

## **Historic Declaration of Nepal's First Dignified Menstruation-Friendly Ward**

Comprehensive Report on the Announcement of Lalbandi Municipality Ward No. 3, Sarlahi, as a Dignified Menstruation-Friendly Ward

24 April 2026 (11 Baisakh 2083)



**A Milestone in Advancing Human Rights, Social Justice, and Sustainable Development through Dignified Menstruation**

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## **Acknowledgement**

I would like to express my sincere gratitude and deep appreciation to everyone whose commitment, collaboration, and collective efforts made the historic declaration of Lalbandi Municipality Ward No. 3, Sarlahi, as Nepal’s first Dignified Menstruation-Friendly Ward possible.

On behalf of the Radha Paudel Foundation (RPF), I, Lal Sharan Chalaune, feel deeply honored to have had the opportunity to visit Sarlahi and witness this transformative milestone firsthand. Being part of this historic journey and engaging directly with the ward leadership, community members, local institutions, and implementing partners has been both professionally enriching and personally inspiring. This experience has strengthened my belief that dignified menstruation is not only achievable but essential for creating a just, equal, and humane society.

I extend my heartfelt gratitude to Lalbandi Municipality, especially the municipal leadership, for their visionary commitment and collaboration in advancing Dignified Menstruation as a matter of human rights, social justice, and sustainable development. My sincere appreciation goes particularly to Lalbandi Municipality Ward No. 3, under the leadership of Ward Chair Mr. Budhadev Chaudhary, for demonstrating exemplary dedication, political commitment, and institutional leadership in making this historic declaration possible.

I would also like to acknowledge the invaluable partnership and tireless efforts of the Child Protection Organization (CPO), whose continuous engagement, community mobilization, and technical support played a crucial role throughout this process. Their commitment to empowering communities and advancing social transformation has been instrumental in achieving this milestone.

My deepest respect and gratitude go to Sapna Poudel and Dr. Radha Paudel, Founder of the Radha Paudel Foundation and visionary architect of the Dignified Menstruation framework, whose decades-long dedication, courage, and relentless advocacy have transformed how menstruation is understood—not merely as a biological process, but as a matter of dignity, equality, freedom, and non-discrimination. Her leadership continues to inspire all of us working toward systemic change.

I am equally grateful to the ward-level Dignified Menstruation-Friendly Ward Coordination Committee, community working groups, women’s groups, youth clubs, child clubs, Female Community Health Volunteers (FCHVs), teachers, health workers, religious leaders, and all community members whose ownership and participation made this transformation possible. Their willingness to challenge deeply rooted menstrual discrimination and embrace new practices has laid the foundation for lasting social change.

Special appreciation goes to the implementing partners of the “Menstrual Dignity for SRHR in All Diversities” project—PACE Nepal, Child Protection Organization (CPO), and the support of Amplify Change—for enabling this initiative through strategic partnership and shared

commitment to advancing Sexual and Reproductive Health and Rights (SRHR) through Dignified Menstruation.

Finally, I offer my heartfelt thanks to every menstruator and non-menstruator in Lalbandi Municipality Ward No. 3 who has embraced this journey of transformation. Your courage to reflect, unlearn, and change is what makes this declaration truly historic.

Together, we are not only declaring a ward—we are building a future where menstruation is lived with dignity, and where equality and human rights are realities for all.

With sincere gratitude,  
Lal Sharan Chalaune  
Radha Paudel Foundation (RPF)

## Acronyms

- **DM:** Dignified Menstruation
- **GBV:** Gender-Based Violence
- **GSCDM:** Global South Coalition for Dignified Menstruation
- **HR:** Human Rights
- **RPF:** Radha Paudel Foundation
- **SDGs:** Sustainable Development Goals
- **SGBV:** Sexual and Gender-Based Violence
- **SRHR:** Sexual and Reproductive Health and Rights
- **UN:** United Nations
- **MD:** Menstrual Discrimination
- **CPO:** Child Protection Organization

## **Executive Summary**

The declaration of Lalbandi Municipality Ward No. 3, Sarlahi, as Nepal’s first Dignified Menstruation-Friendly Ward on April 24, 2026 (Baisakh 11, 2083) marks a historic milestone in the country’s journey toward social transformation, human rights realization, and sustainable development through Dignified Menstruation. This achievement demonstrates how local governance, community ownership, and institutional commitment can collectively challenge and dismantle deeply rooted menstrual discrimination.

Menstrual discrimination—manifested through stigma, silence, restrictions, exclusion, violence, and deprivation of resources—is a widespread form of sexual and gender-based violence and a violation of fundamental human rights. It affects menstruators throughout their life cycle and reinforces unequal power relations, patriarchy, and social exclusion. In response, the Dignified Menstruation framework offers a transformative, decolonized, human rights-based, and life-cycle approach centered on four core principles: dignity, freedom, equality, and non-discrimination.

This historic declaration was achieved under the “Menstrual Dignity for SRHR in All Diversities” project, implemented from November 2023 to October 2026 by the Radha Paudel Foundation (RPF), PACE Nepal, and the Child Protection Organization (CPO), with support from Amplify Change. The project aims to eradicate systematic menstrual discrimination in Nepal and promote Dignified Menstruation as a fundamental human right and an entry point for Sexual and Reproductive Health and Rights (SRHR).

Within Lalbandi Municipality, the project has been implemented in Ward Nos. 3, 9, and 10. Among these, Ward No. 3 demonstrated exceptional readiness and commitment by fulfilling a wide range of indicators required under the Dignified Menstruation-Friendly Ward Guideline and the Resolution Motion on Dignified Menstruation (Chaitra 8, 2081). Through strong local leadership, institutional engagement, and active community participation, the ward successfully transformed multiple spaces—including homes, schools, health facilities, and the ward office—into Dignified Menstruation-friendly environments.

The process involved establishing a ward-level coordination committee, conducting readiness assessments and household visits, organizing training sessions and dialogue programs, facilitating door-to-door awareness campaigns, strengthening institutional mechanisms, and continuously monitoring progress through evidence-based verification. A wide range of stakeholders—including municipal authorities, schools, health facilities, women’s groups, youth clubs, child clubs, community leaders, and Female Community Health Volunteers—played key roles in this transformation.

Major achievements include institutionalizing Dignified Menstruation within ward governance, creating DM-friendly homes and schools, improving access to SRHR-related health services, addressing menstrual discrimination as a human rights issue, and promoting environmental sustainability through the 3P model: Person, Pocket, and Planet.

A press conference held on April 22, 2026, followed by the official declaration event on April 24, 2026, brought together elected representatives, government officials, civil society organizations, journalists, and over 400 community participants to celebrate this historic achievement. The event symbolized a collective commitment to social justice, equality, and human dignity.

This report documents the full journey of the declaration process, including its conceptual foundations, methodology, achievements, lessons learned, challenges, and future directions. It highlights how Dignified Menstruation can serve as a powerful framework for addressing broader issues such as gender-based violence, child marriage, social exclusion, environmental sustainability, and constitutional rights.

Nepal's first Dignified Menstruation-Friendly Ward is more than a symbolic declaration—it is a practical and replicable model for systemic transformation. It offers a pathway for local governments, institutions, and communities across Nepal and beyond to reimagine menstruation as a matter of dignity, equality, and justice.

## **1. Introduction**

### **1.1 Background**

Menstrual discrimination (MD) remains one of the most deeply embedded yet often invisible forms of structural inequality and injustice in Nepal and globally. It refers to the silence, shame, stigma, taboos, restrictions, exclusion, abuse, violence, and deprivation of resources and services associated with menstruation throughout the life cycle of menstruators in all diversity. Although menstruation is a natural biological reality and the foundation of human existence, menstrual discrimination continues to construct social norms, unequal power relationships, and patriarchal power structures, and institutional responses in ways that undermine human rights and equality.

In Nepal, visible and invisible menstrual discrimination manifests in multiple forms and magnitudes. These discriminatory practices are not isolated cultural rituals; rather, they are expressions of systemic inequality and forms of sexual and gender-based violence (SGBV). Menstrual discrimination reinforces unequal power relations, sustains patriarchal structures, and contributes directly to violations of human rights, including the rights to dignity, health, education, equality, and participation.

Recognizing these systemic challenges, the concept of Dignified Menstruation (DM) has emerged as a transformative framework and movement that seeks to redefine menstruation as a matter of human rights, social justice, and sustainable development. Dignified Menstruation is a decolonized, innovative, holistic, human rights-based, and life-cycle approach that goes beyond menstrual products and management. It seeks to create a society where menstruators can live free from all forms of menstrual discrimination and its impacts throughout their lives.

The Dignified Menstruation framework emphasizes the creation of equal power relationships, the dismantling of patriarchy, and the inclusion of both menstruators and non-menstruators in collective transformation. It links menstrual dignity to the prevention of sexual and gender-based violence, the promotion and the key entry point of Sexual and Reproductive Health and Rights (SRHR), the advancement of Comprehensive Sexuality Education (CSE), and the realization of fundamental human rights. Because menstruators exist in every household, institution, and community, Dignified Menstruation is inherently a cross-cutting issue and a necessary foundation for achieving gender equality, social justice, and sustainable development.

### **1.2 About the Project: Menstrual Dignity for SRHR in All Diversities**

The historic declaration of Lalbandi Municipality Ward No. 3 as Nepal's first Dignified Menstruation-Friendly Ward is the result of sustained efforts under the project "Menstrual Dignity for SRHR in All Diversities," which has been implemented from November 2023 to October 2026.

The project aims to eradicate the systematic and structural menstrual discrimination that persists across Nepal and to establish Dignified Menstruation as a key entry point for Sexual and Reproductive Health and Rights (SRHR). It is jointly implemented by Radha Paudel Foundation (RPF), PACE Nepal, and Child Protection Organization (CPO), with the collaboration of Amplify Change, across Sarlahi, Kathmandu, and Jumla districts.

The project recognizes that menstrual discrimination is not merely a menstrual issue but a broader human rights and social justice issue. By centering Dignified Menstruation, the project seeks to address interconnected issues of gender-based violence, institutional exclusion, and unequal access to rights and SRHR services.

- The project is guided by four major objectives:
  - to raise awareness on menstrual discrimination and its impact on SRHR and human rights;
- to develop contextual tools and materials that challenge harmful gender norms and discriminatory practices;
- to strengthen policy environments by revising and influencing policies related to GBV and Dignified Menstruation;
- and to build institutional capacity among implementing organizations and local partners.

Through training, policy engagement, community mobilization, and institutional strengthening, the project has laid the foundation for sustainable transformation at local and systemic levels on Dignified Menstruation.

### **1.3 Why Lalbandi Municipality Ward No. 3?**

The project has been implemented in Lalbandi Municipality Wards No. 3, 9, and 10. Over the course of implementation, Ward No. 3 demonstrated exceptional commitment, readiness, and progress in fulfilling the indicators outlined in the Dignified Menstruation-Friendly Ward Guideline, making it the first ward prepared for formal declaration.

A major factor contributing to this readiness was strong political and institutional leadership. The Ward Chair and local leadership actively championed the agenda of Dignified Menstruation and demonstrated clear ownership of the initiative. This political commitment translated into institutional action, including the formation of a functional Dignified Menstruation-Friendly Ward Coordination Committee, policy development, and budget allocation.

Ward No. 3 also showed remarkable community ownership. Households, schools, health institutions, youth groups, child clubs, women's groups, and local leaders collectively engaged in identifying and removing menstrual discrimination from everyday practices. One of the most powerful transformations observed was the adoption of the principle that the 25 days of non-menstruation and the 5 days of menstruation should be lived with the same dignity, freedom for

all activities, and equal treatment. Families and communities began challenging restrictions and practicing non-discriminatory behaviors in their homes and public spaces.

Institutional readiness was another defining factor. The ward demonstrated progress in establishing Dignified Menstruation-Friendly Homes, Schools, Health Facilities, and the Ward Office, integrating menstrual dignity into both service delivery and public messaging.

In addition, Ward No. 3 embraced the 3P model—Person, Pocket, and Planet—for DM friendly product to link menstrual dignity with environmental sustainability. By promoting reusable menstrual products and reducing plastic waste, the ward integrated ecological responsibility into its menstrual dignity journey.

These combined efforts made Ward No. 3 a strong and inspiring model, ready to be formally recognized as Nepal’s first Dignified Menstruation-Friendly Ward.

## **2. Conceptual Framework of Dignified Menstruation for the Ward Declaration**

Dignified Menstruation is grounded in four fundamental human rights principles: dignity, freedom, equality, and non-discrimination.

Dignified Menstruation seeks to disrupt these systems and build a new culture of equal power, inclusion, and justice.

This framework is also strongly linked to Nepal’s constitutional commitments, including the rights to dignity, equality, education, health, food, housing, clean environment, women’s rights, and child rights. Ensuring DM is therefore not optional—it is a constitutional and moral obligation.

The initiative is further grounded in two key policy foundations: the Resolution Motion on Dignified Menstruation (Chaitra 8, 2081) and the Dignified Menstruation-Friendly Ward Guideline, which together provide national legitimacy and practical direction for implementation.

## **3. Methodology for Dignified Menstruation-Friendly Ward Declaration**

The declaration process followed a structured and participatory methodology guided by the Dignified Menstruation-Friendly Ward Guideline.

The first step was the formation of an 11-member Dignified Menstruation-Friendly Ward Coordination Committee, chaired by the Ward Chairperson and supported by the Ward Secretary as Member Secretary. The committee included representatives from schools, child clubs, youth clubs, women’s groups, health institutions, and the community.

This committee led the process of identifying indicators, conducting assessments, and coordinating community action. Household visits and institutional observations were carried out

to assess progress in homes, schools, and health posts. Community members worked collectively to identify and remove discriminatory practices and to ensure Dignified Menstruation.

Consultation meetings were held with municipal representatives, community stakeholders, and partner organizations to review progress and ensure alignment.

Capacity-building activities were central to the process. Trainings, orientation sessions, dialogue forums, monthly reflection meetings, and door-to-door awareness campaigns strengthened understanding and ownership of Dignified Menstruation among diverse stakeholders.

Community mobilization played a transformative role. Through tole-level meetings, public discussions, wall messages, drama performances, wall painting, hording board, and interpersonal dialogue, communities repeatedly engaged with the same key messages, enabling gradual but meaningful behavior change.

Institutional strengthening included the development of policies, action plans, and budget integration by both the ward and municipality. Progress was monitored through indicator tracking, evidence collection, and joint verification visits.

This rigorous and inclusive methodology ensured that the declaration was not symbolic but rooted in genuine and measurable transformation.

#### **4. Key Achievements and Transformation**

The declaration of Lalbandi Municipality Ward No. 3 as Nepal's first Dignified Menstruation-Friendly Ward is the result of sustained collective effort and multidimensional transformation at institutional, community, and individual levels on Dignified Menstruation. The journey toward this historic milestone has not only addressed visible forms of menstrual discrimination but has also initiated deeper social, behavioral, and systemic change. The progress achieved reflects a comprehensive transformation across governance systems, educational institutions, health & SRHR services, households, and community norms.

##### **4.1 Institutional Achievements**

One of the most significant achievements of this initiative has been the institutionalization of Dignified Menstruation within the ward governance system. Through the leadership of Lalbandi Municipality Ward No. 3 and the support of project partners, menstrual dignity has been recognized not merely as a social issue but as an institutional priority requiring policy, budget, and administrative action.

The establishment of the Dignified Menstruation-Friendly Ward Coordination Committee created an official mechanism to guide planning, implementation, monitoring, and accountability. This multi-stakeholder committee strengthened coordination between the ward office, schools, health facilities, community groups, and partner organizations, ensuring shared ownership of the process.

The ward office itself has undergone important transformation toward becoming a Dignified Menstruation-Friendly Ward Office. Dignified Menstruation messages and commitments have been visibly integrated into the office environment, and ward staff have participated in capacity-building processes to deepen their understanding of menstrual discrimination as a human rights issue. This has enhanced their ability to respond to community concerns, support inclusive programming, and integrate Dignified Menstruation into broader governance and development priorities.

Furthermore, Dignified Menstruation has been incorporated into local discussions on policy development and budget planning, laying a foundation for sustainability beyond the project period. The ward has demonstrated a clear commitment to continuing this work as part of its regular institutional responsibilities.

## 4.2 School and Community Transformation

A major pillar of this initiative has been the transformation of schools and households into spaces that respect and uphold Dignified Menstruation.

Schools in Ward No. 3 have actively engaged in creating **Dignified Menstruation-Friendly School**. Teachers, school management committees, students, and child clubs have participated in trainings, dialogue sessions, and awareness activities designed to challenge stigma and foster supportive environments for menstruators. Students have been empowered to openly discuss menstruation, ask questions, and challenge discriminatory practices, contributing to greater confidence and understanding among both menstruators and non-menstruators.

Child clubs and school groups have played a particularly important role in advancing awareness through creative activities such as songs, discussions, peer learning, and cultural performances. These efforts have helped normalize menstruation and foster a culture of dignity, inclusion, and empathy among younger generations.

At the household and community levels, significant behavioral changes have been observed. Families have begun to challenge long-standing restrictions related to kitchen access, food handling, sleeping arrangements, participation in religious and social activities, and interpersonal interactions during menstruation, as per the baseline report of this project. Communities increasingly recognize that treating menstruators differently during menstruation constitutes discrimination and undermines human dignity.

The principle of practicing the same behavior during all days of the month—without distinction between menstruation and non-menstruation—has emerged as a powerful indicator of transformation. Community members have embraced the idea that dignity, equality, and freedom must be upheld every day.

### **4.3 Health Facility Improvements**

Health institutions in Ward No. 3 have also made important progress in integrating Dignified Menstruation into service delivery and community engagement.

Efforts have been made to strengthen the capacity of health workers and Female Community Health Volunteers (FCHVs) to address dignified menstruation as part of broader Sexual and Reproductive Health and Rights (SRHR). Health facilities have increasingly become spaces where menstruators can seek information, counseling, and support without shame or stigma.

Community-level outreach by FCHVs has been instrumental in extending awareness and services to households, particularly for menstruators who may have limited access to formal information channels. Through home visits and discussions, FCHVs have helped families better understand menstruation, challenge menstrual discrimination, and seek appropriate health services when needed.

Importantly, the integration of menstrual dignity into health systems has strengthened access to and utilization of SRHR services. By framing menstruation as an entry point to broader health and rights discussions, the initiative has enhanced trust and engagement with health institutions.

### **4.4 Inclusion and Social Justice**

A defining strength of the Dignified Menstruation framework is its emphasis on inclusion and justice for menstruators in all diversity.

The initiative in Ward No. 3 has intentionally focused on addressing the unique experiences and vulnerabilities of marginalized groups, including Dalit communities, children, persons with disabilities, and other socially excluded menstruators.

Menstrual discrimination often intersects with caste, disability, age, poverty, and social marginalization, creating multiple layers of exclusion and disadvantage. The project has sought to recognize and respond to these intersections by ensuring that activities, trainings, and messaging are inclusive and accessible on Dignified Menstruation.

Community dialogues have encouraged reflection on how menstrual discrimination can deepen inequalities and reinforce systemic injustice. This has helped build understanding that DM is not only about individual behavior change but also about creating more equitable and inclusive social structures.

### **4.5 Environmental Sustainability**

Environmental sustainability has been integrated into the Dignified Menstruation framework through the innovative 3P Model (Dignified Menstruation Friendly Product): Person, Pocket, and Planet.

This model emphasizes the interconnected relationship between individual dignity, responsible menstrual product choices, free from menstrual discrimination, and environmental protection. It recognizes that menstrual practices can and should contribute to broader sustainability goals.

Community members have been encouraged to adopt reusable and environmentally friendly menstrual products and to reduce dependence on single-use plastic-based products. Training and discussions have highlighted how Dignified Menstruation Friendly Products can protect the environment.

By linking DM with ecological responsibility, Ward No. 3 has demonstrated that Dignified Menstruation can contribute meaningfully to local environmental goals and to the broader agenda of sustainable development.

#### **4.6 Communication and Advocacy**

Communication and advocacy have been essential to creating visibility, fostering dialogue, and sustaining momentum for the Dignified Menstruation campaign.

Public awareness efforts have included wall messages, community discussions, interpersonal communication, drama performances, and regular reflection meetings. Repetition of key messages has played a critical role in shifting attitudes and normalizing open conversations about menstruation.

Social media, local communication channels, and public events have also helped amplify the message of Dignified Menstruation beyond Ward No. 3, generating broader interest and engagement.

The declaration of Nepal's first Dignified Menstruation-Friendly Ward has become an important advocacy milestone, demonstrating that local transformation is possible and providing inspiration for replication elsewhere.

## **5. Press Conference and Interaction on DM**

### **5.1 Purpose of the Press Meet**

As part of the declaration process, a formal press conference was organized to inform media, stakeholders, and the broader public about the significance of the upcoming declaration and to strengthen collective understanding of Dignified Menstruation.

The press meet aimed to communicate that the declaration was not merely symbolic but the result of sustained institutional, community, and behavioral transformation guided by the Dignified Menstruation-Friendly Ward Guideline.

### **5.2 Date and Venue**

The press conference was held on 22 April 2026 in Lalbandi, bringing together key stakeholders and media representatives ahead of the official declaration event.

### **5.3 Participants**

The event was attended by more than 47 participants from a diverse group of stakeholders, including:

- Hon. Bechi Lungeli, Province Member of Parliament (Chief Guest)
- Ward Chairs from Lalbandi Municipality
- Municipality representatives
- Radha Paudel Foundation (RPF)
- Child Protection Organization (CPO)
- Journalists and media representatives
- NGO representatives
- Community representatives
- Community working groups from all project wards



### **5.4 Key Messages Shared**

Speakers highlighted the importance of addressing menstrual discrimination as a human rights issue and emphasized the transformative potential of Dignified Menstruation for advancing equality, justice, and sustainable development.

The event reinforced the message that Dignified Menstruation is the responsibility of all members of society.

## 5.5 Media Coverage

The press conference generated significant local attention and visibility through:

- Event photographs
- News articles and reports
- Radio Report
- Social media posts and digital engagement

This media coverage helped build anticipation and public support for the official declaration.



## 6. Official Declaration Event

### 6.1 Event Overview

On 24 April 2026 (11 Baisakh 2083), Lalbandi Municipality Ward No. 3 officially marked a historic milestone through the formal announcement of Nepal's first Dignified Menstruation-Friendly Ward.

The event began at 12:00 PM and brought together more than 400 participants, along 75% of menstruators, including community members, local leaders, public representatives, journalists, and institutional partners.

The celebration began with community rallies from different parts of the ward, reflecting collective ownership and pride. These rallies converged at the Ward Office, where participants gathered for the formal program.

The event featured songs and cultural performances by child clubs and school students centered on the theme of Dignified Menstruation.

A symbolic balloon release marked the official announcement, with participants united in affirming their commitment to dignity, equality, and freedom from menstrual discrimination with the slogan of Dignified Menstruation: Political Engagement from Kitchen to Parliament.

## **6.2 Guests and Participants**

The formal ceremony was chaired by Mr. Budhadev Chaudhary, Ward Chairperson, and honored by the presence of Hon. Nitima Karki, Member of Parliament, as Chief Guest.

Special guests included:

- Hon. Bechi Lungeli, Province Member of Parliament
- Mayor and Deputy Mayor
- Ward Chairs
- Ward Members
- Chief Administrative Officer
- Representatives from partner organizations and local communities

## **6.3 Ceremony Highlights**

Highlights of the event included:

- Welcome remarks by Ward Member Nain Kumari Chaudhary
- Speeches by public representatives and partner organizations
- Hoarding board unveiling
- Public commitment statements
- Community cultural performances
- Official declaration and symbolic celebration

## **6.4 Community Reflections**

Community members shared powerful reflections on how their attitudes and practices had changed. Many spoke about removing restrictions in their homes, discussing menstruation

openly with family members, and recognizing Dignified Menstruation as a matter of justice and equality.

These reflections underscored that the declaration represents lived transformation, not only institutional recognition.

## **7. Lessons Learned**

This initiative has demonstrated that political commitment matters, community ownership is essential, and institutionalization is key to sustainability for the campaign on Dignified Menstruation.

It has also shown that meaningful behavior change requires time, trust, dialogue, and repeated engagement.

## **8. Challenges**

Despite significant progress, challenges remain, including:

- Deep-rooted visible and invisible forms of menstrual discrimination
- Resistance to changing long-standing practices
- Limited resources and institutional capacity

These challenges highlight the need for continued commitment and investment.

## **9. Way Forward**

The declaration of Ward No. 3 is only the beginning. Future priorities include:

- The declaration of Lalbandi Municipality Ward No. 3 as Nepal's first Dignified Menstruation-Friendly Ward is a historic milestone, but it is only the beginning of a broader journey toward sustainable social transformation. This achievement has demonstrated that menstrual discrimination can be challenged and reduced through strong political commitment, community ownership, and institutional action. Moving forward, the focus must be on sustaining this progress, expanding the model, and ensuring that Dignified Menstruation becomes an integral part of local governance and community life.
- A key priority is to scale the Dignified Menstruation-Friendly Ward model to additional wards within Lalbandi Municipality and beyond. The successful practices, tools, and lessons generated from Ward No. 3 provide a strong foundation for replication in other

wards, particularly Ward Nos. 9 and 10, where the project is also being implemented. Through orientation, technical support, and local leadership engagement, more communities can be supported to adopt the DM framework and work toward eliminating menstrual discrimination.

- Another important step is to integrate Dignified Menstruation into municipal policies, annual plans, and budgets. To ensure long-term sustainability, DM must not remain limited to project-based interventions. Instead, it should be institutionalized across sectors such as health, education, gender equality, child protection, environmental management, and social inclusion. Local governments should allocate dedicated resources and formally include DM indicators in their planning, budgeting, and service delivery systems.
- Strengthening monitoring, accountability, and evidence-based learning will also be essential. Regular follow-up of DM-friendly indicators at the household, school, health facility, and ward office levels should continue through community working groups and the ward coordination committee. Continuous documentation of progress, challenges, and stories of transformation will help maintain accountability, support future improvements, and provide evidence for broader policy advocacy.
- Equally important is the need to sustain community engagement and behavior change efforts. Menstrual discrimination is deeply rooted and requires ongoing dialogue and collective reflection. Household visits, tole-level meetings, school discussions, public campaigns, wall messages, and community interactions should continue to reinforce positive practices and ensure that both menstruators and non-menstruators remain actively involved in the transformation process.

Ultimately, the declaration of Nepal's first Dignified Menstruation-Friendly Ward serves as a national model and inspiration for broader systemic change. By expanding this initiative, strengthening institutional commitment, and sustaining community ownership, Lalbandi Municipality and its partners can contribute significantly to building a society where menstruation is recognized not as a source of discrimination, but as a matter of dignity, equality, human rights, and social justice for all.

## **10. Conclusion**

The declaration of Lalbandi Municipality Ward No. 3 as Nepal's first Dignified Menstruation-Friendly Ward is far more than a ceremonial milestone. It represents a historic and transformative model for addressing menstrual discrimination through institutional reform, community ownership, and human rights-based action.

It demonstrates that Dignified Menstruation can serve as a powerful pathway toward equality, justice, and sustainable development.

This historic achievement sends a clear message to Nepal and the world:

Dignified Menstruation is not optional—it is fundamental to human dignity, freedom, equality, and non-discrimination.

**11. Photos**

