



Global South Coalition
For Dignified Menstruation



7th International Dignified Menstruation Day

LEARNING CONFERENCE ON DIGNIFIED MENSTRUATION 2025

 December 8-10  Kathmandu, Nepal



SCHEDULE

Time	Activities
December 8 Opening Ceremony	
7:30 AM-8:15 AM (45 minutes)	REGISTRATION
8:15 AM-8:45 AM (30 minutes)	MARCH PAST
8:45 AM-9:00 AM (15 minutes)	BLOWING BALLOON
9:00 AM-9:05 AM (5 minutes)	NATIONAL ANTHEM
9:05 AM-9:10 AM (5 minutes)	LIVE SONG PERFORMANCE on Dignified Menstruation
9:10 AM-9:15 AM (5 minutes)	WELCOME NOTE
9:15 AM-9:35 AM (20 minutes)	Meditation and Menti-Meter
9:35 AM-9:40 AM (5 minutes)	SHARING THE LIVED EXPERIENCE
9:40 AM-10:25 AM (45 minutes)	THEATER PERFORMANCE
10:25 AM-10:45 AM (20 minutes)	KEYNOTE SPEECH-GSCDM
10:45 AM-10:55 AM (10 minutes)	REPORT LAUNCH: Impact Review Research on “Dignified Menstruation in Nepal and Beyond”.
10:55 AM-11:05 AM (10 minutes)	REFLECTION ON IMPACT REVIEW RESEARCH-Kathmandu University



11:05 AM-11:10 AM (5 minutes)	REMARKS • H.E. Virgine Corteval, Ambassador of France to Nepal
11:10 AM-11:15 AM (5 minutes)	REMARKS • Ministry of Health and Population
11:15 AM-11:20 AM (5 minutes)	Group Photo
11:20 AM-11:30 AM (10 minutes)	Tea-Break
11:30 AM-1:00 PM (80 minutes)	Session 1 PANEL DISCUSSION-1 Theme: Dignified Menstruation: Decolonization of Menstrual Movement
1:00 PM-2:00 PM (60 minutes)	LUNCH
2:00 PM-3:00 PM (60 minutes)	Session 2: PRESENTATION 2: Theme: Social, Cultural, and Political Dimensions of Menstruation Discrimination.
3:00 PM-4:00 PM (60 minutes) (With Tea break ongoing)	Session 3: PRESENTATION 3: Theme: Social, Cultural, and Political Dimensions of Menstruation Discrimination.
4:00 PM-5:00 PM (60 minutes)	Session 4: PRESENTATION 4: Theme: Menstrual Dignity across Life-span.



5:00 PM-5:10 PM (10 minutes)	CLOSING ANNOUNCEMENT AND WRAP-UP
December 9 Day 2	
8:30 AM-9:00 AM (30 minutes)	REGISTRATION
9:00 AM-9:05 AM (5 minutes)	OPENING SESSION <ul style="list-style-type: none">• Song Play
9:05 AM-10:45 AM (100 minutes)	Session 5: PANEL DISCUSSION-2 Theme: Policy Dialogues on the Resolution Motion on Dignified Menstruation.
10:45 AM-11:00 AM (15 minutes)	TEA BREAK
11:00 AM-12:30 PM (90 minutes)	Session 6: STRATEGY FORMULATION/WORKING GROUP <ul style="list-style-type: none">• A: Dignified Menstruation & Youth, Men & Boys• B: Dignified Menstruation & SRHR, Health• C: Dignified Menstruation & Climate, Pandemics• D: Dignified Menstruation & GBV/Cyber and Human Rights
12:30 PM-1:30 PM (60 minutes)	LUNCH
1:30 PM-1:35 PM	SHARING from Child Club



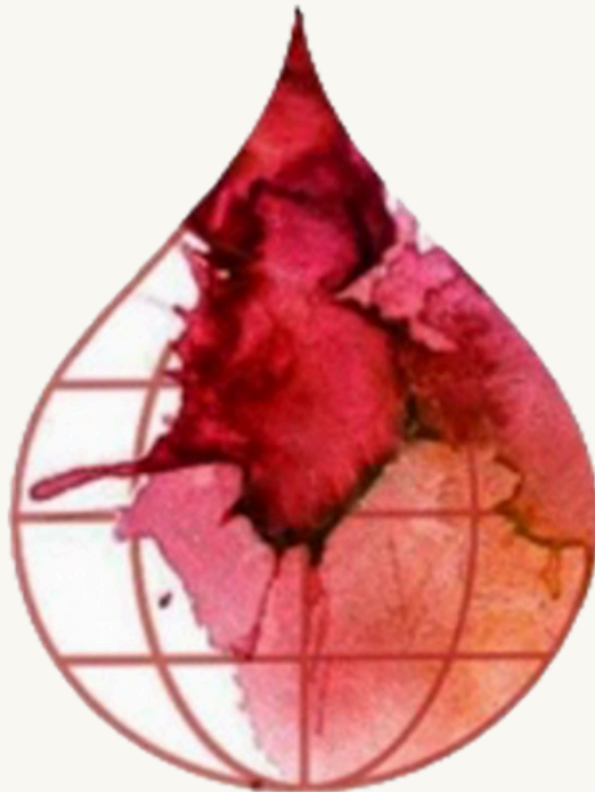
1:35 PM-1:40 PM	ANNOUNCEMENT • Winner for the Reel Competition
1:40 PM-2:40 PM (60 minutes)	Session 7: Theme: Dignified Menstruation is a tool preventing GBV, STI/HIV among LGBTQIA+ 1. Book Launch “An Essential Guide for Lesbian, Bisexual and Queer Womxn” 2. Sharing about the Book 3. Report Launch- Dignified Menstruation among Transmen” 4. PRESENTATION 5: Dignified Menstruation among Transmen 5. PANEL DISCUSSION 3: Dignified Menstruation is a tool preventing GBV, STI/HIV among LGBTQIA+
2:40 PM-2:50 PM (10 minutes)	ANNOUNCEMENT: RESEARCH GRANT SCHOLARSHIP • “Miteri Alina Neurodevelopmental Disorder Research Grant.” • “Miteri Sudha Lal Dignified Menstruation Research Grant.”
2:50 PM-3:50 PM (60 minutes) (With Tea break ongoing)	Session 8: WORKSHOP: Dignified Menstruation and Education
3:50 PM-4:50 PM (60 minutes)	Session 9: PANEL DISCUSSION 4: 1. Theme: Menstrual Management
4:50 PM-5:00 PM	CLOSING ANNOUNCEMENT AND WRAP-UP



December 10 Day 3	
8:30 AM-9:00 AM (30 minutes)	REGISTRATION
9:00 AM-9:05 AM (5 minutes)	OPENING SESSION Song Play
9:05 AM-10:05 AM (60 minutes)	Session 10: Theme: Dignified Menstruation and Climate & SRHR PRESENTATION 6 PANEL DISCUSSION 5
10:05 AM-10:35 AM (30 minutes)	Session 11: <ul style="list-style-type: none">• Research Report Launch• PRESENTATION 7: “Menstrual Practices and Policies Among Menstruators with Disability in Nepal.”
10:35 AM-11:35 AM (60 minutes) (With Tea break ongoing)	Session 12: Theme: Dignified Menopause as a Human Rights not a Privilege <ul style="list-style-type: none">• PLENARY SESSION 1 (Lived Experience Sharing)• PANEL DISCUSSION 6
11:35 AM-12:20 PM (45 minutes)	Session 13: PRESENTATION 8 Theme: Dignified Menstruation in Humanitarian setting and pandemics
12:20 PM-1:20 PM (60 minutes)	LUNCH



1:20 PM-1:25 PM	SONG (Warm-Up)
1:25 PM-1:35 PM	Session 14 PLENARY SESSION 2 <ul style="list-style-type: none">• Sharing of Draft Declaration Presentation
1:35 PM-2:35 PM (60 minutes)	Session 15 PRESENTATION-9 Theme: Dignified Menstruation and Human Rights
2:35 PM-3:35 PM (60 minutes)	Closing Session <ul style="list-style-type: none">a. Reflection Videob. Declaration-Readoutc. Remarks:<ul style="list-style-type: none">i. Ministry of Health and Populationii. Ministry of Educationiii. Ministry of Water Supplyiv. National Human Rights Commissionv. National Women's Commissionvi. Vote of Thanks Closing: Chair of Session.



Dignified Menstruation