



Global South Coalition
For Dignified Menstruation



“Dignified Menstruation: Reclaim Inherent Dignity, Equity and Inalienable Rights”

7th International Dignified Menstruation Day

LEARNING CONFERENCE

8-10 December 2025

📍 Kathmandu, Nepal

Concept Note



Banner Theme:

“Dignified Menstruation: Reclaim Inherent Dignity, Equity and Inalienable Rights”

Date: 8-10 December, 2025

Introduction:

Global South Coalition for Dignified Menstruation (GSCDM) is a global network, officially founded in 2019 as an initiative of a Nepal-based NGO called Radha Paudel Foundation (RPF) in order to change the narratives around menstruation. Dignified Menstruation is an innovative, holistic, decolonized approach to changing the landscape of gender-based violence (GBV), human rights, and feminism.

Since the beginning, it also initiated an International Day for Dignified Menstruation on 8th December to establish the facts of menstrual discrimination as a form of GBV and violation of human rights. In 2020, a three-day hybrid international workshop ended with a declaration of 12 points.

In this vein, despite all challenges, including the US administration, wars, climate crisis, and squeezed spaces for civil society, GSCDM is planned to review, reflect, and navigate the journey of dignified menstruation. Therefore, GSCDM calls for a global community from all sectors to join and treasure it.

Rationale and Objectives:

The journey of dignified menstruation has been evolving as a new theory from the Global South, emerging from pain, struggle, and exclusion. It is an area of interest for all actors, particularly those extensively engaged in feminism, human rights, climate justice, SRHR (Sexual and Reproductive Health and Rights), and Gender-Based Violence (GBV) .

Till now, dignified menstruation has entered the encyclopedia, changed the landscape of policies and media, contributed to books and book chapters in multiple languages, and hosted national and global trainings, webinars, and research, as well as presentations and submissions of reports in CSWs, UN GR 41, etc. Likewise, many donors, NGOs, private sectors, and academic institutions have started to replicate its principles and values in their respective areas.

Thus, this is a high time to gather activists, experts, researchers, media, donors, corporates, and the UN, etc. from all sectors, including menstruators with disabilities, LGBTQIA++, and everyone, to rejoice in human existence, cherish our achievements, and reframe the future movement of dignified menstruation.



The Three-Day conference aims to bring together all interested individuals, organizations, and networks to shape the journey of dignified menstruation for dismantling systemic inequalities and patriarchy, which are deeply embedded in menstrual discrimination. Additionally, this event will celebrate the 7th International Dignified Menstruation Day.

Key Themes:

GSCDM proposes the following key themes but not limited to:

Broader Theme 1: Social, Cultural, and Political Dimensions of Menstruation Discrimination

- Diversity of Menstrual Discrimination, Redefining the Narrative on Menstruation
- Engagement of Non-Menstruators, Including Boys, Men, and Faith Healers
- Examination of the Menstrual Movement and Dignified Menstruation
- Socialization of Menstruation, Including Education and Sports

Broader Theme 2: Dignified Menstruation within Human Rights-Based & Social Justice & SRHR Frameworks

- Space for Menstruation in the Discourse of Human Rights, GBV, and Feminism
- SRHR, CSE, HIV, Child Marriage, and Dignified Menstruation
- Peace, Meditation, and SDGs

Broader Theme 3: Menstrual Dignity Across the Lifespan

- Menopause and Menstrual Health Issues, Including Cancers
- Menstrual Products, Management, and WASH

Broader Theme 4: Menstrual Discriminatory perception and practices in Complex Humanitarian Settings

- Association of Menstrual Discrimination with the Climate Crisis, Environment, Pandemic, and Humanitarian Settings

Broader Theme 5: Technology, Innovation & Economic Mobility with Menstrual Dignity

- Entrepreneurship, Livelihood, and Dignified Menstruation
- AI, Social Media, Media, and Dignified Menstruation



Key Highlights:



Parallel Session-90
Minutes Per Session



Plenary Sessions



Poster Presentation



Networking Reception



Theatre Performance



Arts, Exhibition

Co-Organizer:

The learning conference will be led by the Global South Coalition for Dignified Menstruation (GSCDM)/Radha Paudel Foundation (RPF)/ Dignified Menstruation Inc. 501(c)(3) . Correspondingly, the conference will be co-organized by the National Youth Council of Nepal and Men Engage Alliance (Global).

Dignified Menstruation



Early Bird Registration:

1

Nepali Citizen

- **NRS. 15,000/-**
 - Learning materials
 - Lunch coupon
 - Tote bag
 - Tea-Snacks
 - Stationery

2

Global South

- **USD 100**
 - Learning materials
 - Lunch coupon
 - Tote bag
 - Tea-Snacks
 - Stationery

3

Others

- **USD 200**
 - Learning materials
 - Lunch coupon
 - Tote bag
 - Tea-Snacks
 - Stationery

The Partnership Range

Thematic Partners

\$10,000

- ✓ Logo placement on event materials, website, and social media
- ✓ Opportunity to host a specific session or panel
- ✓ Stall

Supporters

\$5,000

- ✓ Logo placement on event materials, website, and social media
- ✓ 1 speaker slot
- ✓ Stall

Sponsors

\$1,000

- ✓ Logo placement on event materials, website, and social media
- ✓ 1 speaker slot
- ✓ Stall

Solidarity Partners

-

- ✓ Logo placement on event materials

Dignified Menstruation





Timeline:

Duration	Activity
March 17, 2025	Announcement
June 15, 2025	Registration and Abstract Submission
July 15, 2025	Extended Deadline for Registration and Abstract Submission
July 31, 2025	Notification to Selected Applicants
November 25, 2025	Press Release
December 7, 2025	Arrival at venue, Kathmandu, Nepal
December 8-10, 2025	Learning Conference
December 11, 2025	Departure

Dignified Menstruation



**“Dignified Menstruation: Reclaim Inherent Dignity,
Equity and Inalienable Rights”**

7th International Dignified Menstruation Day



Dignified Menstruation

LEARNING CONFERENCE

8-10 December 2025

Kathmandu, Nepal



Global South Coalition
For Dignified Menstruation



www.dignifiedmenstruation.org
www.radhapaudelfoundation.org



+977-9840964904



dignifiedmenstruation2019@gmail.com
rpaulfoundation@gmail.com



@DignifiedMenstruation || @radhapaudelfoundation



Secretariat Office, Kathmandu, Nepal