

BRIDGING SYSTEMS AND PRACTICE: INSIGHTS FROM NEPAL'S FRONTLINES OF HEALTH, EDUCATION, AND FINANCE

Yashodham Tripathi¹

¹Editor-in-Chief, *Journal of Research and Innovation (JORI)*, on behalf of the Editorial Board; ORCID ID: <https://orcid.org/0009-0005-4328-0713>

This twice-a-year South Asian edition of JORI pulls together studies that get right into practice. You know the kind. Stuff happening at hospital bedsides and in classrooms. Or in bank boardrooms and public offices. And even in homes where folks make daily choices as the economy shifts around them. Most of the work here is grounded in Nepal. Still, their points reach across South Asia's common hurdles. Things like lining up policy goals with what actually happens in the field. Or building stronger institutions. And turning solid evidence into outcomes that feel fair for everyone.

We start off with a look at health systems. It comes from the intensive care side of things. Acharya, Pandey, and Shrestha lay out how nurses' views and knowledge on end-of-life care point to bigger readiness in organisations. They want humane care that's based in those critical spots. Their survey-style study shows mostly good attitudes. But knowledge sits at moderate levels. Training and the setup in institutions come up as key factors. For teams led by anaesthesia folks, the takeaway works in real ways. Fold end-of-life care into teaching plans. Set standard protocols. And work together on training that mixes disciplines. Make it part of daily flows in ICUs and HDUs. The thing is, it reminds us that compassion grows when you make it part of the operations.

On a bigger population scale, Joshi and team dig into national data. They map out patterns in hypertension by social demographics and link it to tobacco use. The patterns they spot run along lines of age, education, wealth, and geography. It all drives home the need to tie tobacco controls with spotting and handling hypertension. Prevention works best when you tackle risk factors as groups. Not as separate boxes.

Shifting to methods that prep for future outbreaks, Kumar and Yadav bring in transition matrices. They act as a simple frame for grasping how viruses mutate over time. For students and folks just starting in research, this piece serves as a short link. It connects math ideas to choices in public health. Shows how number crunching tools help get ready when data gets messy and time runs low.

Three pieces look hard at the ongoing gap between intentions and what actually gets done in education. Tripathi and others point out that Nepal's science curriculum aims for learner-centred approaches. But too often it turns into straight teaching from books. Teachers read textbooks out loud. Hands-on work is rare. Plans barely focus on kids' needs. Rai and team zero in on English as the medium of instruction in Ilam. They capture the real human side of the mismatch. Teachers deal with low skills in the language, not enough training, and scarce resources. Students wrestle with the language, their own confidence, and understanding it all. Schools lack the overall backing. Aryal does a collaborative autoethnography from an IB world school. It offers a different angle and adds to the picture. Things like inquiry methods, clear criteria, and a common language for skills can build real agency and thinking about thinking. But heavy workloads, spotty rollout, and high costs all risk leaving some out. Taken as a set, these studies push for changes in how we assess. Like coaching for teachers, cheap hands-on activities, and mobile labs. Specific training for English medium setups. And paths that focus on fairness, adapting strong IB habits to all kinds of schools.

Studies on the financial side give a longer-term and side-by-side view. Aryal and co look back historically at two big commercial banks from the late 2000s. They show how good governance and careful loan

checks turn deposits into smart lending and steady profits. Mukhiyas work on capital setup and bank earnings breaks it down more. Leverage, bank size, how liquid they are, and capital levels all play roles. But not the same way across different ownership types. It highlights why you need custom rules for safety and management. Lamsal and Soneja use an ARDL setup from 2001 to 2024. They find remittances link positively and strongly to financial savings. That carries ideas for policies on official channels and getting more into savings. Sapkota and Sonejas look at macro banking stands out. In Nepal, inflation and GDP growth don't show a real impact on one-year fixed deposit rates. Not over ten years of quarterly numbers anyway. It points to the weak pass-through of the money policy via this tool. So maybe spread out bank funding sources. Give savers more choices beyond short-term fixed deposits.

Markets and home life show up again in Karki, and the teams review buying two-wheelers in Kathmandu. Fuel savings and ways to finance decide a lot. Brand and looks count too. But gaps in info stick around. For companies, the way ahead means being understanding and good with data. Link new finance options to straightforward info on products. Design with real limits in mind, like traffic jams and ongoing costs. Public results depend on public setups in the end. Khanal and Sonejas take on leadership in Nepal's public companies, spotting usual blocks. Too much bureaucracy, politics meddling, and management that reacts instead of plans. They suggest a blend of reforms. Appointments based on merit. Growth for leaders. And better ways to hold people accountable. In the constitution area, Pulami Magars' overview checks presidential and semi-presidential setups for Nepal. The take stays careful. Good design for institutions can help stability. But without fixes to parties, a strong rule of law, and trust from people, any setup might just repeat old problems in fresh spaces.

Across fields, a few themes keep coming back:

- (i) Capability matters more than just wanting it. At the end of life protocols or science inquiry or bank risk setups, intentions only land when skills, pushes, and routines line up. Training by itself doesn't cut it. You need coaching, watching over, and feedback that turns learning into regular habits.
- (ii) Design with fairness and what's doable in mind. English medium without building up teachers step by step, IB style checks without easing into it, and hypertension handling without quitting tobacco each show how half steps can make divides worse. Policies ought to build in supports that watch costs and accountability that reach the classroom, clinic, and bank branch.
- (iii) Measure the right things, then handle them. From those transition matrices to ARDL models and bank number breakdowns, this issue highlights ways to make tough stuff into clear signs. The call is to make that kind of measuring standard in government offices, school networks, hospitals, and banks.
- (iv) Pay attention to where things connect. Health links to ethics in the ICU. Curriculum ties to checking in class. Deposits meet risk-taking in banks. Leadership hits legitimacy in public companies. The strongest fixes happen right at those joins.

As a journal for South Asia, JORI aims to spotlight solid work that's tuned to the place. Work that talks across areas. We thank our writers for sticking with it. Reviewers for tough but helpful notes. And readers who take the evidence to real use. Hope this collection helps doctors tweak ICU steps, teachers set up next classes, bankers weigh growth against caution, officials shape setups, and families pick wisely.

From the Editorial Board, we welcome more pieces that keep these talks going. Like mixed method checks on school and health changes. Or near experiments and time-based looks at finance and policy. Research on putting designs into practice that balance doability with staying true. And short notes on methods that make advanced tools open to local fixes. Our areas' problems overlap. So can the lessons we draw.

-City Education Foundation, Kathmandu, Nepal