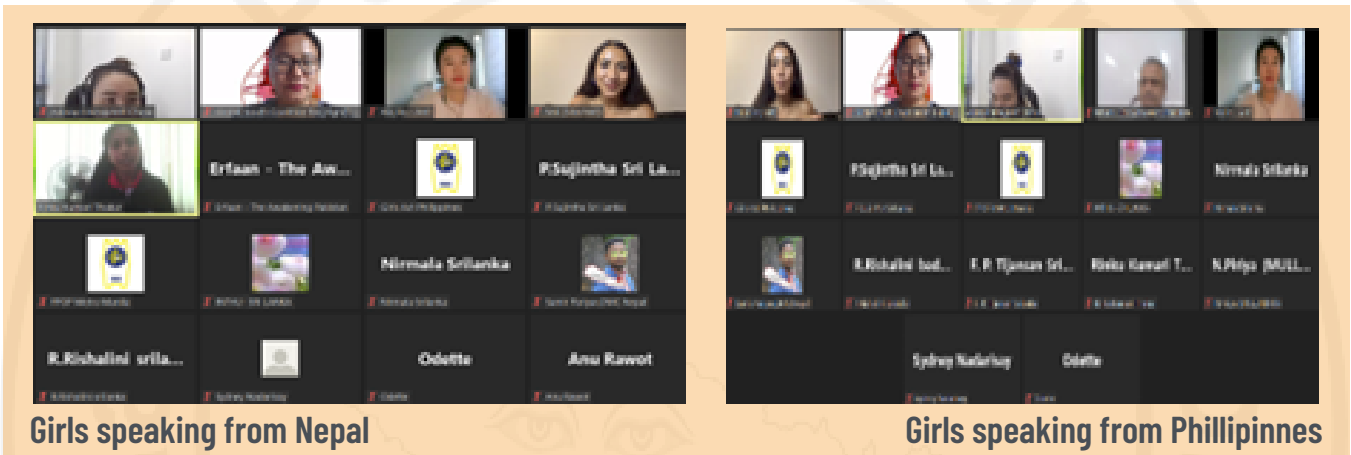
JBBL in DM

# Commemoration

RPF/GSCDM believes 365 days of a year is to be celebrate for menstruation; as this planet exists because of menstruation. Though, we emphasized 2 major days:

## a. International Girls Child Day (October 11)

The support of AHF has accompanied International Girl's Child Day this year. RPF/GSCDM takes this opportunity to as a learning exchange between 2 organizations whose working has an indifferent working area. Virtual Interaction program on dignified menstruation has sensitized young girls from Cambodia, the Philippines, and beyond Asia on the urgency of dignified menstruation.



## a. 4th International Day on Dignified Menstruation (December 8)

This year RPF/GSCDM along with the 47 member countries of AHF, marked 4th IDDM appealing to the UN Agencies to declare December 8 as an IDDM with the slogan of "Dignified Menstruation for Ending Child Marriage". The participation from Cambodia, the Philippines, North America, Sierra Leone, and Uganda highlighted the earnestness of dignified menstruation going beyond hygiene and sanitation during menstruation.



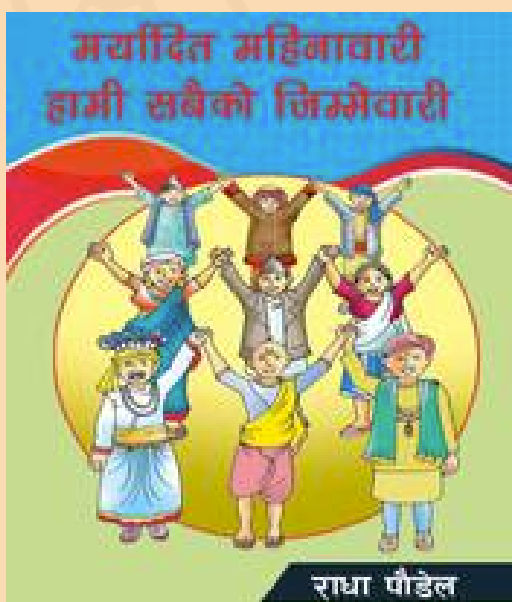
## Movement through Social Media

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.



### Resources on Dignified Menstruation

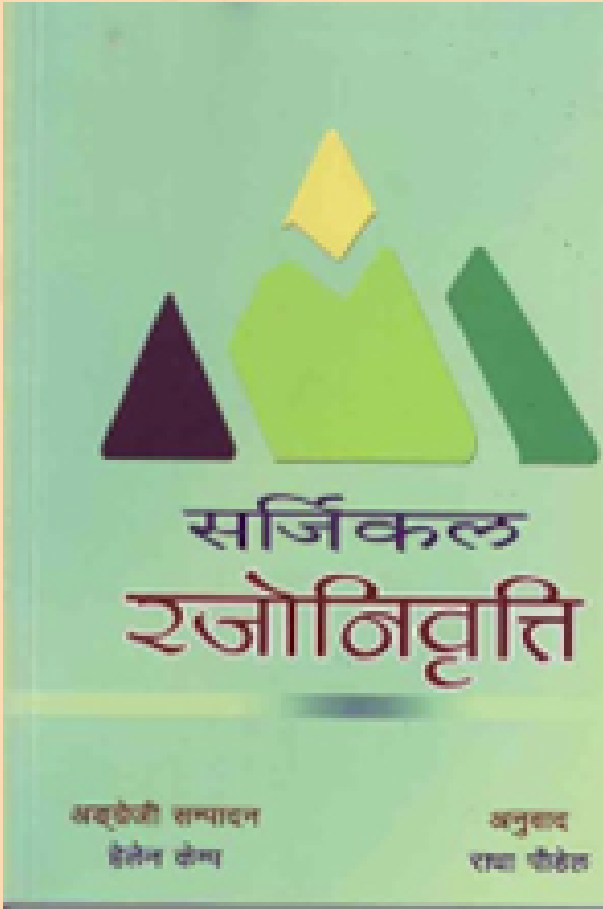
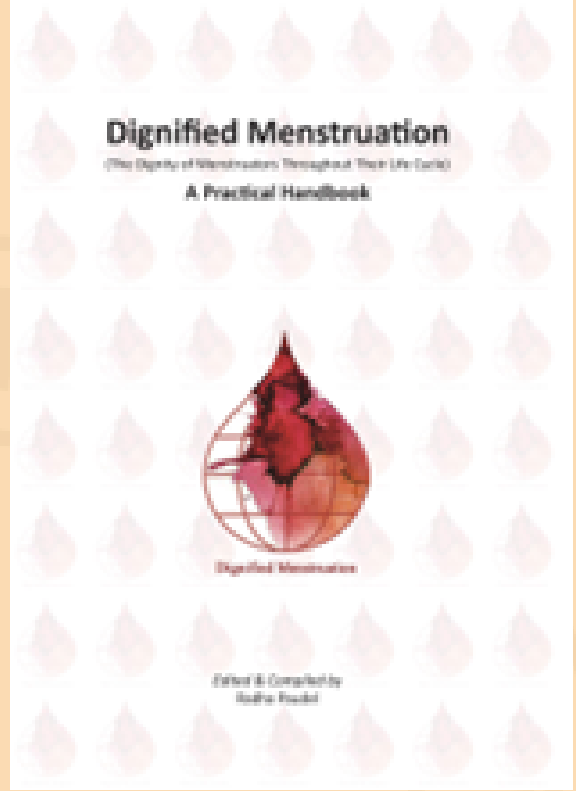
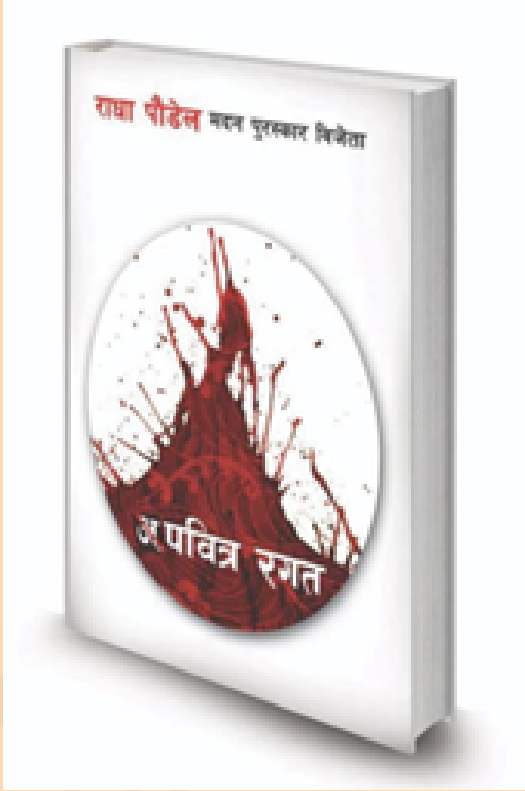
RPF/GSCDM keeps on creating and publishing the reading resource materials on Dignified Menstruation in an inclusive approach.



Mini Hand Book



Aapabitra Ragat in English



Dignified Menstruation for girls with 'Neurodevelopmental Disorders'



Author: Radha Paudel Mahamaya



Illustration: Suman

'विकासात्मक अपाङ्गता' भएका किशोरीहरूका लागि म्याग्जिन महिनावारी



लेखक: राधा पौडेल

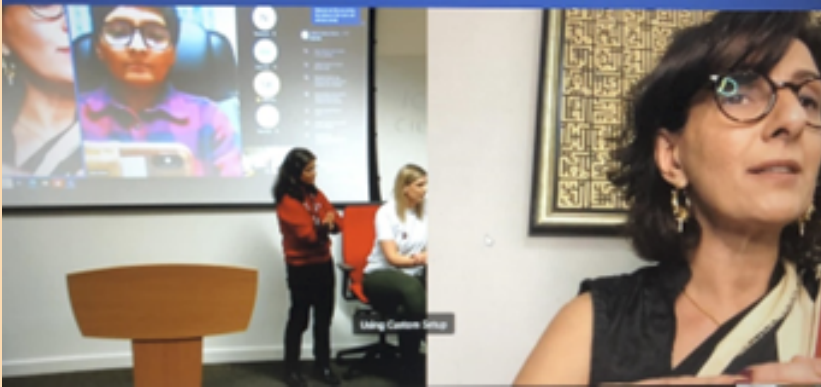


मिड: सुमन महामया



# Gallery:

## At International Level



At University of East London, UK



At Reframe, A Pan Asian Summit by Breakthrough



With Girls Health AID

# Gallery:

## At International Level ...

**NGO CSW66 VIRTUAL FORUM**  
*"How to build an effective public-private partnership in promoting period equity?"*

Time : March 23rd 10:00 - 12:00 EST (via Google Meet)  
 Host : Wei Lin, Founder of WITH RED (Taiwan)

Speakers : **Chella Quint** from Period Positive Campaign (USA)  
**Danika Revell** from the Period Place (AUS/NZ)  
**Radha Paudel** from Global South Coalition For Dignified Menstruation (Nepal)  
**Rabia Saad** from Azees Girls Foundation (Tanzania)

Dignified Menstruation with Red

**Menstrual Talk Dignity First**

**Panelists**

- Radha Paudel**, Executive Director, Global South Coalition for Dignified Menstruation
- Esther Okunne**, Executive Director, Global South Coalition for Dignified Menstruation
- Shantini Jayaram**, Executive Director, Azees Girls Foundation
- Samuel Ojima**, Executive Director, Azees Girls Foundation
- Christopher Anderson**, Executive Director, Azees Girls Foundation

**27 MAY 2022**  
 on Twitter Space  
 Time: 6pm (EAT)

#path4healthug @GlobalSouthDM  
 #Dignifiedmenstruation #dignifiedmenstruationUg

With Path 4 Health

**CSW66 DIGNIFIED FORUM MENSTRUATION**

**MENSTRUAL DISCRIMINATION IS A MISSING DRIVER OF CHILD MARRIAGE GLOBALLY**

15 MARCH, 2022  
 4:00 PM EST  
 2:45 AM NPT

Dignified Menstruation

At CSW 66

# Gallery:

## At National Level with schools, CBOs, Colleges



Dialogue on DM at AFN



At Deerwalk School Sifal



At K & K college



At Kantipur Television



At Karnali Academy Health Science



At National Youth Council

# Gallery:

## At National Level with schools, CBOs, Colleges ...



Dignified Menstruation with disable people (Blind).



Puppet training at Chitwan



With President of Rotary International and Rotary Club of Bhaktapur



Dignified Menstruation at School



Dignified Menstruation at Surkhet



TOT on Dignified Menstruation

# Gallery:

## At National Level with schools, CBOs, Colleges ...



Dignified Menstruation With Rotary Club of Bhaktapur



Dignified Menstruation with Interfaith Leaders



With President of Rotary International and Rotary Club of Bhaktapur



Dignified Menstruation at School



Dignified Menstruation at Surkhet



TOT on Dignified Menstruation

# Gallery:

## Dignified Menstruation with Nepal Government



Dignified Menstruation With Rotary Club of Bhaktapur



Dignified Menstruation with Interfaith Leaders



With President of Rotary International and Rotary Club of Bhaktapur



Dignified Menstruation at School



Dignified Menstruation at Surkhet



TOT on Dignified Menstruation



# Thank You

Radha Paudel Foundation

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<https://dignifiedmenstruation.org>

<http://www.radhapaudelfoundation.org>