



**Current Project Areas**

**Past Project Areas**

- ★ Safe Abortion Ecosystem in Nepal
- ◆ Gender-Based Violence and Response Project
- Women-Led Climate Justice
- Strengthening Sustainable Sexual and Reproductive Health and Rights

- ★ Safe Abortion Ecosystem in Nepal
- ★ Gender-Based Violence and Response Project
- Women-Led Climate Justice
- ◆ Strengthening Sustainable Sexual and Reproductive Health and Rights

## PERSONAL MEMORANDA

Name:

Business Address:

Home Address:

Phone (Office):

Phone (Res):

Mobile:

Email:

Blood Group:

## EMERGENCY CONTACT

Name:

Phone (Office):

Phone (Res):

Mobile:

Email:

## IMPORTANT CONTACT NUMBERS

1.

2.

3.

4.



Partners for  
Reproductive Justice

# About Ipas Nepal

Founded in 1973, Ipas is a pioneering global health and rights organization focused on advancing Sexual and Reproductive Health and Rights (SRHR) and expanding access to safe abortion. Ipas Nepal, established in 2002, works to enhance access to safe abortion and contraception so that every Nepali woman and girl can determine their own future.

Established in 2002, Ipas Nepal is an international non-governmental organization (INGO) which works on Health System and Policy, Climate Justice and resilient health system, Gender-Based Violence Prevention and Response, Agency and community, and Humanitarian support. Ipas Nepal's focus area includes Safe Abortion, Contraception, Gender-Based Violence, Community mobilization, and Climate change, gender, and Sexual and Reproductive Health and Rights (SRHR). Ipas Nepal is part of the Ipas Impact Network, a locally-led, globally connected network of Ipas teams in 18 countries with extensive global technical and operational expertise and experience.

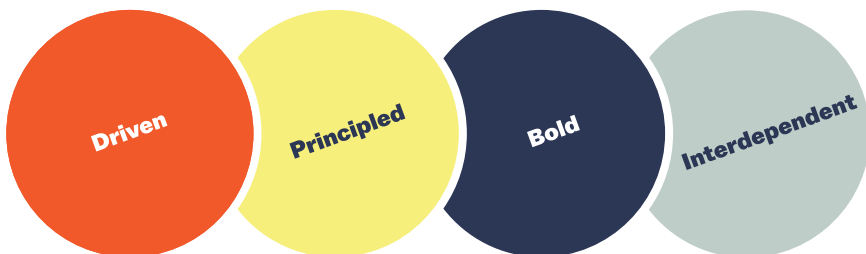
## Our Vision

A world where every woman and girl has the right and ability to determine her own sexuality and reproductive health.

## Our Mission

Women and girls have improved sexual and reproductive health and rights through enhanced access to safe abortion service, contraceptive care, and reduced gender-based violence ensuring resilient health system.

## Values at Ipas Nepal





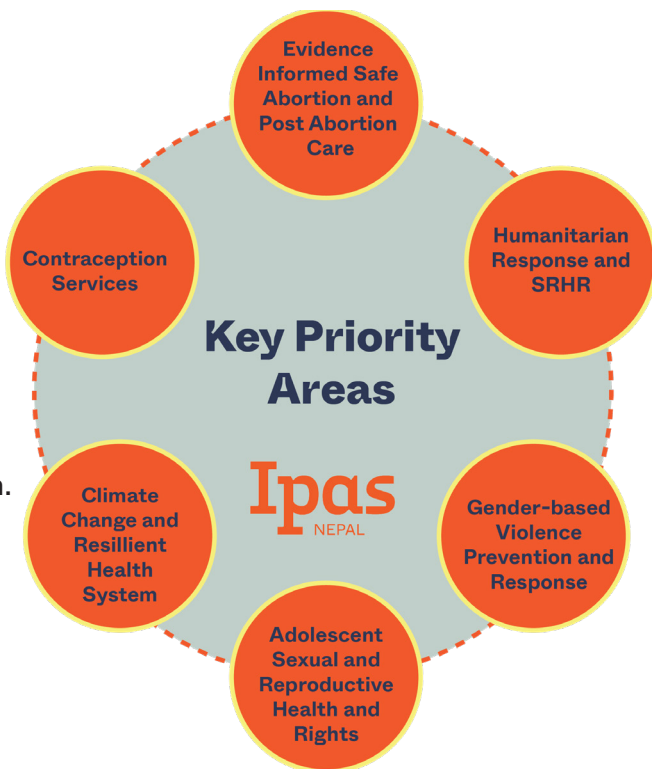
# Sustainable Sexual and Reproductive Health and Rights (SRHR) Ecosystem



Ipas Nepal prioritise creating a sustainable SRHR ecosystem as the central theme, through intersectional approach, further building on the experiences and expertise of recent years. For this, Ipas Nepal will work on contraception services, evidence informed safe abortion and post abortion care, adolescent sexual and reproductive health including comprehensive sexuality education, gender-based violence prevention and response, humanitarian response integrating SRHR and climate change and resilient health system. The Gender, Equality, Diversity, and Social Inclusion (GEDSI) framework will be mainstreamed across all components of Ipas Nepal's SRHR ecosystem.

# Key Priority Areas for Sustainable SRHR Ecosystem

Ipas Nepal prioritizes creating a sustainable Sexual and Reproductive Health and Rights (SRHR) ecosystem through an intersectional approach.



## + + + + + Geographical Location

Ipas Nepal currently works with natural resource-dependent communities under the jurisdiction of 14 local governments in seven districts which includes Rolpa, Pyuthan, Rukum East, Rukum west, Jajarkot, Salyan, Dailekh from Lumbini and Karnali Provinces. Ipas Nepal also provides technical support to strengthen the safe abortion program including pre-service training and at or above 13 weeks services throughout the country.

# At a glance 2026

## JANUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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## FEBRUARY

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## MARCH

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## APRIL

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## MAY

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## JUNE

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14	15	16	17	18	19	20
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28	29	30				

## JULY

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## AUGUST

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30	31					1
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16	17	18	19	20	21	22
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## SEPTEMBER

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27	28	29	30			

## OCTOBER

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25	26	27	28	29	30	31


## NOVEMBER

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## DECEMBER

S	M	T	W	T	F	S
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27	28	29	30	31		

## सुरक्षित गर्भपतन सेवा सम्बन्धि महत्वपूर्ण जानकारी

- सुरक्षित गर्भपतनको  चिन्ह भएको स्वास्थ्य संस्थामा तालिम प्राप्त भएका सूचिकृत स्वास्थ्यकर्मीद्वारा सेवा प्रदान गरिन्छ।
- सेवाग्राहीको गोपनीयता कायम राख्नु सबैको उत्तरदायित्व हो।
- सुरक्षित गर्भपतन सेवाका साथसाथै परिवार योजना सेवा तथा सेवाग्राहीलाई आवश्यक पर्ने अन्य प्रजनन स्वास्थ्य सम्बन्धी सेवा प्रदान वा प्रेषण गरिन्छ।
- सेवाग्राहीको मञ्जुरीले मात्र गर्भपतन सेवा पाइन्छ तर १८ वर्ष मुनिका किशोरीहरु वा मानसिक अवस्था सन्तुलन नभएको महिलाको हकमा नजिकको नातेदार वा संरक्षकको मञ्जुरीनामा चाहिन्छ।
- यो सेवा पश्चात सेवाग्राहीलाई यदि कुनै जटिलता भएमा, सो को उपचार सरकारी स्वास्थ्यसंस्थाहरुमा निः शुल्क रूपमा पाउन सकिन्छ।



**सुरक्षित गर्भपतन सेवा सूचिकृत सरकारी स्वास्थ्य संस्थाहरुमा निः शुल्क उपलब्ध छ।**



### सुरक्षित गर्भपतन गर्न सकिने विधिहरु

- १) **१२ हप्ता सम्मको** गर्भलाई **दुई विधिहरुद्वारा सुरक्षित गर्भपतन** गर्न सकिन्छ :
- क) औषधिको (Medical Abortion) प्रयोगद्वारा १० हप्ता सम्मको गर्भ,  
ख) उपकरणको (Manual Vacuum Aspiration) प्रयोगद्वारा १२ हप्ता सम्मको गर्भलाई सुरक्षित तरिकाले गर्भपतन गर्न सकिन्छ।
- २) **विशेष अवस्थामा मात्र १२ हप्ता भन्दा माथि देखि २८ हप्तासम्मको** गर्भलाई दुई विधिद्वारा सुरक्षित गर्भपतन गर्न सकिन्छ :
- क) औषधिको (Medical Induction) प्रयोगद्वारा २८ हप्ता सम्मको गर्भ,  
ख) विशेष उपकरणको (Dilation and Evacuation) प्रयोगद्वारा १८ हप्ता सम्मको गर्भ,  
यो सेवा विशेष सुविधायुक्त सूचिकृत अस्पतालहरुमा मात्र उपलब्ध हुन्छ।

सन् २०२२ मा स्वास्थ्य तथा जनसंख्या मन्त्रालय, नेपाल सरकार र आइपास नेपालको अध्ययन अनुसार नेपालमा कुल गर्भपतनको करिब आधा भन्दा कम (४८ % ) मात्र सुरक्षित हुने गरेको छ ।  
नेपाल मातृ मृत्यु अध्ययन २०२१ अनुसार मातृमृत्युको करिब ५ प्रतिशत असुरक्षित गर्भपतनका कारणबाट उत्पन्न जटिलता बाट हुने गरेको छ ।

नेपालमा मातृमृत्यु अनुपात



स्रोत: नेपाल मातृ मृत्यु अध्ययन २०२१

# Safe Abortion Roadmap of Nepal

National Value Clarification and  
Action Transformation (VCAT)  
Guideline on Safe Abortion

2022

Interim Guidelines of Reproductive, Maternal,  
Newborn and Child Health (RMNCH)

Formulation of Public Health Service Regulations  
and Safe Motherhood and Reproductive Health  
Rights Regulation

2020

Formulation of the Public Health Service  
Act Formulation of the Right to Safe  
Motherhood and Reproductive Health Act

2018

Manual Vacuum Aspiration (MVA) kit and  
Medical Abortion (MA) drug as part of  
national procurement

2013

SAS Started by  
Mid-Level Providers

2008

Safe Abortion Service  
(SAS) started from  
Paropakar Maternity and  
Women's Hospital

2004

Legalization  
of Abortion

2002

2009

Medical Abortion Services

2007

Second Trimester Abortion Started

2003

Formulation of National Safe Abortion Policy  
Formation of Standards and Guidelines, Training  
Materials

2021

Safe Abortion  
Service  
Management  
Guideline  
Developed

2016

Free Abortion Services

2015

Reproductive Health (RH) as  
Fundamental Rights in  
Constitution of Nepal

Ipas  
NEPAL

Partners for  
Reproductive Justice

# ACHIEVEMENTS AND RESULTS OF FISCAL YEAR 2025 STRENGTHENING SUSTAINABLE SRHR ECOSYSTEM IN NEPAL

## STRENGTHENING SRHR SERVICES

<b>10</b>	providers trained on 13+ weeks Safe Abortion Services
<b>10</b>	Additional Medical Abortion service providers trained
<b>12</b>	Faculties trained from six Medical Colleges
<b>35</b>	residents received pre-service training on first-trimester Safe Abortion Services
<b>22</b>	providers across 11 health facilities received targeted coaching and mentoring on clinical skills
<b>28</b>	healthcare providers capacitated on implant services
<b>105</b>	health professionals trained on Minimum Initial Service Package (MISP)
<b>38</b>	health providers trained on Gender-Based Violence (GBV)
<b>24</b>	school health nurses trained

## POLICY AND ADVOCACY ON SRHR

<b>20</b>	Journalists trained
<b>68</b>	Health Facility Operation and Management Committee (HFMOCC) members oriented and refreshed in 8 health facilities
<b>13</b>	Health facilities implemented Community Health Score Board (CHSB), and 7 health facilities conducted CHSB reviews
<b>54</b>	participants took part in a multi-stakeholder interaction
<b>14</b>	municipalities engaged local government representatives
<b>118</b>	IPWA and CSO members were oriented on SRHR, Gender, and Climate
<b>8</b>	Municipalities have successfully integrated SRHR into Local Adaptation Plans for Action (LAPAs)

## COMMUNITY ENGAGEMENT

<b>104</b>	Natural Leaders (NLs) Capacitated/refreshed SRHR on SRHR, Gender and Climate Change
<b>594</b>	community sessions conducted by NLs, <b>9,370</b> women and adolescents reached
<b>232</b>	Female Community Health Volunteers (FCHVs) engaged
<b>174</b>	Community campaigns by NLs reached 4,655 people
<b>46</b>	adolescents mobilized, reached 2,689 peers
	Stockpiling at <b>7</b> districts and 14 municipalities
<b>45</b>	first responders trained on Community Action for Disaster Response (CADRE)
<b>Four</b>	Reproductive Health (RH) camps were conducted
<b>330</b>	members from Community Groups (CGUGs) and Water User Groups (WUGs) Trained

## ACHIEVEMENT

<b>9,370</b>	women and girls reached
<b>10,011</b>	women received SAS
<b>3,230</b>	women received PAC
<b>6,176</b>	women received PAFP

## IMPACTS

<b>7641</b>	<b>15</b>	<b>794</b>
Unsafe Abortions Averted	Maternal Deaths Averted	Maternal Disability-Adjusted Life Years (DALYs) Averted



## SOME PROGRAMATIC GLIMPSE



Minimum Initial Service Package (MISP) Training for Health Providers to strengthen emergency SRH response capacity, Surkhet



Natural Leader with community people in Community Action, Reflection and Transformation CART Session, Nalagad Municipality, Jajarkot



Installation of a wall painting featuring SRHR and Safe Abortion Service messages at Pachhabang Health Post, Pariwartan Rural Municipality, Rolpa



Community Health Score Board (CHSB) in Mahat, Bhume Rural Municipality (Ward 6), Rukum East



Natural Leader's engaging in the Crossing the Line activity as part of the Natural Leaders' Training, Butwal





SRHR orientation session for School Health Nurses to strengthen adolescent-friendly health services, Kathmandu



Natural Leader with community people discussing about Safe Abortion Services after CART Sessions, Banphikot Rural Municipality, Rukum West



Child Marriage, Teenage Pregnancy and School Dropout (CTS) Nexus Workshop, Pariwartan Rural Municipality, Rolpa



Sagarmatha Sambaad Pre-Event Health and Climate Change Discussion, Kathmandu

# GENERATING EVIDENCES: CATALYSTS FOR CHANGE IN NEPAL'S SEXUAL AND REPRODUCTIVE HEALTH LANDSCAPE

**Barriers to Abortion among Women and Girls in  
Selected Districts of Nepal**

DOI: <https://doi.org/10.33314/jnhrc.v22i01.4935>

**A Critical Analysis of Safe Abortion Road Map in Nepal**

DOI: <https://doi.org/10.33314/jnhrc.v22i01.4947>

**An Estimate of Abortion Incidence and Unintended  
Pregnancies**

DOI: <https://doi.org/10.33314/jnhrc.v22i01.4945>

**Service Readiness for Safe Abortion Services**

DOI: <https://doi.org/10.33314/jnhrc.v22i01.4951>

**Perception of Climate Change Vulnerability and its  
Impact on Sexual and Reproductive Health and Rights in  
Khutiya and Banganga River Basins**

DOI: <https://doi.org/10.33314/jnhrc.v22i01.4940>

**Trends and Inequities in Use of Abortion Services in  
Nepal: A Nepal Demographic and Health Survey Data  
Analysis 1996-2022 A.D.**

DOI: <https://doi.org/10.33314/jnhrc.v22i01.4944>

**Status of Abortion-Related Stigma in Nepal using  
Stigmatizing Attitudes, Beliefs, and Actions Scale**

DOI: <https://doi.org/10.33314/jnhrc.v22i02.4948>

**Understanding the Knowledge, Attitude, Practice and  
Intention regarding Abortion among Federal and  
Provincial Policymakers**

DOI: <https://doi.org/10.33314/jnhrc.v22i02.5382>

**Climate change and its differential impact on sexual and  
reproductive health and rights among women in Nepal**

DOI: <https://doi.org/10.3389/frph.2025.1603370>



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# January



Notes	Sunday	Monday	Tuesday
	4	5	6
	11	12	13
	18	19	20
	25	26	27

2026

Wednesday	Thursday	Friday	Saturday
	1	2	3
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14	15	16	17
21	22	23	24
28	29	30	31

[illegible]

2026

Wednesday	Thursday	Friday	Saturday
4	5	6	7
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18	19	20	21
25	26	27	28

# March

Notes	Sunday	Monday	Tuesday
	1	2 Holi	3
	8	9	10
	15	16	17
	22	23	24
	29	30	31



2026

Wednesday	Thursday	Friday	Saturday
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25	26	27	28



2026

Wednesday	Thursday	Friday	Saturday
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15	16	17	18
22	23	24	25
29	30		

# May

Notes	Sunday	Monday	Tuesday
	31		
	3	4	5
	10	11	12
	17	18	19
	24	25	26

2026

Wednesday	Thursday	Friday	Saturday
		1 Buddha Jayanti / International Labour Day	2
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29 Ganatantra Diwas	30

# June



Notes	Sunday	Monday	Tuesday
		1	2
	7	8	9
	14	15	16
	21	22	23
	28	29	30

2026

Wednesday	Thursday	Friday	Saturday
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17	18	19	20
24	25	26	27

Notes	Sunday	Monday	Tuesday
	5	6	7
	12	13	14
	19	20	21
	26	27	28



2026

Wednesday	Thursday	Friday	Saturday
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29	30	31	



2026

Wednesday	Thursday	Friday	Saturday
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26	27	28	29

Timeline of the 2019-2020 season showing the progression of the COVID-19 pandemic. The timeline is divided into four quarters: Q1, Q2, Q3, and Q4. Key events are marked with colored bars and text labels. Q1 (Jan-Mar) shows the initial outbreak and the first wave. Q2 (Apr-Jun) shows the second wave and the implementation of various measures. Q3 (Jul-Sep) shows the third wave and the impact of the Delta variant. Q4 (Oct-Dec) shows the fourth wave and the impact of the Omicron variant.

2026

Wednesday	Thursday	Friday	Saturday
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30			



2026

Wednesday	Thursday	Friday	Saturday
	1	2	3
7	8	9	10
14	15	16	17
21 Bijaya Dashami	22 Ekadashi	23	24
28	29	30	31

# November



Notes	Sunday	Monday	Tuesday
	1	2	3
	8	9 Laxmi Puja	10 Mha Puja/ Gobardhan Puja
	15	16	17
	22	23	24
	29	30	



2026

Wednesday	Thursday	Friday	Saturday
4	5	6	7
11 Bhai Tika	12	13	14
18	19	20	21
25	26	27	28

# December



Notes	Sunday	Monday	Tuesday
			1
	6	7	8
	13	14	15
	20	21	22
	27	28	29

2026

Wednesday	Thursday	Friday	Saturday
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25 Chirstmas Day	26
30	31		

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_



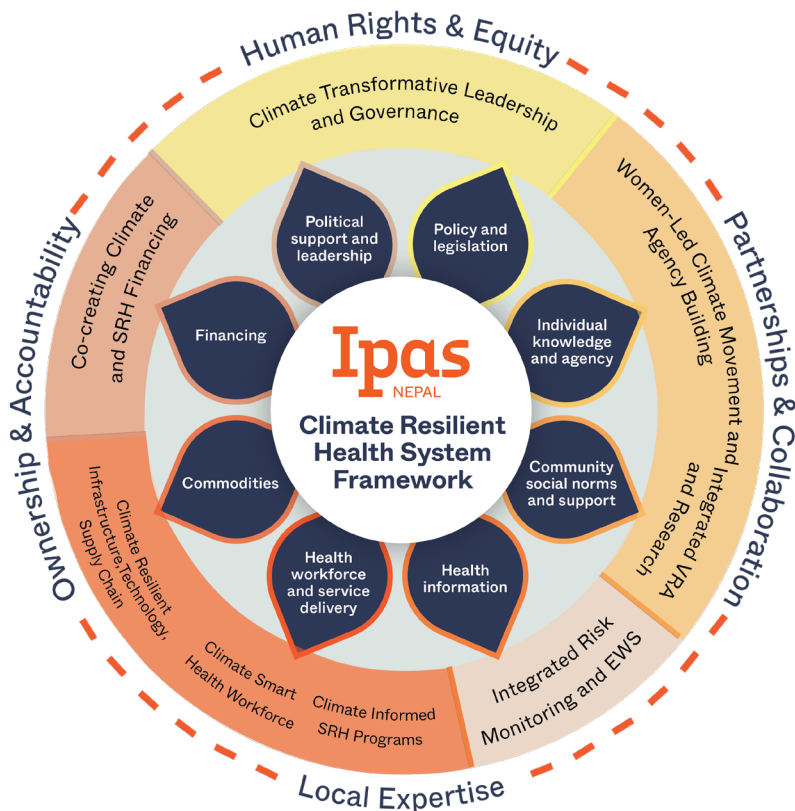
# Holidays at Ipas Nepal

Name of Holiday	Official Holiday Dates		Day
	English Date	Nepali Date	
Holi	2-Mar-26	18 Falgun 2082	Monday
Nepali New Year	14-Apr-26	1 Baisakh 2083	Tuesday
Buddha Jayanti / International Labour Day	1-May-26	18 Baisakh 2083	Friday
Ganatantra Diwas	29-May-26	15 Jestha 2083	Friday
Teej	14-Sep-26	29 Bhadra 2083	Monday
Astami	19-Oct-26	2 Kartik 2083	Monday
Nawami	20-Oct-26	3 Kartik 2083	Tuesday
Dashami	21-Oct-26	4 Kartik 2083	Wednesday
Ekadashi	22-Oct-26	5 Kartik 2083	Thursday
Laxmi Puja	9-Nov-26	23 Kartik 2083	Monday
Gobardhan Puja	10-Nov-26	24 Kartik 2083	Tuesday
Bhai Tika	11-Nov-26	25 Kartik 2083	Wednesday
Christmas Day	25-Dec-26	10 Poush 2083	Friday

## Notes:

- Besides the above mentioned Official Holidays, Additional 2 day floating official holidays can be taken by staff.
- Festival Holidays dates may be subject to change based on Nepali Calender (Patro) that comes out in early March/April 2026.

# Building Climate Resilient Health System and Improving the Sexual and Reproductive Health and Rights of Women and Girls



## SRHR IMPACTS ON WOMEN AND GIRLS

- Increased cases of GBV
- Unintended Pregnancy and Unsafe Abortions
- Maternal mortality and Morbidity
- Destruction of SRH and WASH infrastructure
- Interrupted SRH Services

## CHANGES OF CLIMATE SYSTEM

- Extreme Weather Events
- Increased Temperature and Erratic Rainfall
- Change in Ocean Current
- Change in Hydrological Cycle
- Melting Glaciers

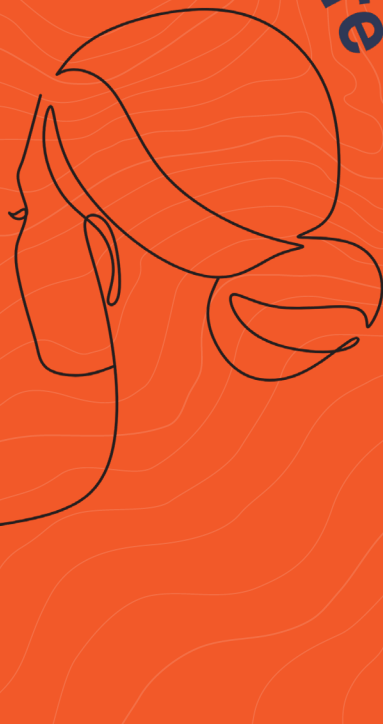
## DRIVERS OF CLIMATE CHANGE

- Greenhouse Gases, Land Use Change and Deforestation

# Reproductive Justice For Everyone, Everywhere

# Ipas

NEPAL



# Ipas

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