

# Annual Report 2023/24



**Nepal Public Health Research and  
Development Center (PHRD Nepal)**

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## Message from Executive Director

I am delighted to present the annual report of the Nepal Public Health Research and Development Centre (PHRD Nepal), celebrating nine fulfilling years of dedicated service in research and development.

Established in 2016 by a passionate group of public health experts, PHRD Nepal is an independent, non-political, non-governmental organization committed to strengthening health systems through high-quality research and impactful public health initiatives. The year 2080/081 marks our ninth milestone, reflecting significant progress in both project execution and institutional growth.

Renowned for our commitment to evidence-based public health practices, PHRD Nepal is guided by informed policies and sustainable health development strategies. The past fiscal year demonstrated our enhanced dedication, surpassing previous achievements and setting new standards.



As we advance, our focus remains on fortifying health systems within the new federal structure. Our multifaceted approach combines high-quality research with strategic actions aimed at enhancing local government capacities, ensuring the delivery of exceptional health services.

Our strategic priorities encompass critical areas such as health system research, non-communicable disease interventions, health policy formulation, disaster management, and maternal, neonatal, and child health. We also prioritize food and nutrition, occupational health, and advocacy efforts, reinforcing our commitment to driving positive public health change at regional and national levels.

In 2023/24, PHRD Nepal reached remarkable milestones, launching various end-line evaluation projects in collaboration with national divisions to develop policies, strategies, standards, and regulations. We also successfully executed two international projects across all provinces and districts.

This fiscal year stands out not only for health initiatives but also for overall improvement across diverse disciplines. Our collective efforts have yielded

impressive results, marking a historic moment in our journey toward establishing PHRD Nepal as a recognized and accredited organization.

As we celebrate our ninth anniversary, I extend my heartfelt gratitude to the Executive Committee members, dedicated General Members, our invaluable development partners, and the supportive ministries and departments. A special thanks goes to the Government of Nepal, the Department of Health Services, the Curative Service Division, the National Public Health Laboratory, and the Social Welfare Council for their unwavering support, which has been fundamental to our success.

I also want to acknowledge our exceptional staff: Mr. Deependra Kaji Thapa, Ms. Prgya Pokharel, Ms. Salina Thapa, Ms. Pabitra Balampakai, Mr. Sushant Luitel, Ms. Jibika Siwakoti, Ms. Anjalina Karki, Ms. Tanuja Joshi, Mr. Nishal Shrestha, and Ms. Arati Timsina. Your hard work and dedication have been crucial in achieving our organizational goals and producing this annual report.

We look forward to continued collaboration in our future endeavors. Thank you!

**Dr. Janak Thapa**  
**Executive Director**

## PHRD Nepal at Glance

Nepal Public Health Research and Development Center, simply known as PHRD Nepal, is a not-for-profit making, non-political, Independable, and Non-Governmental Organization (NGO) with a mission to ensure evidence-based public health practices guided by evidence-informed policies and guidelines for sustainable development in health. It is legally registered as a company under the Office of the Company Registrar and Social Welfare Council (SWC) in 2016. The governing core principles of PHRD Nepal are - high regard to human right and subjects, stewardship,

**Vision:** To ensure evidence-based public health practices guided by evidence-informed policies and guidelines for sustainable development in health

**Mission:** Strengthen health system through various public health actions and efforts through high quality research.

**Goal:** To prioritize public health action and research areas, facilitate interventions in collaboration with national and international partnerships

regard to human right integrity, team work, accountability, national as well as international networking and partnerships and collaboration.

PHRD Nepal aims to prioritize public health action and research areas; facilitate interventions in collaboration with national and international partnerships with different national and international organizations. To establish the center for excellence in public health advocacy and evidence-based intervention.

PHRD Nepal works in broader field of health and other cross cutting issues focusing on marginalized and disadvantaged group in coordination and partnership with unilateral,

### Our Focus Areas

- Maternal, Neonatal and Child Health
- Water Sanitation and Hygiene
- Nutrition
- Health Policies and Guidelines
- Health Research
- Health System Strengthening
- Disaster Prevention and Management

bilateral agencies, UN agencies and Government of Nepal. PHRD Nepal is committed to strengthen the health system in new federal structure of Nepal through various public health actions and efforts through high quality research. For which, it aims to strengthen the local government for delivering high quality basic health services.

**We are passionate about delivering quality service backed up by innovation through experimentation.**

## 1. Strength of PHRD Nepal

PHRD Nepal consistently demonstrates strong capabilities and achievements in advancing public health initiatives across the nation. Our strengths are rooted in a comprehensive approach to research, policy development, capacity building, and evaluation within the health sector. Key highlights include:

- 1. Expertise in Survey Management:** PHRD Nepal excels in managing national-level surveys, ensuring accurate data collection and analysis to support evidence-based decision-making. We utilize cutting-edge methodologies, including Cs-Pro, Survey Solutions, and Kobo, to enhance our data-gathering processes.
- 2. Comprehensive Health System Analysis:** Our surveys on health system governance, basic health services, and emergency health services enable PHRD to conduct thorough assessments that identify areas for improvement and strategic interventions.
- 3. Policy Development and Implementation Support:** Our commitment to enhancing capacity is evident through the creation of training manuals, such as the Integrated Management Information System (IMIS) manual, which equips healthcare professionals with essential skills and tools.
- 4. Capacity Building Initiatives:** Our commitment to capacity building is evident through the development of training manuals, such as the Integrated Management Information System (IMIS) training manual, empowering healthcare professionals with essential skills and tools.

**5. Utilization of Evaluation Frameworks:** By employing the OECD framework for project evaluation, PHRD ensures rigorous assessments of our initiatives, fostering accountability and promoting continuous improvement in program effectiveness and efficiency.

PHRD's interdisciplinary approach allows us to comprehensively tackle complex health challenges, leveraging expertise from governance, evidence-based practices, policy development, and capacity building. With a focus on national-level surveys and policy formulation, our initiatives align closely with the priorities of the national health agenda, enhancing the relevance and impact of our work.

## 2. Project List

### “Endline Project Evaluation of Integrated Mobilization of People for Active Community Transformation (IMPACT) Project”

**Background:** PHRD Nepal conducted the endline evaluation in collaboration with TLMN, assessing the project's progress and outcomes against established indicators, targets, and baselines. The evaluation focused on effectiveness, efficiency, sustainability, and best practices, adhering to the

<b>Partner</b>	<i>The Leprosy Mission Nepal</i>
<b>Timeline</b>	<i>March to May 2024</i>
<b>Project area</b>	<i>Nawalparasi, Rupandhi, and Kapilbastu</i>
<b>Status</b>	<i>Completed</i>

OECD/DAC criteria. Qualitative data was collected through key informant interviews, focus group discussions, and case stories from beneficiaries, while quantitative data was provided by TLMN's IMPACT project team. The qualitative data encompassed insights from various stakeholders, including leprosy and lymphatic filariasis-affected individuals, single



women, people with disabilities, faith leaders, government health workers, and cooperative members. Throughout the contract period, activities were closely coordinated with TLMN, and PHRD Nepal outlined the methodology, including study design, sampling techniques, and ethical considerations.

#### The objectives of the baseline and end-line survey are:

##### Primary Interest/objectives:

- To assess the progress and outcomes of the project by determining its result from its indicators and compare them with their targets and baseline data
- To assess the project’s effectiveness, efficiency, and sustainability.
- To document lessons learned, best practices, and recommendations.
- To assess the reach and exposure with the hygiene behaviours change

##### Major Activities:

- Designed and Finalized the Overall methodology, digitalization of tools.

- Conducted the orientation training to field enumerators.
- Data cleaning, coding and analysis of the data.
- Evaluated the effectiveness of the IMPACT project interventions in bringing positive changes in the direct beneficiaries in the project implementation districts.
- Developed the report and submitted to the donor agency.

#### Proposed main human resources of project:

SN	Name
1	Dr. Janak Thapa, Team Leader
2	Ms. Pragya Pokharel, Research Expert
3	Ms. Pabitra Balampaki, Research Expert
2	Mr. Sushant Luitel, Project Coordinator

# Baseline Survey of Girls Standing Strong (GSS) in Dhanusha and Sindhuli Districts

**Background:** The Girls Standing Strong Project, implemented by Plan International Nepal, runs from July 2023 to June 2026 across five districts: Dhanusha, Sindhuli. This initiative aims to empower children, particularly girls and young women, to live free from Child, Early, and Forced Marriage (CEFM). The project focuses on adolescents, marginalized communities, and sponsorship families, working to address the systemic barriers that limit access to education and social, economic, and political power.

The project also emphasizes providing educational support and resources to ensure that girls can pursue their studies and realize their full potential. By partnering with local stakeholders and communities, the Girls Standing Strong Project seeks to create a supportive environment where girls can thrive and contribute as active citizens. The overall goal is to combat early marriage and empower girls to navigate challenges, fostering long-term positive change in their lives and communities.

The project also emphasizes providing educational support and resources to ensure that girls can pursue their studies and realize their full potential. By partnering with local stakeholders and communities, the Girls Standing Strong Project seeks to create a supportive environment where girls can thrive and contribute as active citizens. The overall goal is to combat early marriage and empower girls to navigate challenges, fostering long-term positive change in their lives and communities.



**Objective:**

- To carry out a baseline survey to establish a baseline value of different indicators agreed in the project’ documents and set the targets for each of the indicator which will help to create a benchmark to measure the achievement of the progress during the end line and help set the targets for the project.
- To solicit recommendations from the relevant stakeholders to guide programming
- To design and implement a quantitative survey to achieve the objectives

### Major Activities:

- Develop a protocol, designed and finalized the overall methodology, digitalization of tools.
- Conducted the orientation training to field enumerators.
- Data cleaning, coding and analysis of the data.
- Assessment of Girls Standing Strong Project in Dhanusha and Shildhuli districts.
- Developed the report and submitted to the donor agency.

### Proposed main human resources of project:

SN	Name
1	Dr. Janak Thapa
2	Ms. Pragya Pokharel
3	Mr. Rakesh Yadav
4	Ms. Salina Thapa
5	Ms. Pabitra Magar
6	Mr. Nishal Shrestha

## Transforming well-being of women and girls through health and social norms change interventions

<b>Partner</b>	VSO
<b>Timeline</b>	February to April 2024
<b>Project area</b>	Rautahat, Bara and Surkhet
<b>Status</b>	Completed

**Background:** The VSO Nepal ACTIVE initiative, funded by the FCDO, aims to empower marginalized populations, particularly women and girls,

through inclusive volunteering and advocacy. Launched in 2022, this multiyear project focuses on enhancing resilient livelihoods, strengthening equitable health systems, and promoting inclusive education in Karnali and Madhesh Provinces. By challenging harmful societal norms—such as child marriage and taboos surrounding sexual and reproductive health rights—ACTIVE seeks to improve access to essential services and foster gender equity, ultimately contributing to more inclusive and resilient communities in Nepal.



### Objectives:

- Analyze impact of harmful social norms in accessing health services by women and girls,
- Review the effect of child marriage in overall dignity and wellbeing of women and girls.
- Document positive outcomes of harmful social norms transformation in women and girl’s empowerment.

### Activities:

- Development of qualitative tools
- Organized 11 days orientation training to field enumerators in collaboration with donor agency.
- Thematic analysis of qualitative information
- Developed an infographic with qualitative information
- Developed the report and submitted to the donor agency.

**proposed main human resources of project:**

<b>SN</b>	<b>Name</b>
1	Dr. Janak Thapa, Team Leader
2	Ms. Pragya Pokharel, Data Analyst
3	Mr. Sushant Luitel, project coordinator

## Practice of Substance Abuse among Adolescents- Community Based Research

**Background:** The project by World Vision International Nepal (WVI Nepal) aims to assess the prevalence, root causes, and consequences of substance abuse among adolescents in the Sarlahi, Rautahat, Lamjung, Kailali, and Kanchanpur districts. It will identify patterns of substance use, analyze the drivers behind it, and explore its impacts on individuals, families, and communities. The study will involve

quantitative assessments of adolescents and caregivers, as well as qualitative insights from families and local stakeholders. By understanding the existing knowledge about substance abuse and evaluating the effectiveness of current policies, the project seeks to inform targeted interventions and strategies to combat the rising trend of drug abuse among youth in these regions.



### Objectives:

- To identify the prevalence, existing situation, and pattern of substance abuse among adolescents
- To analyze the drivers of different types of substance abuse and abusers
- To explore the impacts of substance, abuse at personal, family and community levels
- To understand the knowledge about substance, abuse among adolescents
- To identify the existing policies on drug abuse, implementation status and challenges to regulate these policies.

### Activities:

- Designed and finalized the overall methodology, digitalization of tools.
- Conducted the orientation training to field enumerators.
- Data cleaning, coding and analysis of the data.
- Assessment of substances abuse in adolescent at project implementation districts.
- Developed the report and submitted to the donor agency.

### Proposed main human resources of project:

SN	Name
1	Dr. Janak Thapa, Team Leader
2	Ms. Pragya Pokharel, Data Analyst

## Health rights: Inclusive Eye and Ear and Hearing Health in Karnali of Nepal” - end line evaluation

<b>Partner</b>	CBM Country Office Nepal
<b>Timeline</b>	December 2022 - July 2023
<b>Project area</b>	Surkhet, Dailekh, Jumla, and Mugu
<b>Status</b>	Completed

**Background:** Blindness and visual impairment significantly affect individuals over 50 in Karnali province, Nepal, where the primary healthcare system lacks adequate eye care services.

Surkhet Eye Hospital is the sole facility for higher-level eye care, yet untreated cataracts account for a large percentage of bilateral blindness in the region. Hearing loss also poses a major concern, often overlooked due to stigma and inadequate ear health services. The “Health Rights” project, funded by BMZ/CBM and implemented by Nepal Netra Jyoti Sangh (NNJS), aims to improve health outcomes over 37 months in Surkhet, Dailekh, Jumla, and Mugu by establishing inclusive eye and ear health services, training medical staff, and raising community awareness. The project targets to treat 11,920 individuals, enhancing the quality of life for those affected by visual and hearing impairments.



### Objectives:

- To assess the outcomes of the project to show evidence of its effectiveness, value for money (efficiency), potential impact and the likelihood of sustainability and captures learning and draws recommendations to improve future similar operations.

### Major Activities:

- Develop a protocol, designed and finalized the overall methodology, digitalization of tools.
- Conducted the orientation training to field enumerators.
- Data cleaning, coding and analysis of the data.
- Developed the draft report and shared with stakeholders

### Proposed main human resources of project:

SN	Name
1	Dr. Janak Thapa, Team Leader
2	Ms. Pragya Pokharel, Data Analyst
3	Mr. Nishal Shrestha, Project coordinator
4	Ms. Pabitra Balampaki, Public Health Officer

# Generating Evidence of Climate Change Adaptation and Food Security Impacts of Resilience and Food Security Program (SABAL) in Nepal

**Background:** The Nepal Public Health Research and Development Centre (PHRD

<b>Partner</b>	Save the Children
<b>Timeline</b>	July to 30th November 2023
<b>Project area</b>	Makawanpur, Udhypur, Okhaladhunga.
<b>Status</b>	Completed

Nepal) is conducting an impact assessment of the SABAL (Sustainable Action for Resilience and Food Security) program, implemented by Save the Children and its

partners, including ACTION FAIM, CARE, and Hellen Keller, with funding from USAID/Food for Peace. Spanning five years (2014-2019) across 11 districts in Bagmati and Koshi provinces, SABAL aimed to enhance the resilience of vulnerable households through food security and climate change adaptation.

## Objectives:

- Increased access to improved irrigation, climate-resilient seeds, agro-advisory services, and markets to expand adaptive capacity and promote resilient food/crop production systems.
- Income growth and risk-diversified livelihoods to reduce climatic risks and enhance food security at the household level.
- Effectiveness and impact of institutions building (farmers groups, collection centers, Village Saving and Landing Association, community disaster management committees) for scaling out sustainable agricultural practices and resilience-building activities to enhance food security and adapt to climate change and variability
- Increased resilience capacity to have increased access to more disaster and climate information, resources, and networks to help communities deal with shocks and stresses.
- Evidence of transformative capacity (such as land use and cropping system change, livelihood diversification, reskilling to enhance



employability, shift in food value chains, use of new technologies, etc.) for the increasing threats of climate change and variability.

#### Major Activities:

- Develop a protocol, designed and finalized the overall methodology, digitalization of tools.
- Conducted the orientation training to field enumerators.
- Data cleaning, coding and analysis of the data.
- Thematic analysis and triangulate the information and present in graph
- Developed the draft report and shared with stakeholders

#### Proposed main human resources of project:

SN	Name
1	Ms. Surya Binod Pokharel, Team Leader
2	Dr. Janak Thapa
3	Dr. Deependra Kaji Thapa
4	Ms. Pragya Pokharel
5	Ms. Tanuja Joshi
6	Ms. Pabitra Balampaki
7	Ms. Salina Thapa

## End-line Evaluation of “Community Mental Health Program”

**Background:** The project aims to establish sustainable and comprehensive mental health and psychosocial services in community settings within Tanahun district by 2023, targeting individuals living with or at risk of mental health conditions. Key stakeholders include government officials, community groups, Female Community Health Volunteers, educators, and organizations representing individuals with disabilities. After a baseline study in 2020 and a mid-term review in 2022, the end-line evaluation will assess the project's outcomes using standard evaluation criteria. The findings are expected to offer valuable insights on the project's effectiveness, impact, sustainability, and relevance.

### Objectives:

- Assess the progress towards expected outcomes of the project by determining end-line results for key performance indicators and comparing them with baseline figures and estimated targets.
- Assess project's outcomes whether it is contributing to government agenda's, priorities, and human right based framework on promotion of mental health and rights of person with psychosocial disability.
- Assess the interventions' relevance, efficiency, effectiveness, and sustainability at each level (personal, family, community, systems, and institutional level).
- Document lessons learnt, best practices, key areas of improvement and recommendations.
- Explore unexpected outcomes of the project activities or successes that stem from the project expanding beyond its original scope.

### Activities:

- Develop a protocol, designed and finalized the overall methodology, digitalization of tools.
- Conducted the orientation training to field enumerators.
- Data cleaning, coding and analysis of the data.
- Thematic analysis and triangulate the information and present in graph
- Developed the draft report and shared with stakeholders

- **Proposed main human resources of project:**

SN	Name
1	Dr. Janak Thapa, Team Leader
2	Ms. Pragya Pokharel, Data Analyst
3	Mr. Nishal Shrestha, Project coordinator
4	Ms. Pabitra Balampaki, Public Health Officer

### 3. **List of Previous Work of PHRD Nepal**

➤ *Policy and Advocacy*

1. Basic Health Service Package (BHS) Development, 2018
2. Emergency Health Service Package (EHS), 2019
3. Standard Treatment Protocol of Emergency Health Service (EHS), 2020
4. Antimicrobial Resistance Guideline (AMR) Development
5. Telemedicine Program Guideline Development
6. Home Based Health Service Standard Development
7. Improving maternal, newborn and child health in prioritized Municipalities: Evidence based MNCH Strategic Action Plan through Bottleneck Analysis workshop.
8. Technical Support to Develop Health Policy in Godaita Municipality, Sarlahi, Province 2
9. Standard Treatment Protocol of various diseases like Psychosis, Nephrology Respiratory
10. Development of ToR of each Health facility
11. Learning Resource Package (LRP) for training manual, resource guide and participant's manual on Standard Treatment Protocol (STP) of Emergency Health Service Package (EHSP) development
12. MToT on EHS-STP at provincial level health worker
13. Strategy development on Blood related disorder
14. National Essential In vitro Diagnostic List (NEIDL)
15. Standard Treatment Protocol (STP) of Prosthodontic and Orthodontic
16. ENT, Eye and Oral health standard
17. Policy diagouge on Universal Health Coverage and MToT on STP-EHSP
18. Develop the Health Policy in Haripur Municipality, Sarlahi, Madesh Province

19. Early Childhood Development (ECD) Guidelines Development in Health Services
20. Provincial level Policy dialogue on Universal Health Coverage (Event conducted in Pokhara, Janakpur, Nepalgunj)

➤ *Research/Study*

21. The World Health Survey Plus (National level Household survey)
22. Formative Research, Baseline, Water Quality Test, Monitoring and End-line Survey in Schools and Health Care Facilities
23. Endline Survey of Menstruation Health Management Project in Sudurpaschim Province
24. Rapid Assessment of Nutrition Services and Products available through the Private Sector: A Landscaping Exercise (Karnali and Madhesh)
25. Endline Survey of Health and Rights Improvement Project for adolescent Girls through Menstrual Hygiene Management in Bajura District, Nepal (2020-2022)
26. Community Resilience/Disaster Support: COVID-19 Recovery in Nepal (ASTELLAS Project)
27. Monitoring Local Level Capacity Strengthening to Address Child, Early, and Forced Marriage (CEFM) in Madhesh Province, Nepal
28. Surveillance and monitoring of AMR- Administrative Support to FIND project
29. ISWASH Building Trust and Confidence among NTD Affected and Vulnerable Population (BISWAS)” Project
30. Stakeholder engagement for delivering contextualized learning on AMR in Nepal.
31. Baseline survey on “Weight Measurement of 6-59 Months children from Jajarkot, Mohottari, Kavre and Dolakha Districts”.
32. End-line survey on “Weight Measurement of 6-59 Months children from Jajarkot, Mohottari, Kavre and Dolakha Districts
33. Health Financing Mechanism including Free Schemes for SRH Services in Nepal – An overview
34. Insuree Satisfaction Survey and Policy Research for Suggesting Improvement in Enrollment Rate in National Health Insurance Program (NHIP) of “National Health Insurance Support Project.
35. End Line Evaluation of Comprehensive Programing to Address and Respond Gender Based Violence (GBV) in Nepal

36. Understanding the Barriers and Enablers to Continue Quality Care Services for Management of Possible Severe Bacterial Infection (PSBI) by Private Sectors Providers of Kavre Nepal: A Qualitative Study
37. Prevalence, trends and determinants of post abortion contraception use in selected districts of Nepal
38. End line Survey: Maternal and Child Health Promotion Project

➤ *Disaster Preparedness*

39. Health and Nutrition Disaster Contingency Plan

➤ *International Program*

40. International Universal Health Coverage Day Celebration
41. COVID-19 response program
42. World Breastfeeding Week 2020
43. Landscape Analysis of Health Care Integration in LMICs

#### 4. Way Forward

- Regular coordination and collaboration with three tiers of government of Nepal for various health related projects.
- MoU with different national and international colleges and Universities to stimulate and facilitate the development of collaborative programs.
- Regular proposal writing and bidding for international projects.
- Celebration of major national health events in coordination with Department of Health Services.
- Conduct short courses related to Proposal, Research and different health related software.
- Conduct school health program on various health issues like adolescent health, menstrual hygiene, communicable and non-communicable diseases.

## 5. Gallery



During training ENT



Mock session after training



Field orientation training to field staff



KII information collection with participant



Field orientation training



Data collection at field

## 6. Functional Committee

### Advisors:



Dr. Senendra Raj  
Uprety



Mr. Achyut  
Lamichhane



Mr. Parasu Ram  
Shrestha



Dr. Naresh Pratap  
KC

### Executive Director:



Dr. Janak Thapa  
(Member  
secretary)

### Executive Members:



Prof. Dr.  
Abhinav Vaidya



Dr. Olita Shilpakar



Mr. Ashok Pandey



Mr. Pramodh  
Chaudhary



**Ms. Jibika  
Siwakoti**



**Dr. Deependra Kaji  
Thapa**



**Mr. Raj Sangroula**



**Ms. Salina Thapa**

### Staff



**Dr. Janak Thapa  
(Executive  
Director)**



**Dr. Deependra Kaji  
Thapa (Senior  
Research  
Consultant)**



**Ms. Pragya Pokharel  
(M&E Manager)**



**Ms. Salina Thapa  
(Senior Research  
Officer)**



**Ms. Pabitra  
Balampaki  
(Senior Research  
Officer)**



**Mr. Sushant Luitel  
(Project Officer)**



**Ms. Jibika Siwakoti  
(Admin/Finance  
Officer)**



**Ms. Urmila  
Ghimire (Office  
Assistant)**



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