

2025 ANNUAL REPORT



Preface

As the National Policy Forum (NPF) marks its second anniversary, this Annual Report stands as both a reflection of our journey so far and a reaffirmation of our commitment to evidence-based policymaking, democratic accountability, and youth leadership in Nepal.

Founded with the belief that informed dialogue and rigorous research can strengthen public institutions, NPF has, over the past two years, grown from an idea into a dynamic, youth-led platform. What began as a collective aspiration to bridge the gap between citizens and policymakers has evolved into a space for research, civic engagement, policy advocacy and capacity building, driven largely by young professionals, students, and experts committed to Nepal's democratic future.

The report captures a year of learning, experimentation, and collaboration. From policy research and fellowship programs to public discussions, internships and outreach initiatives, our work reflects a shared effort to promote transparency, accountability and shared governance. None of this would have been possible without the dedication of our team, the intellectual contributions of our fellows and advisors, and the trust placed in us by our partners, mentors and supporters.

As a young institution, we remain conscious of the challenges ahead. Nepal's policy landscape is complex and evolving, and meaningful reform requires patience, integrity and sustained engagement. At NPF, we see these challenges, not as deterrents but as opportunities, to deepen research, broaden participation, and innovate new platforms that allow citizens, especially youth, to engage constructively, with public policy.

On the occasion of our second anniversary, we extend our sincere gratitude to everyone who has walked this journey with us. This annual report is not merely a record of activities; it is a statement of our intent. We move forward with renewed purpose – to strengthen democratic discourse, empower the next generation of policy leaders, and contribute responsibly to Nepal's national development.

The journey continues, and we invite you to be a part of what comes next.

EVENT SUMMARY





Jun 1 ,2025

The session titled “Stakes: Nepal’s Strategic Balancing in the Himalayas” with Mr. Manish Jung Pulami examined Nepal’s foreign policy choices amid India–China competition and key institutional influences.

July 4, 2025

Adv. Sadichchha Silwal of NPF attended IGF 2025 in Norway as an Internet Society Youth Ambassador, contributing to global dialogue on digital governance, inclusion, and internet policy.

July 26, 2025

NPF marked the completion of its second intern cohort by recognizing their collaborative contributions to evidence-based research and wishing them continued success.

December1,2025

NPF launched the Energy Policy Fellowship program to collaborate with sector experts, including Mr. Saroj Koirala and Er. Viraj Thapa.

January 13,2026

On January 13, 2026, NPF held an orientation for the new Energy Policy Fellowship interns, starting their collaboration with experts like Sajor Koirala and Er. Viraj Thapa.

Message From The Founder



As the National Policy Forum (NPF) marks its second anniversary, we stand at a defining moment - one that invites both reflection and imagination. In just two years, NPF has evolved from a bold idea into a growing platform for policy dialogue, civic engagement, and youth leadership. More importantly, it has become a signal of what is possible when informed citizens and committed young professionals come together with purpose. At the core of NPF's mission is a long-term vision: to help build a resilient talent pool capable of contributing meaningfully to Nepal's strategic reforms. We remain deeply committed to identifying, nurturing, and connecting young minds who will shape policy, governance and institutions in the years ahead. Equally central to our work is the responsibility to inform, educate and empower the public, ensuring that citizens are not passive observers, but active participants in democratic processes through awareness and civic engagement opportunities.

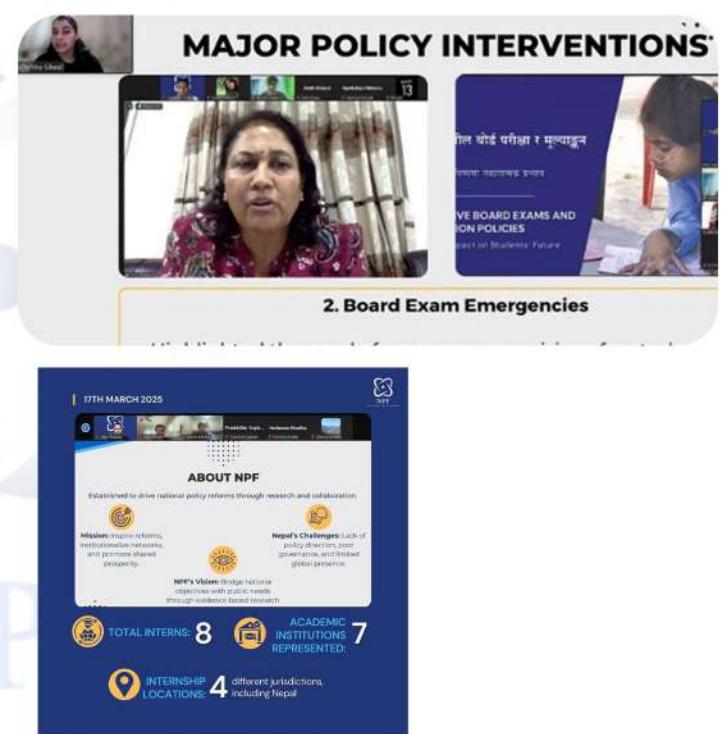
Looking forward, NPF aspires to establish itself as more than an organization. Our goal is to grow into a trusted talent and knowledge network, a dynamic bloc of policy influencers grounded in research, integrity, and public interest. By connecting researchers, practitioners, students, and decision-makers, we seek to foster a collaborative ecosystem where ideas translate into impact and evidence informs reform. The future of democracy will increasingly be shaped by technology. Recognizing this, NPF is investing in digital infrastructure and the development of civic technology tools that enhance transparency, participation and accountability. From legislation tracking to quantifying public perceptions, we envision tech-enabled civic spaces that bring governance closer to the people and make democratic engagement more accessible, especially for younger generations. None of this would be possible without the dedication of our team, partners and well-wishers. I extend my sincere appreciation to our researchers, fellows, interns, advisors and volunteers whose energy, discipline and belief in NPF's mission have been instrumental in our growth. Their commitment continues to define the culture and credibility of this organization. As we move into our next phase, we do so with clarity of purpose and confidence in our collective potential. The work ahead is ambitious, but so is our belief in Nepal's future. The journey continues, and NPF remains committed to building the ideas, talent and tools that will help strengthen democracy and accelerate Nepal's development for the generations to come.

February 2025

The organization successfully hosted an informational session with Attorney Niranjan Adhikari, which attracted more than 100 participants. The session facilitated in-depth discussions on U.S. immigration policies, deportation risks, unemployment-related challenges, and compliance with F-1 visa requirements. The session provided crucial guidance for international students and professionals navigating complex immigration processes.

March 2025

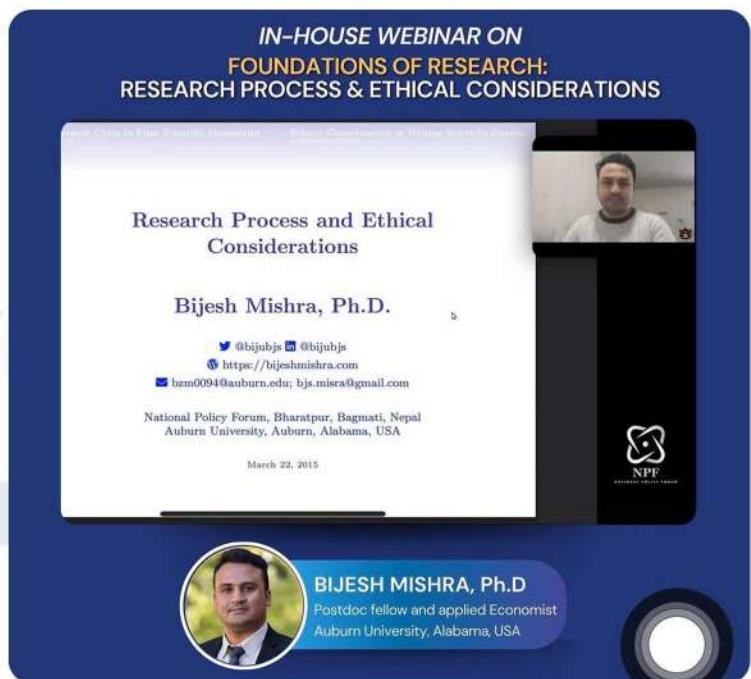
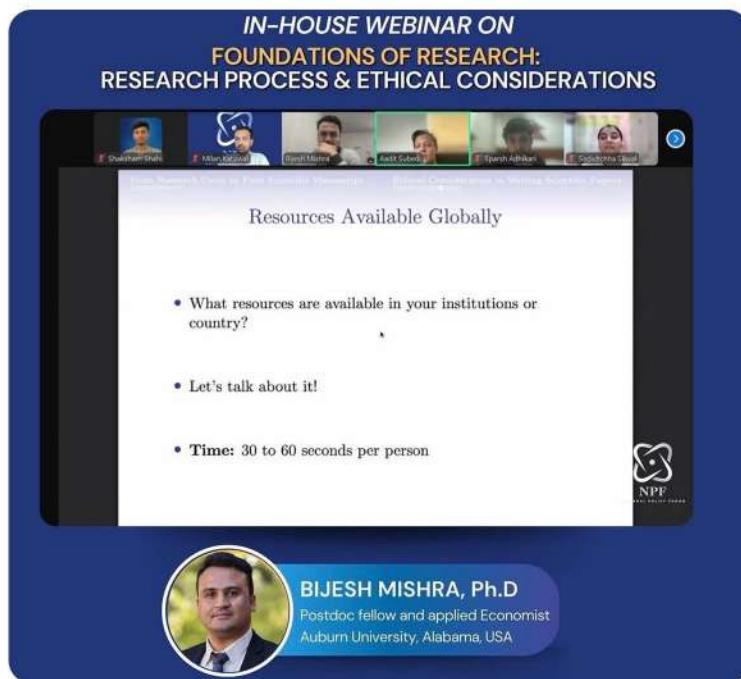
1. Internship Cohort-II “Orientation Ceremony Of New Batch Of Interns”



On Sunday, March 16, 2025, the National Policy Forum (NPF) conducted an orientation and on-boarding session for the second cohort of interns. The cohort comprised eight interns representing seven institutions across four jurisdictions, including Nepal.

From mid-March to mid-June 2025, the interns engaged in policy research and development activities, gaining hands-on experience through structured mentorship and collaborative work on key policy initiatives. The program strengthened NPF's commitment to cultivating emerging policy leaders through experiential learning and cross-jurisdictional collaboration.

2. In-house Webinar on Foundations of Research: Research Process and Ethical Considerations Led by: Bijesh Mishra, Ph.D.

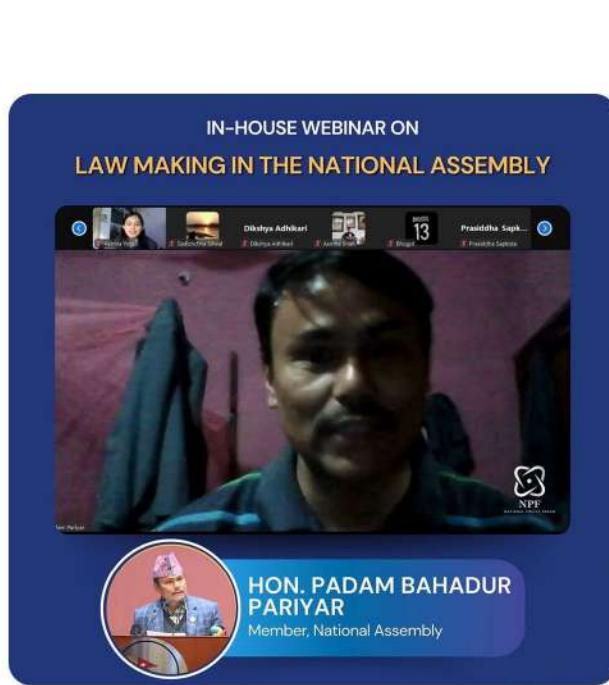


The National Policy Forum (NPF) successfully conducted the second edition of its in-house webinar titled “Foundations of the Research Process and Ethical Considerations,” led by Dr. Bijesh Mishra. The workshop equipped interns with essential research methodologies and strengthened their academic and policy writing skills, contributing meaningfully to their academic and professional development.

Dr. Mishra, an esteemed advisor and mentor, continued to play a pivotal role in advancing NPF’s commitment to high-quality research and rigorous writing standards. The organization expressed its sincere appreciation for his ongoing guidance, mentorship, and support.

April 2025

1. In-House Webinar on law making In the National Assembly with Hon.Padam Bahadur Pariyar



The National Policy Forum (NPF) conducted an in-house webinar with Hon. Padam Bahadur Pariyar, Member of the National Assembly, featuring an in-depth discussion on recent National Assembly proceedings, key legislative challenges, and opportunities for reform.

The session examined systemic issues within parliamentary processes and explored practical pathways for enhancing effectiveness and inclusivity. Through informed dialogue and expert insights, the webinar contributed to a deeper understanding of legislative reform and democratic governance among participants.

April 2025

2. Internship Cohort-II Presentation of Research Articles by Our Research Interns

19TH APRIL 2025

LOCAL-LEVEL REALITIES

2079 Local elections:

- 55,719 women contested
- Only 14,466 (26%) elected

Only 25 women were elected as Mayor/Chairperson in 753 local governments.

568 women elected as Deputy roles - often *ceremonial or symbolic*

Ward level: Just 69 women elected as Chairpersons vs. 442 in quota-based member roles.

FEW

SNAPSHOTS

METHODS

- Literature review from published reports (ILO, UNESCAP, UN Women, etc.)
- Data analysis from Labor Migration Reports and official statistics, media accounts and case studies (The Guardian, BBC, Deutsche Presse-Agentur, The Himalayan Times).
- Policy research from diplomatic statements and advocacy documents.
- Consultations with field reports (e.g. NPF 2024 Migration Processing Report).

19TH APRIL 2025

On Saturday, 19th April 2025, our research interns presented their research articles on various topics covering diverse topics including fiscal policy, transitional justice, female representation in governance, and remittance economics.

BACKGROUND AND TREND

Share of Capital, Recurrent and Financing Expenditure

Year	Capital Expenditure	Recurrent Expenditure	Financing Expenditure
2000	~15%	~65%	~20%
2005	~18%	~62%	~20%
2010	~20%	~60%	~20%
2015	~22%	~58%	~20%
2020	~25%	~55%	~20%

On Saturday, April 19th, 2025, our research interns from Cohort II came together to present their blog pieces on some of Nepal's most pressing legal and policy challenges, ranging from remittance and transitional justice to gender representation and governance reform.

June, 2025

Information Session Small States, Big Stakes: Nepal's Strategic Balancing in the Himalayan

Information Session
NEPAL AND MAJOR POWERS IN THE HIMALAYA
Small States, Big Stakes: Nepal's Strategic Balancing in the Himalayan

SUNDAY
8:00 PM | 1 June, 2025
NPT

8:00 PM NPT | 10:15 PM EST

MANISH JUNG PULAMI
Doctoral Researcher (D1)
Osaka School of International Public Policy,
The University of Osaka.

Join Now 

SCAN THIS QR
to Register



- General discussion on his work "Nepal and Major Powers in the Himalaya: Small State in Int'l Affairs"
- Understanding how Nepal balances diplomacy between India, China, and other major powers.
- Examining Nepal's foreign policy tools, institutional strength and the need for bold diplomatic reforms.

INFORMATION SESSION ON
SMALL STATES, BIG STAKES: NEPAL'S STRATEGIC BALANCING IN THE HIMALAYAS


Sparsh Arora, Gary Shrestha, Shailesh Shrestha, Alka Adhikari, Sampada Rimal, Roshna Durnil




MANISH JUNG PULAMI
Doctoral Researcher (D1)
Osaka School of International Public Policy, The University of Osaka.

On 1 June 2025, the National Policy Forum hosted an engaging information session titled “Small States, Big Stakes: Nepal's Strategic Balancing in the Himalayas” with Mr. Manish Jung Pulami, doctoral researcher at the University of Osaka.

The session explored Nepal's foreign policy navigation amidst rising geopolitical competition between India and China as well as the institutional factors that influence

July, 2025

1. Adv. Sadichchha Silwal - Head of legal Research at the NPF attended the prestigious internet governance forum (IGF) 2025 as an internet society youth ambassador in Lillestrom, Norway.

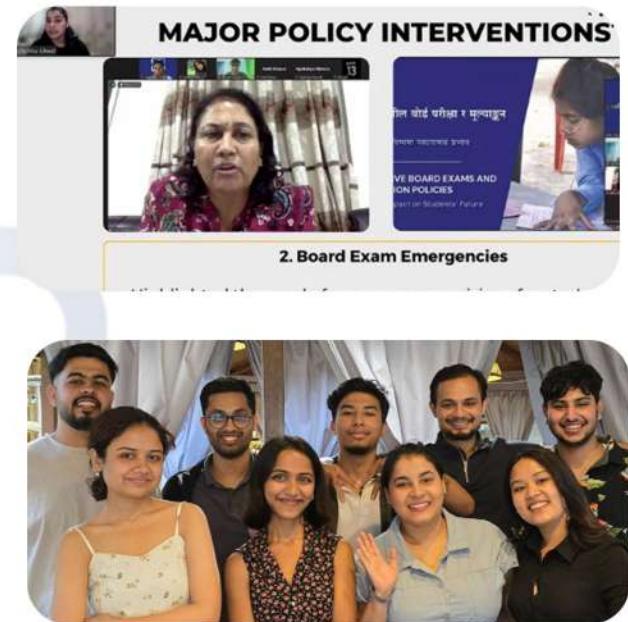


Adv. Sadichchha Silwal, a core team member of the National Policy Forum, attended the prestigious Internet Governance Forum (IGF) 2025 as an Internet Society Youth Ambassador in Lillestrøm, Norway!

The IGF, convened by the United Nations, is a global multistakeholder platform that facilitates dialogue on internet governance, bringing together governments, civil society, the private sector, and technical communities to discuss digital public policy. Held from June 23–27, 2025, under the theme “Building Digital Governance Together,” IGF 2025 marked its 20th anniversary, shaping the future of an open, secure, and inclusive internet. Its importance lies in fostering collaboration, addressing critical issues such as digital inclusion, cybersecurity, and human rights online, and guiding global digital policy ahead of the WSIS+20 review.

July, 2025

2.Meet and Greet with the Interns Cohort-II, 2025



IMG: MEET AND GREET WITH THE INTERNS ,Cohort-II 2025

The National Policy Forum (NPF) celebrated the successful completion of its second cohort of interns, recognizing their meaningful contributions to evidence-based research and their strong spirit of collaboration. Throughout their tenure, the interns helped lay a solid foundation for future cohorts through their commitment, teamwork, and intellectual engagement.

The cohort's journey was formally marked with an Interns Meet, where their efforts, growth, and achievements were acknowledged in an atmosphere of appreciation and encouragement. NPF extended its best wishes to the interns as they moved forward to create continued impact in their academic and professional pursuits.

December, 2025

Fellowship Opportunity: Energy Policy Fellows

MEET THE MENTORS

SAROJ KOIRALA

Deadline 15 DECEMBER, 2025



Saroj Koirala is an electricity regulatory specialist with over nine years of experience in hydropower development and electricity regulation in Nepal. As Principal of Mrigaheera Consulting & Training Services, he directs initiatives in consulting, research, and capacity building focused on policy, regulatory, and market aspects of the energy sector.

For the past six years, he has worked with Nepal's Electricity Regulatory Commission (ERC) assisting the institution in its roll-out and stand-up phase. He holds a Bachelor's degree in Electrical Engineering, a Master's degree in Energy Studies from Tribhuvan University, and a Bachelor's degree in Law, enabling him to address complexities at the nexus of the technical, commercial, and policy dimensions of the power sector.

APPLY NOW Send Your CV and Cover Letter To nnpolicyforum@gmail.com

APPLICATION OPEN

Join Our Team!

ENERGY POLICY FELLOWSHIP

Number of Position 2

DEADLINE
15 DECEMBER, 2025

QUALIFICATIONS

- Bachelor's degree in Energy Studies, Economics, Public Policy, Engineering, Law, Environmental Science, or related field.
- Strong analytical and research skills
- Good writing and communication skills in English.
- Ability to work independently and meet deadlines.
- Strong interest in Nepal's energy sector and policy issue.

Fellows Will Work Under The Mentors

APPLY NOW Send Your CV and Cover Letter To nnpolicyforum@gmail.com

MEET THE MENTORS

VIRAJ THAPA

Deadline 15 DECEMBER, 2025



Viraj Thapa is an Electrical Engineer with more than five years of professional experience in the field of power system management. He currently works with the Nepal Electricity Authority (NEA) in the Distribution sector, where he is involved in planning, operation, and improvement of distribution networks across diverse service areas.

With a Bachelor's degree in Electrical Engineering, Viraj brings strong technical expertise to system reliability, field operations, and consumer-level service enhancement. His hands-on experience in the distribution domain positions him to understand the operational challenges and opportunities in the field of Nepal's electricity landscape, contributing effectively to ongoing sectoral development efforts.

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The National Policy Forum (NPF) launched Energy Policy Fellowship program to work closely with sector specialists, researchers, and industry professionals, including Mr. Saroj Koirala and Er. Viraj Thapa.

January, 2026

Orientation Ceremony for Energy Fellows



The image is a promotional graphic for the 'Orientation Program of New Batch of Interns' under the 'Energy Policy Fellowship'. It features a dark blue background with white and yellow text. At the top left is a black box containing the text 'Energy Policy Fellowship'. At the top right is the NPF logo. The main title 'Orientation Program of New Batch of Interns' is centered in large yellow font. Below the title are three circular portraits of the interns: Prayash Dahal, Adity Sapkota, and Sandip Paudel. Each portrait has a name tag below it. Below the portraits, there are two more circular portraits with names and titles: Saroj Koirala (Founder/Principal Consultant, Mrigasheera Consulting & Training Services) and ER. Viraj Thapa (Electrical Engineer, Working in NEA, Distribution Sector).

Energy Policy Fellowship

NPF
NATIONAL POLICY FORUM

Orientation Program of New Batch of Interns

PRAYASH DAHAL ADITY SAPKOTA SANDIP PAUDEL

SAROJ KOIRALA
Founder/Principal Consultant
Mrigasheera Consulting & Training Services

ER. VIRAJ THAPA
Electrical Engineer
Working in NEA, Distribution Sector

On 13th January 2026, NPF conducted an Orientation and On-boarding Session for the new batch of interns under the Energy Policy Fellowship.

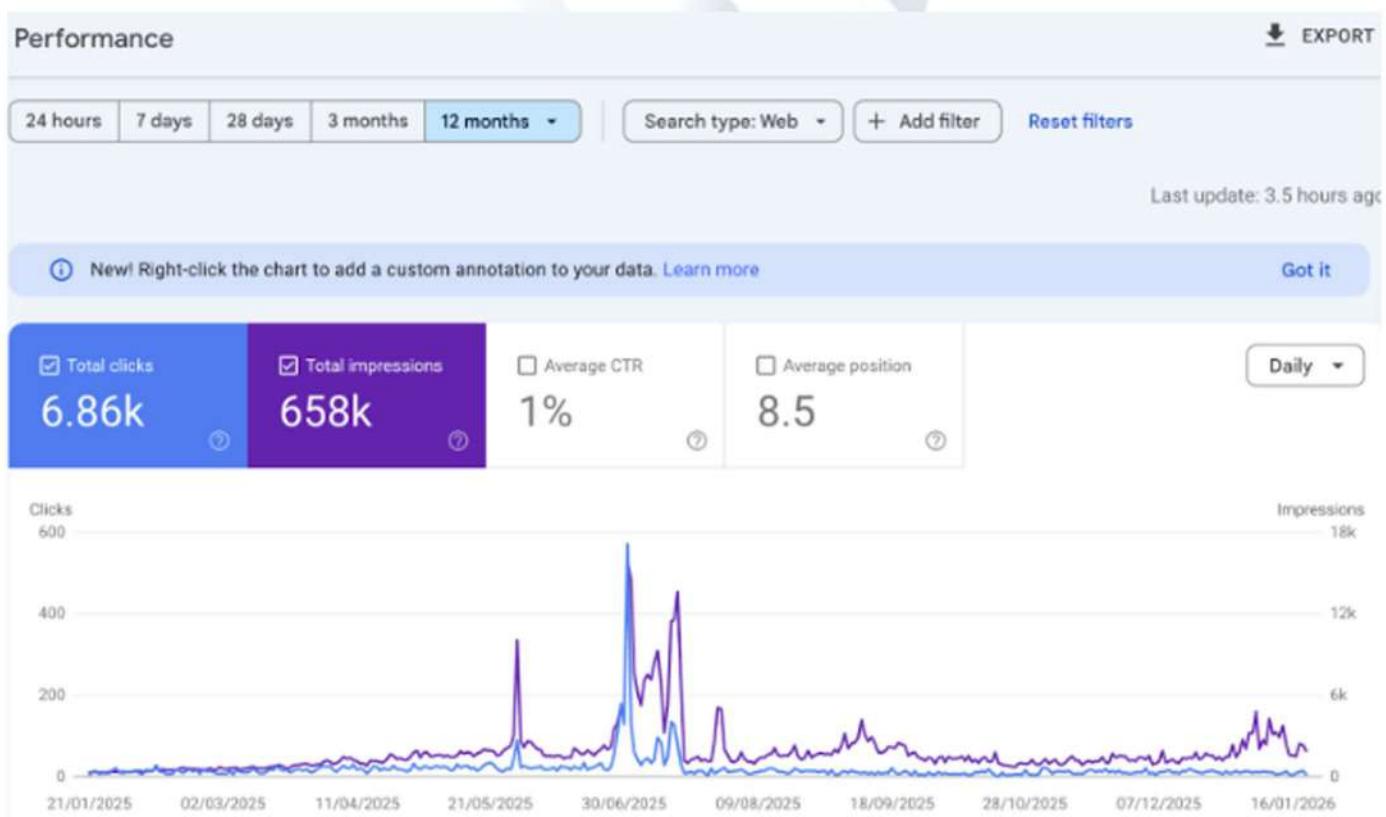
The session marked the beginning of their journey to work closely with sector specialists, researchers, and industry professionals, including Sajor Koirala and Er. Viraj Thapa

Social Media Reach and Statement of Impact

NPF's digital footprint demonstrates more than numerical reach—it reflects meaningful public connection. By engaging over a million individuals across platforms, NPF has strengthened its role as a trusted, youth-led policy platform and expanded access to policy discourse beyond traditional institutional boundaries.

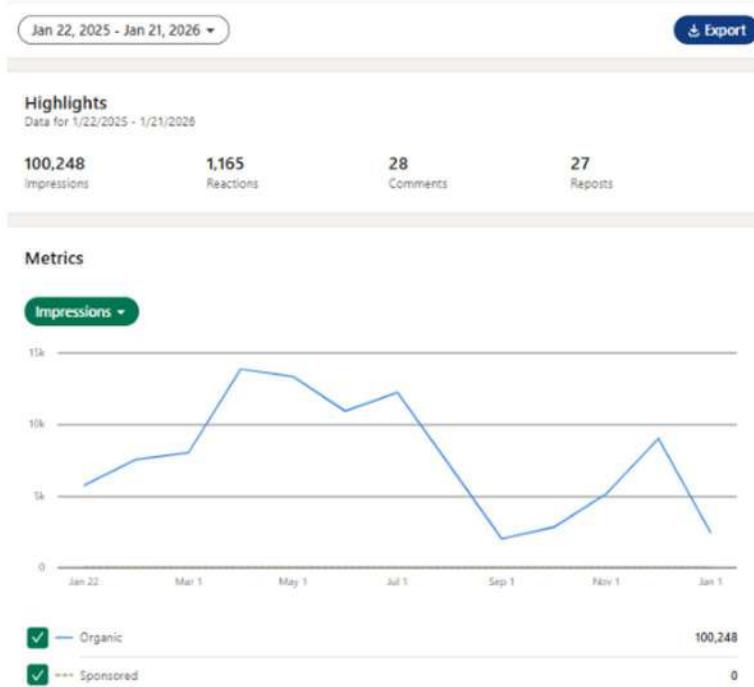
Our online engagement has contributed to greater public awareness of governance, policy reform, and civic rights, while creating entry points for young people to participate in informed dialogue. As NPF enters its

Website traffic:



LinkedIn Report:

Total impression: 100,248



Instagram :

Total Number of followers as of 21st January,2026: 1,285

Account Reached : 75,801

Profile Visit : 4429

Views : 225617



Facebook:

Views: 196,349



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