

Date: 11 Magh, 2082 (Jan 25, 2026)

Request

Dear Ward Chair, everyone present here,

Namaskar!

I deeply appreciate your commitment to making this ward a Dignified Menstruation (DM) friendly ward. Regarding the format of this guideline, it is entirely your choice; feel free to adopt the structure as defined by the government. I believe that you are more experienced and familiar in this regard. Here, we have explained why and how the DM is a priority across all the sectors in the ward. We are working remotely; therefore, we also explain a bit about the process in order to avoid confusion. Because the advocacy would make it easy for each of you to be aware of the logic behind it.

Based on this guideline, you can develop the work plan, indicators, and others requirements accordingly. We are always there if you face any obstacles or confusions. Please keep doing documentation of all sorts of activities, meetings, consultations etc. which we can be shared with like-minded people and organizations.

In the history of Nepal, you/your team are crafting a new and an important course. On behalf of our team, we would extend our sincere wishes and congratulations to you for this remarkable task.

Dr. Radha Paudel, Gobinda Khadka, and Dignified Menstruation Campaign Nepal!

Guideline for DM Friendly Ward

Ward 6

Municipality: Mellekh

District:

Date: 11 Magh 2082 (January 25, 2026)

Campaign: DM friendly ward under the leadership of Ward level government

Main objective

On behalf of the local government, ward no. 6 would take a leadership role to make a 'DM-friendly ward' in order to contribute to Mellekh Municipality for social justice and human rights.

Specific Objectives:

1. Identify all forms of visible and invisible discrimination related to menstruation.
2. Address immediate and long-term impacts created by discriminatory menstrual practices.
3. Declare ward no. 6 DM-friendly within a year through a gradual process of declaring the DM-friendly house, cluster, school, and entire ward.

The Foundations of Declaring Ward No. 6 DM-friendly

1. In ward no. 6, out of 4353 people in 584 households, 2116 people are born with a uterus and ovaries (The Ward Profile of Children, 2081). Each household follows visible and invisible forms of menstrual discrimination, including silence, taboos, stigma, shyness, shame, restrictions, abuses, violence, and deprivation from resources and services. Menstrual discrimination is constructing and fueling the unequal power construction and reinforcing patriarchy so it is complex and multifaceted.

In the last 25 years, many organizations, including the government, the UN, INGOs, LNGOs, etc., have been working around it directly and indirectly and spending an abundance of money for it. Unfortunately, the gravity and magnitude of menstrual discrimination are not changing their landscape over the courses. Consequently, it deeply affects the lives of menstruators, manifesting as rights of children, women, human rights, climate justice, health, education etc. and the impact continues throughout their lives. Thus, not only in the country but also throughout the world, Achham is tarnished badly. In this connection, comprehensively addressing the menstrual discrimination is urgent and important.

2. Because any form of menstrual discrimination violates at least four or more than four constitutional rights, such as the right to dignity; Article 16 (1), right to equality Article 17 (1), right to freedom Article 18 (1, 2, 3), right to non-discrimination Article 19 (1,2,3), Right to Health Article 30 (1), Right to Shelter Article 36 (1,2), right to food Article 36 (1,2), Right to Safe Motherhood and Reproductive Health; Article 38 (3,4), Right to Children; Article 39, and Right to Social Justice; Article 42.
3. According to the Domestic Violence Act 2009, a form of menstrual discrimination causes two or more types of sexual and gender-based violence (SGBV): sexual, emotional, physical, and deprivation from resources and services. Additionally, menstrual discrimination is a causal factor for many SGBV, including child marriage, rape, etc.
4. Dignified Menstruation is the flagship program of the Government of Nepal; it drafted the national policy on dignified menstruation (2017), promulgated the menstrual law (2017), incorporated dignified menstruation into the Gender Equality Act (2021), and created the 16th five-year periodic plan (2024).
5. The National Assembly, the supreme policy structure of Nepal, anonymously endorsed dignified menstruation on 21 March 2025. It pledges to end all forms of menstrual discrimination by formulating the policies at the federal, provincial, and local levels across all sectors, such as children, adolescents, women, sexual and gender minorities, agriculture, health, tourism, etc.
6. Any form of menstrual discrimination violates at least four or more than four human rights of a menstruator, such as the right to dignity, the right to freedom, the right to equality, and the right to non-discrimination.
7. The government of Nepal is a signatory for many normative human rights frameworks, such as the Human Rights Declaration (1948), the Convention on the Elimination of All Forms of Discrimination Against Girls and Women (1979), the Convention on the Rights of Children (1989), and the Convention on the Rights of Persons with Disabilities (2006). Additionally, the 9 goals out of 17 SDGs (2030) are Goal 1: Poverty, Goal 2: Ending Hunger, Goal 3: Health, Goal 4: Education, Goal 5: Gender Equality, Goal 6: Clean Water and Hygiene, Goal 8: Decent Work, Goal 12: Consumer's Rights, and Goal 16: Peace and Justice.

The key activities need to be done by the ward for making it a DM-friendly ward.

Every household has been practicing menstrual discrimination, and menstrual discrimination is both a cause and an outcome of SGBV and a violation of human rights. The menstrual discrimination of Achham has tarnished its global image; therefore, the following activities need to be done by ward no. 6 as a priority as follows

- Form an inclusive ward-level coordination committee (see annex for details).
- Formulate the ward-level policy and guideline on dignified menstruation as a pledge resolution motion on dignified menstruation.
- Raise capacity of ward staffs on dignified menstruation
- Incorporate dignified menstruation into all sectors such as justice committee, meditation, psychosocial counseling, mental health, climate justice, health, education, etc.
- Based on the following ward-level DM policy and guideline, seriously allocated the meaningful budget, technical facilitation, monitoring, and evaluation for making DM-friendly schools:

- ✓ Paste the welcome banner entitled 'You are welcome to DM-friendly ward office' at the entrance of the ward office.
- ✓ Paint or paste the following statements around DM at the ward office and important junctions or localities of the ward:

- Do you have a practice of menstrual discrimination at your house?

If you discriminate on any practice in 24 hours between 25 days of non-menstruating days and 5 days of menstruating, you have been practicing menstrual discrimination. It is a violation of human rights.

- Have you been practicing menstrual discrimination?

If yes, it is punishable by three months in jail terms or Nrs 3000 fine, or both.

- Do you know?

You do not have a uterus and ovaries, but you were born with menstrual blood. Therefore, dignified menstruation is everyone's business. Let us make each home a dignified, menstruation-friendly home.

- Haven't you been committing domestic violence?

If you haven't allowed to do the activities in 24 hours of 25 non-menstruating days during the menstruating days of 5 days, that's domestic violence. There could be associated emotional violence, sexual violence, or physical deprivation from resources and services at once.

- ✓ Keep updated data of the total population born with a uterus and ovaries, who are menstruating, and who are in the peri- or menopausal stage in the ward.
- ✓ Mainstream the DM-oriented message in all formal and informal discussions, meetings, and interactions in the ward as follows:

- Menstrual blood is pure and clean blood. It is not a state of weakness or disease.
- We, both menstruators and non-menstruators, are born from menstrual blood, and it has regulated the world for ages.
- There should be similar behavior in the 25 non-menstruating days and the five menstruating days. If any of you differentiate even only in one behavior between two phases, there is menstrual discrimination.
- Menstrual discrimination is domestic violence and a violation of human rights. It is punishable.
- If there is any menstrual discrimination, the state will punish with 3 months in jail terms, 3000 NRs fine, or both.

- Peri/menopausal menstruators could experience serious social, emotional, and physical symptoms, so we need to discuss about menopause to solve this.

· A total of 1748 children (819 menstruators and 929 non-menstruators) in this ward observed, learned, and practiced various discriminatory menstrual practices, such as sleeping with their mother in the cold with limited clothes and being deprived of having nutritious food (starting point for chronic malnutrition) due to their mothers' imposed menstrual restrictions, like not being allowed to get food/water in the kitchen, milk and milk products, fruits, etc. They also experienced physical trauma, like early morning baths with cold water because of sleeping with a menstruating mother, burning their hands or house while cooking food due to the mother's menstruation, etc. These examples are the violation of rights of children (protection, development); therefore, DM needs to incorporate it as a mandatory action in every conversation about child rights.

Similarly, whether children are born with or without a uterus, and both practice menstrual discrimination in their homes, so they are forced to work without reaching the age or without being physically and mentally mature, knowingly or unknowingly, by burning their hands, burning their houses, and cooking food. This is a violation of the rights of children. Therefore, the protection procedures should be revised and dignified menstruation should be included in every child rights program.

Menstruators or female children are deprived of participation in kitchen, social/cultural activities, education, etc.; therefore, dignified menstruation is a precondition for the promotion of children's rights.

- In order to build the agency among menstruating girls prior to their menstruation, the scientific and factual information about menstruation needs to be imparted through regular discussions among boys, child clubs, mother groups, and faith healers. As a result, menstruators build their confidence and rejoice while having their first menstruation, whereas non-menstruators hold accountability and are ready to support their friends, sisters, and all menstruators.
- Cultivate the culture of celebration of first menstruation wherever it occurs, like at home or school. Celebration means informing nearby people without any discrimination and reminding them about the human right values and practices and the role of family members and schools, including elders (discouraging cake cutting).
- Through a series of discussions and consultations with villagers, all menstrual huts will be used for alternative purposes, not for menstruating women, such as store rooms for hay grass, firewood, mushroom farming, etc., within 3-5 months.
- Likewise, the streams and taps that are used specifically for the menstruating period should be used by all.
- Give priority to discussing menstrual discrimination as an underlying cause of child marriage in each discussion/program on ending child marriage by

calculating (see 5 days*12 months= 60 days, or 2 months or see under the section of child marriage).

- As mentioned above, health institutions have to display the messages around dignified menstruation and capacitate to address the menstrual health issues with a dignified manner.
- Out of 17 SDG goals, nine goals are directly hindered by discriminatory menstrual practices; therefore, dignified menstruation needs to be included mandatorily in each conversation of SDGs.
- In all sectoral programs of the ward, such as agriculture, tourism, etc., incorporate dignified menstruation and implement accordingly.
- Dignified menstruation is an entry for STI/HIV prevention and control, sexual health, and reproductive rights; therefore, it has to be centralized across all SRHR-related programs.
- Include indicators of dignified menstruation into all public offices to make them DM-friendly.
- While making plastic-free wards, avoid the plastic- and chemical-containing menstrual products by facilitating the start of small cottage industries for reusable cloth pad making.
- Safe environment and climate justice are also systemically and symptomatically hindered due to menstrual discrimination; therefore, the incorporation of DM is important across activities related to environment and climate justice.
- DM is an integral part of mental health; therefore, all activities around mental health need to be centralized around the DM.
- Since the main foundation and leadership of dignified menstruation are children, teenagers, young people, we need to focus on dignified menstruation in their programs and responsibilities.
- Since it will be easy to promote dignified menstruation in the ward by connecting from house to house to schools, all the offices, all organizations, networks, and clubs within the ward should decide to prioritize and work on dignified menstruation.
- Due to the menstrual discrimination, menstruators with disabilities are subject to layers of discrimination; therefore, DM needs to include them in disability-related policy and programs.
- Due to menstrual discrimination, menstruators in the Dalit community are living in non-humanized and undignified conditions within households; therefore, DM needs to be included across all anti-caste discrimination activities. (Advocacy and protection for people outside the home is easy only if you can live as a human inside the house.)
- Need to build up the capacity of elders and faith healers (Dhami-Jhakris) and mobilize them as local resource persons for the DM campaign in the ward.
- Menstruators are the most affected people during pandemics and disasters; therefore, DM needs to be incorporated across all phases, including the preparedness of pandemics and disasters.

- Police also need to get orientation on DM in order to enforce the menstrual law, along with the cause of sexual and gender-based violence that takes place at home and beyond.
- Use social media in order to disseminate about the activities for making DM-friendly wards, e.g., the Facebook page Dignified Menstruation Friendly Ward-6, Shodasha, Mellekh, Achham. Additionally, mobilize the local media.
- The context-related community activities, such as drama, discussion, discussion on books, drawing, or song competitions, etc., need to be carried out around DM for retention of the DM-related messages.
- Ward needs to make a plan and celebrate two specific days: 28 May, Menstrual Management Day, and 8th December. Dignified Menstruation Day
- For encouraging the people towards DM, there is a need to identify the person and family who is practicing DM at their respective arena and reward them accordingly. Facilitate more through social security programmes.
- While purchasing books, the ward needs to include the books around DM and facilitate the community library with DM books.
- In order to link between DM and economically sustained ward, the ward needs to initiate the income-generating activities, e.g., home stay or cottage industry of pad. Most of the trainings need to be organized at the ward level, which is economically viable too.
- Ward needs to display the messages around DM at various locations such as hotels, *Chautara*, houses of female community health volunteers, faith healers, vehicles that are ply around the ward, etc.
- Regularly report on DM model village activities to respective institutions such as the municipality, the Association of Municipalities, the province offices, etc.

Campaign Name in School: *Vidhyalayma ma bata Mahinawaari (M for Menstruation in School)*

1. In ward no. 6, there are 8 schools where 1200 students study. These students learn menstrual discrimination from their mother, aunts, grandmother, and grandfather. They learn as a part of life where FEAR is in the center of culture, god, and social prestige. In order to make schools DM friendly, the ward, school, and school management committee have to work collectively as follows:

- Appoint a focal person; it is better to have a head of the school (it is not necessary to have a woman or health teacher; any updated, creative, and active teacher could be the focal person).
- Revised the code of conduct for students with the messages related to DM, e.g., 'I do not practice menstrual discrimination.'
- Likewise, the code of conduct for teachers also needs to be revised by adding DM-related messages, e.g., "I do practice DM, and I also advocate for it here in school and beyond."
- Paste or display the messages around DM in the wall of the school or office of the school as follows:

- i) Menstrual blood is clean, pure blood. It is not a weakness and not a disease. We are all born from this blood.
 - ii) If there is anything that differentiates the activities of 24 hours between 25 days of non-menstruating days and five days of menstruating days, it is menstrual discrimination. Menstrual discrimination is a violation of human rights. It is punishable.
 - iii) If anyone practices menstrual discrimination, there is a provision of 3 months of jail terms, or 3000 Nrs fine, or both.
 - iv) If there is freedom from all forms of menstrual discrimination, it is called DM. It is human rights.
 - v) Menstruators and non-menstruators are born with menstrual blood; this is why it is everyone's business.
 - vi) Display the photos of menstrual products (Languti, old and new cloth pieces, reusable menstrual pads, disposable biodegradable menstrual pads, non-biodegradable menstrual blood, menstrual cups, menstrual discs, menstrual tampons, and menstrual panties) with merits and demerits on the wall of the school and public offices.
 - vii) If the menstruation is dignified, menopause will be dignified as well.
- School needs to sing a DM song (refer to annex) after the national anthem every day in order to change students' mindsets.
 - During assembly or in the class, every day, a menstruator and a non-menstruator share their DM-related story or experience to inspire others.
 - Encourage students to lead the discussion on DM in their respective families.
 - The extracurricular activities need to prioritize the DM because it is a very much neglected issue.
 - While organizing sports, align with values of DM by chanting slogans, singing songs, and displaying posters.
 - As an authority of local government, develop the school curriculum on DM. Before that, the curriculum being used by municipalities: Tatopani (Jumla), Madi (Chitwan), Lalbandhi (Sarlahi), which is developed by the Radha Paudel Foundation upon request of Madi, Chitwan can be used.
 - School needs to display the chart of the impact of menstrual discrimination on education as follows:

4 years	children know something about menstrual discrimination. Non-menstruating children consider themselves as pure, powerful, and superior and socialize accordingly, whereas menstruators do not menstruate but process all menstrual practices and socialize accordingly. As a result, menstruators consider themselves more impure, inferior, and powerless than non-menstruators.
5-11 years,	totaling 7 years, menstruators observe the various formal and informal discussions and practices around menstruation. Meanwhile, non-menstruators start to disobey their mothers and sisters, do not follow the discipline of the family, and eventually start to commit verbal and physical violence, and so on. This is how, menstruators raise with the feeling of inferior, powerless, often become victim of various forms of GBV at home from their family members as well.

12 years: On average, menstruators may have their first menstruation at the age of 12 years. Depending on their family, at least 5-11 days, they firsthand experience various forms of menstrual discrimination. As a result, furthermore, they rise with the feeling of being weaker, powerless, and dehumanized. Emotionally, they become fragile due to being deprived of interacting with friends and classes. This cycle of humiliation and deprivation repeats every month. In regular menstrual cycle, they are in school but severely distract for 24 hours for five days; need to wake up 30-45 minutes earlier to wash, bath and dry the clothes secretly, need to use separate place or tape or stream, compromise the time to do homework, not get food on time, wear double panty, double pad, extra trouser to hide the blood, sit in dark or corner of the classroom, limit to drink water, keep changing the sitting position to avoid leaking, keep using toilet or limit to use the toilet, late or early back to home, not get food, cleansing on time, not appropriate place for sleep (no light, no ventilation, no clothes, no locked doors etc.), unable to sleep. Thus, a total of 66 days of interruption.

First time menstruation		11 days
	11 months of the year $\times$ 5 days =	55 days
13 years	12 months $\times$ 5 days =	60 days
14 years	12 months $\times$ 5 days =	60 days

When menstruators are 14 years old, a total of 186 days, or 6 months, have already been interrupted due to menstrual discrimination. Usually, menstruators are smart when they are in primary classes, but they get weak or fail in specific subjects. Meanwhile, they also have responsibility at home/family and are emotionally curious. But the family and society won't take care of them because they are not a priority, like non-menstruators. Menstruators continuously experience dehumanization, insecurity, and feelings of being controlled and inferior, and they start to give up paying attention in education. They may fail in school. Once they fail in school, they fail in their dream and eventually get trapped in a voluntary or forced marriage. Parents and society blame social media or mobile phones, but the child marriage or forced marriage is happening due to not considering the menstrual discrimination as an underlying cause of it.

Those who don't menstruate feel that they are holy, powerful, and free, and can even abuse their power and freedom by not doing their own work, ignoring the requests or needs of menstruators or abuse them.

- Distribute and encourage to use DM-friendly products. Teach students that only menstrual products that help to make 25 days and 5 days of the month as one while

protecting the health and economy of the person using menstrual materials, the environment, and the whole earth are the only menstrual products that are dignified.

- Mobilize boys born with no-ovaries, as role models for DM to educate village to village. Encourage them.
- Mark the days; 28 May as Menstrual Management Day or Health Day and 8 December as International Dignified Menstruation Day, by including them in the school's annual calendar.
- If any menstruator remains absent due to menstruation, make a home visit to explore the reason and counsel accordingly. If required, mobilize the leaders of the child club, the school management committee, and other concerned stakeholders from the ward office.
- End the menstrual discrimination in school. Bring it into discussion or dialogue if any such incident happens in school.
- Revised the guideline of first aid of school. Include the DM-friendly menstrual product in the first aid box and leaflets, and refer to the health facility if required (discourage having a bed and bathroom with hot water because menstruation is not a disease or weakness). In case of severe PMDD, intensive care from family is needed.
- School waste management guidelines also need to be revised to manage the use of menstrual products, e.g., menstrual pads.
- Develop the reading materials for the menstruators with disabilities. (can request with the organizations, including Radha Poudel Foundation, that are working particularly on disability rights)
- The WASH guideline needs to be revised in order to make DM-friendly WASH facilities like separate toilets for menstruators (including transmen and people with disabilities) that are well locked, ventilated, spacious, and provided with nails (to hang the bag), water, soap, menstrual products for emergency menstruation, etc.

Dignified Menstruation-Friendly Health Institutions

- Build up the capacity of health professionals on DM (only educating about managing menstrual blood or distribution of menstrual pads is not DM).
- As with wards and schools, they need to display DM-related messages around the premises of health institutions and health-related activities.
- Include DM for health education for everyday outdoor patient education.
- The issues related to menstruation and menopause need to be included in HMIS as remarks, and we need to lobby for a revised HMIS.
- Build up the capacity of the Female Community Health Volunteers on DM and mobilize them to educate house to house, village to village, and the entire ward.
- Create an environment-friendly menstrual pad disposal system such as making a pit deeper than one person and collecting it for the entire ward or adopting other alternative measures.

Dignified Menstruation Friendly Agriculture Program

- Include DM and discuss in every formal and informal meeting and program of agriculture.
- Eliminate the menstrual discrimination related to agricultural activities, such as not touching seeds, plants, buds, or harvests, etc., during menstruation.
- If it has a separate office, it needs to disseminate the messages around DM, like the school and ward office.

Dignified Menstruation Friendly WASH office

- Build up the capacity of staff on DM
- Mandatorily discuss the DM in every formal and informal discussion of WASH activities.
- Constructing dignified water taps and toilets for those born with ovaries;
 - There must be a door, window as well as a lock. There should be proper air circulation.
 - It should be clean, dry, water facility, soap, waste management arrangements. It should be free from any risk of infection.
 - A person who uses tap, toilet must be the one who considers 25 days and 5 days of the month as the same or must be completely free from menstrual discrimination.
 - If there is a separate water and sanitation office, then display a message about dignified menstruation like in health or school.

Dignified Menstruation-friendly Nutrition Program

- Strengthen the capacity of team members of the nutrition program
- To break the cycle of malnutrition, widen the discussion of dignified menstruation in every nutritional group.
- Display the statistics and broaden the discussion about how children fall into the cycle of malnutrition due to menstrual discrimination.

Children trapped in chronic malnutrition due to menstrual discrimination

- Menstruation starts at least 6 months after a child-birth.
- Deprivation from house/kitchen, water, fruits, milk/milk-based fruits etc. starts after menstruation.

First year of childbirth	$5 \text{ days} \times 6 \text{ months} = 30 \text{ days, or 1 month}$
2nd year	$5 \text{ days} \times 12 \text{ months} = 60 \text{ days or 2 months}$
3rd year	$5 \text{ days} \times 12 \text{ months} = 60 \text{ days or 2 months}$
4th year	$5 \text{ days} \times 12 \text{ months} = 60 \text{ days, or 2 months}$

5th year	$5 \text{ days} \times 12 \text{ months} = 60 \text{ days or 2 months}$
6th year	$5 \text{ days} \times 12 \text{ months} = 60 \text{ days or 2 months}$
7th year	$5 \text{ days} \times 12 \text{ months} = 60 \text{ days or 2 months}$
8th year	$5 \text{ days} \times 12 \text{ months} = 60 \text{ days or 2 months}$
9th year	$5 \text{ days} \times 12 \text{ months} = 60 \text{ days or 2 months}$
10th year	$5 \text{ days} \times 12 \text{ months} = 60 \text{ days, or 2 months}$
11th year	$5 \text{ days} \times 12 \text{ months} = 60 \text{ days or 2 months}$
12th year	$5 \text{ days} \times 12 \text{ months} = 60 \text{ days or 2 months}$

- In 12 years, mother and child are deprived of having nutritious food for about 23 months, or about 2 years.
- By 12 years, the child is able to manage the food, though already trapped in malnutrition. If the child is a menstruator, the cycle of deprivation from nutritious food repeats again, meaning the malnutrition and anemia are repeating, and other nutrition-related health issues can be seen.

Dignified Menstruation for Ending Child Marriage

- Build capacity of concerned people who are specifically focused on ending child marriage.
- Include all formal and informal discussion by showing the mathematical data and demonstration of how the menstrual discrimination is an underlying cause for child marriage as discussed under DM-friendly school.
- Need to paste or display the message in various locations of the ward.

Dignified Menstruation in Climate Justice

- Build up the capacity of team members on DM.
- DM needs to be prioritized while discussing the response to drought, erratic rain, landslide, dryness of water sources, etc. For example, if the water source dries up and you need to go far or early in the morning for fetching water, create an environment to assign it to non-menstruators of the family, which prevents gender-based violence. Arrange a reward for such a family.

- DM to be incorporated across all plans and programs of climate justice.

Dignified Menstruation-Friendly NGOs

- Due to the reasons mentioned above, every non-governmental organization should work on dignified menstruation. It is the responsibility of every organization to implement the Dignified Menstrual Resolution 2081. Therefore, first of all, those organizations should mainstream the dignified menstruation in all policies and programs including gender equality or social inclusion policy, financial policy, especially the policy of their organization.
- If there are projects related to child rights, health, or education or women's empowerment, there needs to be financial support for the ward to host meetings, workshops, trainings, etc.
- Mainstream the DM values across all policies and activities of NGOs.

Dignified Menstruation-Friendly Political Party

- Political parties, which are formed under the constitution of Nepal, need to incorporate the DM in their policies and programming.
- Enhance the capacity of the members and staff of political parties on DM accordingly.
- The office of the political party needs to be DM-friendly like the ward office or school.

Note: if there is an additional program in the ward, DM needs to be included as discussed above because menstruators are everywhere. For instance, if there is work for road construction, the mechanism needs to create a dignified workplace for menstruators.

Budget Allocation:

- As discussed above, DM is an issue of human rights and everyone's business. Therefore, some amount of funds needs to be allocated from the program about child rights, adolescents, health, education, disability, etc. to work for DM.
- Some funds can be managed by coordinating with the organizations that are working around menstruation.
- There are other options that can be explored for raising funds and maintaining the sustainability of the funds by initiating the homestay tourism, pad-making cottage industry, etc.

Role of Radha Paudel and Gobinda Khadka
(They are associated with Radha Paudel Foundation and working for global DM campaign)

- Provide technical support (like preparing this guideline) to the team of the ward office and concerned stakeholders

- Provide reading materials on DM and school curriculum of DM.
- Educate and disseminate around resolution motion on DM
- Provide the trainings (physical and virtual) on DM. For offline training, ward need to manage the transportation cost for the participants who are representing ward team.
- Produce documentary of this process.
- Advocate on DM at local, national and international level.
- Connect the works and members with dignified menstruation campaign Nepal .

Annex

1. Together.....Together

I'm menstruating, I'm together,
 Like my brother's growing mustache, I'm bleeding
 The blood runs our universe, our universe
 No barrier, I eat whatever I prefer,
 Elated and overjoyed, I reach everywhere,
 Grandpa, grandma's little baby,
 Leaves me never alone with fear of my worries.

2. M from Menstruation

Menstruation from M, menstruation from M
 The world runs through this cute M.

From menstruation comes the blood clean, pure, and fresh
 Not all fall sick seeing the blood trace.

Say no to menstrual discrimination
 Know the law that fines and imprisons.

Neither uterus nor religion is to be blamed
 Let's be united to celebrate menstruation day with acclaim.