21 to 27 July 2025

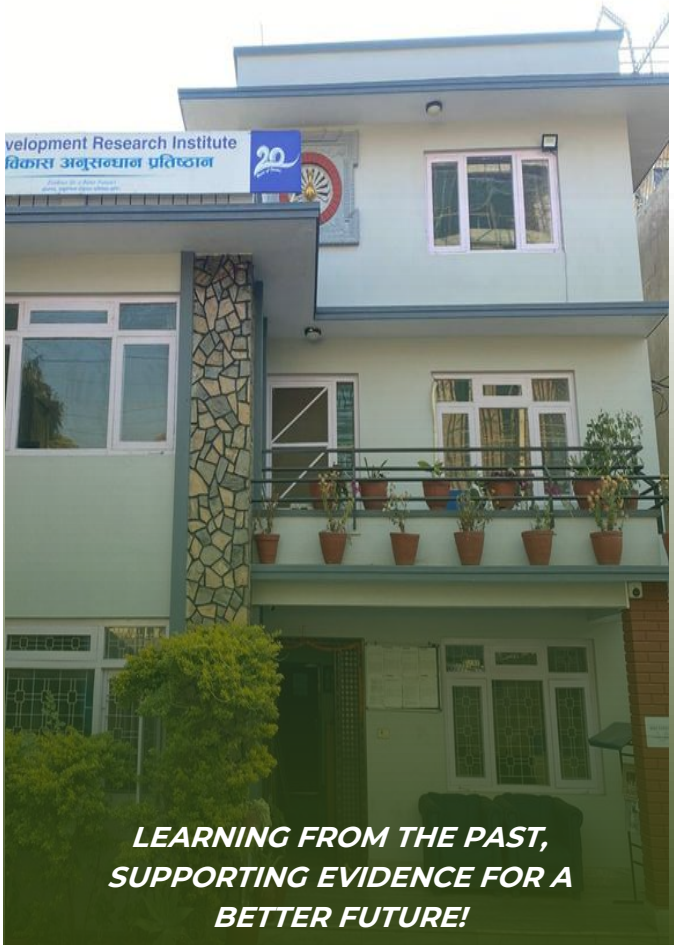
नेपाल विकास अनुसन्धान प्रतिष्ठान
Nepal Development Research Institute
NDRI

Weekly Echoes of NDRI

Welcome to the latest edition of NDRI Insights, your go-to source for important updates, valuable information, and the latest developments from the Nepal Development Research Institute.

HIGHLIGHTS FEATURED IN THIS EDITION

- NDRI's Visiting Researcher and PhD Scholar, Mr. Ishwor Barshila, delivered an insightful presentation, Exploring Migration Patterns in Rural Nepal.
- Successful completion of the 223rd episode of the Contemporary Policy Dialogue Series.
- NDRI explores avenues for collaboration with UNESCO Nepal.
- NDRI meets Includovate for collaborative opportunities.
- The 24th episode of Mesmerizing Mondays featured an engaging presentation by Ms. Kabita Yadav, Research Associate from NDRI.
- NDRI at the orientation programme organized for stakeholders in the NGO sector, focusing on climate change and climate finance.



LEARNING FROM THE PAST, SUPPORTING EVIDENCE FOR A BETTER FUTURE!

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VOLUME 208

Exploring Migration Patterns in Rural Nepal

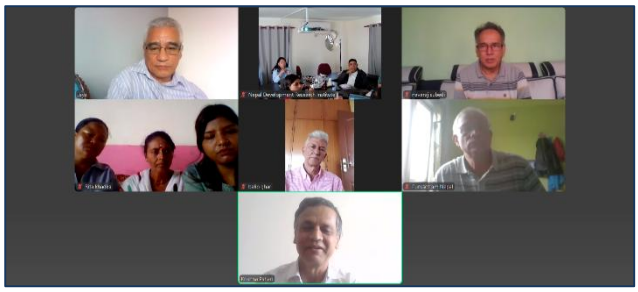


Mr. Barashila delivering his presentation

On July 25, 2025, Mr. Ishwor Barshila, PhD Scholar and visiting researcher at NDRI, delivered an insightful presentation titled "Are Poor Households Less Likely to Migrate? Evidence from Rural Nepal." Highlighting the scale of migration in the country, Mr. Barshila noted that Nepal witnesses approximately 9 million population flow. His study aimed to uncover the key factors influencing migration decisions, particularly within poor households.Using quantile regression analysis and logit regression models, he examined how economic status affects migration trends. The findings revealed a striking insight: poor households are less likely to migrate compared to non-poor households, challenging some common assumptions in migration discourse. Mr. Barshila's research adds valuable depth to our understanding of socio-economic dynamics behind migration in rural Nepal.

223rd Episode of Contemporary Policy Dialogue Series

The 223rd episode of the Contemporary Policy Dialogue Series was successfully organized by NDRI in collaboration with Resources Himalaya Foundation, on Friday, July 25, 2025, focusing on the theme "विदेशी रोजगारीका भोगाइ र स्वदेश फर्केपछिको संघर्षः नयाँ जीवन निर्माणको यात्रा"



A captured moment during the course of the event

(Experiences of Foreign Employment and Struggles of Returnee Migrants: The Journey of Rebuilding Lives). The event featured moving personal narratives and policy reflections surrounding the reintegration of women migrant returnees.

Ms. Saraswati Luitel and Ms. Maya Sherpa from Ujashil Mahila Samuha shared their migration journeys from the destinations they traveled to for work, to the difficult challenges they faced abroad, including emotional hardships, and a lack of support systems. Both speakers reflected on the reasons that led them to return to Nepal, highlighting the reintegration challenges they encountered upon arrival.

Ms. Rita Khadka from WOREC Nepal provided insights into WOREC's role in assisting returnee migrant women like Saraswati and Maya in their recovery and reintegration journey and the organization's support mechanisms..

While concluding, Ms. Saraswati and Ms. Maya expressed their expectations for the future, including better recognition from the state and sustainable livelihood opportunities. Ms. Khadka raised a critical point, questioning what kind of support organizations like WOREC need from the state to function more effectively and create systemic change.

Click on the link to watch the full Episode

Former ambassador Mr. Nawaraj Subedi offered commentary on the broader policy implications, emphasizing the gaps in current laws and reintegration frameworks. The event concluded with a thought-provoking Q\&A session, engaging participants and panelists in a discussion on how to collectively ensure dignity, rights, and livelihood for returnee migrants in Nepal.

Exploring Pathways for Collaboration: NDRI Meets with UNESCO



NDRI team along with UNESCO team including the Head Of UNESCO

On July 23, 2025, Nepal Development Research Institute (NDRI) held a fruitful introductory meeting with representatives from UNESCO to explore areas of mutual interest and future collaboration. The meeting served as an opportunity for both organizations to share their respective mandates and ongoing work. NDRI highlighted its work in sustainable development, disaster risk reduction, climate resilience, and the peaceful use of nuclear technologies. At the same time, UNESCO introduced its initiatives in climate risk-informed decision-making (CRIDA) and heritage-based peace promotion.

Both organizations have agreed to continue the dialogue through a follow-up virtual meeting to further explore joint initiatives and potential synergies.

The meeting was attended by Mr. Jaco Du Toit, (Head of UNESCO Nepal), Ms. Sijal Pokharel and Ms. Prakriti Gurung (Natural Science Officers) from UNESCO; and representing NDRI were, Dr. Shikha Thapa Magar (Executive Director), Dr. Jaya Kumar Gurung, (Lead of Health, Education and Environment Program), and Ms. Ashma Aryal (Outreach and Communication Officer).

NDRI Explores Strategic Collaboration with Includovate

On July 22, 2025, Nepal Development Research Institute (NDRI) held a fruitful virtual meeting with Includovate to explore potential avenues for collaboration. The meeting was attended by Ms. Suruchi Upadhyay, Senior Bid Manager at Includovate, while NDRI was represented by Executive Director Dr. Shikha Thapa Magar, Dr. Shankar Shrestha, and Outreach and Communication Officer Ms. Ashma Aryal.The discussion centered around identifying shared interests and synergies between the two organizations. Both parties agreed to initiate collaboration by jointly working on proposal writing, with flexibility to engage as technical advisors or in other roles depending on the nature of specific opportunities. The meeting marked a promising beginning toward building a mutually enriching partnership dedicated to inclusive, evidence-based development work.

24th Episode of Mesmerizing Mondays



Ms. Yadav delivering her presentation

The 24th episode of Mesmerizing Mondays featured an engaging as well as thoughtful presentation by Ms. Kabita Yadav, Research Associate from NDRI's Health, Education, and Environment Program. Her talk, titled "Mental Health Matters in the Workplace," brought attention to the growing mental health challenges faced by employees across various sectors. Ms. Yadav shared that 1 in 5 individuals in the workplace experiences a mental health issue, a statistic that emphasized the urgency of addressing this often-overlooked topic. She also highlighted the rising frequency of feelings of sadness and hopelessness, which are becoming increasingly common in fast-paced and high-pressure work environments. Emphasizing the importance of workplace well-being, Ms. Yadav concluded her presentation by advocating for the creation of supportive work cultures. She stressed that a positive work environment and having people to talk to can make a meaningful difference in how individuals cope with mental health challenges. Her insightful session served as a powerful reminder that mental health is not just a personal issue, but a collective responsibility within organizations.

Strengthening Climate Action: NDRI at NGO Orientation on Climate Change and Finance



Picture of the event banner

Nepal Development Research Institute (NDRI) actively participated in the orientation programme organized for stakeholders in the NGO sector, focusing on climate change and climate finance. The programme was designed to provide a foundational understanding of key technical, gender, and safeguards requirements essential for accessing climate finance. Dr. Shikha Thapa Magar emphasized the critical role of think tanks like NDRI in shaping informed and context-specific recommendations. She highlighted that tailored approaches addressing technical, gender, and safeguard dimensions are vital for Nepal to effectively access and utilize climate finance mechanisms.

Enjoying Pakistani Mangoes at NDRI



Glimpses of NDRI family enjoying the Mango Break

NDRI President Dr. Krishna Pahari received a special packet of premium Pakistani mangoes from H.E. Abrar Hashmi, the Ambassador of Pakistan to Nepal. To mark this thoughtful gesture, the NDRI family gathered on July 24, 2025, to enjoy the delicious mangoes together.

The occasion turned into a heartwarming celebration, filled with shared stories, laughter, and fond memories tied to this beloved fruit. It was a delightful moment of friendship, culture, and community spirit.

Dr. Shikha Thapa Magar, Executive Director of NDRI, was recently featured on Vyasa on Air. Click the image below to watch the full episode.



Thought of the Week

The strength of a community is measured not by its wealth, but by its willingness to listen, collaborate, and adapt.

—Margaret Wheatley

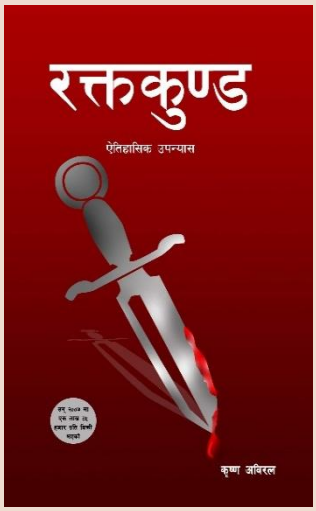
Thought Provoking News

Global action on development finance

https://kathmandupost.com/columns/2025/07/27/global-action-on-development-finance

Rethinking academia

https://kathmandupost.com/columns/2025/07/25/rethinking-academia



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Newsletter Editors :

Ms. Seetal Luitel
Assistant Administration Officer

Ms. Ashma Aryal
Outreach and Communication Officer

Dr. Shikha Thapa Magar
Executive Director