

Migration and Use of Remittance in Urban Hill Settings of Ramechhap

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Abstract

This article based follow Nepalese people's lives and households got better because of money sent home by migrants. A significant change has occurred in the country due to outmigration, remittances, and development. In Nepal, migration and remittances are what keep people in rural areas safe. The article found minimal micro-level data on the allocation of remittance inflows relative to national bench mark sand and next that the remittance receipt was below the national average, using the National Living Standard Survey of Nepal as a reference, Focused on NELM, international, and social network theory. Which survey and sample size. The cross-sectional study comprised 260 residents from Ramechhap and Manthali, all of whom faced similar distractions. In finding this article, the higher percentage of households, , 97.7 % , received remittances than only 83.1 per cent in Mantali (83.1 ($\chi^2 = 15.97$, $p = 0.001$). There were no significant correlations between remittance volume and family structure, ethnicity, pre-migration occupation, or migration motivations ($p > 0.05$). Most people spend less than the national average monthly expenditure of NPR 32,338.53, a paradox given high remittance inflows and low spending. Many families spend almost half their budget on food and other necessities, priorities education and health, yet still do not meet the minimum standards. Migration and remittances help people in a rural economy structurally constrained to cope and adapt, but only if there are more institutions and policies to support them. It cannot lead to widespread economic growth in Nepal.

Keywords: Migration, Remittances, Urban Hill, Household Expenditure, and Household Well-being

Introduction

Labour migration is a crucial determinant of socio-economic transformation in contemporary Nepal, particularly in rural hill districts, where agricultural stagnation, limited non-farm employment, and infrastructural inadequacies hinder local livelihood prospects (Aryal, 2023; Dhakal et al., 2025). In the last thirty years, there has been a significant increase in the number of Nepalis seeking foreign employment, particularly in Gulf Cooperation Council (GCC) countries, Malaysia, East Asia, and, more recently, OECD destinations. This trend has notably altered household economies and demographic structures throughout the country (Aryal, 2023; Ministry of Labour, Employment and Social Security,

2022). In parallel with this outflow of labour, international remittances have risen to constitute more than one-fifth of Nepal's gross domestic product. It is placing the country among the world's most remittance-dependent economies. It is making migrant earnings a central pillar of rural survival and adaptation strategies (Dhakal et al., 2025; World Bank, 2019).

Ramechhap District in Bagmati Province exemplifies these dynamics. The district, situated in the middle hills, has historically been defined by subsistence-oriented agriculture, persistent underemployment, and restricted development in industrial or service sectors. Data from household surveys and censuses reveal that approximately 25% of households in Ramechhap have at least one member residing abroad. The majority of these migrants are directed towards GCC states, Malaysia, Japan, and Korea. Remittances have become increasingly vital for meeting daily consumption needs, financing education and healthcare, and, in certain instances, supporting housing and land acquisitions (National Statistics Office, 2025). The implications of the migration–remittance nexus for household well-being and local development are still debated. Research at both national and international levels indicates that remittances alleviate monetary poverty, enhance food security, and facilitate increased investments in education and healthcare (Lamsal, 2024; Lokshin et al., 2010). Conversely, critics highlight low levels of productive investment, increasing social and gender-related costs, and the potential for long-term reliance on external labour markets (Dhakal & Paudel, 2023; Sharma, 2024).

A developing body of Nepali literature has investigated these issues at the national level, employing extensive survey datasets to record aggregate trends in migration and remittances (Kharel et al., 2025; Thapa, 2023). Research indicates that approximately 75 % of remittance income is directed towards immediate consumption. Which includes necessities such as food, clothing, rent, utilities, and debt repayment. In contrast, less than 10 % is invested in directly productive sectors, such as small businesses and agricultural upgrading (Sapkota, 2013; Thapa & Acharya, 2017). They also show that remittance-receiving households exhibit higher school enrolment and more frequent use of health services than comparable non-recipient households, indicating important human capital gains (National Statistics Office, 2024; World Bank Group, 2024). However, the reliance on nationally representative data in most analyses often obscures district-level variation and the influence of social institutions, including family structure, caste/ethnicity, and local governance, in mediating the distribution and utilisation of remittances.

The primary framework is NELM. An unlikely neoclassical model that views migration as a supply-driven response to income disparities. The NELM framework is a household-level risk diversification strategy. It is particularly in situations where credit and insurance markets are inadequate or absent (de Haas, 2010). Households dispatch one or more members overseas to diversify income streams, mitigate risks associated with agricultural and labour market fluctuations, and fund long-term investments that may otherwise be inaccessible. This viewpoint is particularly relevant in rural Nepal, where households face unstable crop yields, limited off-farm employment opportunities, and inadequate social protection systems (Rahut et al., 2014).

Transnationalism enhances this perspective by highlighting the preservation of robust social, economic, and political connections across borders. Remittances are not merely financial transactions. It represents components of Broder's "Transnational social fields," including the sharing of ideas, norms, and practices. This influences gender relations, consumption behaviour, and local development politics in developing nations (Levitt & Schiller, 2004; Thieme & Wyss, 2005). Transactional linkage is evident in the risk of new consumption aspirations, changes in household decision-making processes, and the significant role of diaspora networks in local initiatives and philanthropic efforts in Nepal (Aryal, 2021; Kharel et al., 2025). Social network theories highlight the significance of kinship, caste/ethnicity, and regional networks in enabling migration by providing information that reduces costs and fosters cumulative causation. This framework helps elucidate why specific districts and communities, such as those in Ramechhap, become significantly entrenched in migration corridors (Massey et al., 1993; Thieme & Wyss, 2005).

Cross-country studies indicate that remittances generally reduce poverty and stabilise consumption at the macro level. It often demonstrates greater stability than other external financial flows, including foreign direct investment or aid (World Bank, 2019). However, a limited portion of remittance income is typically directed towards productive activities that generate significant local empowerment. It promotes structural transformation, particularly in countries with developing local financial markets and insufficient regulatory frameworks for financial and cost management (National Planning Commission, 2020; World Bank, 2019). Research in South Asia, Particularly Bangladesh and Sri Lanka. It reveals similar patterns of increased consumption and debt replacement ratio, coupled with limited diversification into business or agriculture. In contrast to various policy efforts in Nepal to utilise remittances for development (World Bank, 2019).

In Nepal, empirical studies demonstrate that remittances play a vital role in reducing poverty rates and stabilising macroeconomic indicators, while also highlighting their limitations. Lokshin et al. (2010) and Gautam (2019) demonstrate that remittances have notably alleviated poverty and enhanced food security. In contrast, research by Sapkota (2013), Thapa (2023), and Lamsal (2024) indicates that approximately 70–80% of remittance income is allocated to consumption and debt servicing, with less than 10% invested in directly productive sectors. Thapa and Acharya (2017) and Lamsal (2024) provide evidence that households receiving remittances generally allocate more resources to education and health than non-recipient households, thereby enhancing human capital outcomes; however, they also highlight ongoing disparities in access and quality. Research indicates that caste, ethnicity, and region significantly influence migration patterns, including migration conditions and outcomes, despite increased participation of Dalit and Janajati households in foreign employment (Gurung, 2019; Khatiwada & Basyal, 2022). Gendered analyses highlight the increased decision-making responsibilities and the heightened burdens faced by women in rural areas, who manage farms and families in the context of male outmigration.

The Government of Nepal has progressively aimed to align its labour migration governance with international standards by signing various bilateral labour agreements, enhancing the regulation of recruitment agencies, and engaging in the Global Compact for Safe, Orderly and Regular Migration (Ministry of Labour Employment and Social Security, 2022; United Nations, 2024). National development plans acknowledge the macroeconomic significance of remittances and promote their productive utilisation, highlighting the development of micro, small, and medium-sized enterprises and rural infrastructure. Implementation, However, is inconsistent, and intersectoral coordination is inadequate, prompting numerous scholars to contend that the developmental potential of remittances is not fully realized (Khatiwada & Mahat, 2024; Sharma, 2024). This study presents a district-level case in Ramechhap, examining household-level expenditure patterns in relation to national benchmarks.

Prior research on remittances in Nepal has predominantly relied on nationally representative surveys (Kharel et al., 2025; Thapa, 2023; Sapkota, 2013). The analyses conducted by other scholars often obscure district-level variations. It focuses on the mediating role of local social institutions such as family structure, caste/ethnicity, and governance in shaping remittance utilisation. This study addresses these gaps by providing primary household survey data at the municipal level. It is examining remittance receipt and expenditure pattern.

Data and Methods

The cross-sectional study employs household survey data from Ramechhap District, in conjunction with the Nepal Living Standards Survey IV (2022–23) and the 2021 National Population and Housing Census. Target households comprised those having at least one individual employed overseas or receiving remittances during the census reference period. Manthali and Ramechhap municipalities were designated as primary clusters for comparison of semi-urban and rural environments. The sample size was calculated using standard proportion-based methods at a 95 % confidence level ($Z = 1.96$), a 3 % margin of error, and an assumed proportion ($p = 0.6$), resulting in 260 households after applying a design effect of 1.5 (130 per municipality). Wards and households were deliberately selected, utilising replacements when respondents were inaccessible.

A systematic questionnaire gathered demographic data (age, sex, family size), caste/ethnicity, socioeconomic data (family type, occupation), and migration-related data (destination, length, reasons, remittance amount, frequency, transfer method). Expenditure data encompassed food, utilities, transportation, lifestyle products, and social investments (education, health), benchmarked against NSO (2024) national household expenditure averages to categorise spending patterns.

Descriptive and bivariate analyses evaluated the relationships between socio-demographic variables and dichotomous outcomes, remittance receipt and expenditure levels. Significance was established at $p < .05$. Although the thesis encompasses multivariate analysis, this paper presents substantial bivariate results due to spatial limitations.

Ethical approval was secured from the pertinent institutional review boards. Participants granted informed consent and anonymised data were securely preserved in accordance with national and international research ethics (Adhikari et al., 2023).

The study clearly states that national-level data dominance is a significant flaw in earlier studies, which “often obscures district-level data in Nepal” and ignores local differences in how remittances are used based on family structure, caste/ethnicity, and governance.

This article addresses the gap by offering municipal household survey data. In contrast to aggregate analyses. So that which concentrates on macro consumption patterns (70-80% on needs).

Results and Discussions

Socio-demographic and migration characteristics

Among the 260 households surveyed, respondents were predominantly female (61.2%), reflecting high levels of male outmigration and the growing role of women as primary decision-makers in migrant-sending households, a pattern widely documented in rural Nepal. The majority of households were nuclear (75.4%), with joint families comprising 24.6%. The mean household size was 4.7 members (SD = 1.65), similar to national rural averages. In terms of caste/ethnicity, Janajati households formed the majority (57.3%), followed by Brahmin/Chhetri (32.3%) and Dalit (10.4%), reflecting local demographic composition and the increasing participation of indigenous and Dalit groups in labour migration.

Table 1: *Socio-demographic and Migration Profile of Respondents in Manthali and Ramechhap Municipalities*

	Number	Percentage
Municipality		
Manthali	130	50.0
Ramechhap	130	50.0
Ward no		
1	130	50.0
8	130	50.0
Sex of the respondent		
Male	101	38.8
Female	159	61.2
Type of Family		
Single	196	75.4
Joint	64	24.6
Caste/Ethnicity		
Brahmin/Chhetri	84	32.3
Janajati	149	57.3

Dalit	27	10.4
Number of family member		
Below 4.3	126	48.5
Above 4.3	134	51.5
Mean \pm SD	4.7 \pm 1.65	
Country of Migration		
Middle east	143	47.7
America	16	5.3
Europe	33	11.0
Australia	11	3.7
Japan	71	23.7
India	8	2.7
Korea	18	6.0
Duration of Migration		
Less than 1 Year	91	30.2
1 to 3 Years	129	42.9
3 to 5 years	52	17.3
More than 5 years	29	9.6
Total	260	100

Migrants originated from a wide range of destinations but were concentrated in the Middle East (47.7%) and Japan (23.7%), whereas with smaller shares in Europe, Korea, America, Australia and India. This mix reflects both traditional labour corridors and countries like the GCC, Malaysia, and India. Similarly, more recent diversification into East Asian and OECD labour markets has been driven by bilateral agreements and evolving demand. The duration of migration clustered between 1 and 3 years (42.9%), followed by less than one year (30.2%), suggesting a predominance of relatively short-term or cyclical contracts. These patterns align with national data. It is showing high turnover and repeat migration among Nepali workers.

Table 2: *Socio-demographic and Migration Characteristics of Respondents by Municipality*

	Municipality			
	Manthali		Ramechhap	
	Number	Percent	Number	Percent
Sex of the respondent				
Male	44	43.6	57	56.4
Female	86	54.1	73	45.9
Occupation of Respondent				
Agriculture	44	34.6	83	65.4
Daily Wages for labour	18	66.7	9	33.3
Business	19	48.7	20	51.3

Services	21	70.0	9	30.0
Remittance Dependent	18	100.0	0	0.0
Pension	10	52.6	9	47.4
Type of Family				
Single	98	50.0	98	50.0
Joint	32	50.0	32	50.0
Caste/Ethnicity				
Brahmin/Chhetri	65	77.4	19	22.6
Janajati	60	40.3	89	59.7
Dalit	5	18.5	22	81.5
Family Member				
Below 4.3	68	54.0	58	46.0
Above 4.3	62	46.3	72	53.7
Mean \pm SD				4.7 \pm 1.65
Occupation Before Migration				
Agriculture	80	52.6	72	47.4
Daily Wages Labour	15	71.4	6	28.6
Business	17	50.0	17	50.0
Services	18	34.0	35	66.0
Reasons for Migration				
Employment	95	59.4	65	40.6
Education/Training	28	44.4	35	55.6
Family Problems	7	18.9	30	81.1
Remittance transfer channel used				
Formal Financial Institution	124	49.2	128	50.8
Family Member/remittance	6	75.0	2	25.0
Total	130	50.0	130	50.0

Respondent occupations were varied. Agriculture remained central, especially in Ramechhap municipality, while daily wage labour, small business, services, pensions and remittance-dependent categories were also present. Spatial contrasts showed that agricultural respondents were more numerous in Ramechhap than in Manthali. In contrast, service-sector jobs and more diversified non-farm activities were concentrated in Manthali, consistent with semi-urbanisation dynamics and better market integration.

Remittance receipts relative to the national average

Using NPR 145,092 as the national average annual remittance per household (NSO, 2024; Lamsal, 2024), an overwhelming majority of households in both municipalities received remittances above the national average. In Manthali, 83.1 % of households were above the national average, compared to 97.7 % in Ramechhap. The association was statistically significant ($\chi^2 = 15.97$, $p = .001$), indicating a

significantly higher concentration of above-average remittance receipts in the more rural municipality. This pattern reflects the deeper structural dependence of rural Ramechhap on international labour markets. It is consistent with studies that identify hill districts as both major suppliers of migrant labour and key beneficiaries of remittance flows.

Table 3: *Distribution of Households Receiving Remittances Above and Below the National Average by Socio-demographic Characteristics*

	Amount of remittance received				Chi Squire
	More than the National average*		Less than the National average*		
	Number	Percent	Number	Percent	
Municipality					
Mantali	108	83.1	22	16.9	Chi Squire-15.97 P=0.001
Ramechhap	127	97.7	3	2.3	
Type of Family					
Single	175	89.3	21	10.7	Chi Squire-1.11 P=0.29
Joint	60	93.8	4	6.3	
Ethnicity					
Brahmin/Chhetri	75	89.3	9	10.7	Chi Squire-0.276 P=0.871
Janajati	135	90.6	14	9.4	
Dalit	25	92.6	2	7.4	
Occupation Before Migration					
Agriculture	138	90.8	14	9.2	Chi Squire-0.99 P=0.80
Daily Wages Labour	18	85.7	3	14.3	
Business	30	88.2	4	11.8	
Services	49	92.5	4	7.5	
Reasons for Migration					
Employment	143	89.4	17	10.6	Chi Squire-0.94 P=0.62
Education/Training	57	90.5	6	9.5	
Family Problems	35	94.6	2	5.4	

Sources: field survey 2025

Table 3 shows the distribution of households receiving remittances above, based on national average data, with the independent variable. The analysis compares variations across independent variables of the study, including municipalities, family structure, caste/ethnicity, pre-migration occupation and reasons for migration. Chi-square tests were used to assess the statistical significance of these associations, highlighting patterns in remittance receipt and their socio-economic differentials within the study area.

By contrast, family type, caste/ethnicity, pre-migration occupation and stated reasons for migration did not show statistically significant associations with whether households received above- or below-average remittances. For example, 89.3% of nuclear and 93.8% of joint-family households were above

the national remittance benchmark; Brahmin/Chhetri, Janajati and Dalit households all recorded above-average proportions exceeding 89%; and households whose migrants left for employment, education/training or family reasons exhibited similar distributions. These patterns suggest that foreign employment opportunities and high remittance inflows have become more evenly distributed across social groups in Ramechhap than earlier eras might have implied, aligning with evidence of increasing Dalit and Janajati participation in international migration .

Expenditure relative to national benchmarks

When expenditure is benchmarked against national averages from NSO (2024), a more complex picture emerges. Total monthly household expenditure at the national level was approximately NPR 32,338.53. The survey showed that a large majority of households in both municipalities spent below this benchmark, with 86.9% of households in Ramechhap and 70.8% in Manthali falling into the below-average category. The difference was statistically significant ($\chi^2 = 10.17$, $p = .001$), indicating that households in rural Ramechhap are significantly more likely to have total consumption below the national norm. Despite strong remittance inflows, many Ramechhap households remain constrained in their ability to consume at the national average. It reflects weaker local economies, greater structural vulnerabilities, and limited access to services.

Table 4: *Distribution of Households Receiving Remittances Above and Below the National Average by Socio-demographic and Migration Characteristics*

	Amount of remittance received				Chi Square
	More than the National average*		Less than the National average*		
	Number	Percent	Number	Percent	
Municipality					
Mantali	108	83.1	22	16.9	Chi Square- 15.97 P=0.001
Ramechhap	127	97.7	3	2.3	
Type of Family					
Single	175	89.3	21	10.7	Chi Square- 1.11 P=0.29
Joint	60	93.8	4	6.3	
Ethnicity					
Brahmin/Chhetri	75	89.3	9	10.7	Chi Square- 0.276 P=0.871
Janajati	135	90.6	14	9.4	
Dalit	25	92.6	2	7.4	
Occupation Before Migration					
Agriculture	138	90.8	14	9.2	Chi Square- 0.99 P=0.80
Daily Wages for Labour	18	85.7	3	14.3	
Business	30	88.2	4	11.8	
Services	49	92.5	4	7.5	
Reasons for Migration					

Employment	143	89.4	17	10.6	Chi Square- 0.94 P=0.62
Education/Training	57	90.5	6	9.5	
Family Problems	35	94.6	2	5.4	

Sources: field survey 2025*National average 145092 is the national average based on the National Living Standard survey

Table 4 shows the distribution of households by whether they received remittances at the national average, based on the Living Standard Survey. It categorises respondents by municipality, family type, caste/ethnicity, pre-migration occupation and reasons. Chi-square tests assess the statistical significance of differences across groups, illustrating how socio-demographic and occupational factors relate to remittance receipt patterns in Manthali and Ramechhap municipalities of Manthali District.

Family structure played an important role. Among nuclear households, 82.7 % spent below the national total expenditure benchmark, compared to 67.2 % of joint families ($p = .009$). The study finds underscores the protective effect of extended kinship networks. It pools incomes and resources, spreads risks and enables higher aggregate consumption, particularly in rural agrarian contexts.

Daily consumption, including food and essential goods, accounts for the largest share of household expenditure. NPR 15,083.23 is the amount saved as the national benchmark, based on field survey records, representing 50% of the total average household expenditures from Remittances. The data show that 80 % of households in Ramechhap Municipality and 64.6 % in Manthali Municipality spend below the national average. There are statistically significant differences in the amount of remittance expenditures by municipality. It suggests increasing vulnerability and limited basic consumption in rural areas. Nuclear households were more likely to fall below the food expenditure threshold than joint families. I highlight the significance of extended family structures in maintaining food security. Ethnic differences in food expenditure were not significant, again suggesting some degree of equalization in basic consumption across caste groups.

Non-essential and lifestyle expenditures offered a window into economic flexibility and changing aspirations. Benchmarking against a national average of NPR 2,568.65, the survey showed that 84.6 % of Ramechhap and 60.8 % of Manthali households spent below this level, with a highly significant chi-square statistic ($\chi^2 = 18.52$, $p = .001$). This disparity underscores that households in Manthali municipality. It has considerably more room for discretionary spending than those in Ramechhap. It is consistent with better livelihoods diversification, market access and service infrastructure in semi-urban settings.

Expenditures on utilities, transport and communication were also assessed. With a national benchmark of NPR 3,470.49, both municipalities showed similar proportions of households below average (70.0 % in Manthali and 72.3 % in Ramechhap), and the difference was not statistically significant, suggesting broadly comparable basic connectivity and utility usage across the two sites. However, nuclear households were significantly more likely to spend below this benchmark than joint

families (76.5 % vs. 54.7 %; $\chi^2 = 11.21$, $p = .001$), indicating that resource pooling in extended families facilitates greater investment in energy, transport, and communication, key enablers of participation in modern economic and social life.

Finally, social investment and welfare expenditures covering education and health were benchmarked at NPR 11,216.15. Both Manthali and Ramechhap showed similar proportions of households spending below average (around 70–72 %), and the municipal difference was not statistically significant. Family type did not reach significance either, although joint families again showed a somewhat higher tendency to spend above average, consistent with their broader expenditure profile. Ethnicity, however, mattered: Brahmin/Chhetri households were significantly more likely to spend above the benchmark than Janajati and Dalit households ($\chi^2 = 7.59$, $p = .022$).

Discussion

The findings from Ramechhap highlight the essential role and the constraints of migration and remittances in influencing household well-being in rural Nepal. In alignment with NELM, migration serves as a household strategy to diversify income and mitigate risk within a context characterized by underemployment, low agricultural productivity, and inadequate formal insurance mechanisms (de Haas, 2010; Stark & Bloom, 1985). A significant proportion of household in Ramechhap received above average remittances as peer respondent. This demonstrates the increasing dependence of household on the international labor market. It aligning with trends observed in national data and regional analyses (Aryal, 2023; National Statistics Office, 2025).

However, the expenditure patterns indicate that strong remittance inflows do not automatically translate into consumption. It also affects the welfare level, matching the national average of Nepal. It shows a clear majority of surveyed households, especially in the Ramechhap municipality. However, remains below the national benchmark for total expenditure and for critical categories such as food and social investment. A significant proportion of household in Ramechhap received above average remittances. This demonstrates the increasing dependence of household likelihood on the international labor market. It aligned with trends observed in national data and regional analysis (Dhakal et al., 2025; Dhakal & Paudel, 2023; Sapkota, 2013). The studies across South Asia show that dominance of consumption and debt repayment in remittance use is consistent with other remittance-dependent economies (Asia & Pacific Dept, 2020; World Bank, 2019) and with household-level analyses in Nepal showing limited diversification into small enterprises or mechanised agriculture (Khatriwada & Mahat, 2024).

Family structure becomes a vital middleman. Joint family households are always more likely to spend more compared to nuclear families in Ramechhap District. The whole expenditure is mainly on food utilization, and to some extent on social investment. This shows that it serves as an informal social safety net and risk-sharing organisation in rural Nepal, supporting vulnerable people, i.e., women, children, and the elderly (Adhikari & Hobley, 2015). On the other hand, nuclear families seem to be more vulnerable to economic risk due to lack of financial backup and other support. It shows that social

safety policies need to be more specific to household courses and activities. It results are consistent with broader worries about the “silent erosion” of traditional support system effects by migration, urbanization and market interaction in migration sending country like Nepal (KC., 2025).

Caste/ethnic group presents a mixed picture regarding utilisation and receipt of remittances in Ramechhap and Manthali municipalities. The lack of significance of caste-based disparities in remittances levels and specific expenditure categories. It highlights that foreign employment has become more socially inclusive than in previous years, and that this is also the case in Nepal. The court-suspended studies demonstrate increasing Dalit and Janajati involvement in internal migration from Nepal (Gurung, 2019; Khatiwada & Basyal, 2022). Conversely, enduring differences in utilisation, particularly in social investment expenditure. It indicates that higher-caste households are better positioned to convert remittances into improved living standards and human resources. It fits with socio-logical studies of the “persistence of hierarchy system”. In Nepal, land ownership, education, and political connections continue to affect social structures and dynamics. Now it is highly reflective due to the migration prospects in Nepal (Gellner, 2024). The Ramechhap data thus support a nuanced view: migration and remittances can attenuate some economic gaps but do not automatically dismantle entrenched inequalities.

The finding directly engages with the current discussion on leveraging migration for development in Nepal from policy standpoints. Governmental and multilateral frameworks include the Foreign Employment Policy, Bilateral labour agreements and the Global Compact of Migration. The fifteenth periodic plan focuses on enhancing migration protection, formalizing recruitment process and directing remittance towards productive investment (Ministry of Labour Employment and Social Security, 2022; National Planning Commission, 2020). The Ramechhap case illustrates both the promise and limits of these ambitions at the household level. On the positive side, the ubiquity of above-average remittances and their spread across castes and occupations demonstrate that migration has become a widespread livelihood resource and that efforts to expand formal migration channels have had some success (Aryal, 2023)

Conclusion and Policy Recommendations

It conclude that in areas where migrants send remittances, these funds have a significant yet varied impact on household welfare. Extended families and higher-caste households demonstrate greater proficiency in converting remittance inflows into enhanced expenditures on food, utilities, and social investments. Conversely, economically disadvantaged groups include underprivileged individuals and nuclear families. The trends demonstrate both the potential and the limitations of remittances in fostering regional development. Remittances help with short-term money problems, but they don't fix the root causes of inequality. To fix these problems, it is important to put in place complementary domestic measures that strengthen local institutions, create jobs, and protect vulnerable people. Without proper safeguards, remittances might reinforce existing hierarchies instead of fostering fair and lasting growth.

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