

# Concept Note

Training of Trainers(ToT) on Dignified Menstruation

Radha Paudel Foundation  
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## Background

Menstruation is an inevitable biological process that more than half of the population has experienced since the time of Homo sapiens. Historically, since the time of Aristotle, menstrual blood has been considered something different, dirty, impure, or a state of weakness, and so on. Globally, the scope of menstruation is confined within the medical and business spheres. As a result, numerous perceptions and practices have been formed and reformed with justifications globally. Most of these practices are discriminatory, though they vary from place to place and are fluid.

Global South Coalition for Dignified Menstruation (GSCDM) defines menstrual discrimination as an umbrella term that includes taboos, stigma, shyness, abuse, violence, and deprivation of resources and services associated with menstruation throughout the life cycle of menstruators (those born with a uterus and ovaries, including girls, women, trans men, and queer individuals). It is a very complex and multifaceted issue. It has been practiced across the globe under different names, forms, and magnitudes.

More importantly, it constructs and shapes power dynamics and patriarchy. It is a form of gender-based violence and a violation of human rights. In the over 75-year history of human rights (since 1948), the 44-year history of CEDAW (Convention on the Elimination of All Forms of Discrimination Against Women), the 29-year history of SRHR (Sexual and Reproductive Health and Rights), the 8-year history of SDGs (Sustainable Development Goals), and the 30-year history of work on SGBV (Sexual and Gender-Based Violence), menstrual discrimination has merely been considered an issue to debunk.

In this context, GSCDM also defines dignified menstruation (DM) as an innovative and holistic approach to addressing all forms of menstrual discrimination, taking a life-cycle approach rather than focusing solely on managing five days of bleeding. Therefore, DM is an approach beyond hygiene, menstrual products, or infrastructure; it is essential for achieving overarching gender equality.

## Training of Trainer on Dignified Menstruation (ToT)

In order to address the above concern, Radha Paudel Foundation/GSCDM is organizing the 5 days Training of Trainers (ToT) on Dignified Menstruation aims to build the capacity of the key stakeholders who can act as catalysts for the transformation in the communities, organizations and networks.

**What:** ToT on Dignified Menstruation

**When:** March 10-15, 2025

**Where:** Sauraha, Chitwan

**Training Fee:** NRs. 20,000/- per person

**Seat Available:** 25



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The ToT equips the participants with the knowledge, skills and tools to advocate for and implement strategies promoting Dignified Menstruation.

## Objectives

- To enhance the capacity of the stakeholders on Dignified Menstruation for cascading the knowledge to grassroot communities, schools, workplace and other stakeholders.
- To strengthen the ability of the stakeholders to challenge stigma, taboos and myths associated with menstruation.
- To foster the Dignified Menstruation Campaign Nepal through collective actions on Dignified Menstruation.

## Target Participants

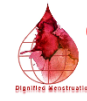
- Activists
- Government Officials
- Community leaders and social workers
- Youth leaders and peer educators
- NGO/INGO personnel
- Educators and school personnel
- Health Professionals

## Key Themes

- Menstrual Discrimination and Construction of Power & Patriarchy
- Menstrual Discrimination and Sexual & Gender Based Violence
- Menstrual Discrimination and Climate Justice
- Menstrual Discrimination and Sexual & Reproductive Health and Rights

## Training Approaches

- Emotional Intelligence
- Miteri: Mutual love and respect beyond marriage and blood ties
- Menstrual Dignity is at the center



## Training Methodology

The ToT will employ a participatory and dignity centered approach, including

- Storytelling
- Individuals and Group work
- Interactive sessions
- Brainstorming
- Lectures and presentation
- Peer learning

## Implementation Plan

1. Preparation:
  - Make an announcement through the Social Media Pages and Website.
  - Development of the Google Form.
  - Identify and select the participants.
  - Develop appropriate training materials.
2. Training Delivery
  - Conduct 5 days residential training program.
  - Implementation of the training approaches and methodology as mentioned above.
3. Follow-up
  - Provide post-training support through fellowship.
  - Facilitate knowledge sharing through DMC Nepal.

## Resources Required

- Main facilitator and co-facilitators
- Training Materials ( Training Manual on Dignified Menstruation, audiovisual aids, IT materials, stationeries, reading materials, etc.)
- Participants support and logistic
- Follow-up activities



## Expected Outcome

- Enhanced the capacity of the stakeholders on Dignified Menstruation for cascading the knowledge to grassroot communities, schools, workplace and other stakeholders.
- Strengthened the ability of the stakeholders to challenge stigma, taboos and myths associated with menstruation.
- Fosterer the Dignified Menstruation Campaign Nepal through collective actions on Dignified Menstruation.

## Testimonials from previous ToT

### Breaking the silence

*“Menstruation has always been a topic of shyness, stigma and taboos in the place where I belong from. Through this, ToT I have gained the confidence to openly discuss menstruation, menstrual discrimination and Dignified Menstruation. I am eager to share my experience with my family members and friends.”*

**-Radha Koirala, Social Worker**

### Empowering Knowledge

*“Before attending this TOT, I never fully understood the concept of Dignified Menstruation. Now, I see how menstruation is not just a health issue but also a matter of dignity, human rights and social justice. This training has empowered myself to eliminate menstrual discrimination from my home and community.”*

**-Vicky Mahato, Shakhi, A Friend of Women, Bara**

### From Awareness to Action

*“The training helped me understand the deep-rooted cultural barriers that menstruators face during menstruation. Now, I am committed to working with the local leaders to implement policies that promote Dignified Menstruation in working places and schools.”*

**- Chaya Khatri, Government Representative Kanakasundari Gaupalika**



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## **Strengthening Grassroots Movements**

*“This TOT was a game-changer! I now have equipped myself to deliver the training in my community on Dignified Menstruation, ensuring menstruation is no more a topic of taboos and stigma.”*

**-Yaman Chaudhari, Green Tara Nepal**