



CAPS Research Network Conference 2026
24-26 September, The University of Manchester and online



Global South Coalition
For Dignified Menstruation

Decolonizing Pain: Menstrual Discrimination Leads Pain & Way Forward from Global South

Disruptor:

- **From suicidal attempt to decolonial global menstrual leader**
- **From Menstrual Products to Menstrual Dignity**
- **From 5 days bleeding to Life Cycle Approach**

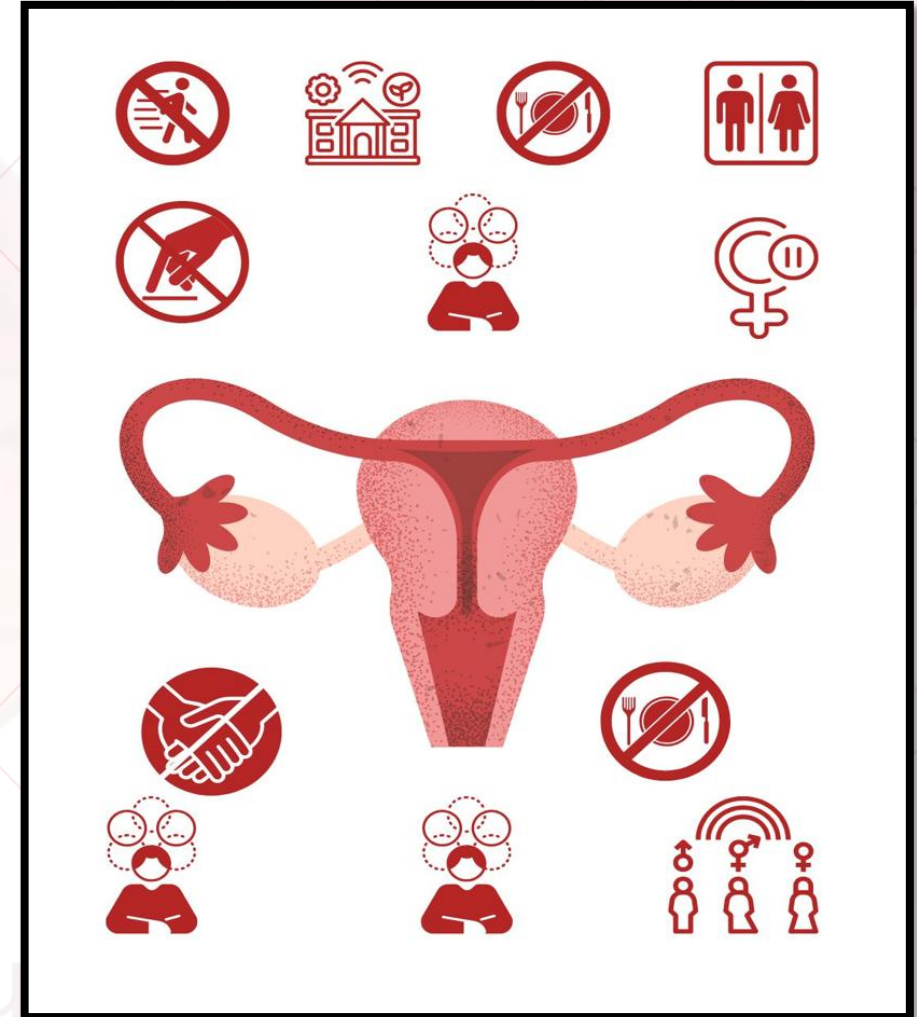
**University of Manchester
26 September, 2026**

Menstrual Discrimination

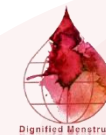


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- Menstrual Discrimination *is not a single act or event or 5 days of bleeding.*
- It is an umbrella term.
- It refers to ranges of perceptions and practices, including:
silence, taboos, shame, stigma, restrictions, abuse, violence, and deprivation from services and resources that are associated with menstruation throughout the lifecycle of all menstruators (GSCDM, 2019).
- It is complex, and multifaceted.
- Has been practicing all around the globe with over 5000 euphemisms, various forms, and magnitude.



Dignified Menstruation



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..appreciated
NGO's program
for rest room &
pain killers..

...pain go away
after having
sex/having
babies....

....trouble with
sexual
intercourse but
my partner

..often bunk
classes, due to
Ladies
problem..

Cramps inexpressible, dr says ok..
Misinterpretation of pain..

.....absence of dialogue on
menstruation, & menstrual
discrimination that reinforce
& reproduce colonial
menstrual narratives....

..pain is ok, prepare for birth, do not
complain ..

..Spain's
menstrual
leave policy
is great..

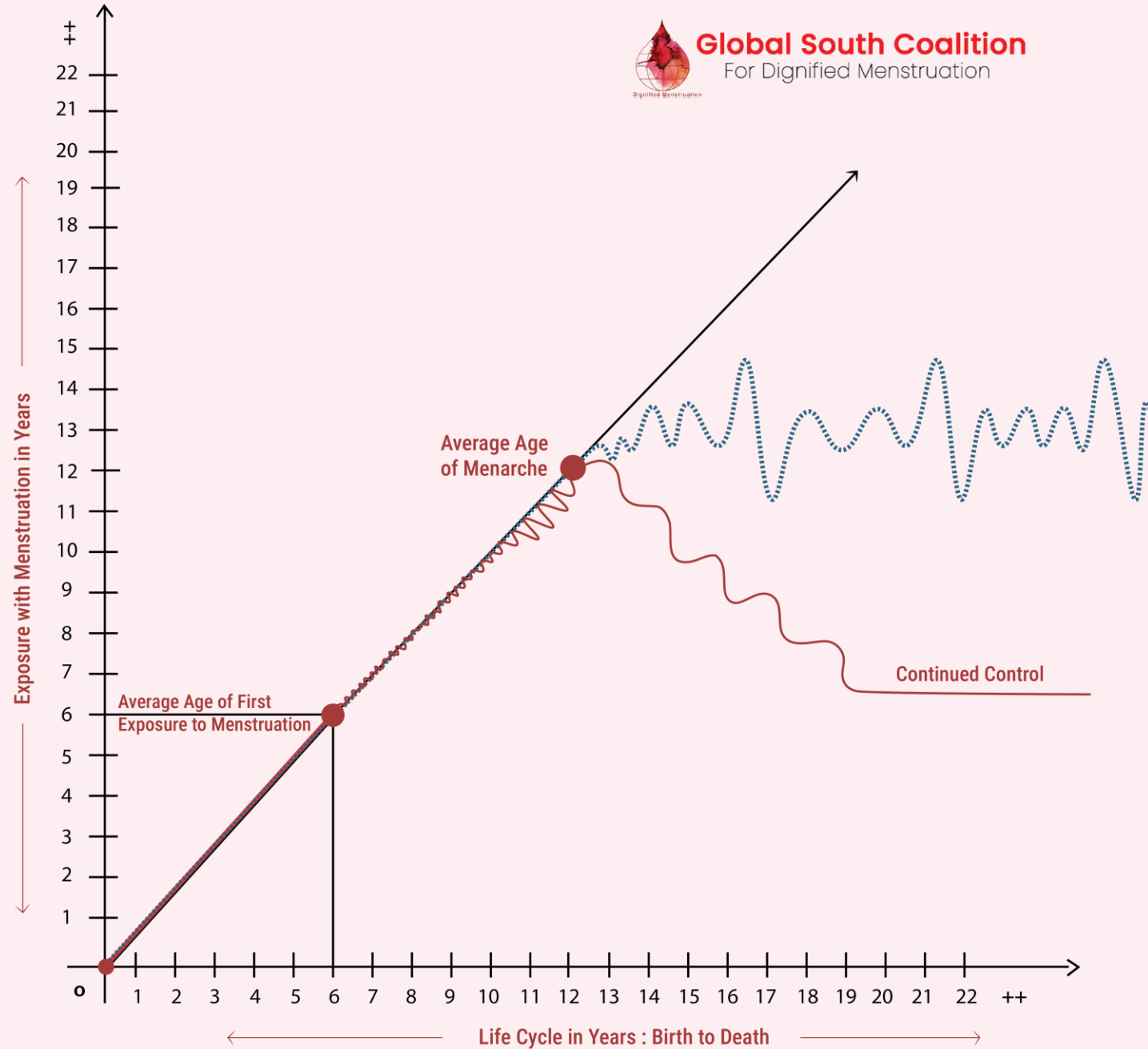
'oh... couldn't
do anything
else, painkillers
needed..

..pad, pain killer is enough to address
menstrual issues ...

..under representation of pain, often
over medicalization ...



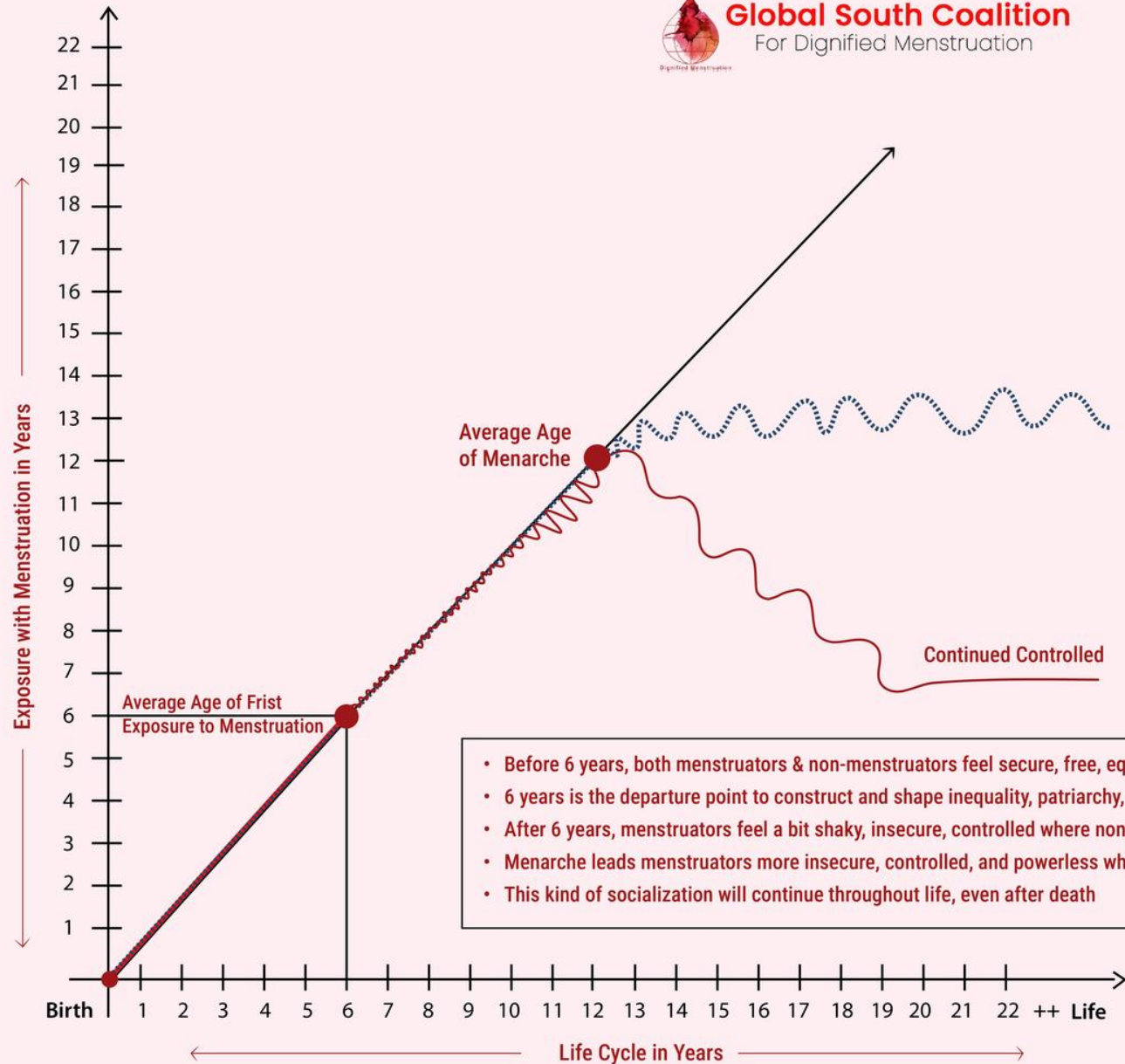
Menstrual Discrimination associated with Pain: Misinterpreted & Mislead Movement



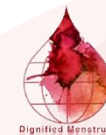
LEGEND	
	Menstruator
	Non-Menstruator
	Parents/Family



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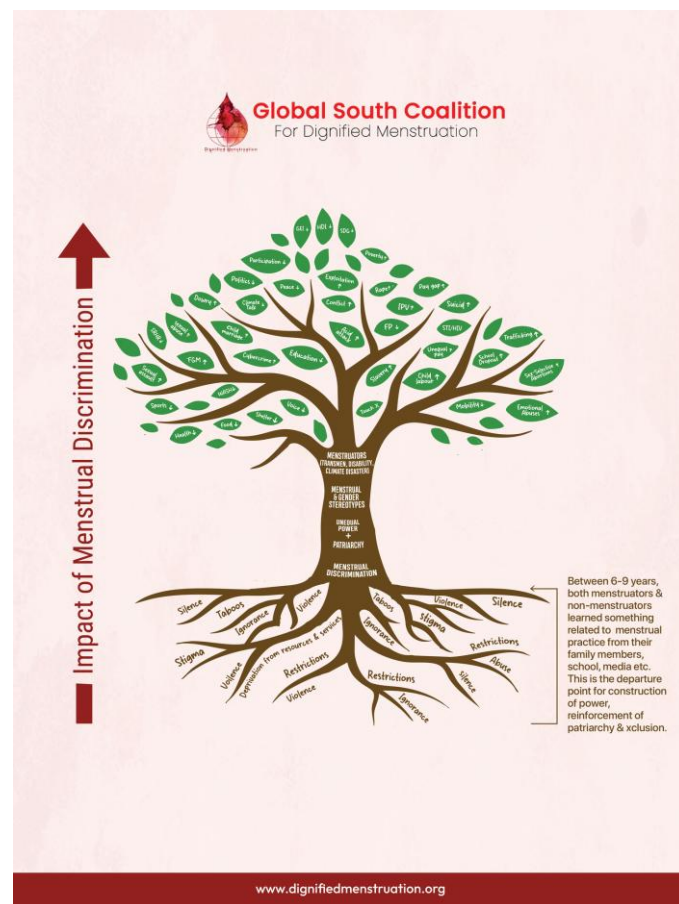


First Exposure to Menstrual Practices: Construction of Unequal Power Relationships, Patriarchy, and Exclusion

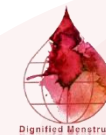


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Dignified Menstruation is for Decolonizing Menstrual Pain



**Dignified Menstruation is
a Decolonized, Innovative, Holistic, Human
Rights & Life Cycle approach for equality,
inclusion, and smash the patriarchy by
eliminating all forms of menstrual
discrimination in all diverse settings.**



Ways Forward: Shift Required for Decolonizing Menstrual Pain



bottom line principles:

- ❖ Menstrual discrimination is key driver for construction and shape of inequality, patriarchy & exclusion instead of outcome of gender stereotypes
- ❖ Menstrual intervention founded as life cycle approach; womb to tomb, 'menstrual talk, dignity first' instead of just managing 5 days bleeding
- ❖ Centering menstruators of all interventions as a matter of human rights

Dignified Menstruation



Ways Forward: Shift Required for Decolonizing Menstrual Pain



1. Invest on building agency, since young age 6 years of their age or grade 1 e.g. curriculum for school and continue to the university degree.
2. Centering 'menstrual dignity' ; rights to dignity, rights to freedom, rights to equality, rights to non-discrimination in both sides of demand and supply in order to
 - minimize the glorification of menstrual pain
 - early diagnosis/treatment of pain associated with PMOS (Polyendocrine Metabolic Ovarian Syndrome), endometriosis, menopause etc.
1. Call for action for dignified menstruation friendly workplace (4 'D's- Define, Dismantle, Detect, Declare) instead of menstrual leave
2. Invest on research & knowledge production: adopt decolonial methodology; centering lived experience, shift resources to global south etc.



Few Examples of shifting narratives for decolonizing Menstrual Pain since childhood: Song, Games, Dance, Quiz, Art etc.

M from Menstruation (translated from Nepali)

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.

+

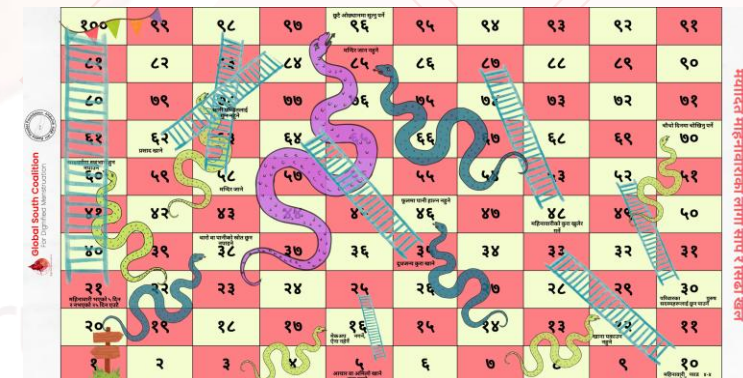
Say no to menstrual discrimination

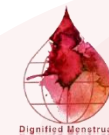
Know the law that fines and imprisons.

+

Neither uterus nor religion is to be blamed

Let's be united to celebrate menstruation day with acclaim.





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Thank You

Dr. Radha Paudel

Author, Activist & Lifelong Rebel, for
Dignified Menstruation & Founder of GSCDM



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