

## Nepal – Summary Report 2025

In 2025, the Human Rights Measurement Initiative (HRMI) conducted its seventh annual human rights expert survey around the world, including in Nepal. Through the survey, human rights experts and practitioners in Nepal shared their insights on the overall human rights landscape in the country in 2024. The cumulative expert responses allowed HRMI to produce a comprehensive human rights dataset for Nepal, freely available for all on HRMI's [Rights Tracker](#).<sup>1</sup> This includes scores for five economic and social rights, nine civil and political rights, and some additional contextual information about people groups at risk of their violations. HRMI's 2025 human rights data, along with the data points over the last seven years, show the overall trends for each of the rights we measure for Nepal.

### Economic and social rights data<sup>2</sup>

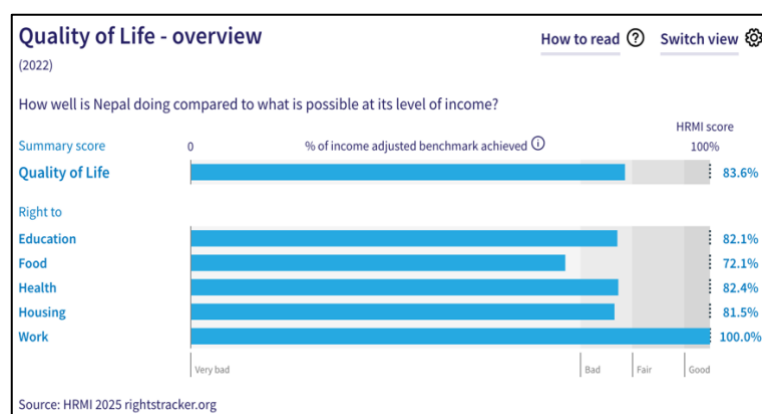


Image 1

HRMI measures **economic and social rights** using the **SERF Index methodology** that allows us to calculate how well a country is performing on fulfilling a given right in relation to its existing income. Image 1 shows 'income adjusted' 'Quality of Life' scores for Nepal. As the score is 'income adjusted', it means that attaining 100% for each of these rights is possible within Nepal's current level of resources.

**How to read income adjusted HRMI scores:** Nepal's 'income adjusted' summary score for the five economic and social rights we measure — the rights to education, food, health, housing, and work — is 83.6%. An 'income adjusted' score that is less than a 100% indicates that the government is falling short in fulfilling its obligation towards progressive realisation of these economic and social rights and can do better even at its existing income levels to ensure that its people are enjoying their rights.

**For example:** Nepal's score on the right to education is 82.1%. This means that the Government of Nepal is achieving only 82.1% of what it is actually capable of achieving at its income levels (GDP per capita).

### Highlights from Nepal's economic and social rights scores

- Nepal scores the lowest on the right to food (72.1%), which falls in the 'very bad' performance range. This is followed by the right to housing (81.5%), the right to education (82.1%), and the right to health (82.4%); while comparatively better, these scores still fall in the "bad" range.
- Nepal scores an 'income adjusted' 100% on the right to work, which is based on the indicator value of percentage of people who are "not absolutely poor". This does NOT mean that all people in Nepal are enjoying their right to work. However, it does mean that the Government of Nepal is doing the best that it can -- within its income -- to ensure subsistence income for its people.
- On a 'global best' benchmark, when income-constraints are discounted and we compare Nepal's performance with the best performing countries globally, Nepal scores 92.3% on the right to work. This indicates an inadequacy of resources to enable the Government to ensure this right for all.
- These overall scores indicate that there is still a significant margin of improvement for Nepal to fulfil its obligation of progressive realisation of these rights to improve the lives of its people.

<sup>1</sup> All the data are freely available on the [HRMI Rights Tracker](#), and more information can be found on the [HRMI website](#).

<sup>2</sup> Economic and social rights scores are measured using the SERF Index. HRMI's methodology for constructing ESR scores can be found here: <https://humanrightsmmeasurement.org/methodology/measuring-economic-social-rights/>.

## People at risk

Human rights experts from Nepal who took HRMI's 2025 survey most commonly identified the following groups of people to be at risk across these rights: **People from particular castes or communities discriminated on work or descent, people from weaker socio-economic backgrounds, people with disabilities, women and girls, Indigenous peoples, people affected by climate change, people in particular geographic locations, LGBTQIA+ people, and people who are homeless**, among others.

Qualitative responses from respondents added the following context:

- **People from Dalit communities and other marginalised groups** do not have adequate access to higher education; lack access to food and adequate nutrition; lack adequate access to appropriate housing despite constitutional guarantees; and face social discrimination, including in work, while often having to work in unsafe environments especially as daily wagers.
- **Women and girls** are affected due to inaccessible health services especially in remote areas as well as due to implementation gaps in the Safe Motherhood and Reproductive Health Rights Act 2018. They were also the most identified group at risk for violation of the right to work, especially those who have disabilities and who work in the informal sector.
- **People living in remote, hilly and mountainous areas** are identified to be at risk of violations of all these rights. People from **Karnali, Madhesh, and Sudurpashchim provinces** and **the Terai region**, and some specific people groups such as the **Haruwa-Charuwa people, the Chepang and Raute peoples** are also identified to be at risk of violations of these rights.
- **People with disabilities** were vulnerable due to inadequate healthcare support, and lack of inclusive education and access to decent job opportunities.

## Civil and political rights data<sup>3</sup>

### Safety from the State Rights / Physical Integrity Rights

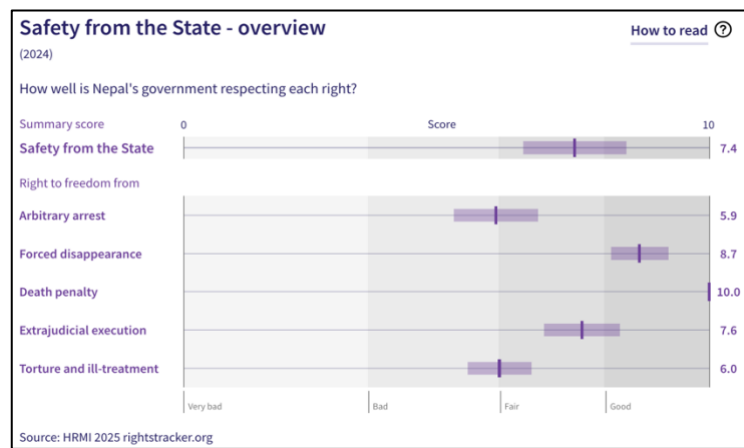


Image 2

Image 2 shows that Nepal's summary score for the five 'Safety from the State Rights' is **7.4 out of 10**. Nepal's score on the right to be free from arbitrary arrest is 5.9 out of 10, which is the lowest score in this category of rights, followed by 6.0 out of 10 for freedom from torture and ill-treatment. The scores for freedom from forced disappearance and extrajudicial execution are 8.7 and 7.6 out of 10 respectively. Nepal's score on freedom from death penalty has continued to be 10 out of 10 for the last few years.

## People at risk

Human rights experts from Nepal who took the 2025 survey overall identified the following categories of people as being at risk of violations of these rights: **human rights advocates, protestors, people from weaker socio-economic backgrounds, people from particular castes or communities discriminated on work or descent, Indigenous peoples, LGBTQIA+ people, women and girls, sex workers, detainees, and political opponents**, among other groups.

<sup>3</sup> Civil and political rights scores are measured based on the responses received from human rights practitioners from the country through HRMI's annual human rights expert survey. HRMI's methodology for constructing CPR scores can be found here: <https://humanrightsmmeasurement.org/methodology/#cpr>.

Respondents also specifically identified these people and added the following context<sup>4</sup>:

- People from **Dalit communities** were identified to be at risk of violation of all physical integrity rights, except the right to freedom from death penalty.
- **People from Madheshi, Tharu, Tamang, Limbu, Gurung, and Magar communities** were specifically mentioned to be at risk of being arbitrarily arrested as well as being tortured or ill-treated.
- People who are viewed as **political rivals or criticise those in power** risk being arbitrarily arrested.
- **People from marginalised communities and socio-economically disadvantaged backgrounds** are vulnerable to being arbitrarily arrested and subject to torture or ill-treatment.

### Overtime graph for 'Safety from the State' / 'Physical Integrity' Rights

Nepal's scores overtime for the five physical integrity rights from 2017 to 2024 show the trend on the level of respect for each of these rights over the years. There has not been a major shift or improvement in the level of respect for any of the rights. However, from 2021 to 2024, there is a marginal decline in the scores for freedom from arbitrary arrest and freedom from torture and ill-treatment.

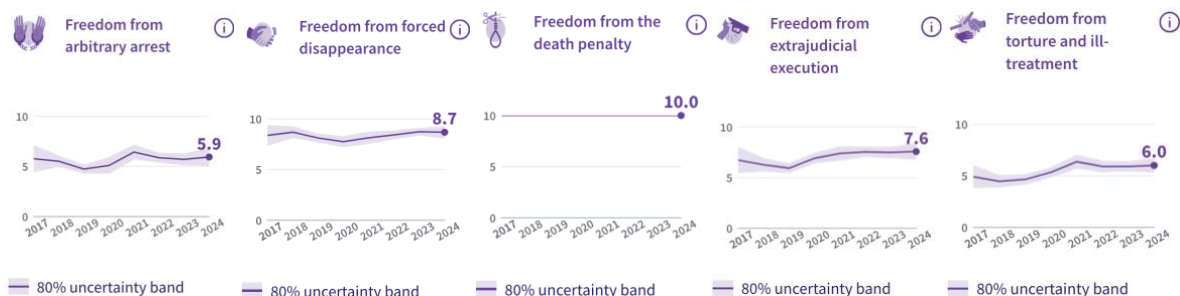


Image 3

### Empowerment Rights

Nepal's summary score for '**Empowerment Rights**' is **6.8 out of 10**, which largely falls in the 'fair' range. The score for freedom of opinion and expression is 6.2 out of 10, which is the lowest score in this category. The score for freedom of assembly and association is 6.6 out of 10, and that for political participation is 7.4 out of 10. On freedom of religion and belief, Nepal scores 7.9 out of 10. Nepal does relatively better on these rights compared to other South Asian countries as well as other countries in our dataset.

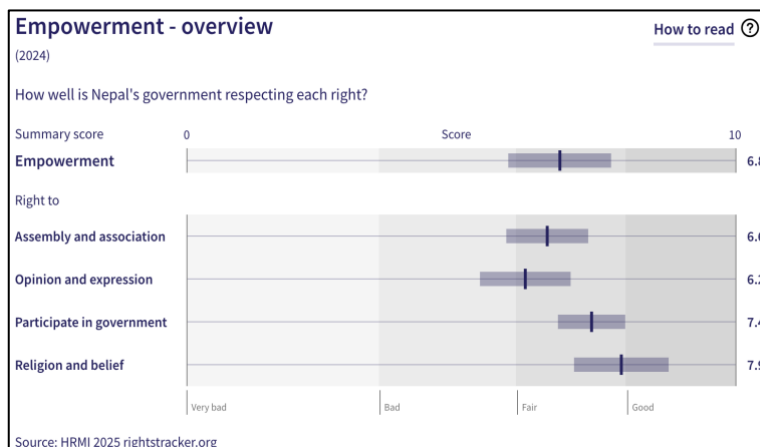


Image 4

### People at risk

Experts from Nepal identified the following categories of people as being at risk of violations of these empowerment rights: **human rights advocates, LGBTQIA+ people, women and girls, sex workers, people from particular castes, people from particular ethnicities, Indigenous peoples, people from weaker socio-economic backgrounds, protestors, and journalists**, among others.

Respondents also specifically reported the following<sup>5</sup>:

- 4 You can explore the rich qualitative information from expert survey responses by clicking 'Show more information' under the 'People at risk' word clouds for each right. All these data are collectively available in the 'People at risk' tab for Nepal: <https://rightstracker-dts.itechro.com/country/NPL?atRisk=10&tab=atrisk>.
- 5 Ibid.

- People from **Dalit communities and other marginalised groups** are at risk, and people are targeted with **restrictions of empowerment rights based on their ethnicity, caste, and gender**.
- **Journalists, human rights defenders, protestors, and members of civil society organisations** are at risk, especially of being subject to excessive force by security forces during protests and demonstrations.
- **Members of ethnic minority groups and Indigenous peoples**, especially those who protest against large infrastructure projects.
- **People who share their opinions on social media** sometimes risk arrest; the government proposed a social media bill which threatened to restrict people's freedom of opinion and expression.

#### Overtime graph for 'Empowerment' Rights

Nepal's scores overtime for the four empowerment rights from 2017 to 2024 show a slow upward trend from 2021 to 2024. While this is a positive finding, there is still a significant scope of improvement in the overall respect for empowerment rights in Nepal.

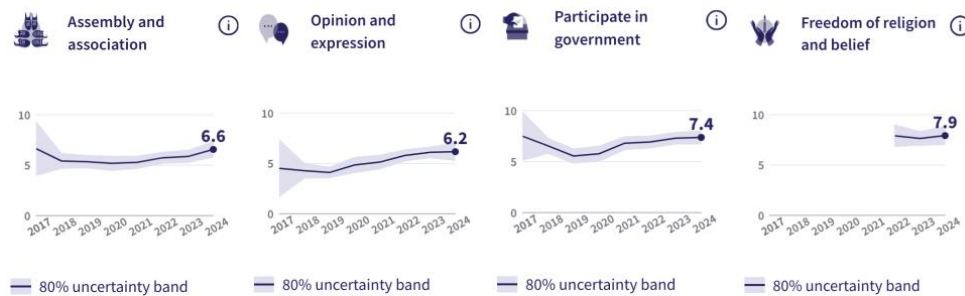


Image 5

For further information or comment, please contact us at [thalia.kehoerowden@hrmi.ngo](mailto:thalia.kehoerowden@hrmi.ngo) or [south\\_asia@humanrightsmeasurement.org](mailto:south_asia@humanrightsmeasurement.org).