



Nepal

# Preventing Avoidable Disability



Annual Report 2025

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# A Brief Profile of Nepal

Nepal located between the two gigantic nations, China and India, with their fast-growing economy, is a small landlocked country



encompassing a total size of 147,516 square kilometers with a population of about 29.2 million. Despite its richness

in biodiversity, natural resources and cultural multiplicity, it still lags behind in many aspects and is an emerging country where around 20 percent of the people live under the poverty line. The impact of poverty is seen in all sectors of the society as: health and hygiene, education, disaster and conflict preparedness, access to and distribution of resources, gender equity as well as respect for humanitarian values.



## Key indicators for Nepal

Total population (2021)	29,192,480
% of population under 15 years	33.22
% of population above 65 years	5.13
% of urban population	66.08
Population growth rate	0.93
Population density per Sq. Km.	198
Life expectancy at birth	71.3
Infant mortality rate per 1000 live births	21
Under-five mortality rate per 1000 live births	33
Maternal mortality rate per 100,000 live births	151
Birth attended by skilled health personnel	70
One year old fully immunized against tuberculosis	88
One year old fully immunized against measles	94.7
HDI rank out of 193 countries (2025)	145
% of population living below national poverty line	20.27
Literacy rate for population aged 5 years and above	76.2%
% of population using an improved sanitation facility	95
Number of doctors per 100,000 population	120

(Source: National Statistics Office & Department of Health Services, Nepal)

## Situation of Disability in Nepal

Disability is prevalent across the world irrespective of gender, ethnicity, race, etc. In the context of Nepal, disability is viewed as a result of curse passed on from the previous birth. People with disabilities are either pitted or ignored. The notion that people with disabilities have equal rights and duties as any other individual, is largely absent from the popular mindset. There are no comprehensive data on disability in Nepal. Even the statistics on people with disabilities varies according to source. An estimated 7-10 percent of the total population in Nepal is with disabilities of one form or another. The Government of Nepal has classified disabilities according to the problem and difficulty in any organ or system of the body as: physical disability, disability related to vision, disability related to hearing, deaf-blind, disability related to voice and speech, mental or psycho-social disability, intellectual disability, disability associated with haemophilia, disability associated with autism and multiple disability.

It has been reported that Nepal has one of the highest incidence of deafness with the deaf and hard of hearing constituting 16.6% of Nepal's population.

## About IMPACT Nepal

IMPACT Nepal (IN) as a partner of the global movement of Impact Foundations was established in 1993 with the mission of preventing disability.

IN has grown into one of the leading organizations working for prevention of disability in the country. It has been striving continuously to serve the most vulnerable sections of the population and is also making constant efforts to build its institutional capacity in order to achieve its mission. It renders its services throughout the country and some specific projects are implemented in the districts of Kathmandu, Rautahat, Parsa, Bara, Saptari, Udayapur, Kailali and Kanchanpur.

## Regular Activities of IMPACT Nepal

**Service to the most vulnerable** – In collaboration with Impact Foundation UK and other Government and non-government organizations, IN has been carrying out several programmes in order to prevent needless disability:



## Mobile Surgery Camps

One of IN's major activities has been to conduct mobile ear and orthopedic surgery camps in rural areas where specialized health care facilities are non-existent.





## Restoration of Hearing

In 2025, forty-one surgery camps were held in Parsa, Rautahat, Saptari and Kailali districts where a total of 3,637 people were treated and 730 ear surgeries were performed.

## Quality Treatment Brings Happiness

*Rina Mahara, 28 year's old woman, a permanent resident of Parsa, lives with her husband and 2 sons in a nuclear family. She is a housewife. About 10 years ago, when Rina was cleaning her ear with copper ear cleaner available in village, she unknowingly pricked her ear drum. Then onwards she started experiencing earache and continuous discharge from ear. Later, her condition got worsened and she started losing her hearing capacity. She visited various medical shops for ear treatment but none of them provided any benefit.*

*Rina became very frustrated as her hearing problem was increasing to the extent that she was unable to hear even her children's voice clearly. She was frustrated and was wandering about getting effective and affordable treatment. One day, her husband heard about IMPACT Nepal's Ear Care Centre located at Bahuwari, Birgunj from his friend. He also came to know that ENT specialists from Kathmandu regularly visit the Centre and perform surgery which gave him ray of hope for treatment.*

*After consultation at IMPACT Nepal Rungta Welfare Ear Care Centre, she was advised to undergo ear surgery based on the findings through clinical and audiological evaluation. Rina's*



*surgery was successfully performed during the camp to repair her torn tympanic membrane.*

*After surgery, her hearing capacity improved significantly. Nowadays, she has become able to hear clearly. She is very happy listening to her children's problems and helping them to solve. Similarly, she feels dignified communicating comfortably with her neighbours and relatives. This has given happiness and renewed hope to her life. Rina and her family thanked to IMPACT Nepal for providing affordable ear services locally without need to travel outside Birgunj.*

# Collaborating and Sharing Skills with other IMPACT Organizations

## Training Programme for ENT Doctors in Cambodia

IMPACT Nepal, in association with IMPACT Cambodia, conducted one training programme for ENT Doctors at PreahAng



Duong Hospital (PADH), Phnom Penh and CheyChumea Hospital, Takhmao from 13th – 17th Octobr, focusing on clinical and surgical skills in otology. The team consisting of Dr. Kunjan Acharya, Dr. Chandan Baranwal, Mrs. Sangita Basnet Sapkota and Mrs. Ranju Kumari Mishra was led by Prof. Dr. Bimal Kumar Sinha.

IMPACT Nepal team not only helped with ear surgery cases but also head and neck diseases as well as ENT cancer cases. During this period, a total of 38 patients benefitted from the surgery.

## Safe Motherhood and Child Health

Most maternal deaths in Nepal can be prevented if women have access to appropriate health care during pregnancy, childbirth and immediately afterwards. The single most critical requirement for safe motherhood is to ensure that a health worker with midwifery skills is present during every birth. In order to achieve this, sufficient numbers of health workers are required to be trained and equipped with essential supplies especially in poor and rural communities. IN has developed effective strategies to ensure that people have access to quality maternal and child care services in the areas where it has been working.

IN's project Safe Motherhood and Child Health in Rautahat and Saptari Districts includes not only Iron tablet and Vitamin A distribution to pregnant and lactating women, but also motivation to pregnant women to attend antenatal and post-natal clinics and Vitamin A supplementation to under-5 children.

IN has been providing support to the Ministry of Health and Population to scale up and intensify the maternal and neonatal support programme. In Rautahat and Saptari under this





programme, a total of 2,188 and 394 pregnant women attended ante-natal clinics regularly. With the promotion of institutional delivery IN assisted 391 deliveries in 2025 in Rautahat.

Programme	Rautahat	Saptari
Vitamin 'A' supplementation	3,064	3,637
Iron tablets users	2,689	640

In view of the scenario that most needless newborn and maternal deaths are a result of conditions and diseases associated with lack of quality care at birth or skilled care and treatment immediately after birth, IN has constructed and equipped a Birthing Centre in Chhinnamasta Rural Municipality of Saptari district and handed it to the rural municipality for its management and service delivery.



## Madhu Devi's Experience of Pregnancy

*I am Madhu Devi, 25 years old housewife and permanent resident of Rautahat. I live with my husband, one son, father in-law, and mother in-law. Currently, I am in my first trimester of pregnancy. I was facing various health issues such as leg pain, loss of appetite, laziness, weakness etc. I was observing my pale face also in the mirror. My worry was increasing day by day. Despite my condition, I had to manage all household work including collection of water for family needs which had created extreme difficulties in those days.*

*One day, when I was sitting in the yard, one woman came to my house and introduced herself that she is IMPACT Nepal's field worker and she has visited my home for health awareness. She explained to me about the necessity of health check-up during pregnancy for wellbeing of both mother and child. She also shared that medicines and nutrients supplements are available from health post after ANC consultation. She explained about the importance of Antenatal checkup to my husband and mother in-law too which convinced them to take me up to health post.*

*The other day, I walked for 20 minutes accompanied by my husband, mother-in-law and the IMPACT Nepal field worker and reached to health post for ANC consultation. After consultation, as suggested, I was given iron tablets and supplement medicines and was suggested for follow-up visits. We were also counselled on the importance of*



*delivering in health post to ensure the safety of both mother and child. After this counselling, all my family members were fully convinced. Nowadays, I have started feeling much better and healthier. My husband has become very much supportive to me. He comes to health post along with me and he has promised to bring me in health post for safe delivery. My husband and mother in-law are fully prepared to attend health post during delivery for my care.*

*I would like to thank IMPACT Nepal for this health awareness programme which guided me to seek timely services from the health post. I wish this initiative will help many pregnant women facing similar challenges like me and would like to express my sincere thanks and blessings to this organization.*

# Immunization

Reducing infant and child mortality rates, as well as preventing disability in the country are the priorities of IN. Further it promotes the right of every individual to live a healthier and fuller life.

IN has integrated immunization as an integral part of its programme launched in the communities. The Government of Nepal is responsible for providing immunization services, whereas IN is engaged in motivating and follow-up on persons needing immunization in order to achieve universal immunization. As a result, immunization coverage, as well as, the rate of immunization has increased considerably in the target communities. The details for 2025 are as follows:

Type of Immunization	Rautahat	Saptari
BCG (children)	466	1,840
DPT (children)	443	251
Polio (children)	443	260
Measles (children)	718	302
Tetanus Toxoid (pregnant women)	236	880



# Menstrual Hygiene

Menstruation is regarded as sign of good reproductive health in girls and women. However, in Nepal, women face significant challenges related to menstruation, primarily stemming from insufficient awareness about menstrual health and hygiene, a lack of adequate wash facilities, limited sex education in schools, and cultural practices that impose restrictions. These issues have adverse effects on women's and girls' reproductive

health, mental well-being, and hinder their ability to actively engage in education.

Taking this fact into consideration, IN is carrying out menstrual health programme in Rautahat to empower and uplift women and girls of the project area. Under the programme, over 800 students and nearly 300 members of 10 mothers' groups established by IN were sensitized to the importance



of maintaining cleanliness during menstruation. 118 FCHVs were provided orientation on menstrual hygiene, including information on proper hygiene practices, common challenges, and available resources. Similarly, menstrual hygiene kits containing 3 reusable sanitary pads, 2 pairs of innerwear, and 1 bar of soap, were distributed to 800 females of age group 13 to 45 and eco-friendly pad making training was provided to 50 women and girls for them to develop the skill to produce their own reusable or low-cost sanitary pads.



Under water and sanitation programme, IN also supported 4 schools of Rautahat for the construction of toilets and water system management.



# Prevention of Hidden Hunger

Some of the major problems caused by micronutrient deficiencies are Iron Deficiency Anemia (IDA) and Iodine Deficiency Disorder (IDD). IDA has been one of the causes of maternal mortality and IDD the cause of irreversible mental retardation including cretinism-associated problems.

In order to prevent Hidden Hunger, IN has been implementing this programme in Rautahat district. In addition to distributing Vitamin A capsules and Iron tablets, IN has been educating and encouraging people to start a home garden as a source of naturally available micronutrients by providing training, seasonal seeds and tools for the garden. In Rautahat district, IN supported to establish home gardens in 1,580 households in 2025.



IN has also provided eggs and chickpeas to 325 pregnant women and 2 hens each to 200 families of Rajdevi Municipality in Rautahat district for further support in much needed boosts to meager diets.



## Happiness from Home Gardening

Mrs. Amisha Sah, a 30 year's old housewife and a permanent resident of Chhinnamasta Rural Municipality Ward No.3, Saptari lives with her husband, one daughter and a son. Her husband is a barber by profession. The couple spent their early days after marriage in struggle. During that time, they had difficulty in feeding their children healthy and nutritious diet. Despite gradual financial and social growth of this family now, traditional culture and diet habits have not been changed. Mrs. Sah also felt that staying at home without any productive work affected her well-being.

One day, IMPACT Nepal's field worker visited the family during door-to-door visit in the community and suggested for nutritious diet for children and family and informed them about the support of providing green vegetables seeds for the establishment of home gardening. Then, they started kitchen gardening at home.

Nowadays, this family regularly consumes organic green vegetables grown in their kitchen garden and sells surplus for earnings too. This has improved nutritional status of the family and has helped in income generation also. Further, Asmita is

busy with productive work to spend her leisure time and helping her to stay mentally fit and active.

The family appears happy and healthy now. Mrs. Sah expressed her sincere gratitude to IMPACT Nepal for this awareness and support provided. She has committed to continue home gardening in future also and has promised to encourage her neighbours for home gardening programme initiated by IMPACT Nepal in that region which has brought positive change in her life.



# Tertiary Ear Care in Community

## a. **IMPACT Nepal Rungta Welfare Ear Care Centre, Birgunj, Parsa District**

IMPACT Nepal Rungta Welfare Ear Care Centre, established in Bahuari, Birgunj (Approx. 345m east of Gandak Chowk) with advanced ENT facilities including OPD, endoscopy, audiogram, tympanogram, minor procedure, ABR, OAE, hearing aid, surgery etc., has been serving people since May 2018. The Centre has also been providing primary ear and hearing care services through ear screening camps and awareness programmes in schools and communities. IN has also expanded the ear care services to Kedia Eye Hospital, Birgunj in partnership with the hospital. One ear surgery camp was conducted in partnership with Relief Society of Commerce, Birgunj in 2025.





The services provided by the Centre in 2025 are as below:

Activities	Persons reached
Ear examination and treatment at centre	27,062
Ear surgery	366
Tympanogram	1,603
Audiogram	3,662
Endoscopy	108
Hearing aid service	31

## b. IMPACT Nepal Dr. Laxmi Narayan Ear Care Centre, Gaur, Rautahat District

IN has been providing primary and secondary level ear examination and treatment services through the Centre and mobile ear clinics in the communities and schools in Rautahat district since 2005. In view of the excessive demand of tertiary level ear care services, IN added tertiary level ear care services in September 2018 after constructing an Operation Theatre in this Centre. The Centre has been providing services to both Nepali and Indian people bordering that area.

The services provided by the Centre in 2025 are as below:

Activities	Persons reached
Ear examination and treatment at centre	23,375
Ear surgery	184
Tympanogram	585
Audiogram	4,099
Hearing aid service	38



### c. Ear Care Centre, Attariya, Kailali District

With the support of UK Impact Foundation, IN has been carrying out Far-west Community Ear Care Programme targeting to some areas of Kailali and Kanchanpur districts. It has been providing primary to tertiary level ear care services through Ear Care Centre at Godawari Municipality Ward No. 1, Bankhet in Kailali district. Ear and hearing care services have also been expanded to Mahendranagar, Kanchanpur establishing a Primary Ear Care Centre.





The services rendered under the programme in 2025 are as below:

Activities	Persons reached
Ear examination and treatment at centre	12,794
Ear surgery	127
Tympanogram	491
Audiogram	2,237
Hearing aid service	71

#### d. IMPACT Nepal Thakodevi Jogendra Bhagat Ear Care Centre, Rajbiraj, Saptari District

IN has been delivering ear and hearing care services to the hearing-impaired people of Saptari and the peripheral area through community ear care activities and from the Ear Care Centre at Maleth in Rajbiraj since May 2011. The services rendered under the programme in 2025 are as below:

Activities	Persons reached
Ear examination and treatment at centre	14,073
Ear surgery	53
Tympanogram	648
Audiogram	3,272
Hearing aid service	23



Addressing the need of making ear and hearing care services sustainable, IN has constructed its own building in Maleth (Opposite of Gita Petrol Pump), Rajbiraj having advanced ear care facilities including OPD, Otoendoscopy, Audiometry, Tympanometry, minor procedure, surgery, hearing aid etc. The land for the construction of the Building was donated by the generous Jogendra Bhagat, a philanthropist of Rajbiraj.



# Prevention of Deafness and Physical Disability through IN Support Centers

## a. Dr. Lakshmi Narayan National Ear and Hearing Care Centre (LNNEHCC)

Dr. Lakshmi Narayan National Ear and Hearing Care Centre (LNNEHCC) is located within the Department of ENT at Tribhuvan University Teaching Hospital (TUTH), Kathmandu and provides ear examination and treatment as well as ear surgery to the patients.

The services provided by LNNEHCC in 2025 are as follows:

Activities	Persons reached
Examination and treatment	27,399
Surgery	1,657



## b. Sir John Wilson Prosthetic and Orthotic Centre

IN and Hospital and Rehabilitation Centre for Disabled Children (HRDC) have jointly run Sir John Wilson Prosthetic and Orthotic Centre in Itahari of Sunsari district where a wide range of prosthetic and orthotic appliances are produced and served to the poor and needy persons with physical disability at a subsidized rate.

The details of services rendered by the Centre in 2025 are as follows:

Activities	Persons reached
Persons receiving devices	109
Physiotherapy services	555

# Capacity Building for the Prevention of Disability

## a. Training of Primary Health Care Workers

IN provided one-month Basic Otology Training to 4 Primary Health Care Workers (PHCWs) working in Parsa, Bara and Saptari districts, 2 months Audiometry Training to 3 staff of Parsa, Kalaiya and Saptari and 1 day Endoscopy Training to 7 staff of Parsa, Rautahat, Saptari & Kailali. These trainings were organized in Rungta Welfare Ear Care Center, Birgunj, Parsa to facilitate Primary and Secondary Ear Care for the prevention of deafness and ear diseases.





## Primary and Secondary Ear Care Services in the Community

IN has so far established thirteen Ear Care Centers (ECCs) in order to make primary and secondary ear care services available for the people of twelve districts of Nepal: Udayapur, Saptari, Siraha, Dhanusha, Parsa, Bara, Rautahat, Kailali, Kanchanpur, Rukum, Kathmandu and Bhaktapur.

IN runs the ECCs in Udayapur, Saptari, Rautahat, Parsa, Bara, Kailali and Kanchanpur Districts, while other ECCs are run by other organizations. Ear Care Centers provide services through mobile ear care clinics as well.





The details of services rendered in 2025 are as follows:

District	Activity	Persons reached
Parsa and Bara	Ear examination and treatment	6,800
Kanchanpur	Ear examination and treatment	1,401
	Ear screening in school & community	19,058
	Audiogram	92
Udayapur	Ear examination and treatment	6,909
	Audiogram	1,316
	Hearing aid service	7

## Hearing Aid Tightened the Bond of Relationship

*Mr. Surendra Rai, 75 year's old resident of Limchingbung-5, which is one of the remote villages in Udayapur district of Nepal, lives with his wife, son, daughter, daughter-in-law, grandson and granddaughter making a family of seven members. He had been suffering from hearing loss for a few years. Due to this problem, he was unable to communicate with his family members, relatives, friends and neighbors. He had difficulty listening to news channels which he used to greatly enjoy. Many children in the community used to tease him because of his inability to hear properly which made him feel frustrated. So, he was wandering in search of hearing aid that could help him to restore his hearing.*

*One day, Mr. Rai along with his son visited IMPACT Nepal Ear Care Centre, Gaighat for the solution of his hearing loss as they heard about it from their neighbour. After a detailed consultation and audiological examination, he was advised to use a hearing aid. He discussed with his son about the advice and purchased the recommended device hoping that it would improve his hearing.*

*After using hearing aid, he became able to hear properly with remarkable improvement. He can now hear and talk clearly*

*and communicate easily with his friends, neighbors, relatives and family members. He has become able to listen to news channels which he is fond of and bring him great happiness. He and his family members are extremely happy with his hearing improvement brought by use of hearing aid. He thanked to IMPACT Nepal for this precious support to him. He has regained his new life through hearing and has promised to recommend all his known persons with similar problems to IMPACT Nepal for their hearing improvement with hearing aid so that they can improve their communication and live a better life.*



# Public Awareness

Raising public awareness in the rural community has been an integral part of IN's overall activities. It primarily aims at:

- Information dissemination for prevention of disability in the community,
- Raising awareness among the public in general in order to bring about behavioral changes in them towards disability,
- Promotion of networking in the field of disability prevention and participation in such endeavors,
- Encouraging community-based rehabilitation (CBR) to empower communities in sustaining disability prevention efforts.



The activities carried out include radio programs, distribution of IEC materials, placing hoarding boards with health messages, campaigns, rallies, community meetings, home visits and social media campaign.



The number of beneficiaries from different awareness sessions is given below:

District	Activity	Persons reached
Rautahat	Health awareness	61,532
Parsa and Bara		67,354
Saptari		14,840
Udayapur		6,387
Kailali and Kanchanpur		39,752

# News

## 10<sup>th</sup> IFIO, West Sussex, UK

Prof. Dr. Rakesh Prasad Shrivastav, Chairman, Prof. Dr. Bimal Kumar Sinha, Secretary General, and three IN Officers participated in the 10th International Federation of IMPACT Organisations (IFIO) conference held in Ardingly College, West Sussex, UK from 26th – 30th May 2025 on the theme 'Future focus: Opportunities and challenges of the next 40 years.'



## Celebration of World Hearing Day 2025

In association with different organizations working in the field of disability and ear health, IN celebrated World Hearing Day on 3rd March organizing ear health awareness, ear examination and treatment and ear surgery programmes in Parsa, Rautahat and Kailali districts.



## IMPACT Nepal Learning, Sharing and Network Programme

A Learning, Sharing and Network Programme was conducted in IMPACT Nepal Rungta Welfare Ear Care Centre, Birgunj meeting IN Trustees, Executive Committee Members and all staff from different projects on 22nd February 2025 with the objectives to share experiences/learnings from different projects, discuss problems/challenges and the mitigating strategies as well as plan further to run the projects effectively.



## Looking Towards the Future: Way Forward

IN has been contributing to the reduction of disability through a number of measures taken in the last decade. However, a great deal of effort is yet to be made to meet the numerous challenges that lie ahead in this sector. IN will continuously strive for consolidation of the existing programmes, expansion of community-based disability prevention programmes and strengthening of institutional capacity in the years to come.

## Partners

IN has a longstanding partnership with:

- a. IMPACT Foundation, UK
- b. IMPACT Norway
- c. IMPACT Bangladesh
- d. IMPACT Cambodia

## Acknowledgements

IN extends its profound gratitude to all governmental and non-governmental organizations for rendering their invaluable support and services to prevent disability. IN is also indebted to the following government/non-government organizations without whose support it would have been impossible to implement the activities in 2025:

- ▶▶ Ministry of Health and Population, Government of Nepal
- ▶▶ Ministry of Women, Children and Senior Citizens, Government of Nepal

- ▶▶ Social Welfare Council
- ▶▶ District Coordination Committees, Rautahat, Udayapur, Saptari, Parsa, Bara, Kailali, Kanchanpur and Kathmandu districts
- ▶▶ Tribhuvan University Teaching Hospital, Kathmandu
- ▶▶ Hospital and Rehabilitation Centre for Disabled Children, Kavrepalanchowk
- ▶▶ Rungta Welfare Society, Birgunj
- ▶▶ Relief Society of Commerce, Birgunj
- ▶▶ Kedia Eye Hospital, Birgunj
- ▶▶ Nepal Association for the Welfare of the Blind, Kathmandu

IN also would like to express its deep appreciation to all ENT and orthopedic surgeons, supervisor as well as staff nurses and audiologists for their voluntary services that they provided to IN's surgery camps.



Persons eager to donate funds or personal services to IMPACT Nepal  
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# IMPACT Nepal Reaching the Unreached



India



- ▲ Mobile Ear Surgery Camps
- Mobile Orthopaedic Surgery Camps
- Mobile Eye Surgery Camps
- Micro Nutrient Supplementation Project in Sindhuli, Gorkha, Lamjung and Tanahun Districts
- Safe Motherhood and Child Health Project in Rautahat District
- Community Based Prevention of Disabilities Project in Siraha and Dhanusha Districts
- Provision of Health Care Project in Rupandehi District
- Community Based Primary Ear Care Program in Saptari, Udayapur, Siraha, Parsa, Bara and Rautahat Districts
- ⬠ Dr. Lakshmi Narayan National Ear and Hearing Care Centre in Kathmandu District
- Far West Community Ear Care Programme in Kailali, Kanchanpur, Daddeldhura and Doti Districts
- Post Earthquake Reconstruction and Rehabilitation Project, Bhotechaur, Sindhupalchowk

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