



# Eastern Research Institute of Positive Science

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## Message from the CEO



As CEO of the Eastern Research Institute of Positive Science (ERIPS), I lead a mission centered on creating a positive and happy society through a unique integration of Appreciative Inquiry (AI) and the blending of Eastern and Western philosophies. Our programs are grounded in evidence-based methodologies that focus on building strengths, fostering appreciation, and cultivating well-being. By combining these approaches, we aim to transform societal norms and shift individual and collective mindsets toward a more optimistic and hopeful future.

At ERIPS, we design our programs with the core belief that tapping into inherent strengths can lead to meaningful transformation. Through training sessions, conferences, and workshops, we help individuals and organizations thrive by building a culture of appreciation. This approach creates ripple effects of positivity that extend to the broader community, enhancing relationships and fostering supportive networks. Our work emphasizes mindfulness and meditation as powerful tools for emotional regulation and stress management, which are also key elements of our holistic approach.

Our commitment to continuous improvement drives us to rigorously evaluate the impact of our initiatives and adapt to evolving community needs. By collaborating with local organizations, policymakers, and community leaders, ERIPS ensures that its programs remain effective and responsive. With the blending of Eastern wisdom and Western innovation, ERIPS is dedicated to fostering a more harmonious society, transforming lives through positive, strengths-based practices rooted in Appreciative Inquiry.

Dr. RC Lamichhane ( [Download CV](#) )



# ERIPS Introduction

The Eastern Research Institute of Positive Science (ERIPS), established on November 25, 2012, in Kathmandu, Nepal, is dedicated to catalyzing positive transformations across individuals, families, organizations, and societies. ERIPS achieves this through an array of training sessions, research initiatives, and motivational programs that significantly enhance personal development, well-being, and societal progress both within Nepal and globally.

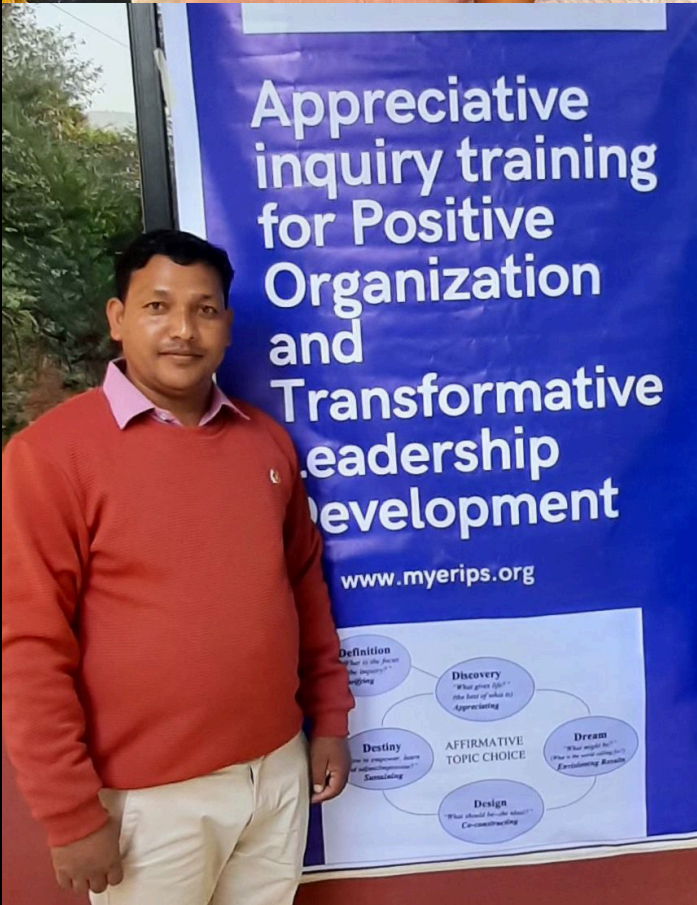
ERIPS's core strength lies in its collaborative synergy with a broad spectrum of partners, including government agencies, NGOs, private enterprises, and business organizations. This extensive network empowers ERIPS to design and implement impactful programs tailored to the unique needs of diverse sectors, solidifying its reputation for delivering high-quality, transformative initiatives.

A distinguishing feature of ERIPS's methodology is the integration of Eastern and Western philosophies within its training and program frameworks. Eastern philosophies, such as Buddhism, Taoism, and Hinduism, emphasize interconnectedness, mindfulness, and compassion. These are seamlessly harmonized with Western philosophies that champion individualism, rationality, and progress. This fusion provides a holistic approach to societal transformation, promoting a balanced and inclusive perspective that is well-suited to the complexities of the modern world.

The synthesis of these philosophical traditions not only bridges cultural divides but also fosters mutual understanding and respect in an increasingly globalized context. This inclusive approach is vital for nurturing unity and cooperation among diverse groups. Furthermore, this philosophical fusion leads to innovative and creative solutions for societal challenges, thereby enhancing the cultural sensitivity and relevance of ERIPS's programs. By integrating the wisdom of both traditions, ERIPS is committed to creating positive change and contributing to a more harmonious and prosperous global community.







## Objectives

1. To develop, design and deliver the training programs that empower individual with essential knowledge, skills and positive attitude for personal and professional success.
2. To conduct innovative research in the field of positive societal transformation process, social justice and equity, human rights promotion and social integrity, Positive Psychology, Appreciative Inquiry and strengths based approaches.
3. To collaborate with government, non-governmental, academic, private and business organizations to promote positive societal transformation.
4. To create a platform for dialogue and exchange of ideas on topics related to personal development, well-being, and societal progress and contribute to the advancement of knowledge and practices that promote positive transformation in individual, family, organization and societies.

## Vision

“To be the foremost catalyst institute for positive societal transformation”

## Mission

To unleash untapped potential in individuals and organizations, driving positive transformation through cutting-edge training, capacity building, and action-oriented research

## Goal

To unleash untapped potential in individuals and organizations, driving positive transformation through cutting-edge training, capacity building, and action-oriented research





## Core Values and Ethics

### 1.Integrity:

Upholding the highest standards of honesty, transparency, and ethical behavior in all interactions and operations.

### 2.Excellence:

Striving for excellence in research, training, and program delivery to achieve the best possible outcomes for individuals and society.

### 3.Innovation:

Embracing innovation and creativity in all aspects of our work to drive positive change and promote continuous improvement.

### 4.Collaboration:

Fostering a culture of collaboration and partnership with diverse stakeholders to leverage collective expertise and resources for greater impact.

### 5.Empowerment:

Empowering individuals to take ownership of their personal development and well-being through education, training, and support.



## Major Programs

- 1.Short Term Trainings/ Capacity Development Programs
- 2.Project Evaluation
- 3.Strategy Plan Preparation for Municipalities and Organizations
- 4.Research
- 5.Event Organizations
- 6.Success Stories Writing
- 7.Legal Support



# Organizational Overview

## History:

The Eastern Research Institute of Positive Science (ERIPS), established in 2012 in Kathmandu, Nepal, is dedicated to fostering positive change across individuals, families, organizations, and societies through training, research, and motivational programs. By collaborating with a diverse range of partners, including government agencies, NGOs, and private enterprises, ERIPS delivers impactful, high-quality initiatives tailored to the specific needs of various sectors. The institute's unique approach blends Eastern philosophies, such as mindfulness and compassion, with Western philosophies that emphasize individualism and progress, offering a holistic framework for societal transformation that promotes unity, understanding, and innovative solutions for global challenges.



APPRECIATE  
FOR SUSTAINABLE  
TRANSFORMATION  
TRAINING

NOV 22-25, 2023

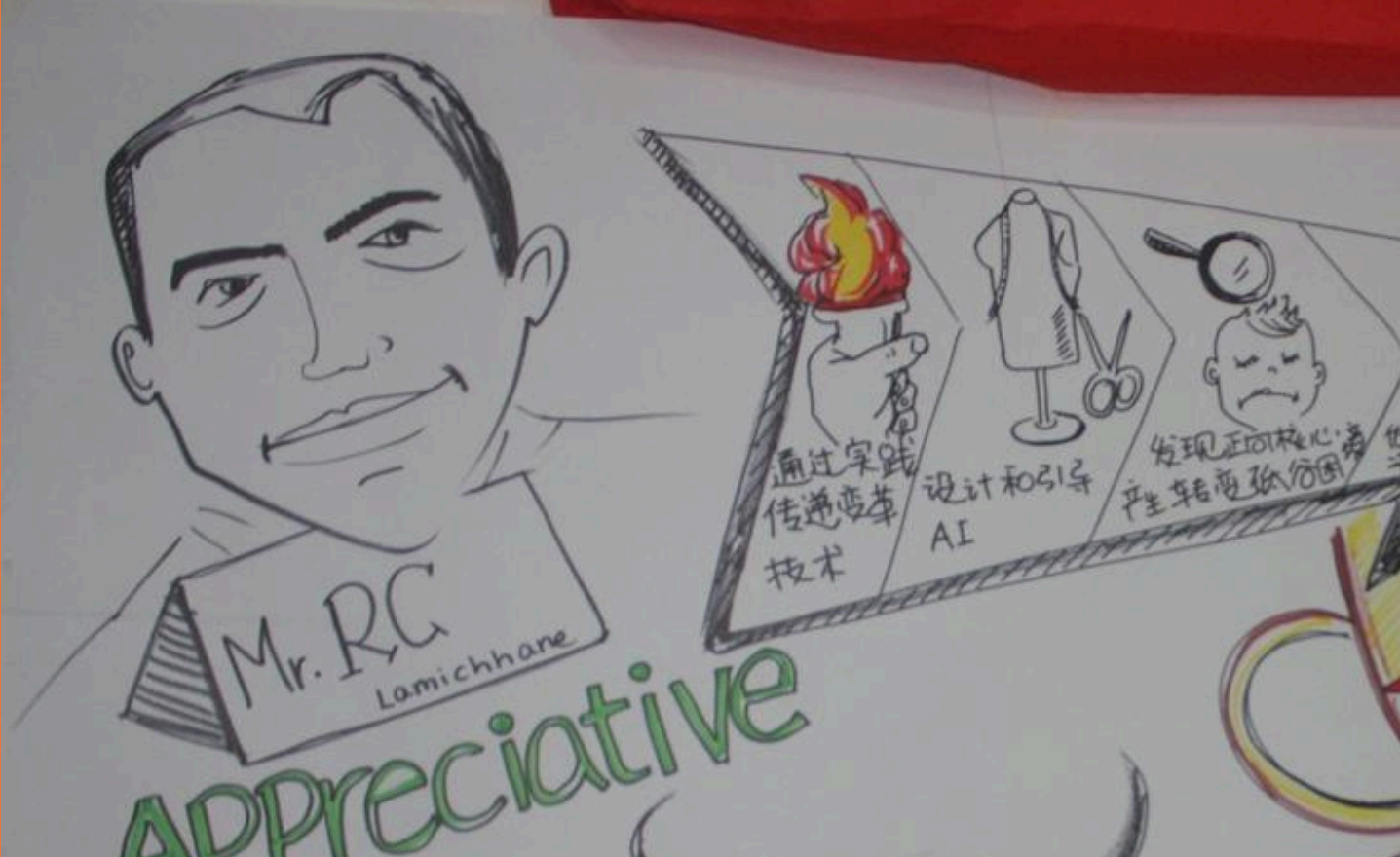


DR. R.C. LAMICHHANE



Eastern  
Research  
Institute  
of Positive  
Science





## Expertise Areas

ERIPS excels in capacity building, evaluation, and strategic planning, offering high-quality, impactful programs through a team of skilled professionals with expertise in areas like Appreciative Inquiry, Conflict Management, Peacebuilding, and Community Mediation. Supported by a strong local, national, and international network, ERIPS collaborates with governments, NGOs, and private sector partners to create lasting initiatives. The organization also extends its influence globally by conducting international training sessions, further solidifying its reputation as a leader in transformative change. Through continuous investment in its team and partnerships, ERIPS drives sustainable positive change across communities and organizations worldwide.





## Approaches

ERIPS embraces a participatory, strengths-based approach centered on fostering positive transformation in communities and sectors. By integrating Appreciative Inquiry, ERIPS encourages individuals and groups to reflect on their strengths and achievements, rather than focusing solely on challenges. This method builds confidence, supports sustainable growth, and empowers communities to recognize and harness their existing capabilities for future progress. ERIPS ensures its interventions are evidence-based, rooted in research and best practices, and encourages active participation, fostering ownership and responsibility among stakeholders. Through these collaborative and inclusive methodologies, ERIPS is driving sustainable development, building stronger communities, and facilitating lasting positive change toward a harmonious and prosperous future.



# Key Programs and Offerings

## 1. Capacity Development Programs

ERIPS offers a diverse range of capacity development programs across key thematic areas, including **Appreciative Inquiry**, Leadership, Organizational Development, Good Governance, and Climate Change Mitigation and Adaptation, Team Building. These programs empower individuals and organizations to drive positive change and sustainability, while also addressing social equity through training in Strategic Planning, Gender Equality, Disability, and Social Inclusion. By equipping participants with the necessary tools and knowledge, ERIPS helps organizations and communities build the skills to tackle current challenges, foster inclusive environments, and promote sustainable development and equality.





## 2. Action Research Program

ERIPS actively conducts action research in collaboration with various organizations to address critical thematic areas such as social inclusion, environmental sustainability, leadership development, and governance. This approach emphasizes participatory inquiry and evidence-based interventions, ensuring that research is both rigorous and responsive to community needs. By bridging the gap between theory and practice, ERIPS provides actionable insights that inform policies and strategies, fostering continuous learning and innovation. Through its collaborative research efforts, ERIPS empowers communities and institutions to address challenges effectively, contributing to sustainable societal transformation.







### 3. Vision, Strategy, and Periodic Plan Preparation

ERIPS provides expert support in preparing vision statements, strategic plans, and development plans for a wide range of organizations, including municipalities, NGOs, businesses, and educational institutions. Utilizing Appreciative Inquiry and other strengths-based approaches, ERIPS ensures that these plans are rooted in the values, strengths, and aspirations of stakeholders. The planning process is highly participatory, fostering collaboration and ownership through workshops and evidence-based methodologies. By focusing on transformative development, ERIPS helps organizations move beyond traditional planning, encouraging innovation and resilience for sustainable growth and meaningful change.





# Major Achievements and Milestones of ERIPS Over the Last 12 Years

## Capacity Development Across Sectors

ERIPS has successfully conducted over 1,000 capacity-building programs, reaching grassroots individuals, community leaders, and policymakers. It has provided training on Appreciative Inquiry, Conflict Management, Leadership, and Organizational Development, Teambuilding, Climate Change Mitigation and Adaptation, Gender Equality, Disability and Social Inclusion, Positive Business, Positive School and Academic Leadership Development, to diverse groups, including local government officials, NGOs, educational institutions, and private organizations. These initiatives have empowered thousands of individuals to drive positive change in their communities and organizations.





## Strategic Collaboration with Renowned Organizations

ERIPS has partnered with leading organizations such as WWF, The Asia Foundation, Save the Children, Helvetas, GIZ, TDH Germany, The British Redcross, Muktinath Bank, Lumbini Bikas Bank, More than 20 Municipalities, Provincial and Federal Governments, Tribuvan and Agriculutre and Forestry University. These collaborations have facilitated the implementation of impactful projects in areas like environmental sustainability, gender inclusion, and good governance, amplifying ERIPS's influence across various sectors.

## Expert Support for Vision and Strategic Planning

ERIPS has provided expert consultation to numerous municipalities, schools, colleges, and businesses in the preparation of vision statements, strategic plans, and periodic development plans. By using Appreciative Inquiry and strengths-based approaches, ERIPS has facilitated transformative development processes for local governments and institutions, ensuring sustainable and inclusive growth.







## Pioneering Professional Training Programs

ERIPS has established itself as a leader in professional training, developing a pool of certified trainers in Appreciative Inquiry, Community Mediation, and Conflict Management. These trainers have delivered international-standard programs, contributing to the capacity development of professionals across Nepal and abroad.



## Impactful Grassroots and Policy-Level Engagement

ERIPS has successfully bridged the gap between grassroots communities and policymakers through its action research and participatory workshops. It has addressed critical issues such as climate change, gender equality, and social inclusion, influencing policy frameworks and creating actionable solutions that resonate with both local and national priorities.



## Pioneering Innovative Leadership and Educational Programs in Nepal

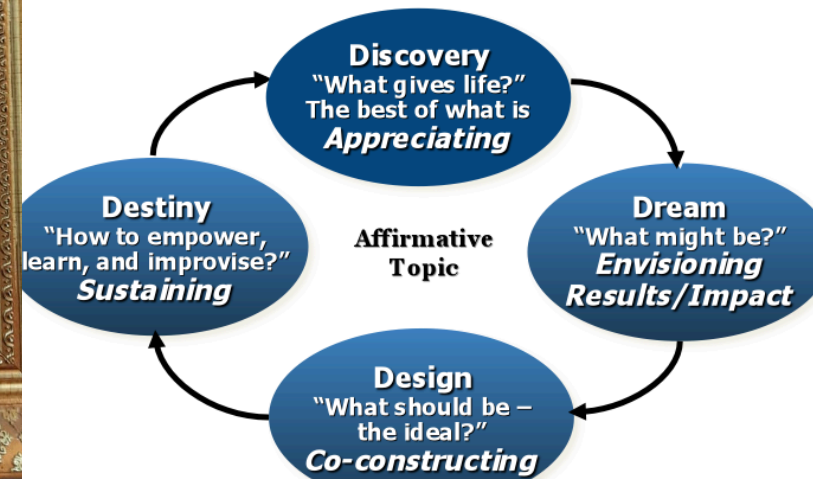
ERIPS has established itself as a trailblazer in Nepal by introducing transformative training programs that focus on fostering leadership, positive education, and holistic development. Among its groundbreaking initiatives, ERIPS is credited with pioneering Appreciative Leadership Training, which is designed to empower potential leaders with strengths-based leadership skills. To date, more than 200 individuals, including emerging leaders and professionals, have benefited from this program, equipping them to inspire and lead with a positive mindset.



David Cooperrider

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RC you are a leader—doing great work with the theory of positive change as articulated by Appreciative Inquiry and the positive psychology science of strengths and components of human flourishing!.





2017年06月10日  
星期六  
10时40分57秒

## 郑州大学继续教育学院欢迎您！



## Positive School and Academic Leadership Training

In the realm of education, ERIPS has introduced the highly impactful Positive School and Academic Leadership Training for school management teams and teachers across Nepal. This program aims to transform educational institutions into hubs of positivity and excellence, where both students and educators thrive. By focusing on creating nurturing and fostering collaborative leadership among educators, ERIPS has directly contributed to enhancing the quality of education in schools nationwide.

## Design Your Future Program

Understanding the importance of guiding youth to envision and achieve their aspirations, ERIPS launched the Design Your Future Program for school and college students. This forward-looking initiative equips students with the tools to set clear goals, identify their strengths, and chart a path toward their desired futures. More than 500 students have already participated in this program, leaving them motivated, confident, and better prepared to navigate life's challenges.





Through these initiatives, ERIPS continues to lead the way in promoting appreciative approaches and positive transformation in leadership, education, and family dynamics. By empowering individuals and institutions at various levels, ERIPS has become a beacon of hope and progress in Nepal.

## Appreciative Parenting Program

Recognizing the critical role of parents in shaping a child's growth, ERIPS also introduced the Appreciative Parenting Program for the parents of school students. This program emphasizes the importance of positive parenting approaches, helping parents foster stronger, more constructive relationships with their children. The initiative has been widely lauded for its tangible impact on families, creating healthier and more supportive home environments.





## Portfolio

ERIPS has built a robust portfolio through collaborations with rural municipalities, sub-metropolitan municipalities, government agencies, NGOs, INGOs, and business organizations. These partnerships have enabled ERIPS to deliver impactful programs focusing on social empowerment, leadership development, and positive societal transformation. Key initiatives in the portfolio include promoting climate-resilient agriculture, addressing climate change through mitigation and adaptation strategies, and fostering conflict resolution and adaptation frameworks. ERIPS's versatile approach and innovative methodologies have positioned it as a trusted partner in driving sustainable development and empowering communities across diverse sectors.





## Team Expertise

ERIPS boasts a highly experienced and dedicated team of experts specializing in diverse fields. The team's expertise spans Appreciative Inquiry, Conflict Management and Peacebuilding, Gender Equality, Disability and Social Inclusion, Action Research, Participatory Evaluation, and Leadership Development. Additionally, they bring advanced knowledge in Good Governance, Climate Change Mitigation and Adaptation, Child Development, Education, and Strategic Planning. With a commitment to excellence and innovation, ERIPS's professionals are equipped to design and deliver transformative programs that drive meaningful change, foster sustainability, and empower individuals and organizations to reach their full potential.







## Partnerships and Collaborations

ERIPS has built a strong network of partnerships with local, provincial, and federal governments, NGOs, business organizations, financial institutions, and philanthropic entities, all dedicated to advancing sustainable development and collective impact. Through these collaborations, ERIPS provides expert support in policy formulation, strategic planning, and capacity building, helping governments and organizations address societal challenges. The organization's partnerships integrate global best practices and innovative approaches, while also engaging the private sector to drive corporate social responsibility initiatives. By combining diverse resources, expertise, and perspectives, ERIPS effectively implements transformative programs that foster innovation, equity, and sustainability.





## ERIPS Focus

ERIPS's programs embody a holistic, research-driven, and collaborative approach to personal and societal development, blending innovative methodologies with tailored customization. By addressing the physical, mental, emotional, and spiritual dimensions, ERIPS ensures participants experience comprehensive growth and well-being. Grounded in evidence-based practices and positive psychology, these programs leverage experiential learning, interactive workshops, and practical exercises to inspire real-world transformation. With strategic partnerships spanning government, NGOs, and private enterprises, ERIPS crafts programs that are not only impactful and relevant but also precisely customized to the unique goals of its partners and participants, driving meaningful and lasting change.









**Training on Appreciative Enquiry  
and Nursing Professionalism**

**Date: 2073 Ashad 25-26**  
**Vanue: Central office Lazimpat**

**Facilitation support by :**  **Eastern Research  
Institute of Positive Science**  
... promoting AI culture for positive change

 **Organized by:  
Nursing Association  
of Nepal**

## Impact Stories and Testimonials

ERIPS has made significant contributions to the development and strategic planning of municipalities and rural municipalities across Nepal, including Belaka, Bheemdutta, Rupa, Vimad, and Amarawati, by providing expert support in preparing their periodic plans and municipal profiles. Through partnerships with various organizations, ERIPS has strengthened local governance and community resilience by conducting capacity development programs in municipalities such as Dharan, Janakpur, Khairahani, Raskot, and Mahabai.

ERIPS has also organized high-quality Appreciative Inquiry training sessions, empowering leaders and community members to drive positive transformation by focusing on strengths-based approaches. These efforts have successfully enhanced the capacity of local governments and communities to address challenges, seize opportunities, and foster sustainable development.



## Innovative Approaches and Tools

ERIPS is a leader in promoting positive change and sustainable development through the use of innovative methodologies, particularly the Appreciative Inquiry (AI) approach. By focusing on strengths, successes, and existing resources, ERIPS empowers individuals, organizations, and communities to envision and create positive futures. This strengths-based perspective is applied across planning, capacity development, and project evaluation processes, ensuring that stakeholders are engaged, committed, and equipped to drive progress. ERIPS's approach fosters a sense of ownership, resilience, and optimism, cultivating leaders and change agents who are capable of navigating challenges and seizing opportunities for long-term, meaningful transformation.



प्रशंसात्मक खोज तालिम  
Appreciative Inquiry Training for  
Positive Transformation  
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## Sustainability and Social Responsibility

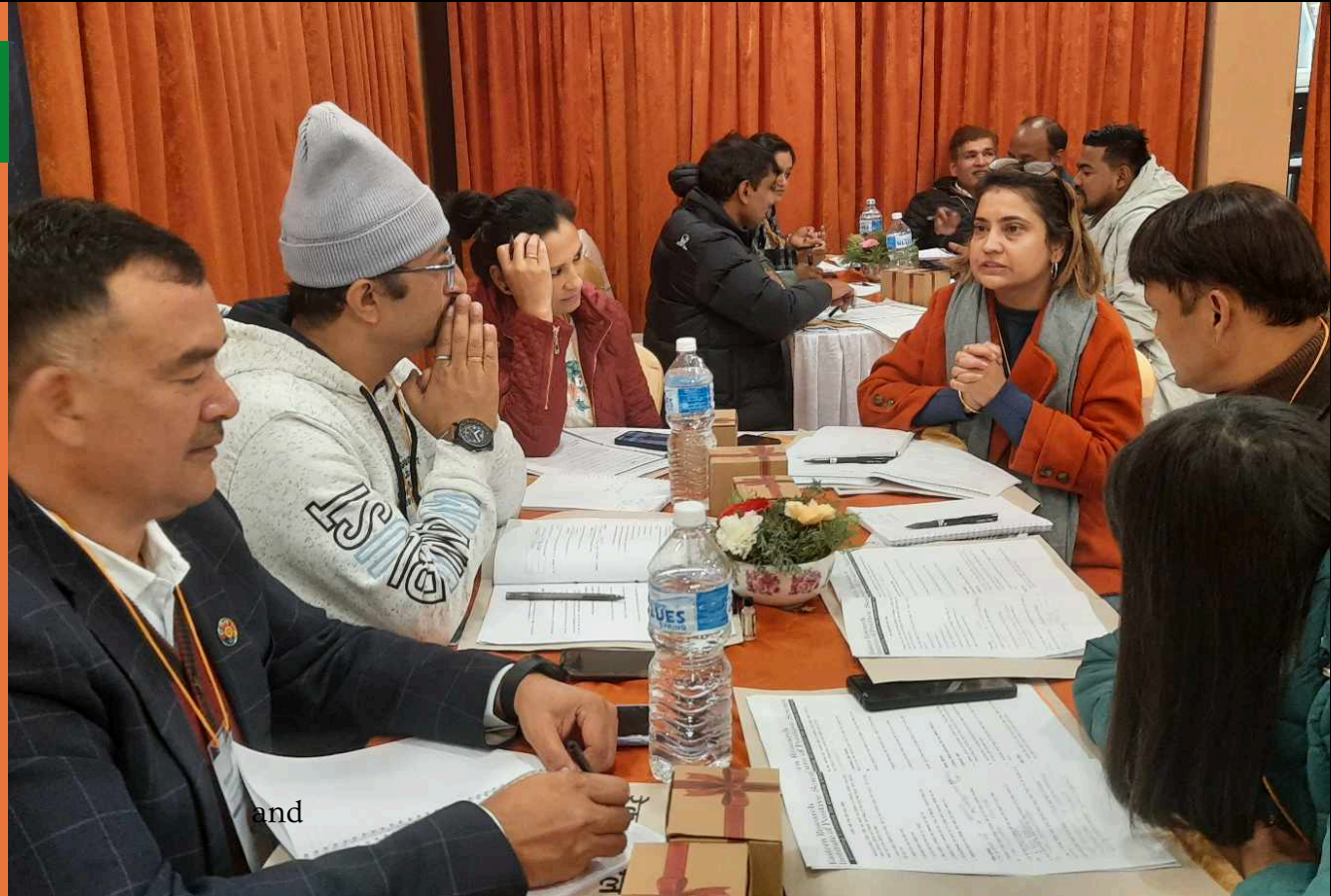
Sustainability and Social Responsibility  
ERIPS is committed to promoting sustainability and social responsibility by integrating the Sustainable Development Goals (SDGs) into all its initiatives, ensuring that its work contributes to a more equitable, inclusive, and sustainable future. Through collaborations with schools, colleges, and educational institutions across Nepal, ERIPS provides teacher training, empowers school management committees, and engages students and parents to foster a positive learning environment. Additionally, the organization supports parenting education and offers scholarships to make professional training accessible to individuals from diverse backgrounds. By focusing on capacity development and community empowerment, ERIPS aligns its initiatives with national and global sustainability goals, driving long-term, impactful change.





## Why Training and Motivational Programs are Important in 21st Century?

Training and motivational programs are vital in the 21st century, helping individuals and organizations adapt to technological advancements and globalization. ERIPS programs play a key role in upskilling and reskilling the workforce, ensuring individuals acquire the necessary skills to stay competitive and employable in an evolving job market. Motivational programs boost morale, engagement, and productivity, helping employees stay focused and committed to achieving their goals. These initiatives also contribute to a positive organizational culture, demonstrating that employers value their employees' development, which leads to higher job satisfaction, retention, and increased innovation and success.



*School Development and Academic Leadership Development Training  
Balmiki Vidya Sadan Bharatpur Chitwan*





**Design Design**

我们是梦想目标的实现者

**内部：思想的转变**

- 思考如何评估内部资源及客户满意度
- 组织文化 & 价值观
- 组织架构
- 领导/工作作风
- 链接
- 资源 & 技能
- 监控 & 评估

**外部：外部资源等**

内外结合才能使设计有效

- 组织结构须包含外部及第三方
- 讨论过程激发更多内容
- 内容 KPI/管理提升效果、价值
- 增加表头“梦想实现的方案”

同时增加家庭内部自我评估。

亲子关系层面的“内”，“外”的界定，洞悉真正需求。进行家庭团建、共同学习、调整家庭结构，助力更稳定的家庭结构。

团队面临到了我对家庭价值观的信念，探讨到了深层次关系的内容，“尊重”

ERIPS collaborates with a wide range of partners, including government agencies, non-governmental organizations, private enterprises, and business organizations, to develop and deliver its programs.





This collaborative approach ensures that ERIPS's programs are relevant, impactful, and tailored to the specific needs of its partners and participants.

#### Research Based:

ERIPS's programs are based on sound research and evidence-based practices in fields such as positive psychology, education, and organizational development. This ensures that the programs are grounded in scientific principles and contribute to the advancement of knowledge in these areas.

#### Customization:

ERIPS customizes its programs to meet the specific needs and objectives of its partners and participants. Whether it's designing a training program for a specific organization or conducting research on a particular topic, ERIPS ensures that its programs are tailored to achieve maximum impact.







“ उत्पादनमा हाम्रो साथ, बस्तीन म खाली हात ”





## How ERIPS Programs Contribute to Flourish the Knowledge Based Economy?

ERIPS plays a vital role in driving success in the knowledge-based economy by fostering paradigm-shifting thinking, skill development, adaptability, competitiveness, and innovation. Through its innovative training, research, and motivational programs, ERIPS challenges conventional wisdom, inspires creative and critical thinking, and promotes continuous learning. These programs equip individuals with technical and soft skills such as emotional intelligence, mindfulness, and problem-solving, enabling them to adapt to constant change, embrace new technologies, and remain competitive in dynamic markets. By fostering a culture of innovation and collaboration, ERIPS empowers individuals and organizations to explore new ideas and develop breakthroughs that enhance productivity and efficiency, ultimately contributing to sustainable economic growth and success.

