Global South Coalition for Dignified Menstruation
Secretariat under Radha Paudel Foundation
Email: DignifiedMenstruation2019@gmail.com
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Date: 5 November, 2026

To,
Miah Feroz
Bangladesh,
Passport Number: A16547208

Subject: Invitation to participate in the International Training on Dignified Menstruation

On behalf of the Global South Coalition for Dignified Menstruation (GSCDM), it is our pleasure to formally invite you to participate in the International Training on Dignified Menstruation, which will be held in Kathmandu, Nepal, from 4–8 December 2026.

GSCDM is a survivor-led global network established in 2019 under the Secretariat of the Radha Paudel Foundation, Nepal. The Coalition works to advance Dignified Menstruation as a holistic, transformative, human-rights-based approach that addresses menstrual discrimination and promotes dignity, equality, freedom, and non-discrimination across the life cycle.

The International Training is designed as a global learning and exchange platform bringing together participants from diverse countries, professional backgrounds, and lived experiences. The training will provide an opportunity to critically examine menstrual discrimination and explore approaches for transforming the systems, structures, norms, and practices that perpetuate discrimination and inequality. Participants will have opportunities to connect their respective experiences and contexts with the broader principles and practice of Dignified Menstruation.

Training Details
Program: International Training on Dignified Menstruation
Dates: 4–8 December 2026
Location: Hotel Manang, Thamel, Kathmandu, Nepal

Note*: Participants are requested to check in to the hotel by December 3, 2026.

We look forward to welcoming you to Kathmandu and to your valuable contribution to this international platform for learning, dialogue, and collective action towards Dignified Menstruation for all.

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With warm regards,
Dr. Radha Paudel
Founder/CEO, GSCDM