

Terms of Reference (TOR)

Develop Climate Resilient Health Policy in Parsa Rural Municipality, Sarlahi District, Madhesh Province, Nepal

Improving Women's Health through Climate Change Adaptation and Resilience Building in Sarlahi District of Nepal
April 2026

1. PROJECT SUMMARY

Name of the project	Improving Women's Health through Climate Change Adaptation and Resilience Building in Sarlahi District of Nepal
Project Start and End Dates	January 30 2025 to September 30, 2026
Project duration	20 months
Project locations:	Parsa Rural Municipality, Sarlahi
Thematic areas	Climate Justice and Women's Health
Estimated beneficiaries	Direct beneficiaries: 3000 (Parsa Rural Municipality) Indirect beneficiaries: 7000 (Parsa Rural Municipality)
Overall objective of the project	The overall goal of the project is to mitigate the adverse health impact of climate change on local women of Sarlahi through health interventions and community centric initiatives for their empowerment.

2. INTRODUCTION

Rural Oriented Youth Movement Nepal (ROYM-Nepal) is a National NGO established in 2009, dedicated to enhance the sustainable livelihoods of women, disadvantaged and marginalized groups of society through skill transformation, youth engagement, and transformative initiatives aligned with SDGs. **Organization vision is to create a socio-economically empowered society with equality, climate and social justice through collective action.** ROYM-Nepal focuses on climate change, health, education, gender equality, WASH, and sustainable livelihood. Our approaches include community based participatory actions, women led interventions, and evidence-based planning and policy advocacy.

ROYM-Nepal, with the support of Foundation S - The Sanofi Collective, is implementing the project "Improving Women's Health through Climate Change Adaptation and Resilience Building in Sarlahi District of Nepal" mitigate the adverse health impact of climate change on local women of Sarlahi, Parsa Rural Municipality. The project has been implementing in Sarlahi District that lies in the Southern belt of Nepal and federally in Madhesh Province. Madhesh Province stands in first rank of population in the country consisting of a total of population of 6,126 million (20.99%) and sex ratio is 100.99%.

Sarlahi District is significantly affected by climate change, with women bearing a disproportionate share of the impact. Due to changing climate patterns, agricultural yields have declined, leading many men to migrate for work in order to support their families. Consequently, women are left with increased responsibilities, particularly in agriculture and household management, which often forces them to neglect their own health—resulting in various physical and mental health issues.

Patriarchal social norms place a greater burden on women to manage agricultural work. As climate change reduces agricultural productivity, women are increasingly reliant on hybrid crop varieties that demand intensive use of chemical fertilizers and pesticides. Without proper protective measures, exposure to these chemicals has led to severe health problems, including menstrual irregularities,

uterine cancer, white discharge, miscarriages, and infertility. These health issues, coupled with growing responsibilities, have contributed to heightened psychological stress among women.

Floods are a common consequence of climate change in the project area, particularly during the monsoon season. These floods contaminate water sources, resulting in widespread waterborne diseases such as diarrhea, dysentery, and typhoid. Conversely, prolonged droughts have caused water scarcity, further exacerbating the burden on women, who are traditionally responsible for fetching drinking water. This often requires walking long distances, carrying heavy loads of water, fuelwood, and fodder leading to serious physical health problems such as uterine prolapse, spinal injuries, and musculoskeletal disorders.

In addition, the rise in temperature due to climate change poses serious public health risks. A 1°C increase in mean temperature is estimated to increase malaria cases by 26%. According to a Red Cross report, temperatures across Nepal have increased by between 1°C and 1.82°C. In Sarlahi, where residents already endure extreme heat, this has created ideal conditions for the spread of malaria, affecting the entire population.

Pregnant and lactating women are particularly vulnerable, as food scarcity driven by climate change severely compromises their health and nutrition.

The project is being implemented in Sarlahi District, specifically in Wards No. 3 and 4 of Parsa Rural Municipality. Parsa Rural Municipality is located approximately 10 kilometers east of Malangwa, the district headquarters of Sarlahi.

This municipality is considered highly vulnerable to the impacts of climate change. It spans an area of 23.12 square kilometers and has a total population of 24,039, of which 11,777 are female and 12,262 are male.

The project aims to enhance the resilience of women in Sarlahi, Nepal, enabling them to adapt to and mitigate the adverse impacts of climate change on their health. Women in Sarlahi face significant health challenges exacerbated by climate change, necessitating community-centered solutions that promote sustainability and empower women.

The project has following objectives:

- 1. Increase awareness of local women, and other community members about the effects of climate change on women's health.*
- 2. Ensure women's health care services are accessible.*
- 3. Train and prepare frontline health workers to deliver community health services with a focus on climate readiness.*
- 4. Equip women with knowledge and skills to effectively respond during climate-related emergencies.*
- 5. Foster leadership and advocacy skills among women to promote their active participation in community decision-making.*
- 6. Promote climate resilient agricultural practices and alternative livelihoods.*
- 7. Advocate for the inclusion of gender perspectives in climate and health related policies.*

Among the key deliverables of the project is the development of a Climate Resilient Health Policy to guide local government in strengthening health systems against climate risks.

3. SCOPE OF STUDY

3.1 Purpose, Objectives and Scope

The main objective of the assignment is to develop a Climate Resilient Health Policy for Parsa Rural Municipality that integrates climate change adaptation into local health systems.

Specific Objectives:

- Assess climate-related health risks and vulnerabilities.
- Identify gaps in existing health systems and services.
- Strengthen capacity of local stakeholders on climate-health linkages.
- Develop a gender-responsive and inclusive health policy
- Recommend actionable strategies for climate-resilient health services

Scope of Work

The consultant/firm will carry out the following tasks:

1. Desk Review

- Review national health policies, climate change policies, and adaptation frameworks
- Review municipal plans (LAPA, DRR plans, health plans)

2. Climate and Health Vulnerability Assessment

- Assess climate-sensitive diseases and risks
- Identify vulnerable groups (women, elderly, marginalized communities)
- Analyze health system capacity

3. Stakeholder Consultation

- Conduct consultations at municipal and ward levels
- Facilitate FGDs, KIIs, and community discussions
- Ensure inclusion of women and marginalized groups

4. Capacity Building

- Conduct orientation sessions on climate-resilient health systems
- Engage health workers and local authorities

5. Policy Development

- Draft Climate Resilient Health Policy including:
 - Risk analysis
 - Strategic priorities
 - Action plan
 - Budget framework
 - Gender and inclusion strategies
 - Monitoring indicators

6. Validation Workshop

- Present draft policy to stakeholders
- Incorporate feedback

7. Final Submission

- Submit finalized policy document ready for municipal endorsement

3.2 Intended Audience and Use of the Study

The primary intended audience of the study are local governments, Health institutions and frontline workers, Foundation S-The Sanofi Collective, ROYM-Nepal, like-minded agencies working to area of climate justice and people of Rural Municipality. The study will It will guide planning, budgeting, and implementation of climate-resilient health interventions.

Stakeholder	Further Information
Primary implementing organisation	ROYM-Nepal
Government stakeholders	Parsa Rural Municipality Local institutions

The study team is required to adhere to the ROYM-Nepal Safeguarding Policy, Protection from Sexual Exploitation, Data Protection and Retention Policy, Abuse and Harassment Policy, and Gender Equality Policies throughout the assignment/study.

4. EXPECTED DELIVERABLES

Deliverables and Tentative Timeline

Deliverables	Deliverables	Time Frame	Deadline
• Signing up contract and meeting with technical team about the assessment process and further plans	Contract signing	1 day	April 15, 2026
• Thematic Consultation	TOR understanding		April 15, 2026
• Municipal and Ward level Workshop	Facilitation and data collection	3 days	April 20, 2026
• Submit Progress Report	Report	7 days	April 22, 2026
• Ward level consultations, FGD and KII	Data collection	5 days	April 27, 2026
• Draft preparation	Report	18 days	May 15, 2026
• Validation Workshop	Workshop	3 days	May 20, 2026
• Incorporate Feedback and submit final LAPA and one ward level Adaptation Plan	Report	5 days	May 25, 2026
• Submit final report	Report	5 days	May 30, 2026
Total		43 days	

5. REPORTING AND GOVERNANCE

The task will be led by external consultant and coordinate and report to Senior Program Coordinator of ROYM-Nepal. The consultant will also communicate and report to Executive Director, Communication Officer, and District Project Coordinator of ROYM-Nepal

6. STUDY MANAGEMENT

The key deliverables and timeline have been included above in the Expected deliverables section.

7. STUDY TEAM AND SELECTION CRITERIA

Interested consultants will be required to submit an Expression of Interest in line with the provided details below, which should demonstrate adherence to the following requirements.

7.1 Understanding of Requirements and Experience

- The team leader should have advanced University Degree (Master) in Public Health, Climate Change, social sciences or a related discipline.
- The team has a strong track record of working flexibly to accommodate changes as the project is implemented.
- Team Leader (Health Expert): At least 10 years of experience in Policy development, Health Sector, and DRR/CCA.
- Social Facilitator: Experience in local level facilitation and gender-inclusive community engagement
- Local language and experts of local community will be preferred for the assignment.

7.2 Financial Proposal

ROYM-Nepal seeks value for money in its work. This does not necessarily mean "lowest cost", but quality of the service and reasonableness of the proposed costs. Proposals shall include personnel allocation (role/number of days/daily rates/taxes), as well as any other applicable costs etc. Financial proposal needs to be submitted in excel format separately during the proposal submission by consultant.

8. SCHEDULE OF PAYMENT

The following payments will be made to the consultant using and agreed mode of payment.

- Upon approval of inception report: [30%]
- Upon approval of progress report: [30%]
- Upon approval of the final report: [40%]

Note: Tax will be deducted as per the government rule.

9. HOW TO APPLY

Proposal should be submitted via email to nepalroym@gmail.com. Contact person for any clarity to this call is senior-program@roymnepal.org (Senior Program Coordinator of ROYM-Nepal).

Interested team of professional experienced consultants should submit below mentioned documents by 10th of April 2026.

CV(s) of the proposed consultant(s) with full date of birth in dd/mm/yyyy format.

For firms: Copies of - Firm registration certificate, VAT registration certificate, and latest Tax clearance certificate should be submitted.

For Individuals (Nepali): Copies of citizenship certificate and PAN registration certificate.

Applications not including all the above information will not be reviewed. Only short-listed candidates will be contacted.

If an individual is a full-time staff member of another organization, a no objection/consent letter signed by the organization head must be submitted along with the proposal. This is not applicable for proposals sent through a firm.