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“We are alive but have lost everything we depended on to survive.” Communities fighting to pick up the pieces in the aftermath of Nepal’s devastating floods

As Nepal comes to terms with the devastating impacts of the flooding that swept across the country last week – ActionAid has heard from families struggling to recover from the destruction and disruption to their livelihoods.

Nirmala Tamang, a 34-year-old small shop operator from Bansi hat, a community situated along the banks of the Bagmati River in Kathmandu said:

“This flood has turned my life upside down. Just as my business was beginning to flourish, it was all swept away. I now face the daunting task of starting over, but amidst the devastation, I have come to realize that being alive is what matters most. I refuse to lose hope.”

Anju, a 38-year-old mother of three who runs a tea shop said: *“After years of hard work, we had finally managed to run our household through the tea shop, but now, that’s all gone. We’ve lost hope. My husband’s health is still poor, and while I try to console him when we are together, I break down in tears when I’m alone. We’ve lost everything, even our important documents, our citizenship papers, everything.”*

Thuli a 74-year-old asthmatic woman told ActionAid how after the floods they had to sleep in the cold without food: *“When the water came, I was terrified, I never imagined I would have to leave everything behind. We had nowhere to go [and] for days, I slept on that cold, wet ground, hugging myself just to feel warm.”*

ActionAid Nepal and its local partner, Nepal Mahila Ekata Samaj are assisting affected communities by providing basic relief such as clean drinking water, rice, mattresses, and blankets.

Sujeeta Mathema, the Country Director of ActionAid Nepal said, *“The floods have ravaged Nepal, leaving a trail of destruction that extends far beyond the immediate physical damage. Countless livelihoods have been upended, with farmers losing their crops, businesses facing closure, and families struggling to meet their basic needs. The recovery from this disaster will be a long and arduous journey, requiring concerted efforts from the government, NGOs, and the international community to provide essential support and rebuild resilience.”*

As recovery efforts continue, ActionAid urges donors and the international community to support its emergency response, focusing on the protection of women, children, and informal settlers who have been disproportionately affected by the floods.

[ENDS]

Sujeeta Mathema is available as a spokesperson, please contact the press office to arrange for interviews.

Contact the ActionAid press office on media-enquiries@actionaid.org or on +263776665065.

Notes to editor

Full testimonies and images are available on the links below:

- Anju, whose tea shop has been destroyed in the floods leaving her with no business and livelihood: <https://stories.actionaid.org/?c=67443&k=1e38415740>
- Nirmala Tamang, a small shop operator who has also lost her livelihood in the floods: <https://stories.actionaid.org/?c=67445&k=e4580915cd>
- Thuli a 74-year-old woman with health problems: <https://stories.actionaid.org/?r=292962&k=20ccf46d1b>
- You can access the whole collection here: <https://stories.actionaid.org/?c=67430&k=1c65668c87>

About ActionAid

[ActionAid](#) is a global federation working with more than 41 million people living in more than 71 of the world's poorest countries. We want to see a just, fair, and sustainable world, in which everybody enjoys the right to a life of dignity, and freedom from poverty and oppression. We work to achieve social justice and gender equality and to eradicate poverty.