



Press Release
4 December 2020, Kathmandu

Book Launch and International Workshop on Dignified Menstruation for Preventing Gender Based Violence

Together with Ministry of Women, Children and Senior Citizen, National Human Rights Commission and Global South Coalition for Dignified Menstruation (GSCDM) is launching a book entitled '***Dignified Menstruation, a Practical Handbook***' and organizing an international workshop on "***Dignified Menstruation***" in Kathmandu semi- virtually. With the main objective of changing the narrative on menstruation, the workshop targets to bring international researchers, activists and policymakers from all the continents. The three-day event is being organized to mark 2nd International Dignified Menstruation Day with the slogan is "Menstrual Talk: Dignity First." The conference is the first of it's kind.

The three-day event features key note speakers, panels, paper presentations, movie and discussion on the various area of menstruation including the topics like placing dignity at the centre of all interventions; psychosomatic development of menstruation, breaking the taboos-mobility from kitchen to the parliament; voice, choice and agency; stigma and discrimination from menarche to menopause; role of youth, religion, business, water and sanitation, policy accountability, laws and menstruation with marginal communities, dignity in the discourse, gaps on funding and research among others.

Speaking at a press conference organized virtually on Friday, members of the organizers said, "to achieve substantive gender equality, it is important to understand menstruation with the lens of human rights." They further said that the campaign of dignified menstruation is urgent and important to celebrate during the 16 days activism to acknowledge the essence of menstruation.

They further stated that taboos and stigmas associated with menstrual practices were one of the major reasons for almost all aspects of gender-based discrimination including physical, social, political, economic and psychological violence. These discriminations and violence are not limited within the household but also are largely found in offices, educational institutions, organizations and various communities across the country and beyond.

They further stated that each menstruator deserve the dignity during menstruation as the virtue of human being”. Leaving no one behind is the central promise of the Sustainable Development Goal (SDG) 2030 and “dignified menstruation” is a way forward toward achieving it, they added. “Menstruation should no longer be an individual issue of a woman, it is the issue associated with basic human right, hence it should be everybody’s business,”.