NHAFN

# NHAFN REPORT

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# MESSAGE FROM THE FOUNDER & PRESIDENT

## "BUILDING A HEALTHIER, MORE EQUITABLE NEPAL THROUGH COLLECTIVE ACTION."

When we founded the National Health Action Force Nepal (NHAFN) in 2024, our vision was clear: to create a rapid response mechanism for the health challenges facing our communities. In a short span of time, we have moved from vision to action- launching Nepal's first structured Mental Health Leadership Program, conducting free health camps in rural Rolpa under our Lung Health Awareness Project, and empowering youth through initiatives like Project Aarambha and Project Chetana.

We believe that healthcare is not a privilege but a fundamental right. Whether we are addressing the silent epidemic of non-communicable diseases (NCDs), breaking the stigma around mental health through our SpeakOutNepal campaign, or working toward social accountability in health systems, our approach remains rooted in evidence, empathy, and equity.

As we grow, our commitment remains unwavering: to ensure that no Nepali is left behind in the pursuit of health and well-being. I invite you to join us in this movement.

**Dr. Pukar Gupta**
**Founder & President**



# MESSAGE FROM THE CO-FOUNDER & VICE-PRESIDENT

## "FROM VISION TO REALITY: BUILDING HEALTH EQUITY TOGETHER."

When we first conceptualized NHAFN in 2024, we envisioned more than just another health organization, we dreamed of a movement. A movement that would mobilize health professionals, engage communities, and advocate tirelessly for those whose voices often go unheard in our healthcare system.

As Co-Founder and Vice-President, my focus has been on translating that vision into operational reality. Behind every free health camp, every mental health fellowship cohort, and every school awareness session under Project Chetana, there is a dedicated team working to ensure that our interventions are not just well-intentioned, but also well-executed and sustainable.

The past year has taught us that health equity cannot be achieved overnight. It requires persistent effort, strategic partnerships, and most importantly, trust—trust from the communities we serve. Whether we are addressing the rising burden of NCDs in urban populations or extending mental health support to rural schools, our commitment remains the same: to leave no one behind.

I am incredibly proud of what we have accomplished in such a short time, from reaching over 50 schools through Project Chetana to launching Nepal's first structured Mental Health Leadership Program. But I am even more excited about what lies ahead.

As we continue to grow, I invite you to stand with us. Because building a healthier Nepal is not just the work of a few, it is the responsibility of all.

**Dr. Pradeep Adhikari**
**Co-Founder & Vice-President**

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# MESSAGE FROM THE GENERAL SECRETARY & DERMATOLOGY WING HEAD

## "STRONG SYSTEMS, HEALTHY SKIN: BUILDING A HEALTHIER NEPAL TOGETHER."

As General Secretary of NHAFN, my role is to ensure that every initiative runs with precision and purpose. From coordinating the Mental Health Leadership Program to supporting logistics for health camps, I work behind the scenes to keep our operations seamless. Strong systems and teamwork are the foundation upon which we build lasting change.

Beyond administration, I also lead the Dermatology Wing, a field often overlooked in public health discourse. Skin conditions affect millions of Nepalis causing discomfort, stigma, and financial burden—yet access to care remains limited. Through awareness campaigns and community outreach, we are working to make dermatological care accessible and to remind people that skin health is integral to overall well-being.

In just one year, I have witnessed the power of collective action. Whether through Project Chetana reaching over 50 schools, mental health fellows advocating in communities, or skin health awareness sessions in underserved areas, every effort contributes to a healthier Nepal. None of this would be possible without the dedication of our volunteers, partners, and supporters.

As we move forward, my commitment is twofold: to strengthen the systems that power NHAFN and to elevate dermatological health as an essential component of primary care. I invite you to join us in this mission—because a healthier Nepal is a responsibility we all share.

**Dr. Deekshanta Sitaula**
**General Secretary & Head, Dermatology Wing**

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# MESSAGE FROM THE HEAD OF PROJECT CHETANA: AN URBAN HEALTH & NCD ORIENTATION PROGRAM- PHASE 1ST

**"PREVENTION IS NOT JUST A STRATEGY.**

**IT IS THE ONLY CURE FOR THE SILENT EPIDEMIC."**

When we launched Project Chetana, our goal was straightforward yet ambitious: to take Non-Communicable Disease (NCD) prevention out of hospitals and into the places where people actually live, learn, and work. In just one year, I am proud to share that we have exceeded our own expectations.

Through Phase 1 of this Urban Health & NCD Orientation Program, we have successfully reached over 50+ schools and communities. From classroom sessions on healthy habits to community screenings for early risk factors like hypertension and diabetes, we have touched the lives of thousands who might otherwise have remained unaware of the silent threats to their health.

**Dr. Roshni Thapa**
**Head, Project Chetana**

NCDs such as heart disease, diabetes, and chronic respiratory conditions account for a staggering portion of Nepal's disease burden. The WHO has identified risk factors like tobacco use, unhealthy diets, and physical inactivity as the primary drivers. Through Project Chetana, we are tackling these drivers head-on by fostering a culture of prevention.

Our approach is simple: educate early, engage constantly, and empower permanently. Whether we are handing out first-aid kits in schools or conducting awareness sessions in urban neighborhoods, we are building a foundation for lifelong health.

As we prepare for Phase 2, my commitment and that of my entire team is to double our reach. Because at NHAFN, we believe that a healthier Nepal begins with awareness, and awareness begins with Chetana.

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# MESSAGE FROM THE HEAD OF MH INITIATIVES & CRISIS INTERVENTION WING

**"HEALING BEGINS WHEN SILENCE BREAKS.**

**WE ARE HERE TO LISTEN."**

When we established the Mental Health Initiatives & Crisis Intervention Wing at NHAFN, we recognized a critical gap in our healthcare system, the silence surrounding mental health. In Nepal, where stigma often prevents people from seeking help, our mission is to build bridges between those in distress and the support they deserve.

Through our flagship Mental Health Leadership Program, we are nurturing a generation of advocates who carry mental health conversations into schools, communities, and workplaces. Projects like "Carpe Diem," "Project Sahas," and "Student Mental Health: Thriving Beyond Grades" are not just interventions—they are movements to normalize help-seeking behavior.

Our Crisis Intervention Wing operates on a simple principle: no one should face a mental health crisis alone. Whether through peer support groups, school-based awareness, or community advocacy, we are working to ensure that mental well-being is recognized as an essential component of overall health.

As we move forward, my commitment is to strengthen our crisis response systems, expand our reach to vulnerable populations, and continue breaking the stigma—one conversation at a time.

**Dr. Rika Rijal**
**Head, MH Initiatives &**
**Crisis Intervention Wing**

## 2024: THE FOUNDING YEAR

2024

- NHAFN established and registered with the District Administration Office (Regd. No. 230–2080/81)
- Affiliated with the Social Welfare Council (SWC No. 56573), ensuring governmental recognition and compliance
- Launched Project Aarambha – A School Health Program focusing on health awareness and first-aid support in educational institutions
- Initiated Project Chetana Phase I – An Urban Health & NCD Orientation Program, successfully reaching schools and urban communities
- Conceptualized Nepal's first structured Mental Health Leadership Program
- Established international collaboration with GAAPP (Global Allergy & Airways Patient Platform)

## 2025: EXPANSION & ACHIEVEMENTS

2025

- Project Chetana Phase I continued its momentum, reaching 50+ schools and communities with NCD prevention awareness
- Conducted Free Health Camp under Project Spandan: An Integrated Health Camp & Multisectoral Discussion, providing essential healthcare services to underserved populations
- Launched Nepal's first structured Mental Health Leadership Program (Cohort 1) – Accredited by Nepal Medical Council (NMC) and Nepal Health Professional Council (NHPC)
- 100+ NMC Registered Doctors & Health Advocates from across Nepal joined NHAFN as official members, strengthening our grassroots health workforce
- Launched Project Swastha Saans Nepal: Breathing Life into the Nation – A nationwide lung health awareness initiative in support with GAAPP & Local Government
- Established a meaningful collaboration with the Department of Burns, Plastic & Reconstructive Surgery at Kirtipur Hospital to expand specialized care access
- Officially joined the Menstrual Health & Hygiene Practitioners Alliance Nepal (MHMPA) , strengthening our commitment to menstrual health and hygiene advocacy
- Designated as National Centre of Excellence (TUFH Chapter) by The Network: Towards Unity for Health (TUFH), recognizing NHAFN's contribution to health equity and innovation
- Strengthened international collaborations with GAAPP and joined the World Obesity Federation, Nivishe Foundation as an official member

## 2026: GROWTH & FUTURE READINESS

2026

- NHAFN representative selected for prestigious 2026 Social Accountability Fellowship by The Network: TUFH
- Planning underway for Project Chetana Phase II – Target to double the reach to 100+ schools and communities
- Expansion of Dermatology Wing outreach programs to rural and underserved areas
- Launched and inducted NHAFN-Med School Chapters across Nepal, engaging medical students in health advocacy and community action at:
    - Nepal Medical College (NMC)
    - Chitwan Medical College (CMC)
    - College of Medical Sciences (CMS)
- Exploring new international partnerships for mental health, NCDs, maternal health initiatives, and Emergency Preparedness
- Expanding our member network of doctors, health advocates, and medical students across Nepal


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National Health
Action Force Nepal
DERMATOLOGY WING
Head
Dr. Deekshanta Sitaula
MH INITIATIVES & CRISIS INTERVENTION WING
Head
Dr. Rika Rijal
PROJECT SAMBAD
A MENTAL HEALTH INITIATIVE BY NHAFN
PROJECT R&AW
NHAFN
National Health
Action Force Nepal
शरीरमाद्यं खलु धर्म साधनम्
PROJECT CHETANA
An Urban Health &
NCDs Orientation Program
Head
Dr. Roshni Thapa
RMNCAH WING
Head
Dr. Dija Khanal
PROJECT SWASTHA SAANS NEPAL
Breathing Life into the Nation
Project Spandan
An Integrated Health Camp &
Multi-Sectoral Discussion
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Get in Touch
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## Projects

Swastha Saans Nepal: Breathing Life into the Nation
Nationwide Lung Health Awareness Initiative in Nepal
NHAFN

Project Spandan
Integrated Health Camp & Multi-Sectoral Discussion

NHAFN PODCAST

Project Chetana
Urban Health & NCDs Orientation Program

PROJECT SAMBAD
SAMBAD SURU GARAU
LET'S START THE DISCUSSION
THE MENTAL HEALTH INITIATIVE BY NHAFN

MENTAL HEALTH LEADERSHIP PROGRAM
COHORT 1
ACCREDITED BY NMC & NHPC

AN INITIATIVE BY NHAFN
SPEAK OUT NEPAL

Project Shakti
NHAFN

## NHAFN-Med School Chapters

NHAFN
Med School Chapter
NMC

NHAFN
Med School Chapter
CMS

NHAFN
Med School Chapter
CMC

## Partnership

NCD Alliance

GLOBAL ALLERGY & AIRWAYS PATIENT PLATFORM

WORLD OBESITY

NIVISHE

Avoidable Deaths Network

Nelis

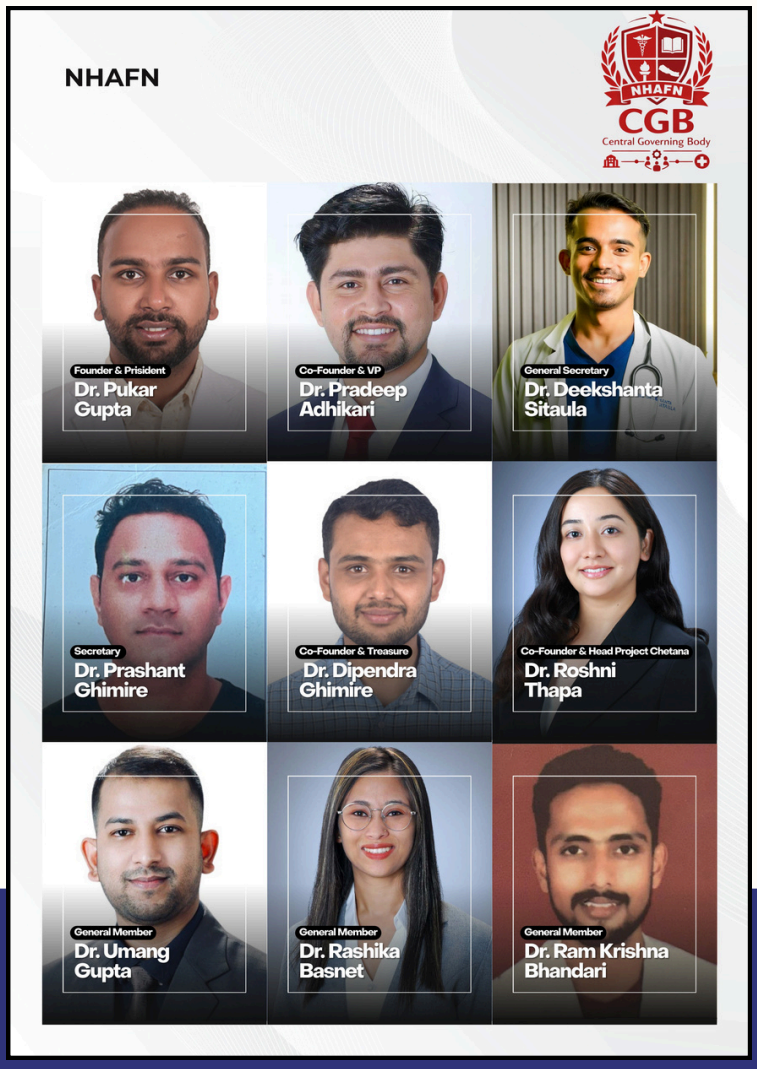
OMLAS
One Million Leaders Asia

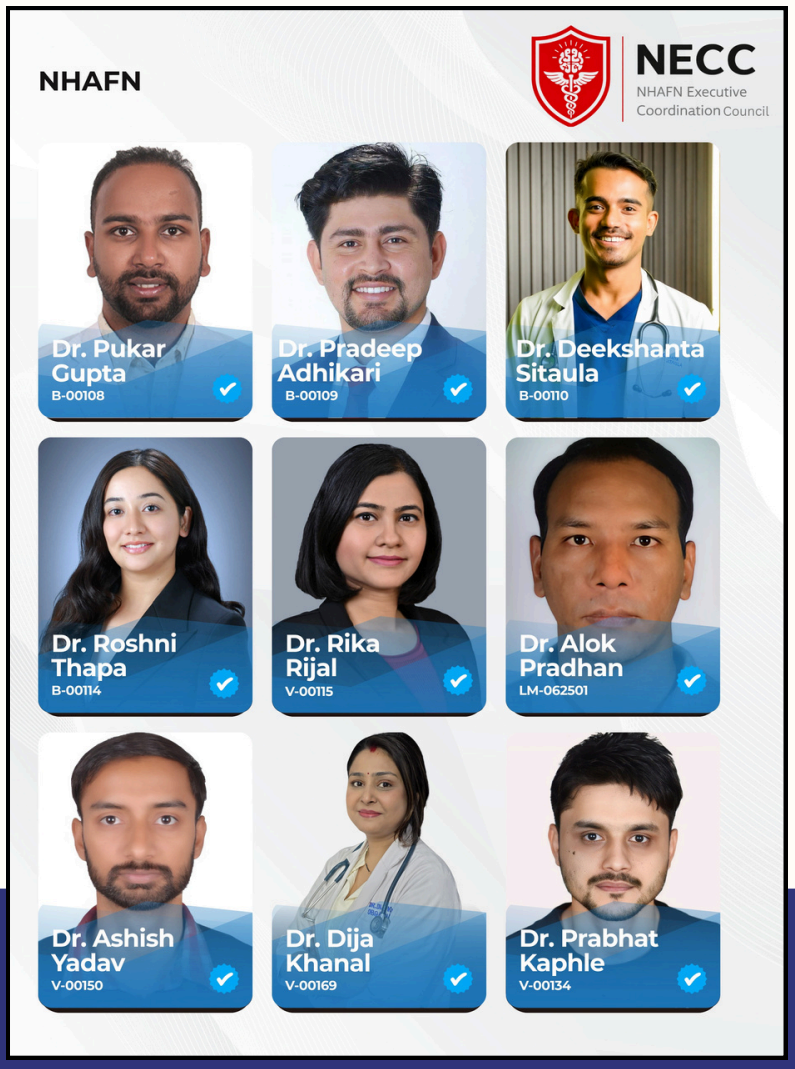
MHMPA NEPAL

Official Partner
Menstrual Hygiene Day

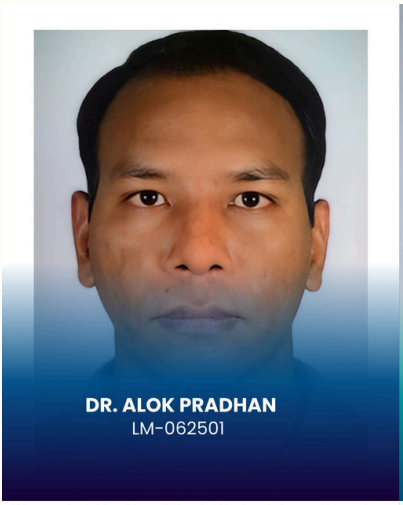
WFMH
WORLD FEDERATION FOR MENTAL HEALTH

# MEET OUR BEST TEAM



# MEET OUR BEST TEAM



**DR. ALOK PRADHAN**
LM-062501



**DR. BARSHA PANTHI**
LM-062502



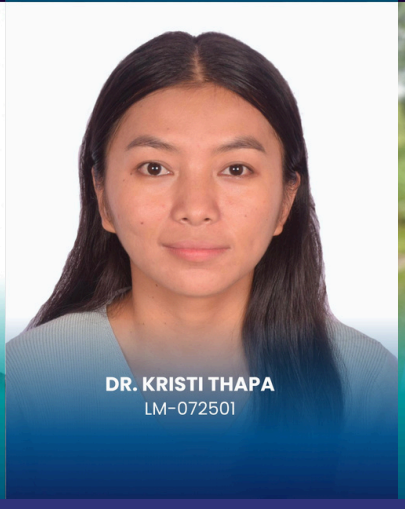
**DR. GAUTAM MANDAL**
LM-072502



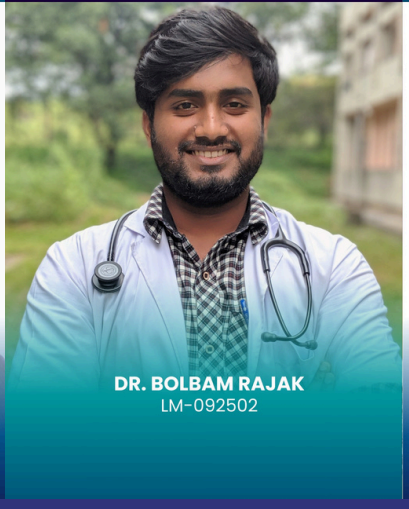
**DR. TAPAN KUMAR SAH**
LM-092501



**DR. SUBHADRA DEVKOTA**
LM-062503



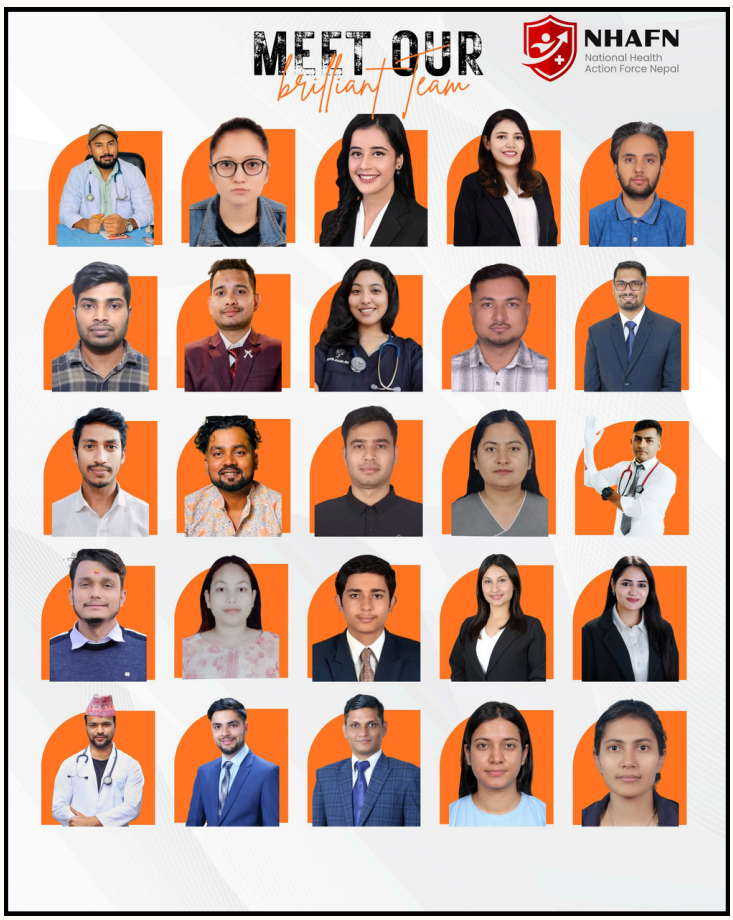
**DR. KRISTI THAPA**
LM-072501



**DR. BOLBAM RAJAK**
LM-092502

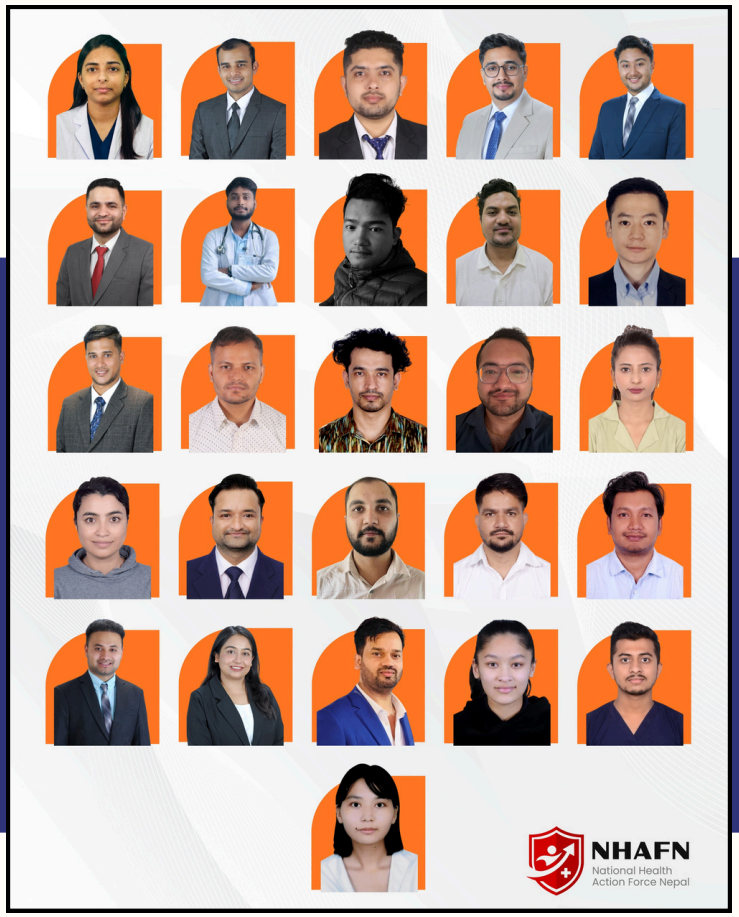
**NHAFN**
National Health Action Force Nepal
**LIFE MEMBERS**

# MEET OUR BEST TEAM









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# THANK YOU

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