



नेपाल विकास अनुसन्धान प्रतिष्ठान
Nepal Development Research Institute

NDRI is an independent, non-partisan, and non-profit institution dedicated to addressing contemporary and emerging policy challenges and to influencing public policy through research.

HEADLINES FEATURED IN THIS EDITION

- Teej Celebration 2025 at NDRI.
- 225th Episode of Contemporary Policy Dialogue Series.
- Successful completion of the 27th episode of NDRI's Mesmerizing Mondays to learn and adapt a healthy lifestyle.
- NDRI hosted an insightful seminar titled "Does Outmigration Lead to Cropland Abandonment?"

WEEKLY ECHOES OF



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

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August 18 to 24

VOLUME 212

Teej Celebration at NDRI: A Day of Joy, Color, and Togetherness



NDRI family dressed in shades of red and green to celebrate the festivities

Like in previous years, NDRI celebrated the Hindu festival of Teej on 22 August 2025. The festive spirit came alive at the NDRI premises, where staff and members gathered to honor the occasion. The office was adorned in vibrant colors, with the team dressed in red and shades of green, reflecting the joyful mood of the festival.

The celebration was filled with fun and laughter, as colleagues participated in friendly games, exchanged thoughtful gifts, enjoyed a delicious meal (दर), and danced enthusiastically to traditional Teej songs, making it a memorable and lively celebration of womanhood.

225th Episode of Contemporary Policy Dialogue Series

In a continuing effort to foster dialogue on pressing contemporary issues, the biweekly Contemporary Policy Dialogue Series, jointly organized by Nepal Development Research Institute (NDRI) and Resources Himalaya Foundation, hosted its 225th episode on 22nd August 2025. The keynote speaker was Dr. Rudra Suwal, Lead of the Economic Development Program at NDRI and a distinguished economist.



Click on the [link](#) to watch the full episode





Dr. Rudra Suwal, along with other key attendees joining from NDRI premises during the dialogue

Dr. Suwal's presentation, titled “नेपालको श्रमशक्ति: आर्थिक गतिविधि, प्रवृत्ति, चुनौती तथा अवसरहरू”, highlighted the current status, trends, and challenges of Nepal's labor force, offering critical insights and policy recommendations. He provided an overview of economic activity status, highlighting employment rates, the prevalence of vulnerable employment, and the key determinants contributing to this vulnerability. Dr. Suwal also discussed the industrial and occupational distribution of economic activities, emphasizing sectors where

workers are most at risk. A significant portion of the dialogue focused on disadvantaged and vulnerable populations, including children involved in the labor force and elderly individuals who continue to work due to economic necessity. Concluding his talk, Dr. Suwal offered recommendations emphasizing the importance of targeted policies for marginalized groups. The session was well attended by policymakers, researchers, and stakeholders interested in labor economics and development.

Diet, Exercise, and Lifestyle: Key Takeaways from Mesmerizing Monday

On 18 August 2025, Mr. Parashar Khadka, Research Associate from the Health, Education, and Environment Program at NDRI, delivered the 27th episode of Mesmerizing Monday titled “Is Your Diet the Strongest Medicine Against Lifestyle Diseases?”. The Mesmerizing Monday sessions serve as a valuable platform for sharing ongoing work and exploring diverse, insightful topics presented by NDRI researchers and experts from different programs. In his presentation, Mr. Khadka highlighted the importance of healthy eating habits and provided



Mr. Khadka, during his presentation

insights into topics such as balanced diets, as well as good and bad cholesterol. He also introduced a practical tracking plan to monitor daily calorie intake and observe lifestyle changes over time. Emphasizing the role of physical activity, he noted that even 20 minutes of daily exercise can significantly improve fitness and overall health. He added that, in order to lose half a kilogram per week, a person needs to burn about 3,850 calories per week, which is roughly 550 calories per day. He concluded by encouraging participants to start tracking their food intake and adopt healthier lifestyle practices.

***“The revitalization
of abandoned land
is essential.”
— I. Barshila***

Seminar on Outmigration and Cropland Abandonment Held at NDRI



Mr. Ishwor delivering his talk

On Friday, 22 August 2025, Nepal Development Research Institute (NDRI) organized a hybrid seminar titled “Does Outmigration Lead to Cropland Abandonment? Remittance and Land Utilization Perspective in Rural Nepal,” which was presented by Mr. Ishwor Barshila, a researcher at Tohoku University, Japan, and Visiting Researcher at NDRI. He highlighted that globally, there are approximately 184 million migrants, representing around 2.3% of the world's population, including 37 million refugees. He shared key findings from his study, noting that the total number of migrants is

more likely to influence cropland abandonment, while remittances have a lesser effect. In his concluding remarks, Mr. Barshila emphasized that cropland abandonment in Nepal is driven by a combination of socio-economic and biophysical factors. In rural hill areas, outmigration leads to labor shortages in agriculture, resulting in cropland being abandoned or transferred. He noted that the revitalization of abandoned land is essential and that remittances could be effectively channeled into the agribusiness sector rather than being used solely for non-farm activities. For future research, he suggested focusing on the impact of outmigration on crop productivity at the disaggregated level, including per-unit crop income and comparisons between labor-intensive and land-intensive crops.

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Thought of the Week

The human capacity for burden is like bamboo, far more flexible than you'd ever believe at first glance.

Even in the storms, it bends but does not break.

- Jodi Picoult

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