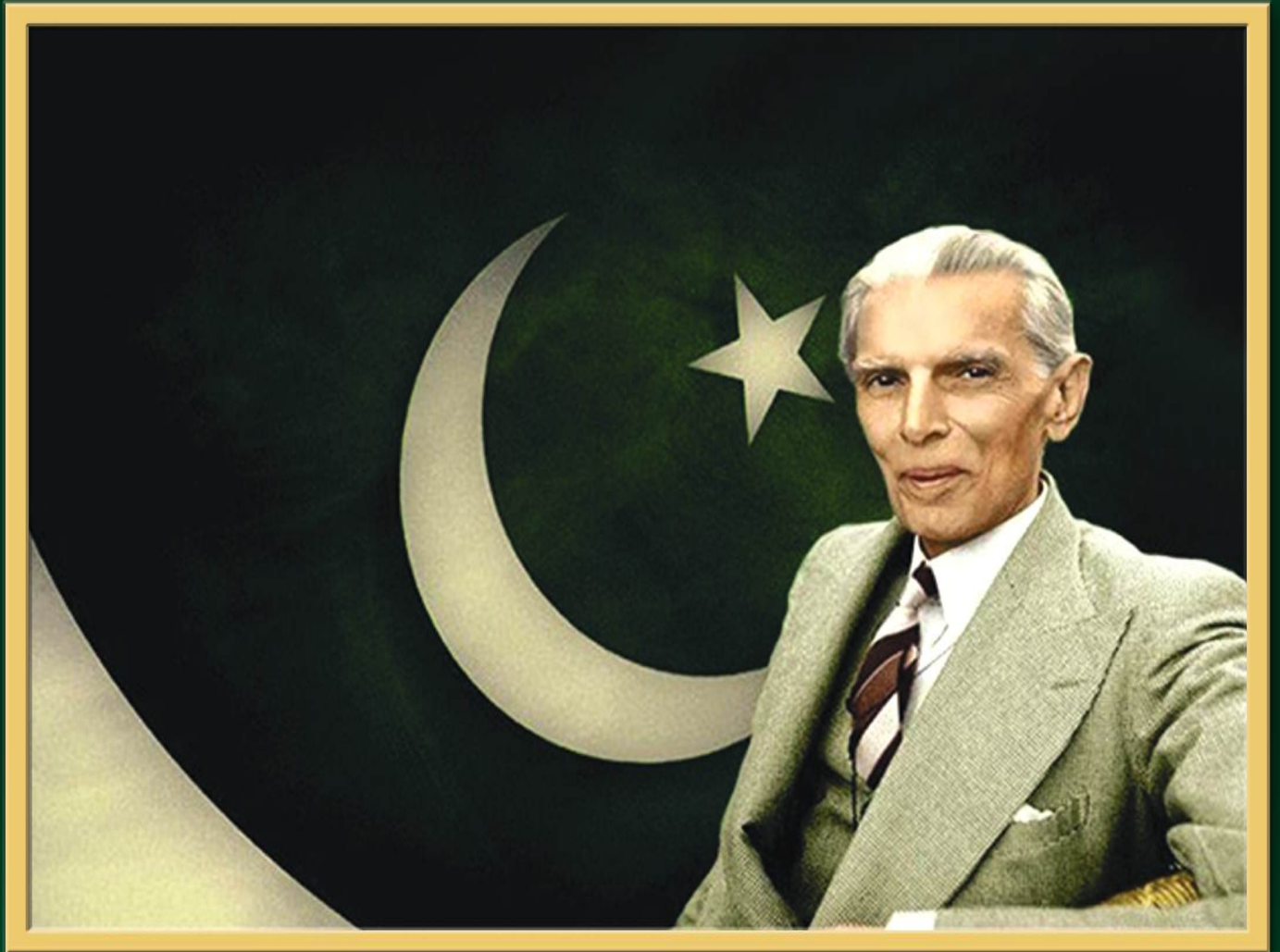


Pakistan in Nepal

LOOK NEPAL: TOURISM, CULTURE & ENVIRONMENT MAGAZINE



March 2026 Edition



"We have undoubtedly achieved Pakistan, and that too without bloody war, practically peacefully, by moral and intellectual force, and with the power of the pen, which is no less mighty than that of the sword and so our righteous cause has triumphed. Are we now going to besmear and tarnish this greatest achievement for which there is no parallel in the history of the world? Pakistan is now a fait accompli and it can never be undone, besides, it was the only just, honourable, and practical solution of the most complex constitutional problem of this great subcontinent. Let us now plan to build and reconstruct and regenerate our great nation..."

Quaid e Azam Muhammad Ali Jinnah
Founder of Pakistan

2026

IS THE

150TH

BIRTH ANNIVERSARY

OF

QUAID-E-AZAM

MUHAMMAD ALI JINNAH

“ My message to you all is of hope, courage and confidence. Let us mobilize all our resources in a systematic and organized way and tackle the grave issues that confront us with the courage of a lion ” and the wisdom of Solomon.

- Muhammad Ali Jinnah



UNITY • FAITH • DISCIPLINE
LONG LIVE PAKISTAN



Message from Hon'ble Bala Nanda Sharma (Lt. Gen., Retd.) Minister for Foreign Affairs

I extend my congratulations to the 'Look Nepal' team for its annual special edition dedicated to Nepal-Pakistan Relations on the occasion of the National Day of the Islamic Republic of Pakistan.

The relationship between Nepal and Pakistan is built on a strong foundation of goodwill, mutual respect, and mutual trust and I am pleased to note that our meaningful engagements across many areas including education, trade, culture, tourism and investment continue to grow for the continued progress and shared prosperity of our two peoples and nations.

This publication, through its focus on cultural exchange and strengthening of mutual understanding on common challenges such as climate change, will surely serve to further consolidate and elevate this multifaceted partnership. The special edition is therefore a testament to the enduring friendship between our two nations; strengthened by the warm and friendly sentiments shared between our peoples.

I take this opportunity to extend my warmest congratulations and best wishes to the Government and people of the Islamic Republic of Pakistan on the happy occasion of the National Day of Pakistan.

I extend my best wishes to 'Look Nepal' magazine for its continued success in bridging communities across borders and providing insightful perspectives to its enlightened readership.



Bala Nanda Sharma (Lt. Gen., Retd.)
Minister for Foreign Affairs
(19th March 2026)



Message from H.E. Mr. Abrar H Hashmi, Ambassador of Pakistan to Nepal

Pakistan National Day is marked in remembrance of adoption of Pakistan Resolution at Lahore on 23 March 1940. On this auspicious occasion of 86th National Day of Pakistan, I extend my warm greetings to Pakistanis, inside and abroad, and friends of Pakistan in Nepal. On this Day, we also reflect and pay tribute to our forefathers for their heroic struggle to achieve Pakistan.

The relations between Pakistan and Nepal are civilizational, fraternal and cordial. While our diplomatic relations were established in 1960, this is not a new relationship and built on thousands of years of interactions between people. We cherish our good relations with Nepal which are fraternal and multifaceted. Our cooperation in economic, education, health, technical fields, defence, climate change and disaster management are complemented by coordination at multilateral and regional institutions. We would continue to support the march of Nepal in its quest for socio-economic development and prosperity.

Pakistan and Nepal uniquely share splendour of both adventure and cultural tourism. Nepal is a beautiful country with hardworking and resilient people. From Breath-taking Himalayan peaks - Mt. Everest and seven other highest peaks in the world to the birthplace of Gautam Buddha-Lumbini and many places of religious significance are great for adventure and cultural tourism. Pakistan hosts the largest concentration of the tallest peaks with 81 above 21000 M in an area of 21 KM and five of 14 8000ers. While Lumbini is birthplace of Gautam Buddha, Taxila (Takshashila) is the seat of learning and art where Buddhism and Gandhara civilizations developed to its zenith. The bilateral mechanisms and agreement in Culture (1940) and Tourism (2005) institutionalizes this aspect.

As Ambassador of Pakistan to Nepal, am firmly committed to further strengthening bilateral relations by encouraging business, parliamentary, sports, and youth exchanges, recognizing these as important avenues for promoting mutual understanding and sustained cooperation between the two countries. I have made efforts to reach out to civic centres, civil society and public at large to further the bond between the two people which so happily exist. Our shared quest for peace, prosperity, harmony, human dignity and development will continue to shape and guide our future partnership. Looking ahead, I am confident that the peoples of Pakistan and Nepal will continue to deepen this relationship on the sound foundations of mutual trust and respect. May the friendship between our two nations grow stronger and flourish for many generations to come.

Long Live Pakistan-Nepal Friendship

Abrar H. Hashmi
Ambassador
Embassy of Pakistan, Nepal

1. ART AND CULTURE

Nepal Art & Culture Festival

On 5 September 2025, Ambassador of Pakistan attended the opening of the Nepal Art & Culture Festival in connection with the World Tourism Day.



Ambassador of Pakistan Attended La Grande Bhoj

On 16 November 2025, Ambassador of Pakistan attended La Grande Bhoj at Aloft Kathmandu; display of culinary fusion crafted by US-Nepal Gastronomy Chef Association.



Ambassador of Pakistan's Visit to Lumbini

On 30 November 2025, Ambassador of Pakistan visited Lumbini and paid respects at the sacred birthplace of Lord Buddha, reaffirming Pakistan's deep reverence for the shared spiritual and civilizational heritage of the region.

Ambassador of Pakistan also met with officials of the Lumbini Development Trust and members of the local community.



Colours of Pakistan through the Brush of a Nepali Artist

On 28 January 2026, Pakistan Embassy hosted an art exhibition, titled "Colours of Pakistan through the Brush of a Nepali Artist". Ms. Bidhata KC shared her experience of Artist Residency Program for South Asian Countries in Pakistan. Ambassador of Pakistan praised her exceptional creativity and reminded everyone that cultural diplomacy is a strong bridge between Pakistan and Nepal.



Pakistan Food Festival – Feb 2026

5-8 February 2026, Pakistan Embassy organized Pakistan Food Festival at Aloft Kathmandu in collaboration with Eleven Eleven Trade & Service Pvt Ltd. PC Hotels and Gul Ahmed Textiles from Pakistan were the supporting partners.





EID Festival - 2026

On 20-21 March 2026, Ambassador of Pakistan joined Pakistan embassy families, Pakistani community and friends of Pakistan in Nepal at Chand Raat and Eid Milan at embassy Ground.



9th Nepal International Film Festival

On 02 April 2026, Ambassador of Pakistan was Special Guest at the opening ceremony of the 9th Nepal International Film Festival (NIFF). NIFF has consistently featured Pakistani short films and documentaries, along with the participation of Pakistani jury members (Mr. Farjad Nabi this year).



2. YOUTH ENGAGEMENTS

Interaction with Nepal Young Entrepreneurs Forum

On 03 September 2025, Ambassador of Pakistan met with leadership of Nepal Young Entrepreneurs Forum for exchanges on fintech, art, tourism and honing youth skills.



4th Nepal Youth Entrepreneurship Summit 2025

On 26 November 2025, Ambassador of Pakistan attended the 4th Nepal Youth Entrepreneurship Summit 2025.



Team Pakistan from LUMS Visits Pakistan Embassy

On 25 November 2025, Ambassador of Pakistan met victorious Team Pakistan from LUMS, which shared the top title at the 20th South Asian Economics Students Meet held in Kathmandu.



3.

PAKISTAN-NEPAL BILATERAL RELATIONS

Ambassador of Pakistan Received Parliament Representatives and Intelligentsia

On 25 November 2025, Ambassador of Pakistan hosted a cordial luncheon meeting with Mr. Ek Nath Dhakal, Secretary General of the Inter-Parliamentary Speakers' Conference; Mr. Harka Raj Rai, Secretary of the Federal Parliament Secretariat; Mr. Shekhar Adhikari; and distinguished Nepali scholars Dr. Dilli Raj Khanal and Dr. Shilata Pokharel.



Ambassador of Pakistan's Meets Mayor of Lumbini

On 30 November 2025, During the visit, the Ambassador held a constructive interaction with the Mayor of Lumbini, Ms. Kalpana Harijan, and noted Nepali ornithologist and conservationist, Mr. Hem Sagar Baral.



Hon. Foreign Minister Mr. Bala Nanda Sharma received Ambassador of Pakistan

On 11 February 2026, Hon. Foreign Minister Mr. Bala Nanda Sharma received Ambassador of Pakistan as they exchanged views on strengthening and deepening friendly relations between Nepal and Pakistan.



Ambassador of Pakistan Called on Rt Hon Prime Minister of Nepal Sushila Karki

On 28 February 2026, Ambassador of Pakistan paid a courtesy call on Prime Minister Sushila Karki. Both sides also expressed their commitments to further strengthening Nepal-Pakistan friendly relations, collaboration and partnership.



Nepal Elections

On 25 March 2026, Ambassador of Pakistan attended an event hosted by the Election Commission of Nepal marking the successful conduct of elections.



Oath Taking - Prime Minister of Nepal

On 27 Mar 2026, Ambassador of Pakistan attended oath taking ceremony of Rt Hon. Prime Minister of Nepal Balendra Shah and Council of Ministers.



Collective call with the Rt Hon. Prime Minister of Nepal Balendra Shah

On 08 April 2026, Ambassador of Pakistan participated in the collective call with the Rt Hon. Prime Minister of Nepal, Balendra Shah and conveyed congratulations from Prime Minister of Pakistan H.E. Shahbaz Sharif and the people of Pakistan on his assuming office. The Ambassador highlighted Pakistan-Nepal bilateral relations embedded in civilizational moorings, further built on trust, mutual respect, and arrangements in multiple sectors supported by close P2P contacts.



Courtesy Call on Hon. Foreign Minister of Nepal

On 24 April 2026, Hon. Minister for Foreign Affairs Mr Shisir Khanal received the Ambassador of Pakistan to Nepal H. E. Mr. Abrar H. Hashmi at the ministry.

During the courtesy call on, discussions were held on further strengthening the bilateral relations and cooperation across various sectors of mutual interest.



4.

Health Sector

Ambassador of Pakistan Visited Bharatpur Eye Hospital

On 01 December 2025, Ambassador of Pakistan visited Bharatpur Eye Hospital and announced financial support for the Digitalization of Bharatpur Eye Hospital's Medical Records.



Ambassador of Pakistan Visited the School of Health Science, Bharatpur

On 02 December 2025, Ambassador of Pakistan visited the School of Health Science, Bharatpur and lauded its contribution in health sector of Nepal.



5.

SUPPORTING EDUCATION SECTOR

Computer Laboratory to Gyanodaya Secondary School

On 29 November 2025, Ambassador of Pakistan inaugurated and formally handed over a newly established computer laboratory at Gyanodaya Secondary School, located on the outskirts of Kathmandu (Purano Kalimati, Bafal, Kathmandu).



Annual Nepal-Pakistan Alumni Get-Together Gala

On 15 November 2025, Embassy of Pakistan hosted its Annual Nepal-Pakistan Alumni Get Together Gala at Soaltee, Kathmandu, bringing together 450+ alumni, dignitaries & friends of Pakistan Ambassador of Pakistan announced launch of Pakistan-Nepal Alumni Network.





Ambassador of Pakistan Hosted Dinner for Alumni of Pakistan in Bharatpur

On 01 December 2025, Ambassador of Pakistan hosted a dinner for Alumni of Pakistan in Bharatpur; graduates from diverse educational background attended it.



Pakistan-Nepal Alumni Network's Elected Office Bearers Took Oath of Office

On 09 December 2025, Pakistan-Nepal Alumni Network's (PNAN) newly elected office bearers formally took their oath of office at the Embassy of Pakistan in Kathmandu after the successful conclusion of transparent and inclusive online elections. The oath was administered by Ambassador of Pakistan.



6.

NATIONAL EVENTS

Kashmir Black Day Kashmir

On 29 October 2025, Embassy of Pakistan, Kathmandu observed Kashmir Black Day by organizing a talk programme titled "Kashmir – A Case of Human and Economic Rights under Occupation."



Pakistan Solidarity Day

On 05 February 2026, Pakistan Embassy organized a talk program titled "Regional Peace and Stability in South Asia: Resolving the Kashmir Issue as a Prerequisite." Journalists, writers, human rights activists, and friends of Kashmir participated in the event.



7. WOMEN EMPOWERMENT

Dinner for FWEAN

On 21 November 2025, Ambassador of Pakistan hosted a dinner for leadership of Federation of Woman Entrepreneurs' Association of Nepal.



22nd Annual General Meeting and 10th Convention of FWEAN

On 22 December 2025, Muhammad Nouman Zafar, First Secretary Press and Culture attended 22nd Annual General Meeting and 10th Convention of Federation of Women Entrepreneurs' Association of Nepal and handed over the financial support on behalf of Embassy of Pakistan.



9th International Women's Trade Expo

On 03 April 2026, Ambassador of Pakistan attended the 9th International Women's Trade Expo organized by the Federation of Women Entrepreneurs' Associations of Nepal (FWEAN). Pakistan Embassy has been supporting FWEAN for the past few years, including adoption of district chapters, annual expos, and the participation of women entrepreneurs from both Pakistan and Nepal.



8.

BUSINESS AND TRADE SECTOR

Interaction with Guna Group / Royal Tulip

On 03 Sep 2025, Ambassador of Pakistan met with Mr. M.D Gunah Shakya and his team at Guna Group / Royal Tulip to discuss possible avenues of collaboration in hospitality.



Virtual discussion with Sialkot Chamber of Commerce and Industry

On 20 Nov 2025, Ambassador of Pakistan held virtual discussion with Sialkot Chamber of Commerce & Industry to review progress on the ongoing collaborations, business delegation visits to Nepal, B2B, exhibitions, display center for surgical and sports goods in Kathmandu.



9.

SOCIO-ECONOMICS SECTOR

Renovation and Upgradation - Maharajgunj Police Station

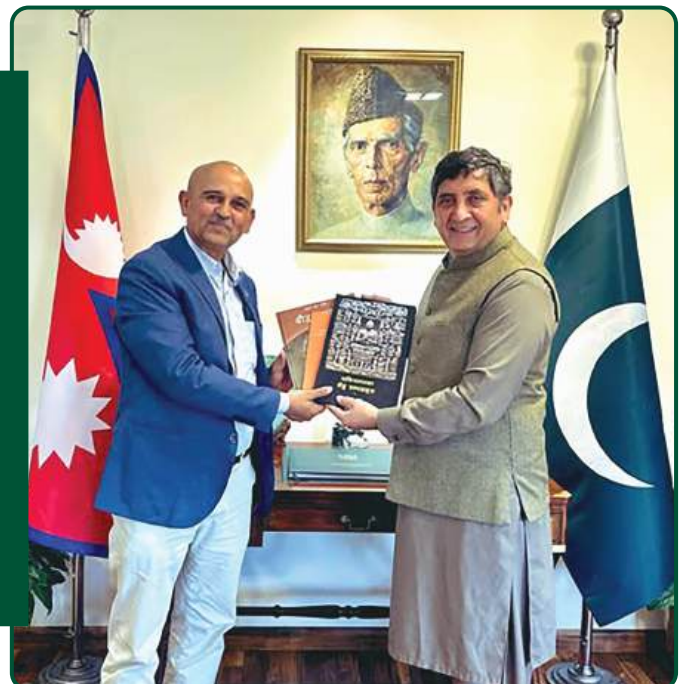
On 07 December 2025, Embassy of Pakistan, funded the renovation and furnishing of office block at Maharajgunj Police Station, as gift from the people of Pakistan.

Defence Attaché, Col. Hafiz Ur Rehman, accompanied by Head of Chancery Mr. Zakhir Khan formally handed over the renovated facility to the Police.



Biodiversity Conservation

On 01 April 2026, Ambassador of Pakistan received renowned Nepali conservationist Dr. Hem Sagar Baral. The meeting focused on snow leopards, bird sanctuaries, biodiversity conservation, and other ecological issues of mutual interest.



10.

DEFENCE COLLABORATION

Gentleman Cadet Tekraj Rawat of Nepal Received Chairman Joint Chiefs of Staff Committee (CJCSC) Overseas Gold Medal

On 28 July 2025, Embassy of Pakistan extended heartiest congratulations to Gentleman Cadet Tekraj Rawat of Nepal on being awarded the prestigious Chairman Joint Chiefs of Staff Committee (CJCSC) Overseas Gold Medal at the Pakistan Military Academy (PMA), Kakul, during the 152nd PMA Long Course Passing Out Parade.



NCC, Pakistan Delegation Visited Nepal

On 17 February 2026, NCC Delegation Pakistan, comprising 12 Cadets / officers headed by Major General Muhammad Shahid Abro visited Nepal from 7-17 February 2026. During their stay in Nepal, the delegation was hosted by NCC Nepal. On the concluding day, the Cadets were received by Ambassador of Pakistan and they interacted with officers at the Embassy of Pakistan.



11.

INTERNATIONAL COLLABORATION

ICIMOD's 56th BoG Meeting

On 3-4 November 2025, Ambassador of Pakistan and First Secretary Press and Culture represented Pakistan at 56th Board of Governors Meeting of International Center for Integrated Mountain Development (ICIMOD).



40th Foundation Day of SAARC

On 10 December 2025, Ambassador of Pakistan attended the 40th Foundation Day of SAARC hosted by the Secretary General Ambassador Ghulam Sarwar.



Collaboration between Pakistan & ICIMOD

On 03 April 2026, Ambassador of Pakistan attended the 9th International Women’s Trade Expo organized by the Federation of Women Entrepreneurs’ Associations of Nepal (FWEAN). Pakistan Embassy has been supporting FWEAN for the past three to four years, including in the adoption of district chapters, annual expos, and the participation of women entrepreneurs from both Pakistan and Nepal.



12. SPORTS PROMOTION

Ambassador of Pakistan Opens Cricket UTSAV Match

On 09 November 2025, Ambassador of Pakistan hit start the cricket UTSAV match between The Entertainers and The Stars. The match was teamed by renowned names of entertainment, media and showbiz industry of Nepal.



Pakistan-Nepal T20 Tournament – Press Meet

On 30 January 2026, Details including rules and regulations were shared with team captains and managers during a Press Meet at Pakistan Embassy Kathmandu.



Opening Ceremony Pakistan-Nepal T20 Cricket Tournament

On 08 February 2026, 11th Edition of Pakistan-Nepal T20 Cricket Tournament was officially inaugurated in Kathmandu on 7 Feb by Ambassador of Pakistan. 12 Teams featured in the tournament.





Final Match and Closing Ceremony

On 15th February 2026, The final match and closing ceremony of the 11th Edition of Pakistan-Nepal Friendship T20 Cricket Tournament 2026 was held.

Ambassador of Pakistan and special guests presented the trophies, medals, and cash prizes to the winning team, top performers and tournament officials. Baluwatar Cricket Academy won the tournament and received winning trophy and cash prize. Pakistan Embassy Team secured the runner-up position.





Cricket Diplomacy

On 28 March 2026, Ambassador of Pakistan an exciting friendly cricket match played between Ministry of Foreign Affairs, Nepal and Pakistan Embassy Team at Pakistan Embassy Ground, Kathmandu. Ambassador of Pakistan and diplomats participated in the match.



HEARTY GREETINGS AND CONGRATULATIONS



86th NATIONAL DAY OF PAKISTAN

Commemorating Resolution, Resilience, and Progress (1940-2026)

23 MARCH 2026

Strengthening the bonds of friendship, culture, and cooperation between Nepal and Pakistan.
Long Live Nepal-Pakistan Friendship!

DR. MANJU RATNA SAKYA (T.P.K.)

(Tamgha-i-Pakistan)

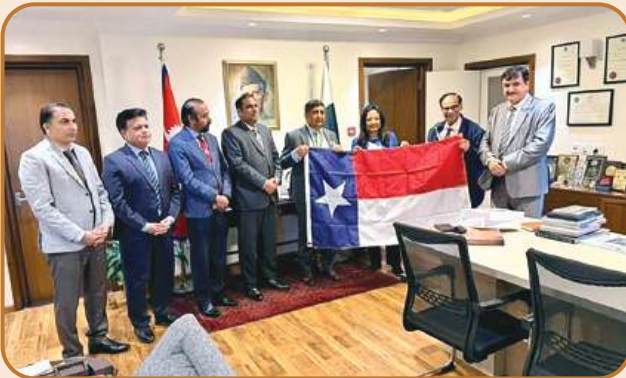
PRESIDENT

NEPAL-PAKISTAN FRIENDSHIP & CULTURAL ASSOCIATION

13. DIPLOMATIC RELATIONS

Rotary International Honors Ambassador of Pakistan

On 28 October 2025, Rotary International conferred prestigious Paul Harris Fellow recognition, along with a Texas State Flag, on Ambassador of Pakistan for his outstanding services as Pakistan Consul General in Houston.



Ambassador of Pakistan Received Ambassador of Sri Lanka

On 21 November 2025, Ambassador of Pakistan welcomed H.E Ruwanthi Delpitiya, Ambassador of Sri Lanka to Nepal and discussed possible avenues of collaboration for regional peace and prosperity.



Diplomatic Events / Activities



On 27 November 2025, Ambassador of Pakistan received Ambassador Jalil Abbas Jilani, former Foreign Secretary and Foreign Minister of Pakistan. Renowned Nepali actor Rajesh Hamal and Chief Executive of Civil Society Coalition for Climate Change Ms Aisha Khan also visited the chancery.



On 25 November 2025, Ambassador of Pakistan attended National Day celebration of Thailand.



On 30 November 2025, Ambassador of Pakistan attended 54th National Day reception of UAE.



On 28 November 2025, Ambassador of Pakistan attended Bangladesh's Fish Festival at Bangladesh Embassy.



On 08 December 2025, Ambassador of Pakistan received Mr Prithvi Pandey & Ms Pratima Rana Pandey, the generational friends of Pakistan in Nepal.



On 27 March 2026, Ambassador of Pakistan attended Bangladesh National Day reception.



On 07 April 2026, Ambassador of Pakistan received H.E. Mr. Fahd Mohammad A. Mnikhr, Ambassador of the Kingdom of Saudi Arabia to Nepal at Pakistan Embassy.

Ambassador of Pakistan Signed Condolence Book

On 18 January 2026, Ambassador of Pakistan visited Bangladesh Embassy to sign a condolence book for the former Prime Minister Begum Khaleda Zia followed the passing of the 79-year-old leader.



President of Ambassadors Club Nepal Receives Ambassador of Pakistan

On 23 January 2025, The Ambassadors Club Nepal President Ambassador Dr. Sarmila Parajuli Dhakal welcomed Ambassador of Pakistan, in a courtesy visit at the Ambassadors Club premises in Kathmandu.



Ambassador of Pakistan Received UN Resident Coordinator in Nepal

On 04 March 2026, Ambassador of Pakistan received H.E Ms. Lila Pieters Yahia, UN Resident Coordinator in Nepal, and discussed development opportunities and challenges, tourism, ecology, youth and women development in Nepal.



The FAB Show, Himalaya TV Interviewed Ambassador of Pakistan

On 19 March 2026, Ambassador of Pakistan appeared in The FAB Show, morning programme of Himalaya TV and shared his experience of serving in Nepal, life in Kathmandu and various aspects of bilateral relations between Pakistan and Nepal.



Ambassador of Pakistan – Interview with The Diplomat Nepal

On 19 March 2026, Ambassador of Pakistan discussed the deep-rooted and growing relationship between Pakistan and Nepal in an interview with The Diplomat Nepal.



14.

COMMUNITY ENGAGEMENT

Pakistan Embassy Distributed Relief Items to the Flood-Affected Families

On 21 October 2025, Pakistan Embassy, in collaboration with the Nepal-Pakistan Youth Council, distributed relief items to the flood-affected families in Ilam District (Eastern Nepal). Ambassador of Pakistan, accompanied by First Secretary Mr. Muhammad Haroon Rasheed, met the affected families and delivered the relief goods.

Earlier, the Ambassador met in Birat Nagar, Hon Riwati Bhandhari, Minister of Internal Affairs and Law of Koshi Province and conveyed heartfelt condolences of the government and people of Pakistan on the losses.



Ambassador of Pakistan Inaugurated “Quaid’s Corner” at Pakistan Embassy

On 05 December 2025, Ambassador of Pakistan inaugurated the newly established Library “Quaid’s Corner” at the Pakistan Embassy. The library showcases a collection of over 1000 books featuring diverse topics.



Meeting – Leadership of The Diplomat Nepal

On 31 March 2026, Ambassador of Pakistan received Amb. Dr. Sarmila Parajuli Dhakal, Founder President of the Ambassadors Club Nepal, and Mr. Bimal Dhakal of the Diplomat Nepal.



Pakistan Population Mix

TOTAL POPULATION
241,499,431

Rural

75 Million

Male

48 Million

72 Million

Female

45 Million

04 Thousand

Intersex

15 Thousand

Pakistan's population has a nearly balanced male-female ratio, with a small recorded intersex community.

Urban

Nearly two-thirds of Pakistan's population resides in rural areas.

Rural

61.2%

Proportion

6.3 People

Average Household

Urban

38.8%

6.2 People

HBL

**Exclusive
Privileged
Savings
Account**

**You are Exclusive.
You are Privileged.**

Enjoy **Exclusive Banking
Experience** with the **HBL Exclusive
Privileged Savings Account.**

QR SCAN
FOR MORE
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