

16 to 22 June 2025

Weekly Echoes of NDRI



नेपाल विकास अनुसन्धान प्रतिष्ठान
Nepal Development Research Institute

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 installed four rain gauge stations and trained local resource persons in Sindhuli.
- The Executive Director of the NFCC visited NDRI for a strategic meeting focused on female reproductive health.
- The 21st episode of the Mesmerizing Mondays was conducted with a hands-on presentation on "The Art of Upcycling."
- NDRI participated in a Seminar on "Research Findings Sharing and Dissemination of Water Flow Diagram (WFD) Study implemented.
- Dignitaries from NDRI and the OST Eastern Switzerland University of Applied Sciences met at NDRI premises to explore potential areas of collaboration.



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VOLUME 203

NDRI Boosts Climate Resilience in Sindhuli



A picture of Mr. Rajendra training the local resource person

On June 19, 2025, Nepal Development Research Institute (NDRI) successfully installed four rain gauge stations and trained local resource persons for Springwater data collection in Sindhuli's Kamalamai Municipality and Sunkoshi Rural Municipality. The initiative, part of the Springwater Management, Agriculture, and Resilient Livelihoods in the Mid Hills of Nepal (SPAN) project, aims to enhance climate resilience and water resource management in the region. From June 13 to 17, 2025, the Water and Climate Program team at NDRI, led by Research Associates Mr. Girish Raj Lamsal and Mr. Rajendra Kumar Shrestha, conducted field visits focused on installing rain gauges and identifying springs for flow monitoring. The team collaborated with local authorities and trained four resource persons to collect rainfall and spring discharge data.

Exploring New Frontiers in Female Reproductive Health

On June 18, 2025, Ms. Pema Lhaki, Executive Director of the Nepal Fertility Care Centre (NFCC), visited Nepal Development Research Institute (NDRI) for a strategic meeting focused on female reproductive health. Ms. Lhaki shared insights into NFCC's remarkable 36-year journey advocating for and advancing women's reproductive health in Nepal. She also highlighted the organization's recent impactful initiatives related to the Human Papillomavirus (HPV) vaccine, including early-stage

screening and treatment processes aimed at preventing cervical cancer. The meeting served as a platform to explore avenues for collaboration between NDRI and NFCC, particularly in the field of research related to female reproductive health.

Discussions revolved around leveraging both organizations' strengths to generate evidence that can inform policy and enhance service delivery in this critical area. Representing NDRI at the meeting were President Dr. Krishna Pahari; Executive Director Dr. Shikha Thapa Magar; Vice President Prof. Dr. Tara Nidhi Bhattarai; Dr. Jaya Kumar Gurung, Lead of the Health, Education, and Environment Program; Dr. Manjeshwari Singh, Lead of the Gender Equality and Social Inclusion Program; and Ms. Ashma Aryal, Outreach and Communication Officer.



NDRI team with Ms. Pema Lhaki

Giving Plastic a Purpose

On the 16th of June 2025, the 21st episode of the Mesmerizing Monday session was held at NDRI, where Ms. Ashma Aryal, Outreach and Communication Officer, led an engaging and hands-on presentation on "The Art of Upcycling," where she talked about creative possibilities of recycling everyday plastic waste. The session demonstrated how commonly discarded milk plastic pouches can be upcycled into yarn, which can then be used to crochet coasters and other household items. She provided a live demonstration of each step of the upcycling process from cleaning and cutting the

pouches to create continuous plastic yarn suitable for crafting. She also presented on the idea of crocheting a tea coaster using this homemade yarn, sparking great curiosity and excitement among attendees.

Beyond this demonstration, she shared several inspiring examples of how she integrates recycling into her everyday life, including making decorative items, DIY planters, and composting organic waste. Her practical tips and creative reuse of materials served as a powerful reminder of how small, conscious actions can contribute to environmental sustainability. The session was not only educational but also interactive and fun, encouraging participants to see waste differently, not as trash, but as a potential resource.



Ms. Aryal during her demonstration

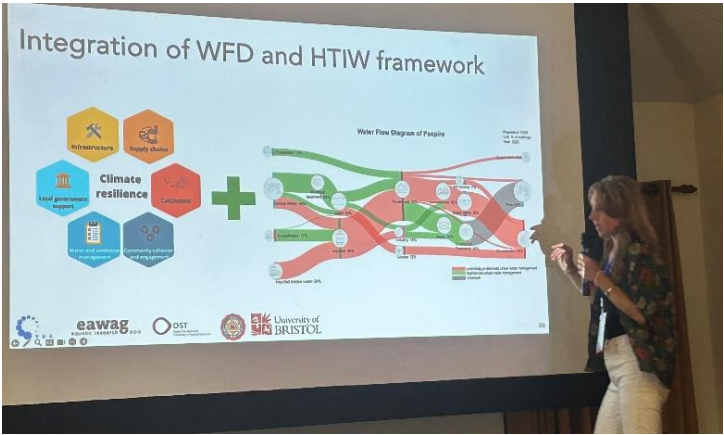
It concluded with a lively discussion on how such practices can be adopted more widely both at home and within the workplace. This session reinforced NDRI’s commitment to environmental responsibility and innovation.

Water Flow Diagram (WFD) Research Seminar

On 17 June 2025, Dr. Shankar Shrestha (Senior Research Specialist, NDRI), representing “Water and Climate Program” of NDRI participated on a Seminar on “Research Findings Sharing and Dissemination of Water Flow Diagram (WFD) Study implemented in Panchkhal and Bidur Municipalities, Nepal” organized in Patandhoka, Lalitpur, Nepal, by Aquatic Ecology Centre, Kathmandu University,

Nepal; Eawag, Switzerland; and OST Eastern Switzerland University of Applied Sciences, Switzerland.

The WFD is a pictorial tool designed to visually convey information about available water resources and the flow paths within a given area. In addition, findings from a pilot study to integrate WFD with The How Tough is WASH (HTIW) framework in these municipalities were also shared for participants’ feedback. HTIW framework is a tool designed to measure the climate resilience of water and sanitation services.



Dr. Dorothee Spuhler Presenting on the WFD and HTIW Integration Framework

Dr. Shrestha, among others, highlighted the potential need to incorporate climate hazards such as “Extreme Heat” in the model in addition to the existing considered hazards: “Floods and Droughts”, for the relevancy of the model to replicate in other areas of Nepal such as the Terai. Dr. Shrestha also took this opportunity to invite Dr. Dorothee Spuhler (PI of the WFD Project from OST, Switzerland) to NDRI to discuss potential collaboration avenues in the future.



Group Photo of the Participants

Exploring Avenues of Collaboration with OST Eastern Switzerland University

On 20 June 2025, dignitaries from NDRI (represented by Dr. Shikha Thapa Magar - Executive Director and Dr. Shankar Shrestha - Senior Research Specialist) and OST Eastern Switzerland University of Applied Sciences (represented by Dr. Dorothee Spuhler) met at NDRI premises to explore potential areas of collaboration, in the field of water and environment, among others.

Dr. Dorothee shared some important research initiatives being undertaken by she and her institution including the Water Flow Diagram (WFD) project in Nepal that she has been leading. Similarly, Dr. Shikha, while introducing NDRI, highlighted NDRI's interdisciplinary nature of work. Dr. Shankar further highlighted the key research being conducted by the Water and Program (WCP) at NDRI involving hydrological modeling, climate change impact assessment, disaster risk reduction and nature-based solutions, among others, with GEDSI and economics as a cross cutting areas.

The meeting ended with identifying various funding opportunities of mutual interests provided by Switzerland and other European institutions with a plan to initiate joint project development and/or execution for relevant areas of interest and expertise.



Dr. Shikha, Dr. Shankar, and Dr. Dorothee Capturing the Moment after the Meeting

Thought of the Week

*We are what we repeatedly do.
Excellence, then, is not an act,
but a habit.*

— Will Durant

Thought Provoking News

Conflict can both shrink and expand labour demand

<https://kathmandupost.com/interviews/2025/06/23/conflict-can-both-shrink-and-expand-labour-demand>

Mental health care for LGBTQI+ community

<https://kathmandupost.com/columns/2025/06/13/mental-health-care-for-lgbtqi-community>



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