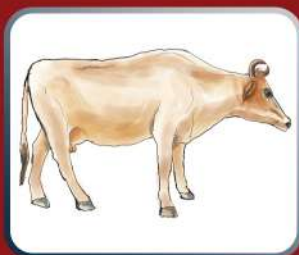


NEPAL PARICHAYA

(An Introduction to Nepal)



Government of Nepal
Ministry of Communication and Information Technology
Department of Information & Broadcasting

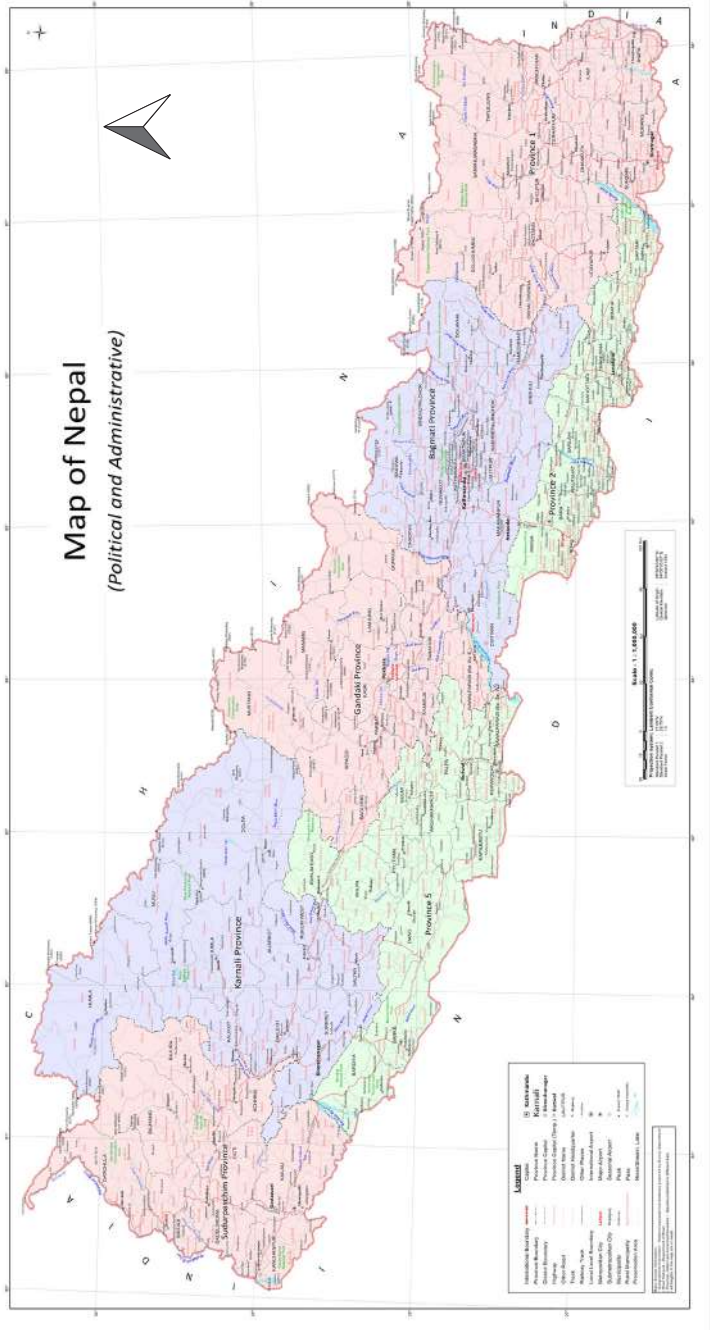
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National Anthem

Composer: Pradeep Kumar Rai (Byakul Maila)

Music: Ambar Gurung

National Anthem Lyrics in English

*Sayaun thunga phoolka haami yeutai maala Nepali
Sarwabhaum bhai phailiyeka Mechi Mahakali*

*Prakritika koti koti sampadako aanchala
Veerharuka ragatale swatantra ra atala*

*Gyanbhoomi shantibhoomi tarai pahad himal
Akhanda yo pyaro hamro matribhoomi Nepal*

*Bahul jaati bhasha dharma sanskriti chhan bishal
Agragami rastra hamro jaya jaya Nepal*

The musical score is written for piano and piano accompaniment. It consists of four systems of music. The first system is marked 'Piano' and the second system is marked 'Pno.'. The third system is marked 'Pno.' and the fourth system is marked 'Pno.'. The score includes various musical notations such as notes, rests, and bar lines. Above the piano part, there are chord symbols: Cm, Eb, Eb, F, Eb, Cm, Eb, Cm, Eb, F, Eb, Dm. The score is written in a key signature of one flat (Bb) and a 4/4 time signature. The tempo is marked 'Piano'.

Message from the Minister

It is with great satisfaction that I commend the Department of Information and Broadcasting for publishing the English version of the twelfth edition of An Introduction to Nepal. This publication is a timely and valuable An Introduction to Nepal (*Nepal Parichaya*) resource that reflects Nepal's rich cultural, linguistic, and ethnic diversity, as well as its evolving political and developmental landscape.

As Nepal continues to strengthen its federal democratic system, it is essential that reliable and inclusive information is made accessible to all citizens of Nepal. Such efforts are central to fostering national awareness, transparency, and participatory governance. This book meaningfully contributes to that goal by offering a concise yet comprehensive account of Nepal—from its majestic Himalayas to the fertile plains of the Terai, and from *Mechi* in the east to *Mahakali* in the west.

I am confident that this publication will serve as a useful reference not only for Nepali citizens but also for friends of Nepal around the world who seek to understand the nation's history, geography, governance, and cultural identity. It is a valuable addition to our continued efforts to promote informed dialogue, national unity, and shared progress.

I take this opportunity to express my sincere appreciation to all individuals and institutions involved in the preparation, translation, and publication of this important work. Their dedication and professionalism are truly commendable. I would also like to extend my special thanks to Mr. Pradeep Pariyar, Director General of the Department of Information and Broadcasting, for his leadership and tireless efforts in bringing this edition to fruition.

I extend my best wishes for the continuing success of this publication and look forward to future editions that will further enrich our understanding of Nepal.

Mr. Prithvi Subba Gurung

Honorable Minister

Ministry of Communication and Information Technology
Nepal

Message from the Secretary

It is my pleasure to extend my warm congratulations to the Department of Information and Broadcasting on the publication of English version of the Twelfth edition of *An Introduction to Nepal (Nepal Parichaya)*.

Nepal is a nation of exceptional diversity- geographically, culturally, linguistically and socially. As we move forward in our federal democratic structure, it has become ever more important to communicate accurate, inclusive and comprehensive information about the nation to its citizens and the global community alike. This publication is an important step in that direction.

This edition provides an insightful overview of Nepal's geography, political and constitutional evolution, and the vast array of ethnic, linguistic and cultural communities that enrich our national identity. Such documentation plays a critical role in strengthening public understanding, fostering national unity and promoting Nepal's image on the global stage.

I cordially appreciate the Department of Information and Broadcasting for its efforts in presenting this information in a manner that is both accessible and authoritative. I also commend the collaboration with academic institutions and professionals in ensuring the quality and credibility of the content.

I am confident that this book will serve as a useful reference for students, researchers, policymakers and anyone interested in learning more about Nepal. I encourage readers to engage with the content thoughtfully and to share their feedback, which will undoubtedly help in refining future editions.

I would like to extend my sincere thanks to everyone involved in the preparation and publication of this edition and look forward to continuing efforts in promoting informed communication and national awareness.

Ms. Radhika Aryal

Secretary

Ministry of Communication and Information Technology
Nepal

Foreword by the Director General

Nepal is a nation renowned for its rich mosaic of ethnic, linguistic, religious and cultural diversity, all set against the backdrop of extraordinary geographical variation. Throughout its long and dynamic history, Nepal has undergone multiple forms of governance, each contributing in its own way to the shaping of the nation's identity. Over time, the country has experienced significant political transitions, notable social transformations and various stages of development.

This English version of the revised twelfth edition of *An Introduction to Nepal (Nepal Parichaya)* aims to offer a concise yet comprehensive account of the nation's geographical setting, governance systems, constitutional and political evolution, and the vast cultural and social diversity that defines Nepal. It is our sincere hope that this publication will serve as a useful reference for readers- both domestic and international-who seek a deeper understanding of Nepal's unique national context.

As a federal democratic republic, Nepal is committed to ensuring that every citizen has access to accurate and inclusive information about the country's institutions, heritage and contemporary realities. The principles of equity, representation, and inclusiveness are at the core of our governance model and the state continues to develop and implement policies that reflect these values.

In keeping with this vision, this book offers a brief yet meaningful overview of all seven provinces-ranging from *Mechi* in the east to *Mahakali* in the west and from the towering peaks of the Himalayas to the fertile plains of the Terai. We trust that this edition will, to a considerable extent, meet the expectations of readers interested in the ongoing journey and transformation of Nepal.

The editorial team has made every effort to ensure clarity, factual accuracy and coherence throughout this publication. However, we acknowledge that there is always room for improvement. We welcome constructive feedback from our readers concerning the content, language, structure and presentation. Such suggestions will be given due consideration and incorporated in subsequent editions to further enhance the quality and utility of the book.

On this occasion, I would like to express my heartfelt appreciation to the Honorable Minister for Communication and Information Technology,

Mr. Prithvi Subba Gurung, for his steadfast support and encouragement. I am equally grateful to Secretary Ms. Radhika Aryal for her invaluable guidance throughout the publication process.

I would also like to heartily recognize the contribution of the Central Department of History, Tribhuvan University as well as the special contribution of Prof. Dr. Badri Narayan Gautam, for their efforts in translating the text into English and for their contribution to refining the linguistic quality of the manuscript and also like to thanks Dr. Hari Datt Pandey, Language editing for his hard work in this efforts.

I would also like to extend my sincere thanks to Director Ms. Purnima Upadhyaya, Director Mr. Min Kumar Sharma, Photographic Officers Mr. Praveen Shrestha and Mr. Suman Chandra Rauniyar, and Computer Operator Mr. Khagendra Karki for their respective roles in managing the visual content and technical layout of the publication.

Lastly, I wish to thank all my colleagues at the Department of Information and Broadcasting for their collective support and dedication, which have been instrumental in ensuring the timely and successful publication of this edition.

Pradeep Pariyar

Director General

Department of Information and Broadcasting
Nepal

Regarding the Revised Twelfth Edition

The book '*Nepal Parichaya*' has taken its current form, intending to provide updated information on Nepal's historical, geographical, religious, cultural, economic, administrative, political, and social conditions. In addition, the publication seeks to offer concise insights into various aspects of the country, including its biological, linguistic, and cultural diversity, as well as legal and international affairs. This latest edition incorporates the most recent updates, statistics, and details related to topics covered in previous versions. Since its initial publication in 2069 BS (2012 AD), the book has been continuously published to address the lack of educational resources of this kind, targeting scholars and readers with an interest in the multifaceted identity of Nepal. This twelfth edition continues that tradition and is especially designed to provide young readers with a comprehensive introduction to Nepal in a single volume. It is also expected to engage those interested in the study and teaching of history, geography, and the diversity of Nepal. Furthermore, it is anticipated that the book will be valuable for university students, academics, and individuals preparing for the Public Service Commission and other competitive examinations.

In the process of publishing this edition of the book, I would like to express my sincere gratitude to the Honorable Minister for Communications and Information Technology for providing valuable suggestions, as well as to the Secretary of the Ministry of Communications and Information Technology for their support. I am also thankful to Professor Dr. Umesh Kumar Mandal of the Central Department of Geography, Tribhuvan University; Professor Dr. Bishnu Sapkota and Dr. Dol Raj Kafle of the Central Department of History, Tribhuvan University; and Professor Dr. Binod Pokharel of the Central Department of Anthropology, Tribhuvan University, for their assistance in content editing. I would like to acknowledge the contributions of expert Mr. Baldev Prasad Joshi from the Nepal Administrative Staff College, Jawalakhel, and Associate Professor Dr. Chandraman Shrestha for language editing. In addition, I extend my thanks to all the staff members of the Department of Information and Broadcasting who supported the editorial process.

Thank you.

Balaram Rijyal

Director General

Department of Information and Broadcasting

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Geographical Introduction to Nepal

1.1 Geographical Location

Nepal is a landlocked country located in South Asia. It is extended from 26 degrees 22 minutes to 30 degrees 27 minutes north latitude and 80 degrees 4 minutes to 88 degrees 12 minutes east longitude. It occupies 0.03% of the world's total area, 0.3% of the Asian continent, and 2.82% of South Asia. Nepal is located between the two largest countries of Asia, i.e., India and China. It is about 1,127 kilometres from the sea/Bay of Bengal. Nepal occupies 1,47,181 square kilometres. i.e. 56,827 square miles land area. Its east-west length is 885 kilometres and its north-south width is an average of 193 kilometres. It is bordered by the Indian states of Bihar and Uttar Pradesh to the south, the Indian state of Uttarakhand to the west, the states of West Bengal and Sikkim to the east and the autonomous region of Tibet to the north. Nepal's standard time is determined based on the 86 degrees 15 minutes east longitude that passes through the Gaurishankar Himal (mountain) in Dolakha district. The Standard time in Nepal is 5 hours and 45 minutes ahead of Greenwich Mean Time. This time has been implemented since 1st Baishakh 2042 BS. Out of the 14 peaks in the world that are higher than 8,000 meters, eight are in Nepal. There are more than 1,300 peaks that are 6,000 meters and higher. There are about 301 such peaks in the Mustang area alone. In addition to the Himalayas, Nepal has large rivers like Koshi, Gandaki, and Karnali, and beautiful lakes like Rara, Fewa, and Gosainkunda. Due to the diversity of landforms and the extreme variation in climate and weather, tropical, subtropical (Mesothermal), Micro-thermal, taiga, and tundra types of climate

are found in Nepal. The geographical and physical features of Nepal are characterised by altitudinal diversity. Nepal is known on the world map as the country of Mount Everest, Lumbini, the birthplace of Gautam Buddha, Sita's birthplace, and a country with a special flag.

1.2 Geographical Division

1.2.1 Division of Nepal Based on Topography

The geographical division of Nepal is done in various ways on various bases. Based on topography, the territory of Nepal can be divided into three major provinces from north to south:

(a) Himalayan Region



Sagarmatha (Mount Everest), The world's highest peak

The Himalayan region i.e. the mountainous region, in the northern part of Nepal has a landform of high mountains, sharp slopes, highest peaks, deep gorges and cliffs and is made of rocks such as igneous, silt, slate, granite, quartzite, limestone, etc., covers 15% of the territory of Nepal. This region, which extends within a north-south width of about 25 to 50 kilometres, is about 3,000 meters above the sea level. There are many regions of Nepal where the Himalayan range is visible not only in the north of Nepal but also from the northern border of Nepal to the south. For example, the regions of Manang, Mustang, etc. of Nepal lie to the north of the Annapurna and Gangapurna Himalayas. The regions of Mustang and Dolpa lie to the north of the Dhaulagiri Churen



Machhapuchhre Himal, Gandaki

Himalayas. The Himalayas are visible to the south from these regions. The highest and most picturesque Himalayan peaks of the world are in the Himalayan section of Nepal. Kanchenjunga, Janak, Umbak, Mahalangur, Rolwaling, Pumari, Jugal, Langtang, Ganesh, Serang, Kutang, Manasiri, Peri, Lugula, Damodar, Nilgiri, Annapurna, Dhaulagiri, Mustang, Gautam, Palchung Hamga, Kanjirowa, Kanti, Gorkha, Changla, Chandi, Nalakankar, Gurans are the famous 28 mountain ranges stretching from east to west. Most of these ranges are located in the border area of Bhot (Tibet). The Himalayan region has been disorganized in many places due to rivers and streams.

Economic activity in the Himalayan region is limited. Although agriculture is insignificant, the region is rich in animal husbandry such as yak, sheep, *Chyangra* (Himalayan goat),



Dhaulagiri Himala, Gandaki

horse, etc. and herbs. There are cottage industries of weaving Woollen Carpets, *Padi*, and *pakhi*. The tourism industry, herbs, and environmental heritage are important resources of the Himalayan region of Nepal.

This region falls under the alpine and arctic climatic zones. The Sagarmatha (Mount Everest) was given the nickname of the 'Third Pole' by Michale Karga in 1990 BS. (1933 AD). The climate varies according to the altitude and location of the mountain. Potatoes are grown in Chungkung village in Solukhumbu at an altitude of 4,400 meters. Jomsom in Mustang, at an altitude of 2,800 meters, receives 200 millimetres of rainfall. Cultivable land in such high mountains is found in Solukhumbu, Manang, Mustang, and Dolpa districts.

Snow remains for 6 to 12 months above 5,000 meters. In areas above 4,000 meters, there is snowfall even during the short rainy season. Shrubs (herbs) and short bushes are found up to 4,000-5,000 meters. Natural vegetation in Mustang and Dolpa is found up to 2,800 meters due to special reasons. About 12% of the high Himalayan area is suitable for monsoon grazing. The rest of the area is not suitable for grazing due to steep slopes, rocks, and cold. Grazing management is a basic requirement here to prevent overgrazing as it takes time for grass to regrow. Only less than 1% of the land is suitable for cultivation in terms of soil and climate. Due to the lack of necessary transportation arrangements, it is difficult to market the produce.

Nepal's high mountains, which cover about 19.7% (2,899,500 hectares), lie to the south of the mid-mountain range and the north of the high Himalayas. All the major valleys in this region are glaciated. As a result of excessive erosion by rivers or bed-cutting, the Gradient has formed gorges and Canyons. There is a difference of more than 2,000 meters in elevation from the top of the mountain to the bottom of the valley. Therefore, tropical, subtropical, warm temperate, and cold temperate plants are found on the same slope. 50% of this area is not suitable for any cultivation. Of the remaining 50%, only 16% is suitable for cultivation, while 34% has insufficiently fertile soil. Even out of this 2,00,000 hectares, only 40% is cultivated properly.

The Himalayan region includes 21 districts including Taplejung,

Sankhuwasabha, Solukhumbu, Dolakha, Sindhupalchowk, Rasuwa, Manang, Mustang, Dolpa, Mugu, Humla, Jumla, Kalikot, Bajura, Bajhang, Darchula, Dhading, Ramechhap, Gorkha, Rukum (East) and Myagdi. According to the census of 2078 BS., 6.08% of the population lives in the Himalayan region. The Himalayan region can be studied geographically by dividing it into the following three sub-regions:

Table No. 1.1
Mountain Range and Major Glaciers

S.N.	Mountain Range	Major Peaks	Height (meter)
1	Kanchanjunga	Kanchenjunga Kumbhakarna Kiratchu	8586 7710 7365
2	Janak	Jongsang Janak	7483 7035
3	Mahalangur	Sagarmatha Lopse Makalu Chooya Nupse	8848.86 8516 8463 8201 7855
4	Rollwalling	Gaurishankar	7134
5	Jugle	Jugal	7050
6	Langtang	Langtang Lirung Langtang Ri	7234 7205.5
7	Ganesh	Ganesh	7429.3
8	Serang (Sringi)	Chamar	7187
9	Mansiri	Manaslu Himalchuli	8163 7893
10	Perry	Himlung Ratnachuli	7126 7035
11	Nilgiri	Nilgiri North	7061
12	Annapurna	Annapurna First Gangapurna Tilicho	8091 7455 7134

13	Dhavalagiri	Dhaulagiri Chure (East)	8167 7371
14	Gurans	Api Saipal	7132 7031

Source: Pande, Ram Kumar (2044 BS). Geographical Geography of Nepal. Kathmandu: Vidya Pustak Bhandar.

Main Himalayan Region

The highest peaks of the Himalayas are concentrated in the Main Himalayas, which contain peaks over 8,000 meters. The Greater Himalayas, south of the Coastal Himalayas, contain 1,311 peaks over 6,000 meters. In addition to the world's highest peak, Mount Everest, and the third highest peak, Kanchenjunga, Nepal has about one and half dozen peaks out of the world's two dozen peaks, including Lhotse, Makalu, Cho-Oyu, Dhaulagiri, Manaslu, and Annapurna. Eight of the world's ten highest peaks are located in the Kanchenjunga, Khumbu, Mahalangur, Rolwaling, Ganesh, Annapurna, Dhaulagiri, Kanjirowa, Api, and Saipal Himalayan ranges in Nepal.

Inner Himalayan Region

This region is located north of the main Himalayas and south of the Tibetan coastal region. River-formed valleys are abundant in the high Himalayan region. Here are snow-capped valleys such as Purang, Humla, Mugu, Langu, Budhi Khotang, Kerung, Nyanam, Rongsar, Khumbu, Karma, etc. These valleys, located between the high Himalayas in the north and the low mountains in the south, are at an altitude of 2,400–5,000 meters. In some places, there are deep gorges and ravines. Humla, Jumla, Mugu, Dolpa, Mustang and Manang fall in the rain shadow, so rainfall is very low. This region has an arid (dry) climate.

Since this mountainous region is covered with cool temperate coniferous forests, the grass of trees (sedge) is rarely found. The inhabitants of this place transport food, clothes and other goods by animals such as mules, horses, donkeys, etc. Barley, wheat, millet and potatoes are grown up to an altitude of 3,000 meters. Due to the cold winters, human settlement in this area is sparse. There

is a high rate of valley descent and other seasonal migrations to escape the winter cold.

Inter-Himalayan Region

The inter-Himalayan range extends about 130 km north of the parallel coastal region of Tibet. The plateau, which extends averages 6,000 to about 7,000 meters, is the watershed of the Ganges and the Shang Po (Brahmaputra). Since the high mountain ranges are cut off, the rivers of this region (Kaligandaki, Arun, etc.) are considered older than the Himalayas. There are scattered settlements in Manang and Mustang, and many narrow passages must be crossed to reach Tibet (Vot). Tiptala (Taplejung), Popati/Hariyaghanti (Sanratabasaya), Nangpa (Solukhumbu), Purvi Chhayachhu, Rasuwagadhi, Gyala (Gorkha), Mustang Ghanti, Luguwa (Manang), Namjala (Mugu), Yari (Humla), and Tinkar (Darchula) are important narrow passages crossing the Himalayas. Being in the rain shadow, this region is essentially a mountainous desert and is also known as the Tethys Mountains.

Table No. 1.2
Major Peaks of Nepal and Their Heights

S. No.	Peaks	Elevation (Meters)	Mountain Range	District/Province
1	Mount Everest	8,848.86	Khumbu/Mahalangur	Solukhumbu/Koshi
2	Kanchenjunga	8,586	Kanchenjunga	Taplejung/Koshi
3	Lhotse	8,516	Khumbu/Mahalangur	Solukhumbu/Koshi
4	Makalu	8,463	Kumbhakarna	Sankhuwasabha/Koshi
5	Cho Oyu	8,201	Khumbu/Mahalangur	Solukhumbu/Koshi
6	Dhaulagiri	8,167	Dhaulagiri	Myagdi/Mustang/Gandaki
7	Manaslu	8,163	Ganesh	Gorkha/Gandaki
8	Annapurna	8,091	Annapurna	Kaski/Gandaki
9	Nupse	7,855	Khumbu	Solukhumbu/Koshi

10	Shanti Peak	7,591	Khumbu	Solukhumbu/Koshi
11	Langtang Lirung	7,234	Langtang	Rasuwa/Bagmati
12	Ganesh Himal	7,163	Ganesh	Gorkha, Dhading/Bagmati
13	Pumori	7,161	Khumbu/Mahalangur	Solukhumbu/Koshi
14	Gaurishankar	7,134	Rolwaling	Dolakha/Bagmati
15	Api	7,132	Gurans	Darchula/Far Western
16	Machhapuchhre	6,993	Annapurna	Kaski/Gandaki
17	Saipal	7,031	Api Saipal	Bajhang/Far Western
18	Kanjirowa	6,883	Kanjirowa	Dolpa/Karnali
19	Amadambalam	6,812	Khumbu/Mahalangur	Solukhumbu/Koshi
20	Jugal (Bhairav Takura)	6,535	Jugal	Sindhupalchowk/Bagmati
21	Bhrikuti	6,364	Damodar	Mustang/Gandaki
22	Himchuli	7,893	Manasiri	Gorkha-Lamjung/Gandaki

(b) Hilly Region

The central region between the Himalayas in the north and the Terai in the south is densely covered from east to west with high and low mountains, wide and narrow Valleys, Doons, low-land (basin), plateau and terraced slopes lands. The region covers an area from about 300 meters above sea level in the south to 3,000 meters in the north, extending from 75 to 125 kilometres wide. Since this region occupies the largest area, and thus Nepal is also known as a hilly country. Rocks such as igneous, slate, bhel, and granite are found here. This region includes 28 districts including Ilam, Panchthar, Tehrathum, Dhankuta, Bhojpur, Khotang, Okhaldhunga, Kavrepalanchok, Nuwakot, Tanahun, Lamjung, Kaski, Syangja, Parbat, Palpa, Gulmi, Arghakhanchi, Baglung, Pyuthan, Rolpa, Rukum (West), Salyan, Jajarkot, Dailekh,

Achham, Doti, Dadeldhura and Baitadi. According to the census of 2078 BS. , 40.3% of the population lives in hilly regions.

The hilly region can be divided into the following three ranges:

Chure Hill Range

The hilly range, which developed much later than the Himalayan range, stretches from east to west in the southern hilly part of Nepal and has an altitude ranging from 610 to 1,872 meters above sea level. It is commonly known as the Churiya or Chure Range.

This mountain range, called the Outer Himalayas, is also famous as the name of Shivalik. It is the youngest hilly range. The Chure range, which is higher in the west and lower and assimilates into the landscape in the east of Nepal, extends from the Mahakali to the Koshi River as a distinct range. The land beyond the Koshi River in the east is fragmented into hillocks and small hilltops, with Mainachuli and Chulachuli located north of Jhapa and Morang. Many parts of the Chure Range are covered with forests. The valleys of Dang, Deukhuri, Rapti, Chitwan, etc. are part of the Doona Synclinal nature. A subtropical climate is found in this region. This area covers 12.7% (1,879,000 hectares). The elevation difference in the watershed is less than 700 meters. The soil of this area is not capable of holding rainwater. The rivers in this area flow like flash floods during the rains. The Chure mountain range is considered very sensitive from an environmental point of view.

Surface rocks control the mountainous terrain of the Shivalik region. This range is weak and unstable, with more than 93% of the land being very steep and difficult, making it unsuitable for agriculture. About 24% (5,29,600 hectares) of the cultivable land in the Shivalik region. Although it is a tropical region, the soil of this region is different from that of the Terai. Fruits and vegetables are rare in this region. Encroachment in this region has led to deforestation, soil erosion and disruption of the natural environment. A long belt stretches from east to west to the south of the Shivalik region. This region is made up of sand, pebbles, stones and loose gravel. Sal forests are found in the Bhabar, which is made up of loose rocks. The plains formed by the soil deposited by the river in deep gorges are part of the Gangetic Plain.

Mahabharata Range

This hilly region, stretching from the sea level to about 12,000 feet in height, is an important part of Nepal. This region is made up of rocks such as shale, sandstone, limestone, marble, and slate. Four major rivers flow through the hard rocky mountains. To penetrate the Karnali in Chisapani, the Kaligandaki in Devghat, the Trishuli in Jugri, and the Koshi in Chatra. This Mahabharata range is also known as the Lesser Himalayas. The climate of this region is pleasant and healthy, so the Mahabharata range is also called the 'Hill Station of Nepal'. Sailung, Tamke, Jaithak, Phulchoki, Shivapuri, Chhimkeshwari, Daman, Swargadwari, Sakine Danda, Khonch etc. are the major peaks of this place. The western part is steeper than the eastern part of Nepal.

Midland Range

The large *tars* (drylands), basins, and valleys located between the Mahabharat hill range and the Himalayan ranges are collectively called the Midland Range. These include valleys such as Kathmandu, Pokhara, Trishuli, Panchkhal, and Madi. Nepal's Chameliya (Far West), Trishuli (Central), and the large valleys and fertile plains formed by the Sunkoshi, Arun, and Tamor rivers are part of the Midland. *Tars* (dryland) such as Tumlingtar (Sankhuwasabha), Rumjatar (Okhaldhunga), Beltar (Udayapur), Mangalatar (Kavrepalanchok), Khumaltar (Lalitpur), Battar (Nuwakot), Salyantar (Dhading), Khairenitar (Tanahun), Chaurjaharitar (Rukum), Jarayotar (Bhojpur), Kharanitar (Nuwakot), and Palungtar (Gorkha) are located in this region.

The mid-hilly region covers 29.5% (4,350,300 hectares) of Nepal's total land area. The climate in this region is suitable for agriculture throughout the year. The temperature is moderate, being neither too high nor too low. However, due to population growth, there is increasing pressure on the land. About 87% of the cultivable land in this region consists of steep slopes. The predominant agricultural practice in the mid-hilly region is terrace farming, which is supported by agriculture, forestry, and horticulture.

Various rocks, such as Precambrian rocks, phyllites, quartzites, mica, schist, and granite, are found in the mid-hills. On the southern edge of the mid-hills, raised mountain ranges like the Mahabharat range are prominent. This area consists of seasonally

weathered granite, limestone, dolomite, shale, sandstone, slate, and quartzite. Unlike the Shivalik range, this region is less affected by erosion. However, the hard rock and igneous formations in this region are unsuitable for agriculture due to their steep slopes (more than 35 degrees) and thin soil cover.

People from various castes and communities, such as Kirant (Rai, Limbu), Tamang, Magar, Gurung, Bahun, Kshetri, and Newar, live in the hilly region. Since the region itself is diverse, there are variations in house construction, food, clothing, occupations, etc. The climate is particularly suitable for fruit cultivation and the growth of herbs. Many settlements and farms are located on the southern slopes of the hills. This region includes both small and large settlements, such as Ilam, Dhankuta, Chainpur, Bhojpur, Okhaldhunga, Charikot, Banepa, Kathmandu, Pokhara, Jumla, Salyan, and Siliguri. Of the total settlements in the hilly region, 16.37% are located at altitudes of up to 1,000 meters, 59.09% at 1,001–2,000 meters, and 19.99% at altitudes of up to 3,000 meters. Most settlements are concentrated at altitudes of 1,001–2,000 meters.

The hilly region is primarily suitable for cultivating fruits and food grains. Although this region is diverse and productive in crops such as rice, corn, wheat, and legumes, it faces food shortages due to a lack of fertile land.

The Kathmandu Valley

The Kathmandu Valley includes three districts: Kathmandu, Lalitpur, and Bhaktapur. The valley, which has a distinct identity from geographical, socio-cultural, and administrative perspectives, is situated at an altitude of approximately 1,337 meters above the sea level. According to the census of 2078 BS., 10.3% of Nepal's total population resides in this Valley.

Table No. 1.3
Major Valleys in the Hilly Region

Valley	Height (meters)	Districts
Kathmandu	1337	Kathmandu, Lalitpur and Bhaktapur
Trishuli	579	Nuwakot
Pokhara	819	Kaski

Panchakhal	871	Kavrepalanchok
Banepa	1554	Kavrepalanchok
Patan	1534	Baitadi
Dhunibesi	850	Dhading
Dang	663	Dang
Surkhet	664	Surkhet
Udayapur	360	Udayapur

Source: Nepal Parichaya, 2080

(c) Terai Region

The Terai region is the flat land of Nepal, stretching from the hilly region in the north to the Indian border in the south, extending in an east-west direction. It is also known as Madhes. The width of this region ranges from 25 to 30 kilometres. The northern part of the Terai includes the Bhabar and Chure ranges. A distinctive feature of the Terai is its gradual slope from north to south. This region has a tropical climate, and its land is predominantly flat. Until 1960, the Tharu people formed the majority population in this region. However, after the eradication of malaria, the Doon Valley became a settlement hub for people from the hills and other regions, transforming the Terai into a multi-ethnic region. The Terai lies at an altitude of 60 to 600 meters above sea level and is often referred to as the granary of Nepal. This region includes 18 districts: Jhapa, Morang, Sunsari, Saptari, Siraha, Dhanusha, Mahottari, Sarlahi, Rautahat, Bara, Parsa, Nawalparasi (Bardaghat Susta West), Rupandehi, Kapilvastu, Banke, Bardiya, Kailali, and Kanchanpur. According to the 2078 BS census, 53.6% of Nepal's population resides in the Terai. The Terai region can be divided into the following three categories:

Proper Terai

The southern part of Nepal is known as the Proper Terai, which slopes gradually toward the south. This area, composed of fine alluvial soil, is highly fertile. The Someshwor hill range, located south of Chitwan, and the Dunduwa hill range, south of Deukhuri, divide the Proper Terai into three parts: eastern, central, and western. The Proper Terai includes the areas of Jhapa, Morang,

Saptari, Siraha, Dhanusha, Mahottari, Rautahat, Bara, the southern parts of Parsa, west of Parasi, and the southern regions of Rupandehi, Kapilvastu, Banke, Bardiya, Kailali, and Kanchanpur.

Bhabar Area

The narrow strip of land extending north of the Central Terai and south of the Chure Range, up to an elevation of 380 meters above sea level, is called the Bhabar area. Its width ranges from 12.8 to 16 kilometres, and the vast Bhabar area occupies 4.5% of the country's total land area.

Inner Madhes

The vast plain land between the Chure and Mahabharat hill ranges, surrounded by mountains on all sides, from sea level to an altitude of 610 meters, is called the Inner Madhes or Doon area. This area, which is 32 to 64 kilometers long and 16 kilometers wide, covers 8.5% of the total land area of the country. The Inner Madhes is divided into four areas: Udayapur and Sindhuli Valley are called the Eastern Inner Madhes; Makawanpur, Chitwan, and Parasi (east of Bardaghat Susta) are called the Central Inner Madhes; Dang Deukhuri is called the Western Inner Madhes; and Surkhet Valley is called the Mid-Western Inner Madhes.

Table No. 1.4
Classification of Districts

Himalayan districts	Taplejung, Sankhuwasabha, Solukhumbu, Dolakha, Sindhupalchowk, Rasuwa, Manang, Mustang, Dolpa, Jumla, Mugu, Humla, Kalikot, Bajura, Bajhang, Darchula, Dhading, Ramechhap, Gorkha, Rukum (East), Myagdi	21 districts
Hill districts	Panchthar, Ilam, Tehrathum, Dhankuta, Bhojpur, Okhaldhunga, Khotang, Kavrepalanchok, Nuwakot, Lamjung, Tanahun, Kaski, Syangja, Parbat, Baglung, Palpa, Arghakhanchi, Gulmi, Rukum (West), Rolpa, Pyuthan, Salyan, Jajarkot, Dailekh, Doti, Achham, Baitadi, Dadeldhura	28 districts
Inner Madhesh districts	Udayapur, Makawanpur, Chitwan, Sindhuli, Nawalparasi (East of Bardaghat Susta), Dang, Surkhet	7 districts

Terai districts	Jhapa, Morang, Sunsari, Saptari, Siraha, Dhanusha, Mahottari, Sarlahi, Rautahat, Bara, Parsa, Nawalparasi (Bardaghat Susta Paschim), Rupandehi, Kapilvastu, Banke, Bardiya, Kailali, Kanchanpur	18 districts
Kathmandu Valley districts	Kathmandu, Lalitpur, Bhaktapur	3 districts

Source: Local Government Operation Act, 2074

1.2.2 Division of Nepal Based on Rivers

(a) Koshi region

The area between the Kanchenjunga Himal in the east and the Langtang Himal (Gosainthan) in the west is called the Koshi River system area. This is a Himalayan antecedent river system. The Saptakoshi River is formed by the confluence of the Tamor, Arun, Likhu, Dudhkoshi, Tamakoshi, Sunkoshi, and Indravati rivers. It is the largest river in Nepal. Of its total length of 720 kilometres, 200 kilometres lie within Nepal. Besides its length, the river has an average flow capacity of 1,500 cubic meters per second at Chatara. It is estimated that up to 22,000 megawatts of electricity can be generated from this river. The area of influence of the Koshi River system in Nepal is 31,600 square kilometres (Bajracharya et al., 2007). The total coverage area of the Koshi region is about 60,000 square kilometres. The largest tributary of the Saptakoshi River is the Arun, while the smallest is the Likhu.

(b) Gandaki Region

The area affected by the Gandaki River, stretching from Langtang Mountain in the east to Dhaulagiri Mountain in the west, is called the Gandaki region. The seven major tributaries of the Gandaki River are Trishuli, Budhi Gandaki, Daraudi, Madi, Marsyangdi, Seti, and Kali Gandaki. This river, believed to be named after the sage Gandava, is known as the Narayani River after entering the Chitwan district (below Devghat). Flowing north to south through the middle part of Nepal, it has a drainage area of more than 33,000 square kilometres. The river, approximately 338 kilometres long, is estimated to have a hydroelectric capacity of about 21,000 megawatts. Among the tributaries of the Gandaki

River, Kali Gandaki is the largest and Daraudi is the smallest. It is the deepest river in Nepal, with an average flow of 1,713 cubic meters per second.

(c) Karnali Region

The area between Dhaulagiri Mountain in the east and Beas Mountain in the west, affected by the Karnali River, is called the Karnali region. The seven major tributaries of the Karnali River are Humla Karnali, Mugu Karnali, Thuli Bheri, Sani Bheri, Tila, Budhi Ganga, and Seti. It is the longest river in Nepal. After entering India, this river is known as the Ghaghara and, in some places, as the Saryu. The river flows over an area of about 42,000 square kilometres. Within Nepal, it spans approximately 507 kilometres and is estimated to have a power generation capacity of 32,000 megawatts. The river has an average water flow capacity of 1,316 cubic meters per second.

1.2.3 Division of Nepal Based on Climate

The climate of Nepal can be divided into five types, based on geographical structure and altitude:

(a) Sub-Tropical Monsoon Climate

This climate, known as semi-tropical and subtropical, is found in the Terai, Bhabar, Doon, and Chure regions of Nepal at altitudes up to 1,200 meters (4,000 feet). The temperature in this region ranges from 38 to 42 degrees Celsius in summer and drops to 15 to 5 degrees Celsius in winter. During the rainy season, monsoon winds from the Bay of Bengal in the Indian Ocean bring rainfall. Rainfall generally decreases from east to west and increases from north to south, making the western Terai region hotter than the eastern Terai. The Terai regions, including Bhairahawa, Nepalgunj, and Kailali, are particularly hot. Similarly, the Inner Madhes areas, such as Dang and Surkhet, also experience very high temperatures.

(b) Warm Temperate Climate

This type of climate, found in the Chure Hills and Mahabharata Mountains at altitudes of 1,200 to 2,100 meters (4,000–7,000 feet), is warm in summer and very cold in winter. Summer temperatures range from 24 to 31 degrees Celsius, while winter temperatures can drop to 0 degrees Celsius. Monsoon winds from the south bring rainfall to Nepal, resulting in up to 250 centimetres of

rainfall on the southern slopes and up to 100 centimetres on the northern slopes.

(c) Cool Temperate Climate

Found at an altitude of 2,100 to 3,350 meters (7,000–11,000 feet) in the Mahabharata hill range, this climate is warm in summer and very cold in winter. Summer temperatures range from 15 to 20 degrees Celsius, while winter temperatures drop to 0 degrees Celsius. This area receives up to 10 centimetres of rain annually, with snowfall occurring in winter. Due to the low temperatures and limited rainfall, agricultural production is very low. Although life in this region is challenging, the climate is considered suitable from a health perspective.

(d) Alpine Climate

The cold climate of the Himalayan region in Nepal, located at an altitude of 3,350 to 5,000 meters (11,000–16,000 feet) above sea level, is called the alpine climate. The temperature in this region rises to up to 10 degrees Celsius during the months of Chaitra, Baisakh, and Jestha, while for the rest of the year (about nine months), it remains below 0 degrees Celsius. Rainfall in this area is limited to up to 30 millimeters annually. While farming is not possible in this region, the large Himalayan pasturelands make it suitable for livestock grazing, animal husbandry, and tourism activities.

(e) Polar or Tundra Climate

The Himalayan region, characterized by its extremely cold and dry conditions, is known as the polar or tundra climate. This area frequently experiences continuous snowfall, with all precipitation occurring in the form of snow. At altitudes above 5,000 meters (16,000 feet), temperatures consistently remain below 0 degrees Celsius, and intense snowstorms are common, particularly in the afternoons. The climate of this region is also called Himalayan desert climate.

1.3 Political Division of Nepal (Federation, Provinces and Local Levels)

1.3.1 Federation

The basic structure of the federal democratic republic of Nepal comprises three levels: the Federation, Provinces, and Local Levels. The federal level, the highest unit of the federal structure, is referred

to as the Federation. The federal government is also known as the Government of Nepal. The Constitution of Nepal outlines the powers of the Federation in Schedule 5, which are exercised following the Constitution and federal laws. Additionally, the list of concurrent powers in Schedule 7 and the shared powers of the Federation, Provinces, and Local Levels as per Schedule 9 are also exercised through the Federation. Furthermore, the federal government is vested with residual powers as provided by the Constitution.

1.3.2 Provinces

The area and structure of the federal units of Nepal, as defined by the Constitution, are referred to as provinces. According to the Schedule 4 of the Constitution of Nepal, the seven provinces and the districts within each province are outlined. The seven provinces are briefly described as follows:

Koshi Province

This province is bordered by the Indian states of West Bengal and Sikkim to the east, the state of Bihar to the south, the autonomous region of Tibet in China to the north, and Madhes and Bagmati Province to the west. Koshi Province consists of 14 districts: Taplejung, Panchthar, Ilam, Sankhuwasabha, Tehrathum, Dhankuta, Bhojpur, Khotang, Solukhumbu, Okhaldhunga, Udayapur, Jhapa, Morang, and Sunsari. The largest district in this province is Taplejung (3,646 square kilometres), while the smallest is Tehrathum (679 square kilometres). The current capital of this province is Biratnagar (Morang).

According to the National Census 2078 BS. , there are 1,191,556 households in this province, with a total population of 4,961,412 (2,417,328 males and 2,544,084 females). This province, which is rich in caste, ethnic, and linguistic diversity, is primarily inhabited by Brahmins, Kshetris, Rai, Limbu, Tharu, Lepcha, Tamang, Gurung, Meche, Koche, Yadav, Rajbanshi, and other castes and communities. The main languages spoken in the province include Nepali, Maithili, Kiranti, Tamang, Limbu, Gurung, Lepcha, Magar, and Tharu.

Madhesh Pradesh

This province is bordered by Koshi Province to the east, India to the south, Bagmati Province to the north, and Bagmati Province

to the west. Madhesh Province consists of eight districts: Saptari, Siraha, Dhanusha, Mahottari, Sarlahi, Rautahat, Bara, and Parsa. The largest district in this province is Saptari (1,363 square kilometers), while the smallest is Mahottari (1,002 square kilometers). The capital of this province is Janakpur (Dhanusha).

According to the National Census 2078 BS. , there are 1,156,715 households in this province, with a total population of 6,114,600 (3,065,751 males and 3,048,849 females). This province, which is rich in caste, ethnic, and linguistic diversity, is mainly inhabited by casts and communities such as Yadav, Gupta, Das, Tharu, Rajbanshi, Muslims, etc. The languages spoken include Maithili, Bajjika, Awadhi, Urdu, Hindi, Tharu, Nepali, etc.

Bagmati Province

This province is bordered by Koshi Province to the east, Gandaki Province to the west, China to the north, and Madhesh Province and India to the south. Bagmati Province consists of 13 districts: Dolakha, Ramechhap, Sindhuli, Kavrepalanchok, Sindhupalchowk, Rasuwa, Nuwakot, Dhading, Chitwan, Makwanpur, Bhaktapur, Lalitpur, and Kathmandu. The largest district of this province is Sindhupalchowk (2,542 square kilometers), and the smallest district is Bhaktapur (119 square kilometers). The capital of this province is Hetauda (Makwanpur).

According to the National Census 2078 BS. , there are 1,570,927 households in this province, and the total population is 6,116,866 (3,048,684 males and 3,068,182 females). This province, which is diverse in caste, ethnicity, and language, is mainly inhabited by Tamang, Brahmin, Kshetri, Newar, and other castes and communities. The primary languages spoken are Nepali, Newari, and Tamang.

Gandaki Province

Gandaki Province is bordered by Bagmati Province to the east, Karnali and Lumbini Provinces to the west, China to the north, and Lumbini Province and the Indian state of Bihar to the south. Gandaki Province consists of 11 districts: Gorkha, Lamjung, Tanahun, Kaski, Manang, Mustang, Parbat, Syangja, Myagdi, Baglung, and Nawalparasi (east of Bardaghat Susta). The largest district in this province is Gorkha (3,610 square kilometers), and

the smallest district is Parbat (494 square kilometers). The capital of this province is Pokhara (Kaski).

According to the National Census 2078 BS. , there are 662,480 households in this province, and the total population is 2,664,427 (1,708,33 males and 1,295,594 females). This province, which is diverse in caste, ethnicity, and language, is mainly inhabited by Brahmins, Kshetris, Gurungs, Magars, and other castes and communities. The primary languages spoken are Nepali, Gurung, and Magar.

Lumbini Province

This province is bordered by Gandaki Province to the east, Karnali and Sudurpaschim Provinces to the west, Karnali Province to the north, and India to the south. Lumbini Province consists of 12 districts: Nawalparasi (Bardaghat Susta Paschim), Rupandehi, Kapilvastu, Palpa, Arghakhanchi, Gulmi, Rukum (eastern part), Rolpa, Pyuthan, Dang, Banke, and Bardiya. The largest district in this province is Dang (2,955 square kilometres), and the smallest district is Nawalparasi (Bardaghat Susta Paschim) (634.88 square kilometres). The capital of this province is Bhaluwang (Dang).

According to the National Census 2078 BS. , there are 1,141,902 households in this province, and the total population is 5,122,078 (2,454,408 males and 2,667,670 females). This province, which is diverse in caste, ethnicity, and language, is mainly inhabited by Brahmins, Kshetris, Magars, Tharus, Tamangs, Nepalīs, Muslims, and other castes and communities. The primary languages spoken are Nepali, Tharu, Awadhi, Bhojpuri, Urdu, and Magar.

Karnali Province

Karnali Province is bordered by Gandaki and Lumbini Provinces to the east, Sudurpaschim Province and China to the west, China to the north, and Lumbini and Sudurpaschim Provinces to the south. Karnali Province consists of 10 districts: Rukum (West), Salyan, Dolpa, Jumla, Mugu, Humla, Kalikot, Jajarkot, Dailekh, and Surkhet. The largest district in this province is Dolpa (7,889 square kilometres), and the smallest district is Rukum West (1,213.49 square kilometres). The capital of this province is Surkhet, located in Birendranagar.

According to the National Census 2078 BS. , there are 366,255

households in this province, and the total population is 1,688,412 (823,761 males and 864,651 females). This province, which is diverse in caste, ethnicity, and language, is mainly inhabited by Brahmins, Thakuris, Kshetris, Sherpas, Gurungs, Magars, and other communities. The primary languages spoken are Nepali, Gurung, and Magar.

Sudurpaschim Province

Sudurpaschim Province is bordered by Karnali and Lumbini Provinces to the east, India to the west, Karnali Province and China to the north, and India to the south. Sudurpaschim Province consists of 9 districts: Bajura, Bajhang, Doti, Achham, Darchula, Baitadi, Dadeldhura, Kanchanpur, and Kailali. The largest district in this province is Bajhang (3,422 square kilometres), and the smallest district is Baitadi (1,519 square kilometres). The capital of this province is Godavari, located in Kailali.

According to the National Census 2078 BS. , there are 577,102 households in this province, and the total population is 2,694,783 (1,272,786 males and 1,421,997 females). This province, known for its rich diversity in caste, ethnicity, and language, is predominantly inhabited by Brahmins, Kshetris, Thakuris, and Tharus, with Doteli, Khas, and Tharu being the most widely spoken languages.

1.3.3 Local Levels of Nepal

The Government of Nepal has divided Nepal into 753 local levels. According to this, there are 6 metropolitan cities, 11 sub-metropolitan cities, 276 municipalities, and 460 rural municipalities.

Table No. 1.5
Metropolitan Cities

Local Level	2078 BS.					
	Number of families	Total population	Average family size	Sex ratio	Annual population growth rate (%)	Population density
Kathmandu Metropolitan City	238966	862400	3.61	103.33	-1.18	17440

Lalitpur Metropolitan City	77159	294098	3.81	99.57	0.30	8142
Bharatpur Metropolitan City	96591	369268	3.82	93.97	2.64	853
Pokhara Metropolitan City	140459	513504	3.66	93.04	2.33	1106
Birgunj Metropolitan City	47114	272382	5.78	109.22	1.18	2062
Biratnagar Metropolitan City	56919	243927	4.29	99.98	1.23	3168

Source: National Census, 2078

Table No. 1.6
Sub-Metropolitan Cities

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Dharan Sub-Metropolitan City	42396	166531	3.93	88.98	1.82	866
Itahari Sub-Metropolitan City	50350	197241	3.92	89.74	3.25	2103
Jitpur Simara Sub-Metropolitan City	25650	127307	4.96	100.86	0.80	408
Kalaiya Sub-Metropolitan City	22125	136222	6.16	106.82	0.98	1250
Janakpurdham Sub-Metropolitan City	40409	194556	4.81	105.25	1.75	2115
Hetauda Sub-Metropolitan City	46566	193576	4.16	97.73	2.27	740
Butwal Sub-Metropolitan City	50565	194335	3.84	95.34	3.23	1913

Ghorahi Sub-Metropolitan City	49761	200530	4.03	87.90	2.40	384
Tulsipur Sub-Metropolitan City	46018	179755	3.91	89.23	2.29	467
Nepalgunj Sub-Metropolitan City	34565	164444	4.76	101.30	1.62	1913
Dhangadhi Sub-Metropolitan City	44779	198792	4.44	97.59	2.85	759

Source: National Census, 2078

Table No. 1.7

Local-level-wise Number of Families and Population Details

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Taplejung						
Aathrai Triveni Rural Municipality	2854	12296	4.31	97.37	-1.10	138
Maiwakhola Rural Municipality	2249	10213	4.54	101.84	-0.74	74
Meringden Rural Municipality	2662	11838	4.45	97.99	-0.56	56
Mikwakhola Rural Municipality	1845	7964	4.32	98.60	-1.34	18
Phaktanglung Rural Municipality	2832	11791	4.16	106.75	-0.18	6
Phungling Municipality	6898	28449	4.12	96.63	0.72	227
Sidingwa Rural Municipality	2476	10979	4.43	101.52	-0.93	53
Sirijanga Rural Municipality	3255	14114	4.34	103.40	-1.09	29
Pathibhara Yangwarak Rural Municipality	2705	11806	4.36	98.49	-1.35	126
Sankhuwasabha						
Bhotkhola Rural Municipality	1684	6438	3.82	98.83	-0.20	10
Chainpur Municipality	6648	26799	4.03	95.99	-0.18	120
Chichila Rural Municipality	1664	6577	3.95	98.40	-0.69	74

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Dharmadevi Municipality	4059	16053	3.95	95.10	-1.22	121
Khandbari Municipality	9309	35565	3.82	95.32	1.26	290
Madi Municipality	3281	13273	4.05	95.62	-0.83	121
Makalu Rural Municipality	3476	13424	3.86	105.89	-0.11	26
Panchkhapan Municipality	4000	16348	4.09	96.51	-0.67	110
Sabhapokhari Rural Municipality	2507	9970	3.98	99.72	-0.49	45
Silichong Rural Municipality	2490	10296	4.13	102.48	-1.31	35
Solukhumbu						
Thulung Dudhkoshi Rural Municipality	4624	18354	3.97	99.59	-0.67	127
Mapya Dudhkoshi Rural Municipality	3140	12648	4.03	101.63	-0.56	75
Khumbu Pasanglhamu Rural Municipality	2489	8720	3.50	101.43	-0.29	6
Likhu Pike Rural Municipality	1251	5334	4.26	100.45	-0.35	43
Mahakulung Rural Municipality	2912	11847	4.07	98.21	0.33	18
Nechasalyan Rural Municipality	2783	11381	4.09	96.77	-3.35	169
Solududhkunda Municipality	6744	25678	3.81	97.43	2.21	45
Sotang Rural Municipality	2296	9025	3.93	101.41	-0.52	88
Okhaldhunga						
Champadevi Rural Municipality	4034	16311	4.04	92.96	-1.27	129
Chishankhugadhi Rural Municipality	3305	13844	4.19	96.09	-0.89	109
Khijidemwa Rural Municipality	3438	15559	4.53	101.33	0.28	87
Likhu Rural Municipality	3161	12104	3.83	95.67	-1.43	137

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Manebhanjyang Rural Municipality	4785	19597	4.10	91.81	-0.70	134
Molung Rural Municipality	4069	16440	4.04	95.41	0.12	147
Siddhicharan Municipality	7126	27351	3.84	91.88	-0.22	163
Sunkoshi Rural Municipality	4368	17783	4.07	95.20	-0.41	124
Khotang						
Ainselukharka Rural Municipality	3355	13217	3.94	98.42	-1.89	105
Barahpokhari Rural Municipality	2568	11397	4.44	99.00	-2.21	81
Diprung Chuichumma Rural Municipality	3801	16305	4.29	97.35	-2.04	119
Halesi Tuwachung Municipality	6035	27078	4.49	97.36	-0.83	97
Jantendhunga Rural Municipality	2747	12016	4.37	96.79	-2.41	93
Kepilasgadhi Rural Municipality	3318	13231	3.99	97.60	-1.39	69
Khotelang Rural Municipality	4115	16846	4.09	96.20	-2.77	103
Rawa Besi Rural Municipality	2715	11199	4.12	92.72	-1.70	115
Diktal Rupakot Majhuwagadhi Municipality	10767	43008	3.99	93.86	-0.83	174
Sakela Rural Municipality	2299	9623	4.19	100.56	-1.79	120
Bhojpur						
Aamchowk Rural Municipality	3479	14968	4.30	97.88	-2.15	81
Arun Rural Municipality	3538	14591	4.12	95.69	-1.85	94
Bhojpur Municipality	6744	26007	3.86	94.63	-0.43	163
Hatuwagadhi Rural Municipality	4034	16175	4.01	97.23	-2.23	113
Pauwadungma Rural Municipality	2913	12107	4.16	93.28	-2.31	102
Ramprasad Rai Rural Municipality	3709	15673	4.23	97.42	-1.79	99

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Salpasilichho Rural Municipality	2998	12284	4.10	98.90	-0.63	64
Shadananda Municipality	7311	29342	4.01	98.47	-0.71	122
Temkemaityung Rural Municipality	3854	15464	4.01	97.27	-1.57	89
Dhankuta						
Chowbise Rural Municipality	4480	17677	3.95	94.27	-0.83	120
Chhathar Jorpati Rural Municipality	4148	16456	3.97	93.37	-1.03	160
Dhankuta Municipality	9637	35983	3.73	91.49	-0.17	324
Sahidbhumi Rural Municipality	4090	17767	4.34	97.63	-0.52	178
Mahalakshmi Municipality	5412	22182	4.10	95.90	-1.07	171
Pakhribas Municipality	4844	19104	3.94	92.97	-1.39	132
Sangurigarhi Rural Municipality	5005	19561	3.91	96.20	-0.92	118
Tehrathum						
Athrai Rural Municipality	4373	18156	4.15	97.35	-1.73	109
Chhathar Rural Municipality	3476	14197	4.08	95.39	-1.57	106
Laligurans Municipality	3759	15329	4.08	93.65	-0.96	170
Menchhayem Rural Municipality	1703	6678	3.92	94.98	-1.83	95
Myanglung Municipality	4872	18750	3.85	94.58	-0.45	187
Fedap Rural Municipality	3662	15169	4.14	97.31	-1.48	137
Panchthar						
Phalelung Rural Municipality	4915	20361	4.14	98.80	-0.69	98
Phalgunanda Rural Municipality	5278	21289	4.03	95.63	-1.17	198
Hilihang Rural Municipality	4588	19085	4.16	96.77	-1.75	155
Kummayak Rural Municipality	3158	12746	4.04	97.43	-2.25	99

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Miklajung Rural Municipality	5459	21061	3.86	98.56	-1.50	126
Fidim Municipality	12336	48495	3.93	95.42	-0.14	252
Tumbewa Rural Municipality	2747	11189	4.07	99.38	-1.74	95
Yangwarak Rural Municipality	3956	16821	4.25	102.49	-0.80	81
Ilam						
Chulachuli Rural Municipality	5613	23157	4.13	95.86	1.02	214
Deumai Municipality	7686	30969	4.03	98.25	-0.59	162
Phakphokathum Rural Municipality	4898	19706	4.02	98.95	-0.89	181
Ilam Municipality	12952	50085	3.87	95.08	0.30	289
Maijogmai Rural Municipality	4942	19131	3.87	103.13	-0.91	111
Mai Municipality	7939	30732	3.87	96.97	-0.56	125
Mangsebung Rural Municipality	3889	16810	4.32	101.73	-0.92	118
Rong Rural Municipality	4537	17367	3.83	100.15	-0.93	112
Sandakpur Rural Municipality	4013	15444	3.85	103.56	-0.38	99
Suryodaya Municipality	14032	54727	3.90	100.14	-0.34	217
Jhapa						
Arjundhara Municipality	20935	84018	4.01	91.66	3.20	765
Bahradashi Rural Municipality	9035	37946	4.20	90.61	1.15	429
Bhadrapur Municipality	17329	70913	4.09	91.54	0.76	736
Birtamod Municipality	29852	116192	3.89	93.37	3.36	1485
Buddhashanti Rural Municipality	13285	53010	3.99	91.03	2.33	664
Damak Municipality	27569	107227	3.89	90.09	3.42	1513
Gauradaha Municipality	14846	60451	4.07	90.36	1.26	403

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Gauriganj Rural Municipality	8547	35506	4.15	90.90	0.69	350
Haldibari Rural Municipality	7878	32722	4.15	91.23	1.18	279
Jhapa Rural Municipality	8515	39302	4.62	93.15	1.22	418
Kachankawal Rural Municipality	9946	41317	4.15	89.88	0.42	377
Kamal Rural Municipality	13165	53894	4.09	89.31	1.87	515
Kankai Municipality	13169	53148	4.04	90.10	2.69	656
Mechinagar Municipality	32695	133073	4.07	92.66	1.68	690
Shivastakshi Municipality	18253	74077	4.06	89.35	1.31	508
Morang						
Belbari Municipality	20459	81771	4.00	88.09	2.07	616
Budhiganga Rural Municipality	12360	51497	4.17	96.63	2.05	913
Dhanpalthan Rural Municipality	9925	45348	4.57	95.87	1.35	645
Gramthan Rural Municipality	9377	36024	3.84	94.44	0.92	501
Jahda Rural Municipality	9869	47639	4.83	101.83	1.25	764
Kanepokhari Rural Municipality	10663	43193	4.05	89.54	1.22	521
Katahari Rural Municipality	10495	48510	4.62	100.72	1.91	940
Kerabari Rural Municipality	8573	34504	4.02	90.75	1.21	157
Letang Municipality	9357	38152	4.08	89.68	1.67	174
Miklajung Rural Municipality	8309	33167	3.99	91.95	1.39	209
Pathari Shanishchare Municipality	17980	72451	4.03	88.35	1.63	908
Rangeli Municipality	13206	57494	4.35	94.76	0.96	514
Ratuwamai Municipality	14508	61139	4.21	90.23	0.95	430
Sundaraharaincha Municipality	29826	120213	4.03	90.23	3.85	1091
Sunvarshi Municipality	12684	56034	4.42	92.96	0.95	527

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Urlabari Municipality	17650	70908	4.02	88.83	2.49	950
Sunsari						
Barakhkestra Municipality	21827	91087	4.17	89.41	1.56	410
Barju Rural Municipality	7922	36249	4.58	100.49	1.45	522
Bhokraha Narsingh Rural Municipality	8932	49280	5.52	97.22	1.88	778
Dewanganj Rural Municipality	7805	39030	5.00	99.72	1.03	729
Duhabi Municipality	15030	66074	4.40	98.56	1.55	862
Gadhi Rural Municipality	8565	38739	4.52	97.22	1.01	572
Harinagar Rural Municipality	8738	49845	5.70	97.19	1.91	953
Inruwa Municipality	16029	74914	4.67	95.98	1.57	961
Koshi Rural Municipality	9169	48804	5.32	99.64	1.08	642
Ramdhuri Municipality	15644	63452	4.06	88.67	1.96	692
Udayapur						
Belka Municipality	12158	51043	4.20	91.58	1.78	148
Chaudandigadhi Municipality	12703	53631	4.22	88.35	0.95	189
Katari Municipality	14106	59507	4.22	94.22	0.56	140
Rautamai Rural Municipality	4572	20324	4.45	96.35	-1.39	100
Limchungbung Rural Municipality	2227	9689	4.35	97.78	-2.05	91
Tapli Rural Municipality	2862	13344	4.66	98.10	-0.84	112
Triyuga Municipality	25623	102725	4.01	89.31	1.53	188
Udayapurgadhi Rural Municipality	6800	28926	4.25	95.06	-0.58	107

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Saptari						
Agnisair Krishnasawaran Rural Municipality	6581	31634	4.81	94.98	1.47	307
Balan Bihul Rural Municipality	4948	23527	4.75	101.02	0.72	712
Rajgadh Rural Municipality	6675	32462	4.86	98.61	0.93	677
Bishnupur Rural Municipality	5465	27703	5.07	103.64	1.77	757
Bodebarsain Municipality	9722	46017	4.73	99.22	0.60	781
Chhinnamasta Rural Municipality	6170	29946	4.85	101.71	0.51	774
Dakneshwari Municipality	10002	47739	4.77	98.51	1.06	691
Hanumannagar Kankalini Municipality	10645	52796	4.96	102.82	1.38	447
Kanchanrup Municipality	12535	58466	4.66	96.02	0.89	498
Khadak Municipality	11069	52778	4.77	93.34	1.45	545
Mahadeva Rural Municipality	6279	30315	4.83	100.89	0.58	867
Rajbiraj Municipality	14133	70803	5.01	105.11	0.33	1273
Rupani Rural Municipality	6324	29877	4.72	97.13	1.19	533
Saptakoshi Municipality	5218	23510	4.51	94.11	1.02	390
Shambhunath Municipality	8679	39634	4.57	92.14	1.14	365
Surunga Municipality	10487	49460	4.72	92.11	1.07	462
Tilathi Koiladi Rural Municipality	6768	33658	4.97	103.65	0.56	1023
Tirhut Rural Municipality	5116	24034	4.70	100.65	0.84	636
Siraha						
Arna Rural Municipality	5179	27899	5.39	95.00	1.89	739
Aurahi Rural Municipality	5469	26478	4.84	98.90	1.33	738
Bariarpatti Rural Municipality	5686	29712	5.23	98.13	1.56	788

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Bhagwanpur Rural Municipality	4606	23380	5.08	96.49	1.05	708
Bishnupur Rural Municipality	4566	22781	4.99	98.79	1.99	865
Dhangadhimai Municipality	10842	53355	4.92	95.32	1.13	334
Golbazar Municipality	13133	63885	4.86	97.95	1.95	571
Kalyanpur Municipality	11835	58872	4.97	91.93	1.70	766
Karjanha Municipality	8289	38557	4.65	93.68	2.10	502
Lahan Municipality	20577	102031	4.96	98.26	1.02	610
Lakshmipur Patari Rural Municipality	6044	31118	5.15	93.88	0.99	735
Mirchaiya Municipality	12250	59425	4.85	99.05	1.87	646
Naraha Rural Municipality	4373	22760	5.20	97.98	1.55	777
Navarajpur Rural Municipality	4226	20788	4.92	96.13	0.85	646
Sakhuwanankarkatti Rural Municipality	4236	20844	4.92	95.94	1.11	635
Siraha Municipality	18917	95410	5.04	96.09	1.39	1013
Sukhipur Municipality	8321	42033	5.05	97.75	1.25	767
Dhanusha						
Aurahi Rural Municipality	4793	24053	5.02	94.54	0.61	941
Bateshwaro Rural Municipality	4647	21742	4.68	97.05	0.09	687
Bideh Municipality	7671	37697	4.91	92.89	1.49	828
Kshireshwarnath Municipality	10733	51075	4.76	100.30	1.92	1004
Dhanauji Rural Municipality	4408	21942	4.98	92.71	0.24	992
Dhanushadham Municipality	10588	52024	4.91	93.84	1.27	568
Ganeshaman Charnath Municipality	9167	44082	4.81	94.56	1.85	180
Hanspur Municipality	8890	44949	5.06	94.46	1.56	923

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Janakandini Rural Municipality	5379	27146	5.05	91.40	0.66	983
Kamala Municipality	8979	44597	4.97	93.58	1.38	677
Lakshminiya Rural Municipality	6301	31881	5.06	98.83	1.16	1040
Mithila Bihari Municipality	7654	38273	5.00	97.72	1.26	1018
Mithila Municipality	10656	48676	4.57	99.80	0.72	259
Mukhiyapatti Musaharmiya Rural Municipality	5431	28208	5.19	100.93	0.98	1051
Nagarin Municipality	7921	38037	4.80	95.70	0.64	975
Sabaila Municipality	12340	62282	5.05	93.49	1.66	966
Sahidnagar Municipality	11124	53812	4.84	94.94	1.21	938
Mahottari						
Aurahi Municipality	7042	37361	5.31	100.33	1.53	1045
Balwa Municipality	9437	49473	5.24	96.35	1.49	1123
Bardibas Municipality	16824	74361	4.42	97.51	1.41	236
Bhangaha Municipality	10915	55354	5.07	93.41	1.62	717
Ekdara Rural Municipality	5938	31770	5.35	100.32	0.77	1324
Gaushala Municipality	14446	72481	5.02	100.05	0.80	501
Jaleswor Municipality	12380	63802	5.15	96.85	0.99	1442
Loharpatti Municipality	9133	45773	5.01	92.11	1.32	914
Mahottari Rural Municipality	5687	28807	5.07	94.71	0.47	1026
Manara Shiswa Municipality	10050	52191	5.19	96.86	0.47	1049
Matihani Municipality	6709	36136	5.39	94.45	1.46	1245
Pipara Rural Municipality	8302	40535	4.88	100.25	1.27	1014
Ramgopalpur Municipality	6606	36201	5.48	99.90	1.67	916
Samsi Rural Municipality	6815	38585	5.66	94.16	1.27	1789

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Sonma Rural Municipality	7602	43082	5.67	103.60	1.02	746
Sarlahi						
Bagmati Municipality	10768	47106	4.37	95.53	1.47	466
Balra Municipality	8622	47912	5.56	107.04	0.56	987
Barhathawa Municipality	15343	81120	5.29	101.77	1.44	758
Basbariya Rural Municipality	4586	25905	5.65	104.49	0.91	881
Bishnu Rural Municipality	5272	28570	5.42	107.15	1.38	1017
Brahmapuri Rural Municipality	5939	31378	5.28	98.48	0.48	926
Chakraghatta Rural Municipality	5039	29550	5.86	104.29	0.53	1174
Chandranagar Rural Municipality	6713	36908	5.50	102.76	0.98	777
Dhankaul Rural Municipality	5112	27974	5.47	106.24	1.16	609
Godaita Municipality	9303	54270	5.83	104.28	1.24	1116
Haripur Municipality	8350	43233	5.18	95.70	1.40	502
Haripurwa Municipality	7140	38714	5.42	102.09	0.69	1269
Hariwan Municipality	10740	49988	4.65	95.40	1.24	748
Ishwarpur Municipality	13521	68377	5.06	97.80	1.26	417
Kavilasi Municipality	8130	44204	5.44	103.22	0.41	919
Kaudena Rural Municipality	5476	28702	5.24	101.22	0.92	1133
Lalbandi Municipality	14873	66419	4.47	98.05	1.07	278
Malangwa Municipality	10033	54550	5.44	104.30	1.53	1792
Parsa Rural Municipality	4487	24005	5.35	102.61	0.99	1038
Ramnagar Rural Municipality	5377	31366	5.83	107.50	0.84	1186
Rautahat						
Baudhimai Municipality	6078	39325	6.47	105.90	1.61	1113

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Brindaban Municipality	8142	49742	6.11	100.19	1.46	521
Chandrapur Municipality	16820	81807	4.86	97.11	1.22	327
Devahi Gonahi Municipality	6222	38690	6.22	99.48	1.78	1138
Durga Bhagwati Rural Municipality	4124	22864	5.54	101.78	0.07	1155
Gadhimai Municipality	7787	49135	6.31	104.00	1.88	994
Garuda Municipality	9862	60857	6.17	103.49	1.79	1369
Gaur Municipality	7235	39846	5.51	105.18	1.26	1851
Gujra Municipality	9575	54033	5.64	95.51	1.42	359
Ishanath Municipality	7937	51855	6.53	98.81	2.15	1474
Katahariya Municipality	7642	45821	6.00	105.18	1.69	1126
Madhav Narayan Municipality	7020	40894	5.83	105.87	1.45	843
Maulapur Municipality	5268	32325	6.14	107.26	1.93	930
Paroha Municipality	7024	45702	6.51	98.76	1.91	1220
Fatuwa Vijayapur Municipality	7354	42218	5.74	98.74	1.45	647
Rajdevi Municipality	6146	35658	5.80	100.47	1.48	1264
Rajpur Municipality	8078	54083	6.70	96.60	2.64	1722
Yamunamai Rural Municipality	4711	28414	6.03	95.59	1.67	1701
Bara						
Adarsh Kotwal Rural Municipality	4888	31364	6.42	105.03	1.24	865
Baragarhi Rural Municipality	4940	29555	5.98	101.67	0.80	752
Bishrampur Rural Municipality	3886	24892	6.41	111.90	0.44	1257
Devtal Rural Municipality	3980	25361	6.37	106.69	0.85	1088
Karaiyamai Rural Municipality	5051	29165	5.77	100.94	0.92	612

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Kolhavi Municipality	10561	51182	4.85	94.46	1.44	325
Mahagadhimai Municipality	9761	59424	6.09	105.87	1.22	1074
Nijgadh Municipality	8424	37687	4.47	95.87	0.62	130
Pacharouta Municipality	6167	40524	6.57	105.48	1.64	921
Parwanipur Rural Municipality	3972	24745	6.23	111.41	0.79	1599
Pheta Rural Municipality	4202	28395	6.76	105.72	0.97	1201
Prasauni Rural Municipality	3968	25414	6.40	106.38	0.14	1256
Simraungadh Municipality	8531	54878	6.43	106.71	1.17	1287
Suvarna Rural Municipality	5073	35141	6.93	106.99	1.67	954
Parsa						
Bahudarmai Municipality	6957	43478	6.25	109.56	0.88	1378
Bindabasini Rural Municipality	3892	24991	6.42	105.91	0.20	960
Chipharamai Rural Municipality	4663	29082	6.24	106.33	0.83	1168
Dhobini Rural Municipality	3499	22606	6.46	105.60	1.22	926
Jagarnathpur Rural Municipality	5582	32649	5.85	105.15	0.00	721
Jirabhawani Rural Municipality	4871	22677	4.66	96.73	-0.04	409
Kalikamai Rural Municipality	3697	23480	6.35	107.38	1.01	965
Pakaha Mainpur Rural Municipality	3530	22585	6.40	109.37	0.83	1062
Parsagarhi Municipality	7632	41569	5.45	102.20	0.71	417
Paterwa Sugauli Rural Municipality	4753	25498	5.36	100.83	0.62	397
Pokhariya Municipality	6076	37675	6.20	108.00	1.30	1160
Sakhuwa Prasauni Rural Municipality	6295	35399	5.62	99.97	0.66	477
Thori Rural Municipality	4452	17219	3.87	88.39	-1.63	134

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Dolkha						
Baiteshwor Rural Municipality	5373	17896	3.33	91.14	-1.01	223
Bhimeshwor Municipality	10164	34712	3.42	91.97	0.64	262
Bigu Rural Municipality	4747	16490	3.47	93.54	-1.08	25
Gaurishankar Rural Municipality	4399	15995	3.64	96.45	-0.62	23
Jiri Municipality	4244	16109	3.80	94.08	0.36	76
Kalinchok Rural Municipality	6151	21097	3.43	94.84	-0.81	159
Melung Rural Municipality	4796	15893	3.31	88.37	-2.31	184
Shailung Rural Municipality	5134	17923	3.49	91.92	-0.91	139
Tamakoshi Rural Municipality	4485	15163	3.38	93.26	-2.09	99
Sindhupalchowk						
Bahrabise Municipality	6655	24109	3.62	99.43	-0.92	249
Balefi Rural Municipality	4829	17085	3.54	96.88	-0.97	277
Bhotekoshi Rural Municipality	3732	14318	3.84	103.27	-1.44	51
Chautara Sangachokgadhi Municipality	11590	42668	3.68	88.79	-0.82	258
Helambu Rural Municipality	4690	17497	3.73	100.75	-0.09	61
Indrawati Rural Municipality	6780	25365	3.74	92.42	-1.12	241
Jugal Rural Municipality	4528	18303	4.04	100.93	-0.47	67
Lisankhu Pakhar Rural Municipality	3697	11750	3.18	94.41	-2.43	119
Melamchi Municipality	11180	41063	3.67	94.61	-0.95	260
Panchpokhari Thangpal Rural Municipality	5914	20997	3.55	102.22	0.06	112
Sunkoshi Rural Municipality	4451	15176	3.41	92.96	-1.23	208

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Tripurasundari Rural Municipality	3651	12014	3.29	95.41	-0.90	127
Rasuwa						
Gosainkunda Rural Municipality	2038	7788	3.82	104.14	0.83	8
Kalika Rural Municipality	2447	10115	4.13	98.57	0.68	53
Naukunda Rural Municipality	2794	12344	4.42	101.21	0.41	97
Amachodingmo Rural Municipality	1664	6673	4.01	108.99	1.87	11
Uttaragaya Rural Municipality	2188	8555	3.91	98.03	0.34	82
Dhading						
Benighat Rorang Rural Municipality	7601	33854	4.45	102.26	0.70	164
Dhunibesi Municipality	7246	29149	4.02	98.55	-0.60	303
Gajuri Rural Municipality	6839	28634	4.19	100.13	0.53	207
Galchhi Rural Municipality	5975	23733	3.97	96.04	-0.75	184
Gangajamuna Rural Municipality	5264	19265	3.66	93.46	-1.18	126
Jwalamukhi Rural Municipality	6079	21338	3.51	87.90	-1.11	187
Khaniyabas Rural Municipality	2685	10287	3.83	94.87	-2.06	85
Netrawati Dabjong Rural Municipality	3263	11310	3.47	90.12	-1.24	62
Neelkantha Municipality	16391	58828	3.59	86.98	0.05	298
Ruby Valley Rural Municipality	2649	10781	4.07	98.84	1.15	27
Siddlek Rural Municipality	5836	22214	3.81	92.96	-0.63	209
Thakre Rural Municipality	7847	32374	4.13	100.21	-0.16	336
Tripurasundari Rural Municipality	5947	21937	3.69	90.33	-0.44	81

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Nuwakot						
Belkotgadhi Municipality	9222	35224	3.82	93.89	-1.39	226
Bidur Municipality	15234	59227	3.89	92.43	0.82	456
Dupcheshwor Rural Municipality	5141	21005	4.09	99.46	-0.49	160
Kakani Rural Municipality	6312	24504	3.88	97.34	-0.67	279
Kispang Rural Municipality	3929	14235	3.62	95.29	-0.41	172
Likhu Rural Municipality	4582	17728	3.87	93.94	0.49	370
Myagang Rural Municipality	3969	12668	3.19	91.50	-0.60	129
Panchakanya Rural Municipality	3600	13818	3.84	95.42	-1.37	258
Shivpuri Rural Municipality	4925	17203	3.49	91.55	-1.81	169
Suryagadhi Rural Municipality	3829	14919	3.90	94.89	-1.14	304
Tadi Rural Municipality	4024	15933	3.96	99.51	-1.13	228
Tarakeshwor Rural Municipality	3879	14184	3.66	88.79	-0.99	195
Kathmandu						
Budhanilakantha Municipality	46930	177557	3.78	96.80	4.78	5102
Chandragiri Municipality	35994	136860	3.80	99.63	4.55	3116
Dakshinkali Municipality	6489	26372	4.06	96.56	0.79	618
Gokarneshwor Municipality	39771	149366	3.76	96.20	3.17	2553
Kageshwori Manohara Municipality	33764	130433	3.86	99.43	7.41	4764
Kirtipur Municipality	24150	81578	3.38	112.83	2.09	5527
Nagarjun Municipality	31301	115437	3.69	99.58	5.16	3867
Shankharapur Municipality	7140	29318	4.11	96.96	1.40	487
Tarakeshwor Municipality	41362	151479	3.66	98.80	5.96	2757

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Tokha Municipality	37025	133755	3.61	98.97	2.88	7817
Bhaktapur						
Bhaktapur Municipality	18987	79136	4.17	100.95	-0.31	11486
Changunarayan Municipality	21588	88083	4.08	98.34	4.44	1399
Madhyapur Thimi Municipality	31966	119756	3.75	102.94	3.51	10441
Suryabinayak Municipality	35865	140085	3.91	99.64	5.56	3300
Lalitpur						
Bagmati Rural Municipality	2739	11353	4.14	100.83	-1.34	102
Godavari Municipality	24045	97633	4.06	97.27	2.12	1016
Konjyosom Rural Municipality	2142	8989	4.20	95.80	-0.74	204
Mahalakshmi Municipality	32106	123116	3.83	102.77	6.56	4644
Mahankal Rural Municipality	1939	8122	4.19	100.54	-1.46	98
Kavrepalanchok						
Banepa Municipality	16698	67690	4.05	96.10	1.88	1231
Bethanchok Rural Municipality	3861	14959	3.87	91.56	-1.10	148
Bhumlu Rural Municipality	4518	15678	3.47	93.99	-1.80	172
Chourideurali Rural Municipality	4156	14076	3.39	89.83	-3.76	144
Dhulikhel Municipality	8570	33726	3.94	95.35	0.46	613
Khanikhola Rural Municipality	2398	12201	5.09	98.33	-1.59	92
Mahabharat Rural Municipality	3174	16079	5.07	96.11	-1.23	86
Mandandeupur Municipality	7924	30381	3.83	95.65	-0.69	341
Namobuddha Municipality	7148	26160	3.66	91.45	-1.16	256
Panauli Municipality	12806	51504	4.02	94.44	0.96	436
Panchkhal Municipality	9133	35521	3.89	94.01	-0.65	345

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Roshi Rural Municipality	6075	23790	3.92	93.35	-1.82	135
Temal Rural Municipality	4869	16957	3.48	94.08	-2.80	191
Ramechhap						
Doramba Shailung Rural Municipality	5062	17686	3.49	88.19	-2.41	126
Gokulganga Rural Municipality	4683	17798	3.80	92.51	-1.15	90
Khandadevi Rural Municipality	5501	19312	3.51	87.19	-2.77	128
Likhu Tamakoshi Rural Municipality	5296	18325	3.46	86.46	-2.23	147
Manthali Municipality	10991	39695	3.61	87.11	-1.29	187
Ramechhap Municipality	6627	24971	3.77	88.99	-1.31	123
Sunapati Rural Municipality	4193	14658	3.50	90.07	-2.04	169
Umakunda Rural Municipality	4113	16590	4.03	96.87	-0.57	37
Sindhuli						
Dudhali Municipality	16110	70207	4.36	93.12	0.70	180
Ghyanglekh Rural Municipality	2868	12652	4.41	94.68	-0.81	76
Golanjor Rural Municipality	4527	18737	4.14	97.07	-0.30	102
Hariharpurgadhi Rural Municipality	5292	26505	5.01	94.82	-0.43	77
Kalamamai Municipality	18135	71016	3.92	93.50	0.94	147
Marin Rural Municipality	6044	28808	4.77	96.99	0.33	89
Fikkal Rural Municipality	3436	15910	4.63	95.86	-0.62	86
Sunkoshi Rural Municipality	4987	18375	3.68	92.59	-1.50	119
Tinpatan Rural Municipality	7918	34889	4.41	96.15	-0.41	124
Makawanpur						
Bagmati Rural Municipality	6460	30425	4.71	96.10	-0.02	98

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Bakaiya Rural Municipality	8913	40907	4.59	96.21	0.31	104
Bhimphedi Rural Municipality	5085	21516	4.23	98.62	-0.78	88
Indrasarobar Rural Municipality	3403	13534	3.98	95.66	-0.19	139
Kailash Rural Municipality	4391	21856	4.98	103.61	-0.87	107
Makawanpurgadhi Rural Municipality	5285	24461	4.63	100.70	-0.33	164
Manahari Rural Municipality	10724	47353	4.42	97.65	2.01	237
Raksirang Rural Municipality	5044	25996	5.15	103.17	-0.07	115
Thaha Municipality	9749	38870	3.99	96.92	-0.66	203
Chitwan						
Ichchakamana Rural Municipality	6185	27643	4.47	102.72	0.96	166
Kalika Municipality	12258	52164	4.26	95.57	1.97	350
Khairhani Municipality	16395	67385	4.11	92.24	1.76	788
Madi Municipality	10120	38295	3.78	89.47	0.15	175
Rapti Municipality	15215	66617	4.38	96.28	1.31	314
Ratnanagar Municipality	22403	89905	4.01	93.87	2.42	1309
Gorkha						
Arughat Rural Municipality	6176	21572	3.49	88.78	-0.98	134
Ajirkot Rural Municipality	3622	12832	3.54	93.81	-1.88	65
Bhimsen Thapa Rural Municipality	5239	16986	3.24	83.06	-2.50	168
Chumanubri Rural Municipality	2068	5932	2.87	92.16	-1.48	4
Dharche Rural Municipality	3808	14263	3.75	91.94	0.72	22
Gandaki Rural Municipality	5659	21394	3.78	92.65	-0.80	173
Gorkha Municipality	14988	52468	3.50	85.98	0.60	431

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Palungtar Municipality	11072	37409	3.38	85.68	-0.19	236
Sahid Lakhani Rural Municipality	6856	23076	3.37	88.08	-1.70	155
Siranchok Rural Municipality	5958	19719	3.31	89.48	-1.74	162
Barpak Sulikot Rural Municipality	6283	22636	3.60	87.51	-1.10	113
Manang						
Chame Rural Municipality	389	1276	3.28	133.70	1.17	16
Narpabhumir Rural Municipality	126	396	3.14	74.45	-2.94	0.47
Nason Rural Municipality	471	1671	3.55	98.22	-1.42	2
Manang Ngisyang Rural Municipality	561	1595	2.84	106.87	-3.18	2
Mustang						
Waragung Muktikshetra Rural Municipality	723	2036	2.82	99.41	-1.29	2
Lo-Ghekar Damodarkund Rural Municipality	436	1292	2.96	89.17	-0.93	1
Gharapajhong Rural Municipality	1127	3712	3.29	109.84	1.95	12
Lomanthang Rural Municipality	488	1430	2.93	81.70	-2.72	2
Thasang Rural Municipality	832	2856	3.43	103.71	-0.19	10
Myagdi						
Annapurna Rural Municipality	3600	12323	3.42	97.58	-0.74	22
Beni Municipality	9336	32697	3.50	88.61	-0.23	427
Dhaulagiri Rural Municipality	3176	12616	3.97	94.00	-1.07	12
Malika Rural Municipality	4590	18332	3.99	93.68	-0.40	125
Mangala Rural Municipality	3911	14688	3.76	89.25	-0.99	165
Raghuganga Rural Municipality	4153	14114	3.40	92.11	-1.05	37

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Kaski						
Annapurna Rural Municipality	6049	22099	3.65	93.63	-0.56	53
Machhapuchhre Rural Municipality	6151	22898	3.72	95.29	0.44	42
Madi Rural Municipality	4094	16142	3.94	98.67	-1.13	29
Rupa Rural Municipality	3663	14891	4.07	91.45	0.24	157
Lamjung						
Besisahar Municipality	11038	38232	3.46	87.84	-0.28	300
Dordi Rural Municipality	4524	16050	3.55	93.89	-1.23	46
Dudhpokhari Rural Municipality	2469	8592	3.48	94.70	-2.35	56
Khwholasothar Rural Municipality	2276	7960	3.50	93.25	-2.22	45
Madhya Nepal Municipality	6427	21971	3.42	84.71	-0.60	193
Marsyangdi Rural Municipality	4550	17080	3.75	95.20	-0.90	29
Rainas Municipality	4961	17402	3.51	89.15	-0.60	242
Sundarbazar Municipality	7829	27043	3.45	86.09	0.06	375
Tanahun						
Ambukhaireni Rural Municipality	6136	22252	3.63	91.25	0.66	174
Bandipur Rural Municipality	5208	18532	3.56	92.04	-0.74	182
Bhanu Municipality	12705	42794	3.37	83.85	-0.65	233
Bhimad Municipality	7970	29248	3.67	84.37	-0.67	227
Byas Municipality	22585	78939	3.50	84.51	1.11	318
Devghat Rural Municipality	3670	14584	3.97	91.62	-0.97	92
Ghiring Rural Municipality	3783.00	14334	3.79	84.57	-2.86	114
Myagde Rural Municipality	6515	23578	3.62	85.71	0.45	205

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Rishing Rural Municipality	4669	17918	3.84	84.53	-3.52	83
Shukla Gandaki Municipality	15272	55620	3.64	87.08	1.32	337
Nawalparasi East						
Binayi Triveni Rural Municipality	9076	38370	4.23	89.57	1.46	144
Bulingtar Rural Municipality	3402	14637	4.30	92.67	-2.57	99
Baudikali Rural Municipality	2913	11338	3.89	84.12	-3.14	123
Devchuli Municipality	14493	58003	4.00	89.14	2.96	515
Gaidakot Municipality	20191	79349	3.93	91.57	2.87	496
Hupsekot Rural Municipality	6179	26583	4.30	84.22	0.56	140
Kawasoti Municipality	22166	86821	3.92	87.53	3.17	801
Madhyabindu Municipality	15430	61091	3.96	84.50	1.16	262
Syangja						
Aandikhola Rural Municipality	3992	13094	3.28	83.42	-2.27	188
Arjunchaupari Rural Municipality	3808	14045	3.69	85.46	-1.36	245
Bhirkot Municipality	6171	22645	3.67	82.95	-1.17	289
Biruwa Rural Municipality	3954	14001	3.54	88.95	-2.63	146
Chapakot Municipality	6251	22969	3.67	82.98	-1.19	190
Galyang Municipality	7933	31034	3.91	83.85	-1.90	253
Harinas Rural Municipality	3582	13191	3.68	83.90	-2.63	151
Kaligandaki Rural Municipality	4762	17955	3.77	83.01	-1.83	244
Fedikhola Rural Municipality	3165	10899	3.44	85.14	-1.19	192
Putalibazar Municipality	11881	41743	3.51	85.71	-0.69	284
Waling Municipality	13424	50488	3.76	86.95	-0.14	393

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Parvat						
Bihadi Rural Municipality	2723	10828	3.98	89.47	-2.05	242
Jaljala Rural Municipality	5961	21119	3.54	91.23	-0.15	257
Kushma Municipality	10962	38101	3.48	88.17	-0.37	409
Mahashila Rural Municipality	2057	8116	3.95	88.39	-1.87	164
Modi Rural Municipality	5404	18794	3.48	89.06	-1.19	131
Paiyun Rural Municipality	3268	12725	3.89	87.24	-1.82	298
Phalebas Municipality	5737	20468	3.57	84.35	-1.80	239
Baglung						
Badigad Rural Municipality	6745	28839	4.28	86.79	-0.66	161
Baglung Municipality	15924	56102	3.52	86.87	-0.29	572
Bareng Rural Municipality	2925	11158	3.81	84.25	-2.51	148
Dhorpatan Municipality	7485	30068	4.02	86.75	1.32	135
Galkot Municipality	7714	30588	3.97	88.63	-0.76	157
Jaimini Municipality	6828	24628	3.61	83.71	-2.53	207
Kathekhola Rural Municipality	5892	22526	3.82	83.59	-1.41	272
Nishikhola Rural Municipality	5635	23119	4.10	84.08	-0.07	95
Tamankhola Rural Municipality	2611	9982	3.82	85.23	-0.63	56
Tarakhola Rural Municipality	2337	10120	4.33	94.69	-1.64	78
Rukum Purba						
Bhume Rural Municipality	4211	19829	4.71	90.50	0.62	72
Putha Uttarganga Rural Municipality	4368	18308	4.19	96.25	0.20	33
Sisne Rural Municipality	4299	18534	4.31	94.68	1.12	57

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Rolpa						
Parivartan Rural Municipality	4682	21671	4.63	85.44	0.40	133
Lunggri Rural Municipality	5486	26325	4.80	84.87	1.04	195
Madi Rural Municipality	4133	18056	4.37	87.40	0.04	140
Rolpa Municipality	8745	35376	4.05	84.08	0.74	131
Runtigadhi Rural Municipality	6224	28291	4.55	89.34	0.12	122
Sunil Smriti Rural Municipality	7009	30617	4.37	85.31	0.78	196
Gangadev Rural Municipality	4433	21503	4.85	87.67	0.69	173
Sunchhahari Rural Municipality	3586	17241	4.81	92.62	0.70	62
Thabang Rural Municipality	2551	10851	4.25	89.01	-0.03	57
Triveni Rural Municipality	5357	23412	4.37	88.99	0.19	114
Pyuthan						
Airavati Rural Municipality	5112	20428	4.00	79.21	-0.88	130
Gaumukhi Rural Municipality	5578	25980	4.66	86.06	0.21	187
Jhimruk Rural Municipality	6534	26130	4.00	80.22	-0.64	244
Mallarani Rural Municipality	4138	15646	3.78	77.73	-1.18	195
Mandavi Rural Municipality	3794	15863	4.18	79.77	0.50	140
Naubahini Rural Municipality	7133	32682	4.58	85.18	0.73	153
Pyuthan Municipality	11235	42130	3.75	81.20	0.88	327
Sarumarani Rural Municipality	4453	19783	4.44	80.65	0.58	125
Swargadwari Municipality	8218	32037	3.90	73.50	0.33	143
Gulmi						
Chandrakot Rural Municipality	5029	18662	3.71	83.12	-1.50	177
Chhatrakot Rural Municipality	5307	19357	3.65	80.23	-1.00	222

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Dhurkot Rural Municipality	5382	18814	3.50	79.15	-1.70	218
Gulmidarbar Rural Municipality	5253	19296	3.67	77.19	-1.27	241
Isma Rural Municipality	5009	18529	3.70	83.09	-1.18	226
Kaligandaki Rural Municipality	3736	15044	4.03	88.76	-2.18	149
Madane Rural Municipality	5253	20022	3.81	81.21	-0.86	212
Malika Rural Municipality	5241	20075	3.83	84.39	-0.76	217
Musikot Municipality	7099	28454	4.01	85.27	-1.36	248
Resunga Municipality	9015	31551	3.50	85.58	-0.30	377
Rurukshetra Rural Municipality	4607	16597	3.60	84.62	-1.08	246
Satyavati Rural Municipality	5169	19473	3.77	82.33	-1.93	168
Arghakhanchi						
Bhumikasthan Municipality	7760	28192	3.63	80.26	-1.41	177
Chhatradev Rural Municipality	6228	21611	3.47	78.37	-1.53	247
Malarani Rural Municipality	6780	24150	3.56	80.48	-1.43	239
Panini Rural Municipality	6161	22291	3.62	81.36	-1.63	147
Sandhikharka Municipality	12070	42492	3.52	84.73	0.32	328
Shitganga Municipality	9450	37691	3.99	89.00	-1.35	62
Palpa						
Bagnaskali Rural Municipality	5115	18497	3.62	83.12	-1.38	220
Mathagadhi Rural Municipality	5823	24053	4.13	86.91	-0.38	112
Nisdi Rural Municipality	4165	18120	4.35	85.37	-2.12	93
Purvakhola Rural Municipality	4121	16052	3.90	79.17	-1.91	116
Rainadevi Chhahara Rural Municipality	6330	23149	3.66	83.17	-1.29	132
Rambha Rural Municipality	4689	17155	3.66	78.14	-1.56	182

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Rampur Municipality	11363	40883	3.60	82.63	1.38	331
Ribdikot Rural Municipality	4402	15473	3.51	83.18	-1.85	124
Tansen Municipality	14782	50792	3.44	85.52	0.07	463
Tinau Rural Municipality	4201	17777	4.23	90.62	-0.68	88
Nawalparasi West						
Bardaghat Municipality	18501	76703	4.15	86.95	2.12	473
Palhinandan Rural Municipality	7180	38186	5.32	99.20	0.72	855
Pratappur Rural Municipality	9702	49897	5.14	98.91	0.94	570
Ramgram Municipality	13137	64017	4.87	97.82	1.14	499
Sarawal Rural Municipality	8745	42207	4.83	94.77	1.16	577
Sunwal Municipality	17418	72085	4.14	88.25	2.46	518
Susta Rural Municipality	8026	40655	5.07	94.05	1.20	362
Rupandehi						
Devdaha Municipality	17300	72457	4.19	88.57	2.91	529
Gaidhawa Rural Municipality	9947	56149	5.64	98.39	1.59	580
Kanchan Rural Municipality	10440	42528	4.07	83.94	2.41	727
Kotahimai Rural Municipality	7535	45975	6.10	101.33	1.10	789
Lumbini Cultural Municipality	13621	87383	6.42	97.61	1.79	779
Marchawari Rural Municipality	6921	40880	5.91	100.58	0.51	842
Mayadevi Rural Municipality	9990	56170	5.62	101.94	1.68	775
Omasatiya Rural Municipality	8082	41141	5.09	98.85	1.78	848
Rohini Rural Municipality	7526	43327	5.76	101.88	1.47	670
Sainamaina Municipality	19445	78393	4.03	86.86	3.26	483
Sammarimai Rural Municipality	7242	43044	5.94	99.90	1.12	848

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Siddharthnagar Municipality	15871	74436	4.69	100.17	1.53	2066
Siyari Rural Municipality	9019	44985	4.99	95.90	1.50	680
Shuddhodhan Rural Municipality	8676	41907	4.83	96.41	1.83	727
Tilottama Municipality	35991	149479	4.15	91.76	3.84	1185
Kapilvastu						
Banganga Municipality	23325	96714	4.15	88.50	2.41	414
Vijaynagar Rural Municipality	7059	43291	6.13	97.85	1.52	250
Buddhabhumi Municipality	15379	76507	4.97	93.41	1.57	209
Kapilvastu Municipality	15382	88874	5.78	98.04	1.45	649
Krishnanagar Municipality	10670	70111	6.57	100.37	1.12	725
Maharajgunj Municipality	9820	64645	6.58	101.33	1.59	576
Mayadevi Rural Municipality	8443	55972	6.63	94.02	1.43	632
Shivraj Municipality	16241	84810	5.22	95.05	2.29	299
Shuddhodhan Rural Municipality	8543	52861	6.19	96.51	1.50	577
Yashodhara Rural Municipality	6999	44900	6.42	94.46	1.36	665
Dang						
Babai Rural Municipality	7527	30968	4.11	87.43	1.15	120
Bangalachuli Rural Municipality	5139	22373	4.35	78.40	-0.77	91
Dangisharan Rural Municipality	5825	23668	4.06	89.78	0.93	214
Gadhawa Rural Municipality	9964	45898	4.61	94.57	1.66	128
Lamahi Municipality	13458	59050	4.39	93.30	2.06	181
Rajpur Rural Municipality	5829	28346	4.86	98.39	1.19	49
Rapti Rural Municipality	11826	52123	4.41	90.88	2.36	324
Shantinagar Rural Municipality	6919	27641	3.99	86.26	0.89	238

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Banke						
Bajjnath Rural Municipality	16469	69472	4.22	85.76	2.34	490
Duduwa Rural Municipality	8051	43135	5.36	102.48	1.35	473
Janaki Rural Municipality	8826	46141	5.23	102.06	1.90	729
Khajura Rural Municipality	13706	62789	4.58	89.07	2.00	616
Kohalpur Municipality	24183	101667	4.20	92.92	3.49	552
Narainapur Rural Municipality	8488	43206	5.09	101.20	2.04	251
Rapti Sonari Rural Municipality	14946	66445	4.45	89.20	0.99	64
Bardiya						
Badhaiyatal Rural Municipality	12961	52818	4.08	85.76	0.94	459
Baansgadhi Municipality	15091	63252	4.19	86.34	1.19	307
Barbardiya Municipality	16897	72533	4.29	88.85	0.62	321
Geruwa Rural Municipality	7762	33514	4.32	84.64	-0.38	427
Gulariya Municipality	16002	74505	4.66	97.22	1.07	630
Madhuban Municipality	12444	50739	4.08	84.98	0.85	391
Rajapur Municipality	13659	60831	4.45	88.78	0.20	479
Thakurbaba Municipality	11469	49420	4.31	86.14	1.05	473
Dolpa						
Chharka Tangsong Rural Municipality	320	1672	5.23	96.01	1.36	5
Dolpo Buddha Rural Municipality	543	2420	4.46	90.25	1.24	6
Jagadulla Rural Municipality	601	2575	4.28	95.82	1.20	31
Kaike Rural Municipality	916	3965	4.33	87.65	0.99	8
Mudkechula Rural Municipality	1190	5803	4.88	101.14	1.18	23

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Se-Phoksundo Rural Municipality	861	3635	4.22	95.85	1.53	30
Thuli Bheri Municipality	2327	9861	4.24	100.67	1.57	23
Tripurasundari Municipality	2622	12233	4.67	98.81	1.83	31
Mugu						
Chhayanath Rara Municipality	4952	24527	4.95	102.08	1.92	51
Khatyad Rural Municipality	3525	18832	5.34	102.08	0.92	67
Mugum Karmarong Rural Municipality	1372	6222	4.53	90.92	1.37	3
Soru Rural Municipality	2581	14277	5.53	96.98	1.48	39
Humla						
Adanchuli Rural Municipality	1480	8265	5.58	95.53	1.44	55
Chankheli Rural Municipality	1193	6579	5.51	100.03	1.69	5
Kharpunath Rural Municipality	1437	6736	4.69	97.54	1.09	8
Namkha Rural Municipality	849	3589	4.23	95.16	-0.80	1
Sarkegad Rural Municipality	2205	10688	4.85	100.71	0.77	35
Simmkot Rural Municipality	2882	11935	4.14	102.70	0.31	15
Tanjakot Rural Municipality	1158	6092	5.26	97.34	0.20	38
Jumla						
Chandannath Municipality	5367	21036	3.92	97.76	0.95	206
Guthichour Rural Municipality	2444	10922	4.47	97.11	0.97	26
Hima Rural Municipality	2176	12191	5.60	101.94	1.38	92
Kanakasundari Rural Municipality	2754	13625	4.95	97.72	0.29	60
Patarasi Rural Municipality	3342	16824	5.03	96.36	1.38	21
Sinja Rural Municipality	2354	12556	5.33	104.40	0.44	82

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Tatopani Rural Municipality	3318	15575	4.69	97.75	0.60	30
Tila Rural Municipality	2667	14539	5.45	98.16	0.64	83
Kalikot						
Shubhakalika Rural Municipality	2762	13773	4.99	92.93	-0.21	142
Khandachakr Municipality	4101	22274	5.43	101.36	0.90	167
Mahabai Rural Municipality	1615	8177	5.06	98.09	-0.17	25
Narharinath Rural Municipality	4290	22458	5.23	97.00	0.48	156
Pachaljharana Rural Municipality	2398	13687	5.71	101.66	0.99	82
Palanta Rural Municipality	2834	17346	6.12	103.16	1.20	54
Raskot Municipality	3194	17425	5.46	96.21	0.66	292
Sanni Triveni Rural Municipality	2422	13491	5.57	95.44	0.47	99
Tilagufa Municipality	3154	16197	5.14	97.69	0.26	62
Dailekh						
Athbis Municipality	6134	31092	5.07	96.26	0.59	185
Bhagwatimai Rural Municipality	3550	18206	5.13	98.13	-0.30	120
Bhairavi Rural Municipality	4269	18767	4.40	84.30	-1.18	170
Chamunda Bindrasaini Municipality	5113	26559	5.19	96.18	0.15	293
Dullu Municipality	9053	39143	4.32	86.06	-0.57	250
Dungeshwor Rural Municipality	3399	14533	4.28	90.15	-0.85	138
Gurans Rural Municipality	4541	21189	4.67	96.43	-0.37	129
Mahabu Rural Municipality	3968	18059	4.55	84.33	-0.63	163
Narayan Municipality	6504	26111	4.01	87.77	-0.33	236
Naumule Rural Municipality	4223	19687	4.66	93.09	-0.53	86
Thantikandh Rural Municipality	3840	18301	4.77	95.29	-0.31	207

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Jajarkot						
Barekot Rural Municipality	3887	22005	5.66	100.59	1.88	38
Bheri Municipality	8874	37892	4.27	94.16	1.18	172
Chedagad Municipality	7197	37877	5.26	97.49	0.68	133
Junichande Rural Municipality	4296	23771	5.53	99.15	0.86	69
Kuse Rural Municipality	4401	23058	5.24	99.55	1.07	84
Shivalay Rural Municipality	2806	14776	5.27	97.59	-0.31	110
Nalgad Municipality	5992	28922	4.83	98.69	1.17	75
Rukum West						
Athbiskot Municipality	7553	35917	4.76	96.28	0.64	64
Banfikot Rural Municipality	4607	21033	4.57	93.69	1.13	110
Chaurjahari Municipality	6837	28956	4.24	93.72	0.52	270
Musikot Municipality	8693	34270	3.94	90.18	0.38	252
Sanibheri Rural Municipality	5292	24759	4.68	94.26	1.05	185
Triveni Rural Municipality	4308	20525	4.76	91.75	0.54	240
Salyan						
Bagchaur Municipality	7498	34021	4.54	93.88	-0.03	209
Bangad Kupinde Municipality	7428	32940	4.43	91.49	-0.87	97
Chhatreshwari Rural Municipality	5139	21242	4.13	89.27	-0.09	141
Darma Rural Municipality	4264	20139	4.72	93.94	0.08	247
Siddha Kumakh Rural Municipality	2898	13127	4.53	91.10	-0.33	147
Kalimati Rural Municipality	4972	22206	4.47	97.12	-0.34	44
Kapurkot Rural Municipality	3974	17526	4.41	91.39	-0.36	147

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Kumakh Rural Municipality	5491	24859	4.53	94.74	-0.04	140
Sharda Municipality	8898	34663	3.90	89.67	0.26	175
Triveni Rural Municipality	4110	16664	4.05	90.53	0.02	140

Surkhet

Barahtal Rural Municipality	6169	25943	4.21	92.48	-0.31	57
Bheriganga Municipality	11539	48203	4.18	87.82	1.46	188
Birendranagar Municipality	38377	153863	4.01	95.42	4.09	628
Chaukune Rural Municipality	5336	26950	5.05	96.51	0.63	71
Chingad Rural Municipality	3297	15600	4.73	89.48	-0.98	92
Gurbhakot Municipality	11798	48216	4.09	85.21	0.93	211
Lekbenshi Municipality	7441	31710	4.26	88.38	0.44	175
Panchpuri Municipality	7803	35839	4.59	92.59	1.02	109
Simta Rural Municipality	6062	24083	3.97	78.88	-0.68	100

Bajura

Badimalika Municipality	4046	18414	4.55	100.92	0.87	67
Budhiganga Municipality	4554	20185	4.43	84.66	-0.68	341
Budhinanda Municipality	4150	20072	4.84	95.01	0.64	86
Khaptad Chededah Rural Municipality	3574	19307	5.40	95.45	0.37	143
Gaumul Rural Municipality	1716	8913	5.19	93.38	0.44	28
Himali Rural Municipality	1998	10309	5.16	97.72	1.08	12
Jagannath Rural Municipality	1939	10158	5.24	92.02	0.71	59
Swamikattik Khapar Rural Municipality	2362	12576	5.32	95.55	-0.16	114
Triveni Municipality	3702	17798	4.81	85.47	-0.30	104

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Bajhang						
Bithadchir Rural Municipality	3116	17812	5.72	89.93	0.36	207
Bungal Municipality	6372	33812	5.31	90.22	0.17	76
Chhabis Pathivera Rural Municipality	3070	14474	4.71	87.27	-1.14	124
Durgathali Rural Municipality	2592	11318	4.37	82.28	-1.31	183
Jayaprithvi Municipality	5002	21933	4.38	90.89	-0.11	132
Saipal Rural Municipality	447	2625	5.87	96.92	1.77	2
Kedarsyu Rural Municipality	4296	21312	4.96	86.03	0.00	187
Khaptadchanna Rural Municipality	3102	13419	4.33	81.58	-1.62	118
Masta Rural Municipality	2545	13265	5.21	85.52	-1.15	121
Surma Rural Municipality	1823	11082	6.08	98.85	1.97	41
Talkot Rural Municipality	2244	11719	5.22	87.29	0.13	35
Thalara Rural Municipality	3416	15958	4.67	80.17	-1.13	151
Darchula						
Apihimal Rural Municipality	1355	6798	5.02	99.24	0.03	11
Byas Rural Municipality	2143	9668	4.51	89.94	-0.65	12
Duhun Rural Municipality	2196	9842	4.48	85.87	-0.91	151
Lekam Rural Municipality	3030	13743	4.54	90.53	-0.74	164
Mahakali Municipality	5982	24081	4.03	90.76	1.21	178
Malikarjun Rural Municipality	3174	15635	4.93	94.13	0.03	155
Marma Rural Municipality	3025	15124	5.00	91.64	0.11	73
Naugad Rural Municipality	2975	15528	5.22	93.37	-0.21	86

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Shailyashikhar Municipality	4501	21807	4.84	93.98	-0.11	185
Baitadi						
Dasarathchand Municipality	7198	31567	4.39	86.21	-0.87	234
Dilasaini Rural Municipality	4509	22966	5.09	94.12	0.02	183
Dogadakedar Rural Municipality	4672	23104	4.95	88.19	-0.61	183
Melauli Municipality	4536	20658	4.55	85.16	-0.84	173
Pancheshwor Rural Municipality	3574	17796	4.98	84.68	-0.51	148
Patan Municipality	6442	29230	4.54	86.51	-0.39	133
Purchaudi Municipality	7145	38281	5.36	92.84	-0.22	193
Shivanath Rural Municipality	3434	18064	5.26	84.99	0.52	221
Sigas Rural Municipality	4114	21814	5.30	90.28	0.13	89
Surnaya Rural Municipality	3783	17945	4.74	85.77	-0.32	144
Dadeldhura						
Alital Rural Municipality	3710	18112	4.88	93.59	-0.22	62
Ajayameru Rural Municipality	3453	15161	4.39	86.25	-1.14	102
Amargadhi Municipality	6182	24149	3.91	95.71	1.23	173
Bhageshwor Rural Municipality	2794	13132	4.70	92.33	-0.70	56
Ganyapadhura Rural Municipality	3281	13722	4.18	79.19	-0.91	101
Navadurga Rural Municipality	4318	18672	4.32	78.24	-0.64	132
Parashuram Municipality	7434	35590	4.79	88.82	0.17	86
Doti						
Adarsh Rural Municipality	5317	24495	4.61	73.79	0.22	191
Badikedar Rural Municipality	2905	14902	5.13	98.03	-1.10	45
Bogtan Phudsil Rural Municipality	3162	15540	4.91	87.66	-1.36	52

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Dipayal Siliguri Municipality	8385	33968	4.05	83.62	0.29	268
Joraya Rural Municipality	4320	19788	4.58	96.50	-0.49	47
K.I.S. Rural Municipality	4680	20736	4.43	76.54	-0.08	163
Purvichauki Rural Municipality	5148	21494	4.18	75.38	-0.43	183
Saya Rural Municipality	4207	20456	4.86	81.83	0.43	167
Shikhar Municipality	7016	30399	4.33	77.91	-0.43	107
Achham						
Bannigadhi Jayagari Rural Municipality	3134	13519	4.31	75.57	-2.40	232
Chaurpati Rural Municipality	4811	21681	4.51	77.76	-1.42	119
Dhakari Rural Municipality	4305	21998	5.11	92.75	0.19	97
Kamalbazar Municipality	4569	21032	4.60	81.65	-1.16	174
Mangalsen Municipality	6222	26557	4.27	83.47	-1.94	121
Mellekh Rural Municipality	4722	22785	4.83	84.30	-0.76	169
Panchadeval Binayak Municipality	5412	26088	4.82	83.78	-0.50	177
Ramaroshan Rural Municipality	4832	23600	4.88	88.57	-0.62	136
Saanfagar Municipality	6311	25891	4.10	83.60	-2.55	155
Turmahand Rural Municipality	5249	24574	4.68	90.27	-0.07	106
Kailali						
Bardagoria Rural Municipality	7940	37682	4.75	89.28	1.37	488
Bhajani Municipality	10845	53494	4.93	91.85	0.30	304
Chure Rural Municipality	4239	21400	5.05	100.54	1.18	43
Gauriganga Municipality	13781	64558	4.68	85.16	1.48	264
Ghodaghodi Municipality	18383	86034	4.68	87.61	1.24	243

Local Level	2078 BS.					
	Number of families	Number of families	Number of families	Number of families	Number of families	Number of families
Godavari Municipality	21250	98746	4.65	89.70	2.26	320
Janaki Rural Municipality	11041	49860	4.52	87.01	0.26	465
Joshipur Rural Municipality	7751	37187	4.80	91.36	0.19	567
Kailari Rural Municipality	10174	49917	4.91	93.20	0.38	214
Lamkichuha Municipality	20412	90971	4.46	87.45	1.80	404
Mohanyal Rural Municipality	4347	21082	4.85	95.17	-0.43	34
Tikapur Municipality	20930	89835	4.29	88.96	1.59	759
Kanchanpur						
Bedkot Municipality	12595	57680	4.58	88.21	1.47	361
Beldandi Rural Municipality	4701	21888	4.66	81.96	-0.03	596
Belauni Municipality	11151	53910	4.83	88.93	0.07	437
Bhimdatta Municipality	27570	122320	4.44	90.86	1.50	712
Krishnapur Municipality	15111	71500	4.73	89.81	2.24	283
Laljhadi Rural Municipality	4745	25037	5.28	94.19	1.00	162
Dodhara Chandani Municipality	9610	42974	4.47	78.72	0.87	756
Punarbans Municipality	13626	61748	4.53	83.81	1.35	595
Shuklaphanta Municipality	12058	53969	4.48	83.66	1.36	332

Source: National Census, 2078

Table No. 1.8
Towns Located on the Banks of Rivers

City	District	Rivers
Kathmandu	Kathmandu	Bagmati
Bidur	Nuwakot	Trishuli
Pokhara	Kaski	Setigandaki
Damauli	Tanahun	Seti-Madi

Besisahar	Lamjung	Marsyangdi
Baglung	Baglung	Kaligandaki
Kusma	Mountains	Modi
Butwal	Rupandehi	Tinau
Ghorahi	Dang	Babai
Syangjabazar	Syangja	Andhikhola
Beni	Myagdi	Kaligandaki
Jomsom	Mustang	Kaligandaki
Chame	Manang	Marsyangdi
Mahendranagar	Kanchanpur	Mahakali
Jumla	Jumla	Jumla Karnali (Tila)
Dipayal	Doti	Seti
Bharatpur (Narayangadh)	Chitwan	Narayani (Saptagandaki)
Gaighat	Udayapur	Triyuga
Chandragadhi	Jhapa	Mechi
Kakkadbhitta	Jhapa	Mechi
Manthali	Ramechhap	Sunkoshi
Simikot	Humla	Humla Karnali
Dhunche	Rasuwa	Trishuli
Hetauda	Makawanpur	Rapti
Sindhulimadhi	Sindhuli	Kamalamai
Gulariya	Bardiya	Babai
Manma	Kalikot	Jumla Karnali

Source: Nepal Parichaya, 2080

1.4 Natural Resources of Nepal

1.4.1 Land

Land resources are among the most important natural resources of Nepal. Just as Nepal's topography and vegetation vary, there is also significant variation in the condition and quality of its soil. According to the Land Resource Mapping Project (1978–79), only 18% of Nepal's total land area is cultivable.

Some Land Systems Practised in Nepal

Raikar Land

The etymology of the word *Raikar* is derived from the meanings of two words. The word '*rai*' means "state," and '*kar*' means "a mandatory payment to the government." Therefore, *Raikar* land refers to land owned by the government, where the occupant is required to pay land revenue. The person who controls and uses such land must pay this revenue to the government as a form of taxation.

Birta Land

If a government employee performed bravely or if a person proved to be valuable in the eyes of the country's governance, the land granted to them as a '*Vritti*' was called Birta land. In Nepal, such land was distributed extensively, especially during the Rana period. The land granted as a donation to a Brahmin was called *Kush Birta*, the land given to a government employee for commendable service was called *Fikdar Birta*, and the land provided to the family of a soldier who died in battle was called *Marwat Birta*. During the Rana period, it was customary to grant land as Birta to individuals who were loyal to the regime. As a result, about 35% of the cultivable land was distributed as Birta. In 2016 BS. , the Birta Abolition Act was promulgated, and all Birta land was converted into *Raikar* land.

Guthi Land

An institutional land used as a trust for the fulfilment of specific public or collective purposes is called *Guthi* land. The word *Guthi* is derived from the Sanskrit term '*Gosthi*', which means 'council.' In Nepal, land provided as a necessary resource for worship in monasteries or temples and the preservation of religious heritage is categorized as *Guthi* land. Numerous monasteries and temples in Nepal, such as Pashupatinath, Jayabageshwori, and Ramjanaki Temple, have been associated with *Guthi* lands. The income generated from such lands facilitates the conduct of religious activities and the construction or renovation of monasteries. Prominent types of *Guthi* include *Rajguthi*, *Duniya Guthi*, *Pilkarana Guthi*, and *Bakas Guthi*. In Nepal, the *Guthi Sansthan* has been established to regulate and manage all types of *Guthi*.

Kipat Land

The Kipat land system was prevalent in the eastern hilly regions of Nepal. The users of Kipat land did not have to pay taxes on it. Prithvi Narayan Shah granted Kipat land to the Rai and Limbu communities of eastern Nepal. The recipients of Kipat land were required to assist the government or the king when needed. Such land was prohibited from being sold to individuals outside the community. However, after the implementation of the Land Reform Act in 2021 BS. , provisions were introduced allowing Kipat land to be bought and sold like *Raikar* land.

Types of Soil Available in Nepal

(a) Alluvial soil

Alluvial soil is found in the Terai region and basin of Nepal. This soil, a mixture of river-deposited soil and sand, contains approximately equal amounts of sand and clay. It also includes a blend of mineral elements such as lime, phosphorus, and potash, making it highly suitable for agriculture. Crops like rice, hemp, sugarcane, tobacco, and oilseeds thrive exceptionally well in this soil.

(b) Sandy Gravel Soil

Sandy gravel soil is found in the Bhabar region, inner Madhes, and Chure hills. This soil consists of loose, coarse materials such as sand, pebbles, and stones deposited by rivers. It has a low proportion of fertile soil and organic matter, preventing water stagnation and resulting in very low fertility. Irrigation is challenging in this type of soil. Although it is considered low-grade for agriculture, economically valuable trees like *Sal* and *Sisau* grow well in such soil, and much of the land is covered with forests.

(c) Red Lateritic Soil

The soil formed by the decayed weeds on the broken rocks on the steep slopes of the Mahabharata Range is called red lateritic soil. Due to the low content of organic matter and oxidized iron in this soil, the soil colour of this area is red, lateritic or yellow. Since the mineral elements like lime, nitrogen and phosphorus are low and the soil depth is also low, rice, sugarcane, jute, tobacco etc. are not often cultivated in this type of soil. However, since such soil contains minerals like acid and iron, it is useful for cultivating fruits, tea, potatoes, maize, and millet.

(d) Lacustrine Soil

The soil formed by the drying up of valley lakes is called lacustrine soil (*taliya soil*). The soil colour is black due to the presence of abundant decayed vegetation. Due to its greater depth and high organic matter content, lacustrine soil is considered the best for agriculture. Rice, wheat, and vegetables grow well in this soil. This type of soil can be cultivated even with low rainfall. Similar soils are found in the Kathmandu Valley.

(e) Mountain Soil

Mountain soil (*himali soil*) is formed by the soil deposited by glaciers, sand, pebbles, stones, etc. This type of soil is found especially in the interior and foothills of the high Himalayan regions of Nepal. Its fertility is low due to the cold and dry climate and the lack of soil depth and organic matter. Only crops like maize, barley, potatoes, and yams are grown in this soil.

1.4.2 Legal System Related to Land and Land Use in Nepal

Land and Land Use

Land refers to the surface of the Earth, extending from directly below the surface to the center of the Earth, and above the surface to the limit of the Earth's gravity (Land Use Act, 2076). Land use is dividing land into different areas based on its designated purpose and putting it to use. To accelerate the country's economic development, reduce the burden of idle capital and population on the land, and encourage investment in other sectors of the economy, it is essential to improve the living standards of farmers dependent on the land. This can be achieved by ensuring the equitable distribution of arable land, providing access to necessary agricultural knowledge and tools, offering incentives to maximise agricultural production, maintaining the convenience and economic interests of the general public, and reducing poverty through proper land management. As a result, various legal systems related to land exist in Nepal.

(1) Constitution of Nepal

Article 25, clause (4) of the current Constitution of Nepal, under the 'Right to Property' in the Fundamental Rights, clearly provides that the state may, following the law, reform, manage, and regulate land to increase land production and productivity, modernize and

commercialize agriculture, protect the environment, and ensure orderly housing and urban development.

Article 51 of the Constitution of Nepal defines the agricultural and land reform policy as a part of the state policies as follows:

1. To carry out scientific land reform by ending dual ownership of land while considering the interests of farmers.
2. To increase production and productivity by discouraging absentee land ownership.
3. To protect and promote the rights and interests of farmers, adopt a land use policy to increase agricultural production and productivity, and manage land to commercialize, industrialize, diversify, and modernize agriculture.
4. To regulate and manage land based on its productivity, nature, and environmental balance, ensuring its proper use.
5. To ensure that farmers have access to agricultural inputs and agricultural produce at fair prices, as well as access to markets.

(2) Land Act, 2021

The Land Act, 2021, was enacted to accelerate the economic development of the country by diverting the burden of idle capital and population from land and investing it in other sectors of the economy, improving the living standards of real farmers dependent on land through equitable distribution of arable land, providing necessary knowledge and tools related to agriculture, offering incentives for maximizing agricultural production, and maintaining the convenience and economic interests of the general public. The Land Act, 2021, consists of 11 chapters and 64 sections. It includes provisions such as the abolition of landlordism, setting land limits, regulations related to the sale and distribution of land, provisions for tenants, provisions related to *kut* (crops paid by a tenant to the landlord), and the possibility of forming a commission to resolve land-related problems. This Act has been amended seven times since it came into force in 2021 BS., with the most recent amendment made in 2076 BS.

(3) Land Use Act, 2076

The Federal Parliament of Nepal has enacted this Act to make

necessary arrangements for achieving maximum and sustainable benefits through land classification, proper use, and effective management. The Land Use Act, 2076, has 6 chapters and 34 sections. This Act is essential for achieving maximum and sustainable benefits through land classification, proper use, and effective management. It contains provisions such as operating land-use programs, determining land-use areas, classifying land, preparing land-use plans, and establishing a land bank. The Government of Nepal introduced a land use policy in 2072 BS. Based on this, the Land Use Act, 2076 BS., was issued in 2076 BS. The specific provisions and features of this Act are as follows:

The section 4 of the Act has classified land use areas:

- (a) Agricultural area
- (b) Residential area
- (c) Commercial area
- (d) Industrial area
- (e) Mining and mineral area
- (f) Forest area
- (g) River, stream, lake, wetland area
- (h) Area of public use
- (i) Area of cultural and archaeological importance
- (j) Other areas specified by the Government of Nepal as per the requirement

Apart from the above areas, there is a provision that the local level may classify them into sub-areas as prescribed if it is recommended.

According to the Land Use Act of 2076, there is a provision for the federal government and the ministry to prepare a map of the land-use area for each local level. Because of this, the provincial government and the local level will not face any problems in preparing the map of the land. Similarly, Section 6 of the Act provides for the participation of the Government of Nepal, the provincial government, and the local government in the formulation of land use plans, ensuring that the goals are achieved through cooperation and coordination among all three

levels of government for land use. While formulating such a plan, there is a legal provision to take the following issues as a basis:

- Condition of the land
- Population growth rate
- Food and housing needs
- Increase in demand for land due to economic development and infrastructure construction
- Baseline for a long-term land use plan
- Overall issues related to economic, social, and infrastructure development

Similarly, while formulating a land use plan, the following areas should be prepared visibly:

- (a) Industrial corridors
- (b) Special economic zones
- (c) National projects
- (d) Inter-provincial projects
- (e) Natural and physical heritages of national importance that require protection
- (f) Places of religious and cultural significance with international recognition and human faith
- (g) Areas where schools, other educational institutions, roads, health facilities, or irrigation canals are located
- (h) Places sensitive to national security
- (i) Disaster-prone areas
- (j) Safe areas for environmental cleanliness and biodiversity conservation
- (k) Other necessary areas

Section 8 of the Act stipulates that land classified for specific land use cannot be reclassified without sufficient evidence and a reasonable cause.

According to Section 10, the Ministry, the Provincial Government, and the local level are responsible for establishing the necessary basis and criteria to control land fragmentation and regulate

allotment activities. The section also includes a provision to promote land consolidation.

The Ministry, the Provincial Government, and the local level can implement a land consolidation program by integrating plots of land in designated areas to support modernization, mechanization, commercialization, cooperative farming, collective farming, and public farming on agricultural land.

According to Section 11, settlements and infrastructure construction are restricted in areas designated as agricultural land.

According to Section 12, there is a provision to prevent the development of land classified for purposes other than residential use and to restrict the fragmentation of land.

The provision for land use councils at the federal, provincial and local levels has been made, as well as the functions, duties and powers of the councils. Section 21 of the Act provides for the establishment of land banks. Section 22 provides for incentives from the three levels of government for those who make maximum use of agricultural land.

The Land Use Act, 2076 BS., includes provisions for preparing maps of land-use areas. It also mandates updating landowner lists and Lalpurja (certificates of land ownership). Additionally, the Act contains provisions for controlling land fragmentation and encroachment, prohibiting plot development, valuing land, and determining taxes based on land-use classification.

Some other land-related acts, rules and commission formation orders in Nepal:

- Local Government Operation Act, 2074
- Land Use Policy, 2072
- Land Regulations, 2021
- Formation Order to Resolve Land-Related Problems, 2076

The main objective of all the above-mentioned laws is to improve the living standards of all citizens by enhancing production, quality productivity, and utility, thereby promoting the country's economic growth and development. It is anticipated that these problems will be resolved if the aforementioned issues and areas are properly addressed.

1.4.3 Forests

The topography, climate, soil, and other geographical factors of a place significantly influence its vegetation. Since climate directly impacts vegetation, there is an interdependent relationship between the climate and vegetation. Forest resources play a vital role in maintaining environmental protection and ecological balance in Nepal. According to 1954 statistics, more than 45% of Nepal's land was covered by forests. However, this figure declined to 43% in 1979, 37.4% in 1986, and 39.6% by 1998. A forest survey conducted in 2014 showed an increase in forest area, reaching 44.74%. In the past, deforestation occurred in many areas to make way for housing and resettlement, while forest encroachment also contributed to the loss of forest cover in some regions.

Based on Nepal's diverse terrain and forest types, the country's flora can be classified into the following five groups:

(a) Sub Tropical Evergreen Forests

The tropical evergreen forests found in the Terai, Bhabar, Dun, and Chure hills at altitudes of up to 1,200 meters receive ample heat and rainfall, resulting in tall, thick, strong, and evergreen trees. This forest, which stretches parallel from east to west, is also known as the *Charkose Jhadi*, as it historically extended for four kos. In addition to the main vegetation, such as *sal*, *sisau*, *khayar*, *simal*, and other plants, species like *saanbe*, *dhaddi*, and *ganja* are also found. The presence of wildlife such as elephants, rhinos, tigers, bears, deer, etc. makes this area significant from both economic and biological perspectives.

(b) Temperate Deciduous Forest

The trees found in the temperate deciduous forests of the upper and middle Chure Hills and the lower Mahabharata range in Nepal, at altitudes ranging from 1,200 to 2,100 meters, are tall and thick. Although the lower parts are densely shaded, most of the leaves fall off because the upper parts are cold and frosty; therefore, this forest range is called deciduous. In the higher regions, a mixed forest of deciduous and coniferous trees is found in limited quantities. Among the hard and soft evergreen, deciduous, and coniferous trees in this area, the main species include *sal*, *pine*, *conifer*, *katus*, *walnut*, *rhododendron*, *peepal*,

chilaune, bar, bamboo, simal, uttis, palans, lakuri, and chanp. Such forests are considered to be of lower quality compared to tropical evergreen forests.

(c) Coniferous Forest

Coniferous forests are found in the upper part of the Mahabharata range and the lower part of the Himalayan Mountains at altitudes ranging from 2,101 meters to 3,350 meters. Due to the cold climate and year-round snowfall, the trees and their leaves have pointed tips. The soil in this region is soft, supporting the growth of evergreen forests. Medium-soft trees dominate this area, with significant amounts of Chanp, pine, conifer, katus, dhupi, simal, chilaune, betbans, uttis, bamboo, rhododendron, bhojpatra, and others.

(d) Alpine Forest

The vegetation found in the hilly and lower Himalayan areas with low temperatures and low rainfall at an altitude of 3,351 meters to 5,000 meters is called *Lekali* vegetation or alpine forest in Nepal. Since the climate is cold and dry at this altitude, tall, thick and hard trees cannot survive. Among the alpine vegetation, low-growing trees such as sedges or *lekali* rhododendrons, reeds, and some shrubs like bushes are found at an altitude of up to 3,600 meters, while large grass fields are found above that. Colourful wildflowers and herbs are found in the upper part.

(e) Tundra Vegetation

Since there is snow in Nepal above an altitude of 5,000 meters, only mosses and lichens are found in the steep places where there is no snow. Mosses and lichens that grow in cold desert vegetation or tundra vegetation, where other plants cannot grow and develop, are called tundra vegetation or cold desert vegetation.

1.4.4 Minerals

Copper, coal, limestone, petroleum products, gas, shale, ochre, lead, magnesite, slate, etc., found inside the earth are called minerals. Nepal is a country rich in natural resources. In the fiscal year 2065/066, this sector contributed 0.54% to the gross domestic product. The history of efforts made for mineral extraction in Nepal is not very long. To make the extraction of minerals more effective, the Department of Geology was established in 2024

BS. However, the minerals in the country's subsoil have not been fully utilized.

Table No. 1.9
Potential Areas of Mineral Resources in Nepal

S.N.	Available minerals	Potential areas of minerals
1	Iron	Phulchowki, Those, Chitwan, Kulekhani, Bhaise, Pyuthan, Bajhang, Doti, Jantar, Labdhi, Pharping
2	Copper	Tamakhani, Seemakhani, Kulekhani, Buddhakhola, Wapsa, Bahrabise, Marfa, Bandipur, Okhaldhunga, Ilamdanda, Myagdi
3	Mica	Bhojpur, Doti, Chainpur, Sindhuli Gadhi, Jyamire, Nibuwa Village, Rasuwa, Bajhang, Lamjung, Gosaikunda, Sundarikal
4	Limestone	Chobhar, Bhaise, Dhankuta, Morang, Chitwan, Makawanpur, Palpa, Godavari, Surkhet
5	Lead	Ganesh Himal, Phulchoki, Makawanpur, Baglung, Marfu, Galkot, Tipling, Baitadi
6	Zinc	Ganesh Himal, Phulchoki, Majer Khola, Nampa
7	Sulfur	Chisapani Gadhi, Gosaikunda, Barahachhetra
8	Khari	Sindhupalchowk, Khotang, Bhojpur
9	Slate	Bandipur, Bagmati, Lumbini, Gandaki, Janakpur
10	Marble	Godavari, Mahabharata Mountain Range
11	Ochre (Geru)	Sindhupalchowk, Chautara
12	Coal	Dang, Salyan, Chautara, Chitwan, Makawanpur, Kathmandu Valley
13	Petroleum	Koilabas, Nepalgunj, There is a high possibility of finding it in the vast areas of Dhangarhi, Muktinath, Dailekh, Pyuthan, Dang and the Terai, Chure Hills, Mahabharata.

14	Gas	The vast area of Terai, Mustang region and Kathmandu Valley
15	Gold	Sunkoshi, Budhi Gandaki, Riu Khola, Bagar, Bering, Koshi rivers of Kaligandaki
16	Silver	Chisapani Gadhi, Baglung, Phulchoki
17	Cobalt	Palpa, Gulmi, Arghakhanchi, Dhankuta
18	Soda	Salyan, Doti
19	Rock Salt	Rasuwa, Syafrubesi
20	Niobium and other stones (Rare metals)	Gorkha, Dadeldhura, Jajarkot
21	Nickel	Khokaling, Nampa, Tungthang, Bhorle
22	Magnesite	Kharidhunga of Dolakha, Kamyughat of Udayapur,

Source : Nepal Parichaya, 2080

1.4.5 Water Resources

Although Nepal is deprived of maritime facilities, it is considered the second richest country in the world after Brazil and the first in Asia in terms of water resources. Nepal has more than 6,000 rivers and rivulets. The water storage capacity of the three major rivers of Nepal: Koshi, Gandaki, and Karnali is 148,000 cubic meters, or 74% of the total water storage capacity. The total hydropower generation capacity is about 83,000 megawatts. In terms of flow, water storage, and utility, the rivers of Nepal can be classified into three categories as follows:

(a) First-tier Rivers

Large rivers like Saptakoshi, Saptagandaki and Karnali, which flow continuously with large amounts of water after melting the snow of the Himalayas or originating from the Himalayas, are first-tier rivers. Such rivers are considered useful for large hydropower and irrigation projects.

(b) Second-tier Rivers

Although they originate from the Mahabharata hill range below the Himalayas and never dry up, they have more water during the rainy season but their water volume decreases significantly in winter. Such rivers include Mechi, Kankai, Triyuga, Kamala, Bagmati, Banganga, Tinau, Rapti, Babai, Mohana, etc.

(c) Third-tier Rivers

The temporary rivers originating from the Chure hills of the Shivalik range, which become very large during the monsoon and become very small or dry up in winter are third-tier rivers. Such rivers include Sirsia, Tilabe, Jamuni, Hardinath, Dunduwa, Arjun Khola. Such rivers are useful for rain-fed agriculture and short-term irrigation.

1.4.6 Lakes, Pools and Ponds

Tilicho Lake



Tilicho Lake, Manang

Tilicho Lake is located in the lap of the Phakche Himalayas at an altitude of 4,919 meters above sea level. This beautiful lake is situated in the northern part of the Annapurna Himalayas in Manang district, near the junction of Mustang. The length of this lake is about 4 kilometres, its width is 1.2 kilometres, and its depth is about 200 meters. This lake is also called Tiri-Cho or Tilijo. The Nilgiri lies to the north of this lake, and the Annapurna Himalayas lie to the south. This lake is very charming because it showcases the beauty of snow, water, and rocks.

Rara Lake



Rara Lake, Mugu

Rara lake located in Mugu district is famous as the largest lake in Nepal. Its length is 5.2 kilometres, width is 2.4 kilometres. and depth is 167 meters. It is at an altitude of 2,990 meters above sea level and is also known as Mahendra Lake.

Shey Phoksundo Lake



Shey Phoksundo Lake, Dolpa

Shey Phoksundo Lake is located in the Dolpa district. Phoksundo Lake, situated at the southern foot of Kanjirowa Himal and in the

lap of Kagmara Hill, serves as the head of the Jagdulla River, a tributary of the Bheri River, at an altitude of about 3,613 meters above sea level. This lake stretches from north to south and widens from east to west. It is approximately 4.82 kilometres long, 1.61 kilometres wide, and 650 meters deep. The local name of this lake is 'Rigmo.' The shape of the lake is elongated and triangular. Shey Phoksundo is the second largest lake in Nepal after Rara Lake and is the deepest lake in the country. Due to the extremely cold water of the lake, no living creatures are found in it. Additionally, there is a waterfall about 176 meters high on the Suligad River, which serves as the lake's outlet.

Chho Rolpa Lake

Chho Rolpa Lake is located in the Dolakha district. It is located at an altitude of 4,580 meters above sea level. This lake is 3 kilometres long, 0.5 kilometres wide, and 100 meters deep. It is estimated that there are about 80 million cubic meters of water in this lake. To save this lake, which is in danger of exploding, a siphon has been installed to drain the water.

Fewa Lake



Fewa Lake, Kaski

Fewa Lake, located in Pokhara in the Kaski district, is 4.8 kilometres long, 1.5 kilometres wide, and 24 metres deep. The lake is exceptionally scenic, as it beautifully reflects the shadow of the majestic *Machhapuchhre* (Fish Tail) mountain. It holds significant importance from a tourism perspective.

Rani Pokhari

King Pratap Malla built Rani Pokhari to console his queen, Anantapriya, who was grieving the death of their son. This *pokhari* (pond) is 180 meters long, 140 meters wide, and spans an area of about 32 *ropani*. Bhairav is installed in the northeast and northwest corners of the pond, Mahalakshmi in the southeast corner, and sixteen-handed Ganesh in the southwest corner.

Taudaha



Toudaha, Kathmandu

When the Kathmandu Valley was immersed in water, it is said that Manjushri cut the Chobhar gorge with his sword, or that Lord Krishna threw a chakra (divine wheel) to release the water. As a result, the Nags (serpents) had to leave. A pond was then built at a place called Chobhar Bhootkhel, and the king of serpents, Karkotak, was given a place to live there. Toudaha is also known as the abode of Karkotak, the king of serpents. Taudaha spans 96 *ropanis* of land, with 84 *ropanis* covered by water. This area is home to dozens of bird species, making it an attractive site for the study and research of birds.

Ghodaghodi Lake

Ghodaghodi Lake is located north of the Mahendra Highway in the Kailali district, covering an area of 1.5 hectares and is shaped like a palm. Four or five hillocks, resembling mini-islands, are situated in the middle of this lake. The lake is named after the Ghodaghodi Temple, which is located nearby. In addition to the rare bird *Dhanesh*, many other animals and birds inhabit the forest

surrounding the lake. Fish, crocodiles, turtles, and other aquatic creatures are found in the lake.

Begnas Lake



Begnas Lake, Kaski

Begnas Lake is located on the other side of Panchabhaiya hill, along with Rupa Lake, which is situated at an altitude of 677 meters above sea level, this 7.5 meter-deep lake spans an area of 225 hectares.

Gosainkunda

Gosainkunda, known as a religious pilgrimage site and visited by thousands of devotees on the day of *Janaipurnima*, is located in the Rasuwa district of Bagmati Province. This clear-water lake is situated on the black rock of the Himalayas at an altitude of about 4,360 meters above sea level. Gosainkunda has been formed by the Suryakunda (to the east) and the northern waterfalls.

Rupa Lake



Rupa Lake, Kaski

Rupa Lake is located at the foot of the Panchbhaiya Hill in the northeastern part of Pokhara, in the Kaski district. This lake lies at an altitude of 701 meters above sea level, is 4.5 meters deep, and spans an area of 120 hectares. Currently, economic benefits are being gained from fishing in this lake.

Table No. 1.10
Some Famous Lakes, Pools and Ponds of Nepal

S.N.	Lake, Pools, pond	Location (District)
1	Rara Lake	Mugu
2	Fewa Lake	Kaski
3	Rupa Lake	Kaski
4	Maidi Lake	Kaski
5	Begnas Lake	Kaski
6	Shey Phoksundo or Rigma Lake	Dolpa
7	Bisahazar Lake, Nandbhaju Lake	Chitwan
8	Gaidahawa Lake	Rupandehi
9	Lausa Lake	Rupandehi
10	Sagrahawa Lake	Rupandehi
11	Jakhira Lake	Kapilvastu



Indra Sarovar, Makawanpur

12	Ghodaghodi Lake	Kailali
13	Bulbule Lake	Surkhet
14	Jagdishpur Lake	Kapilvastu
15	Rani Lake	Kanchanpur
16	Jhilmila Lake	Kanchanpur
17	Tiricho (Tilicho) Lake	Manang
18	Khaptad Daha	Achham
19	Gosaikunda	Rasuwa
20	Indra Sarovar	Makawanpur
21	Taudaha	Kathmandu
22	Ranipokhari	Kathmandu
23	Nagdaha	Lalitpur
24	Gangasagar	Dhanusha
25	Maharaja Sunavarshi Pond	Morang
26	Maidiya Pond	Parsa
27	Surma Sarobar	Bajhang
28	Panchase Lake	Syangja, Parbat and Kaski
29	Giri Daha	Jumla
30	Suna Daha	The border area of the Dolpa and Baglung districts
31	Gufapokhari, Sabhapokhari	Sankhuwasabha
32.	Maipokhari	Ilam

Source: Nepal Parichaya, 2080

1.5 Population of Nepal

The population census in Nepal has been conducted since 1968 BS. (1911 AD). Since then, the population census program has been carried out approximately every 10 years. The population censuses conducted until 1998 BS. were limited to a general headcount, while the population censuses conducted from 2009–2011 BS. (1952–54 AD) are considered internationally comparable to modern (scientific) censuses. In this context,

the National Population Census of 2068 BS. was the eleventh population census of Nepal and marked the 100th population census in the history of population censuses. The 8th of *Asar* is recognized as Population Census Day in Nepal.

The results of the National Population Census 2078 include the entire territory of Nepal as per the new map. According to the census, the population of Nepal has reached 29,164,578, which is 2,670,074 more than the population of 26,494,504 recorded ten years ago (2068 BS.). Over the past 10 years, the population of Nepal has increased by 10.08%. The average annual growth rate over the last ten years is 0.92%, compared to 1.35% in the previous census.

The total population consists of 14,253,551 males (48.87%) and 14,911,027 females (51.13%). In the 2068 BS. population census, the proportion of males and females in the total population of 26,494,504 was 48.5% and 51.5%, respectively. According to the current results, the sex ratio (number of males per 100 females) is 95.59, compared to 94.16 in the previous population census.

The share of the Terai region in the distribution of the total population by geographical area has increased in 2078 compared to 2068 BS. In the 2068 population census, the share of the Terai region in the total population was 50.27%, which increased to 53.61% in 2078 BS. The share of the Himalayan region in the total population decreased slightly to 6.08% in 2078. Similarly, the share of the Hill region has decreased from 43.01% in 2068 BS. to 40.31% at present.

Over ten years, the sex ratio in the Himalayan, Hill, and Terai regions was 94, 91, and 97, respectively, in the 2068 BS. population census. In the 2078 BS. population census, these figures have been updated to 97.28, 94.65, and 96.11, respectively. The annual population growth rate is negative (-0.05%) in the Himalayan region, slightly positive (0.30%) in the Hill region, and significantly positive (1.54%) in the Terai region compared to other regions.

The population growth rate, along with geographical, regional, and district-wise details, as well as rural and urban population data, are provided in the tables below.

Table No. 1.11
Population Change and Growth Rate

Year (BS)	Population	Interval calculation number		Annual population growth rate	Population doubling time (years)	Sex ratio	Population density
		Additional number	Percentage				
2009-11	82,56,625	1972976	31.4	2.28	31	96.8	56
2018	94,12,996	1156371	14.0	1.64	42	97.0	64
2028	1,15,55,983	2142987	22.77	2.05	34	101.4	79
2038	1,50,22,839	3466856	30.0	2.62	26	105.0	102
2048	1,84,91,097	3468258	23.09	2.08	33	99.5	126
2058	2,31,51,423	4660326	25.2	2.25	31	99.8	157
2068	2,64,94,504	3343081	14.44	1.35	52	94.16	180
2078	2,91,64,508	26,70,074	10.08	0.92	-	95.59	198

Source: National Census, 2078

Table No. 1.12
Population Distribution by Geographical Area

Census Year (BS)	Mountain	%	Hill	%	Terai	%	Total
2009-11	—	—	—	—	29,06,637	35.2	82,56,625
2018	—	—	—	—	34,21,699	36.4	94,12,996
2028	1,38,610	9.9	60,71,407	52.5	43,45,966	37.6	1,15,55,983
2038	3,02,896	8.7	71,63,115	47.7	65,56,828	43.6	1,50,22,839
2048	14,43,130	7.8	84,19,889	45.5	86,28,078	46.7	1,84,91,097
2058	16,87,859	7.3	1,02,51,111	43.3	1,12,12,453	48.4	2,31,51,423
2068	17,81,792	6.73	1,13,94,007	43.01	1,33,18,705	50.27	2,64,94,504
2078	1772948	6.08	1,17,57,624	40.31	1,56,35,006	53.61	2,91,64,578

Source: National Census, 2078

Table No. 1.13
Population Indicators by Geographical Region (2078)

Indicator	Mountain	Hill	Terai
Total population	1772948	11757624	15634006
Male	874260	5717247	7662044
Female	898688	6040377	7971962
Sex ratio	97.28	94.65	96.11
Annual population growth rate	-0.05	0.30	1.54
Population density	34	192	460

Source: National Census, 2078

Table no. 1.14
Districtwise Population Index (2078)

Districts	Total family number	Population			Average family size	Sex ratio	Population density	Annual population growth rate (%)
		Total	Male	Female				
Taplejung	27798	120590	60773	59817	4.34	101.60	33	-0.53
Sankhuwasabha	39173	158041	79579	78462	4.03	101.42	45	-0.04
Solukhumbu	26319	104851	52747	52104	3.98	101.23	32	-0.09
Okhaldhunga	34294	139552	68080	71472	4.07	95.25	130	-0.56
Khotang	41750	175298	86637	88661	4.20	97.72	110	-1.56
Bhojpur	38631	157923	78211	79712	4.09	98.12	105	-1.39
Dhankuta	37648	150599	73824	76775	4.00	96.16	169	-0.78
Tehrathum	21857	88731	43581	45150	4.06	96.52	131	-1.30
Panchthar	42495	172400	85683	86717	4.06	98.81	139	-1.02
Ilam	70532	279534	139431	140103	3.96	99.52	164	-0.36
Jhapa	245142	998054	478509	519545	4.07	92.10	621	1.97
Morang	272283	1148156	557512	590644	4.22	94.39	619	1.66
Sunsari	212545	926962	449023	477939	4.36	93.95	737	1.86
Udayapur	81089	340721	163738	176983	4.20	92.52	165	0.68
Saptari	146854	706255	351368	354887	4.81	99.01	518	0.96

Districts	Total family number	Population			Average family size	Sex ratio	Population density	Annual population growth rate (%)
		Total	Male	Female				
Siraha	148571	739953	363724	376229	4.98	96.68	623	1.43
Dhanusha	177143	867747	429893	437854	4.90	98.18	735	1.34
Mahottari	137902	706994	349159	357835	5.13	97.58	706	1.14
Sarlahi	164893	862470	435131	427339	5.23	101.82	685	1.09
Rautahat	137032	813573	408403	405170	5.94	100.80	723	1.63
Bara	131240	763137	389787	373350	5.81	104.40	641	1.00
Parsa	113080	654471	338286	316185	5.79	106.99	484	0.82
Dolakha	49538	172767	83720	89047	3.49	94.02	79	-0.74
Sindhupalchowk	71773	262624	129205	133419	3.66	96.84	103	-0.88
Rasuwa	11140	46689	24035	22654	4.19	106.10	30	0.72
Dhading	83642	325710	159048	166662	3.89	95.43	169	-0.30
Nuwakot	68679	263391	128998	134393	3.84	95.99	235	-0.50
Kathmandu	544867	2041587	1035726	1005861	3.75	102.97	5169	1.51
Bhaktapur	108503	432132	218418	213714	3.98	102.20	3631	3.35
Lalitpur	140367	551667	277131	274536	3.93	100.95	1433	1.58
Kavrepalanchowk	91428	364039	178909	185130	3.98	96.64	261	-0.46
Ramechhap	46489	170302	80824	89478	3.66	90.33	110	-1.67
Sindhuli	69364	300026	147065	152961	4.33	96.15	120	0.12
Makawanpur	105792	466073	233816	232257	4.41	100.67	192	0.99
Chitwan	179345	719859	351789	368070	4.01	95.58	325	2.07
Gorkha	71826	251027	118155	132872	3.49	88.92	70	-0.74
Manang	1572	5658	3192	2466	3.60	129.44	3	-1.39
Mustang	3674	14452	7934	6518	3.93	121.72	4	0.69
Myagdi	28830	107033	52153	54880	3.71	95.03	47	-0.57
Kaski	160651	600051	292791	307260	3.74	95.29	297	1.90
Lamjung	44170	155852	74077	81775	3.53	90.59	92	-0.70
Tanahun	88583	321153	150094	171059	3.63	87.74	208	-0.06

Districts	Total family number	Population			Average family size	Sex ratio	Population density	Annual population growth rate (%)
		Total	Male	Female				
Nawalparasi-East	93925	378079	177887	200192	4.03	88.86	265	1.86
Syangja	68959	253024	116678	136346	3.67	85.57	217	-1.28
Parbat	36137	130887	61678	69209	3.62	89.12	265	-1.09
Baglung	64153	249211	116194	133017	3.88	87.35	140	-0.72
Rukum-East	12886	56786	27516	29270	4.41	94.01	34	0.63
Rolpa	52221	234793	109871	124922	4.50	87.95	125	0.43
Pyuthan	56203	232019	104132	127887	4.13	81.43	177	0.16
Gulmi	66125	246494	112025	134469	3.73	83.31	215	-1.23
Arghakhanchi	48465	177086	80672	96414	3.65	83.67	148	-1.05
Palpa	65049	245027	112761	132266	3.77	85.25	178	-0.61
Nawalparasi-West	82738	386868	188182	198686	4.68	94.71	527	1.47
Rupandehi	238320	1121957	550478	571479	4.71	96.33	825	2.33
Kapilvastu	121946	682961	334687	348274	5.60	96.10	393	1.70
Dang	162316	674993	320573	354420	4.16	90.45	228	1.92
Banke	129307	603194	296745	306449	4.66	96.83	258	1.97
Bardiya	106326	459900	216766	243134	4.33	89.15	227	0.72
Dolpa	9398	42774	21371	21403	4.55	99.85	5	1.47
Mugu	12439	64549	32381	32168	5.19	100.66	18	1.49
Humla	11228	55394	27886	27508	4.93	101.37	10	0.82
Jumla	24438	118349	59228	59121	4.84	100.18	47	0.80
Kalikot	26779	145292	72245	73047	5.43	98.90	83	0.57
Dailekh	54610	252313	120774	131539	4.62	91.82	168	-0.35
Jajarkot	37466	189360	94063	95297	5.05	98.71	85	0.96
Rukum-West	37303	166740	81091	85649	4.47	94.68	137	0.68
Salyan	54701	238515	114982	123533	4.36	93.08	163	-0.16
Surkhet	97893	415126	199740	215386	4.24	92.74	169	1.62
Bajura	28065	138523	67070	71453	4.94	93.87	63	0.25
Bajhang	38048	189085	88470	100615	4.97	87.93	55	-0.30

Districts	Total family number	Population			Average family size	Sex ratio	Population density	Annual population growth rate (%)
		Total	Male	Female				
Darchula	28417	133310	64424	68886	4.69	93.52	57	0.00
Baitadi	49428	242157	113864	128293	4.90	88.75	159	-0.34
Dadeldhura	31193	139602	65893	73709	4.48	89.40	91	-0.17
Doti	45182	204831	93604	111227	4.53	84.16	101	-0.32
Achham	49595	228852	105319	123533	4.61	85.26	136	-1.13
Kailali	195957	904666	433456	471210	4.62	91.99	280	1.48
Kanchanpur	111217	513757	240686	273071	4.62	88.14	319	1.25

Source: National Census, 2078

Table No. 1.15
Population Indicators by Geographical
Region and Province (2078)

Area	Total family number	Population			Average family size	Sex ratio	Population density	Annual population growth rate (%)
		Total	Male	Female				
Nepal	6666937	29164578	14253551	14911027	4.37	95.59	198	0.92
Urban/Rural								
Municipality	4479662	19296788	9454545	9842243	4.31	96.06	373	1.36
Rural	2187275	9867790	4799006	5068784	4.51	94.68	105	0.11
Geographical Region								
Himalayan	409799	1772948	874260	898688	4.33	97.28	34	-0.05
Mountain	2949056	11757624	5717247	6040377	3.99	94.65	192	0.30
Terai	3308082	15634006	7662044	7971962	4.73	96.11	460	1.54
Province								
Koshi	1191556	4961412	2417328	2544084	4.16	95.02	192	0.86
Madhes	1156715	6114600	3065751	3048849	5.29	100.55	633	1.19

Area	Total family number	Population			Average family size	Sex ratio	Population density	Annual population growth rate (%)
		Toal	Male	Female				
Bagmati	1570927	6116866	3048684	3068182	3.89	99.36	301	0.97
Gandaki	662480	2466427	1170833	1295594	3.72	90.37	115	0.25
Lumbini	1141902	5122078	2454408	2667670	4.49	92.01	230	1.24
Karnali	366255	1688412	823761	864651	4.61	95.27	60	0.70
Sudurpaschim	577102	2694783	1272786	1421997	4.67	89.51	138	0.52

Source: National Census, 2078

1.6 National Parks, Wildlife Sanctuaries, Hunting Reserves, Conservation Areas and Protected Fauna in Nepal

Table No. 1.16
National Parks

S.N.	National Park	Date of establishment	Geographical area (district)	Area (Sq. Km.)	Famous animals and major natural resources found
1	Chitwan National Park	2030	Chitwan, Makawanpur, Parsa, Nawalparasi (East)	952.63	One-horned rhinoceros, leopard, ratuwa, chittal, gharial crocodile, magar crocodile, lion, python, gauri cow, kathebbhalu, laguna, chausinga and various species of birds (the first national park declared in Nepal). According to the gazette dated 2030.06.04, the area of Chitwan National Park was 932 square kilometres. According to the gazette notification dated 2073.07.01, the area of Chitwan National Park was 952.63 square kilometres.

2	Langtang National Park	2032	Rasuwa, Nuwakot and Sindhupalchowk	1710	Leopard, red panda, musk deer, ratuwa, jharal, ghoral, thar, wild sheep, bear, langur monkey (the world's leading place in terms of biodiversity). The notification was published in the gazette dated 2032.12.09.
3	Sagarmatha National Park	2032	Solukhumbu	1148	Musk deer, Himalayan bear, Danfe, Chilime, Kalij, Lalchuchche, Snow leopard, Thar. (National park at the highest altitude). Notice published in the Gazette dated 2033.04.04.
4	Rara National Park	2032	Mugu, Jumla	1148	Himalayan bear, Thar, Ghoral, Wild boar and various species of birds (Smallest National Park). Notice published in the Gazette dated 2034.02.04.
5	Bardiya National Park	2032	Bardiya	968	Tiger, bear, leopard, blackbuck, buffalo, donkey, deer, wild elephant, rhinoceros, crocodile, buffalo and various species of birds. As per the Gazette notification dated 2032.11.25, the Royal Karnali Hunting Reserve was declared. As per the Gazette notification dated 2041.05.11, it was renamed as the Royal Bardiya National Park with an area of 968 sq km. Established.



Blackbuck (Krishnasar)

6	She Phoksundo National Park	2040	Dolpa, Mugu	3555	Snow leopard, Tibetan hare, narwhal, blue sheep, musk deer, deer, wild yak, wolf, Tibetan donkey, chiru. (She Phoksundo Lake) (Nepal's largest national park). Notice published in the Gazette dated 2041.04.22.
7	Khaptad National Park	2042	Bajhang, Bajura, Doti, Achham	225	Ratuwa, musk deer, ghoral, wild tiger, leopard, wild dog, forest cat, as well as birds like sable, munal are found. Notice published in the Gazette dated 2043.03.09.
8	Makalu Barun National Park	2049	Sankhuwasabha and Solukhumbu	1500	Rare plants of the world and animals like the Himalayan black bear (previously seen Chirkemirke Rain Bebler, Olive Ground, Warbler), Notice published in the Gazette dated 2048.08.02.
9	Shibapuri Nagarjuna National Park	2058	Kathmandu, Nuwakot, Sindhupanchok and Dhading	159	Kathmandu is provided with 1 million cubic litres of water daily and is home to clouded leopards, Assamese monkeys, salaks and other diverse species of animals. According to the gazette notification dated 2058.11.06, the area of this park was 145 square km. According to the gazette notification dated 2065.11.12, the area of this park has been increased to 159 square km.
10	Banke National Park	2067	Banke, Salyan, Dang	550	Tigers, hyenas, salaks, chausingas and various species of birds. Announced as per the gazette notification dated 2067.03.28.
11	Shuklaphanta National Park	2031	Kanchanpur	305	Horned rhinoceros, one-horned rhinoceros, elephants, leopards, bears, leopards, leopards, crocodiles, and birds. According to the gazette notification dated 2033.04.04, Shuklaphanta was declared as a wildlife reserve and established as a national park as per the notification dated 2073/11/19.

12	Parsa National Park	2040	Chitwan, Makawanpur and some parts of Parsa	627.39	Salak, Hundar, Chausinga, Patebagh, One-horned Rhinoceros, Gauri Cow, Python, Sungohoro. As per the notification in the Gazette dated 2041.02.08, Parsa was declared as a Wildlife Reserve and established as a National Park as per the decision of the Council of Ministers of the Government of Nepal dated 2074/02/19)
	Total		11,806.02		

Source: Nepal Parichaya, 2080

Table no. 1.17
Hunting Reserve

S.N.	Hunting reserve	Date of establishment	Geographical area (district)	Geographical area (district)	Famous animals and major natural resources found
1	Dhorpatan Hunting Reserve	2044	1325	Rukum, Baglung and some parts of Myagdi	Naur, Jharal, Thar, Himalayan bear, blue sheep, etc. Notice published in the Gazette dated 14.01.2044.

Table no. 1.18
Conservation Area

S.N.	Conservation Area	Year of establishment	Area (sq km)	Geographical location area	Famous animals found and details of the announcement as per the gazette
1	Annapurna	2049	7629	Lamjung, Manang Mustang, Myagdi, Kaski	Protection of rare Himalayan fauna, flora and cultural heritage. Announced as per the gazette dated 2049.04.05.

2	Kanchenjunga	2054	2035	Taplejung	Snow leopard, musk deer, Himalayan brown bear, wolf, naur, ghoral, habre, wild tiger etc. Announced as per the gazette dated 2054.04.06.
3	Manaslu	2055	1663	Gorkha	Snow leopard, musk deer, deer, naur, wild tiger including various bird and snake species. Announced as per the gazette dated 2055.09.13.
4	Krishnasar	2065	16.95	Bardiya	Black deer, Hunder python. Announced as per the gazette dated 2065.12.03.
5	Gaurishankar	2066	2179	Ramechhap, Dolakha and Sindhupalchowk	Snow leopard, musk deer, wild tiger, danfe, munal etc. Announced as per the gazette dated 2066.09.27.
6	Api-Nampa	2067	1903	Darchula	Snow leopard, ghoral, black bear, thar, jatamsi, yarsagumba, panchaungale etc. Announced as per the gazette dated 2067.03.28.

Source: Nepal Parichaya, 2080

Table No. 1.19
Buffer Zone

S.N.	Buffer Zone	declared year	Area (Sq. Km.)	Details of the announcement as per the Gazette
1	Chitwan National Park	2053	729.37	According to the Gazette dated 2053.08.17, the area of the buffer zone of Chitwan National Park was declared as 750 sq. km., and as per the Gazette dated 2072.07.01, the area was fixed at 729.37 sq. km.

2	Langtang National Park	2055	420	Announced as per the Gazette dated 2055.01.14.
3	Sagarmatha National Park	2058	275	Announced as per the Gazette dated 2058.09.17.
4	Rara National Park	2063	198	Announced as per the Gazette dated 2063.06.09.
5	Bardiya National Park	2053	507	According to the Gazette dated 2053.08.17, the area around Bardiya National Park with an area of 327 sq. km. was declared as the buffer zone of Bardiya National Park, and as per the Gazette dated 2067.04.31, the buffer zone was expanded to 507 sq. km.
6	She Phoksundo National Park	2055	1349	Announced as per the Gazette dated 2055.07.02.
7	Khaptad National Park	2063	225	Announced as per the Gazette dated 13.07.2063.
8	Shivapuri Nagarjuna National Park	2072	118.61	Announced as per the Gazette dated 15.12.2072.
9	Banke National Park	2067	343	Announced as per the Gazette dated 28.03.2067.
10	Makalu Barun National Park	2055	830	Announced as per the Gazette dated 25.10.2055.
11	Shuklaphanta National Park	2061	243.5	Announced as per the Gazette dated 09.02.2061.
12	Parsa National Park	2062	285.3	Announced as per the Gazette dated 13.03.2062 and as per the Gazette dated 07.05.2072, the boundary of the buffer zone has been changed and the area of the buffer zone of Parsa Wildlife Reserve has been established as 285.3 sq. km.

13	Koshi Tappu Wildlife Reserve	2061	173	Announced as per the Gazette dated 14.05.2061.
	Total		5687.78	
	Total Area (Sq. Km.)		34419.75	

Source: Nepal Parichaya, 2080

Table No. 1.20
Wildlife Reserves

S.N.	Wildlife Reserves	Established year	Area (sq. km.)	Geographical location	Famous animals found
1	Koshi Tappu Wildlife Reserve	2032	175	Sunsari	Rare rhinoceros, gharial and crocodile, crocodiles and various fish and birds.

Source: Nepal Parichaya, 2080

Table No. 1.21
Wetlands Enlisted in Ramsar List

S. N.	Name	Area (Ha)	Date listed (AD)	Responsible locals Management body
1	Koshi Tappu	17500	1987-12-17	Koshitappu Wildlife Sanctuary
2	Bis Hazari Lake	3200	2003-08-13	Chitwan National Park
3	Ghodaghodi Lake Area	2563	2003-08-13	District Forest Office, Kailali
4	Jagadishpur Reservoir	225	2003-08-13	District Forest Office, Kapilvastu
5	Rara Lake	1583	2007-09-23	Rara National Park

6	Phoksundo Lake	494	2007-09-23	Se-Foksundo National Park
7	Gosainkunda and surrounding lakes	1030	2007-09-23	Langtang National Park
8	Gokyo and surrounding lakes	7770	2007-09-23	Everest National Park
9	Maipokhari	90	2008-10-28	District Forest Office, Ilam
10	Lakes of the Pokhara Valley	26106	2016-02-02	District Coordination Committee, Kaski District Forest Office, Kaski

Source: Nepal Parichaya, 2080

Table No. 1.22
Protected Mammalian Wildlives

1.	Assamese Monkey (<i>Macaca Assamensis</i>)
2.	Chinese Pangolin (<i>Manis pentadactyla</i>) and Indian Pangolin (<i>Manis crassicaudata</i>)
3.	Hispid Hare (<i>Caprolagus hispidus</i>)
4.	Gangetic Dolphin (<i>Platanista Gangetica</i>)
5.	GreyWolf (<i>Canis lupus</i>)



One-Horned Rhinoceros

6.	Brown Bear (<i>Ursus arctos</i>)
7.	Red Panda (<i>Ailurus fulgens</i>)
8.	Spotted Lingsang (<i>Prionodon pradicolor</i>)
9.	Leopard Cat (<i>Prionailurus bengalensis</i>)
10.	Lynx (<i>Felis lynx</i>)
11.	Clouded Leopard (<i>Pardofelis nebulosa</i>)
12.	Royal Bengal Tiger (<i>Panthera tigris tigris</i>)
13.	Snow Leopard (<i>Panthera uncia</i>)
14.	Wild Elephant (<i>Elephas maximus</i>)
15.	One-horned Rhinoceros (<i>Rhinoceros unicornis</i>)
16.	Pygmy Hog (<i>Sus salvanius</i>)
17.	Musk Deer (<i>Moschus chrysogaster</i>)
18.	Swamp Deer (<i>Cervus duvauceli</i>)
19.	Gaur (<i>Bos gaurus</i>)
20.	Wild Yak (<i>Bos mutus</i>)
21.	Wild Water Buffalo (<i>Bubalus arnee</i>)
22.	Great Tibetan Sheep (<i>Ovis ammon</i>)
23.	Tibetan Antelope (<i>Pantholops hodgsoni</i>)
24.	Black Buck (<i>Antelope cervicapra</i>)
25.	Four-horned Antelope (<i>Tetracerus quadricornis</i>)
26.	Striped Hyaena (<i>Hyaena hyaena</i>)

Protected Birds

1.	Black Stork (<i>Ciconia nigra</i>)
2.	White Stork (<i>Ciconia ciconia</i>)
3.	Sarus Crane (<i>Grus antigone</i>)
4.	Cheer Pheasant (<i>Catreus wallichii</i>)
5.	Impeyan Pheasant (<i>Lophophorus impejanus</i>)
6.	Crimson-horned Pheasant (<i>Tragop-an satyra</i>)
7.	Bengal Florican (<i>Houbaropsis bengalensis</i>)

8.	Lesser Florican (<i>Sypheotides indica</i>)
9.	Great hornbill (<i>Buceros bicornis</i>)

Protected Reptiles

1.	Asiatic Rock Python (<i>Python molurus</i>)
2.	Gharial (<i>Vavialis gangeticus</i>)



Gharial Crocodile

3.	Yellow monitor (<i>Varanus flavescens</i>)

Source: Nepal's Protected Areas, Schedule 1 and 2, pages 72–79, published by the Department of National Parks, 2074

Yarsagumba

Yarsagumba is one of the most useful and valuable herbs in Nepal. In the Lama language, "Yarsa" means half-creature, and "Gumba" means half-plant or herb. Its scientific name is *Cordyceps sinensis*, where "Cord" means club, and "Ceps" means head. It is also known as caterpillar fungus. Additionally, Yarsagumba is referred to by various names, such as medicinal mushroom, fungal herb, and walking herb. Yarsagumba is unique as it is half insect and half fungus.

Yarsagumba is found at altitudes of 3,000 to 5,000 meters in Nepal. It starts appearing above the ground as the snow melts in the Himalayan region. Initially, Yarsagumba appears as a larva, which later transforms into a fungus. It is a powerful herb used in traditional medicine. Yarsagumba is considered effective for treating diseases such as back pain, anaemia, fatigue, asthma, cancer, insomnia, blood pressure issues, and allergies. It is



Collecting Yarsagumba

believed to keep organs such as the lungs, kidneys, heart, and liver healthy while also boosting immunity.

Yarsagumba, found from the east to the northwest of Nepal, is considered to be of exceptionally high quality. As it is traded at a very high price, it is recognized as one of Nepal's most valuable commodities. The collection of Yarsagumba has become highly competitive. It has not only become a source of livelihood for those living in the high Himalayan regions but also holds significant potential as an important source of income for Nepal.



A Brief Historical Outline of Nepal

2.1 Nepal As an Ancient Country

Nepal has been described as an ancient country in various religious scriptures and *Puranas*. Its mountain ranges and valleys, formed around 130 million years ago, were particularly attractive to creatures that appeared later. The remains of *Ramapithecus* hominids found in the Butwal area of western Nepal suggest that human settlement in Nepal began more than ten million years ago.

The first mention of "Nepal" is in the *Atharva Parishishtha*. Although the exact time of the *Atharva Parishishtha* cannot be determined, it is believed to have been composed between 500–600 BC. Nepal has been described along with the countries of Kamarupa, Videha, Udumbara, Awanti, and Kaikaya. The *Mulsarvastivabada Vinaya Sangraha*, a Buddhist text, also mentions the word "Nepal." It also mentions an incident where the disciples of Lord Buddha entered Nepal with traders during Buddha's period. Nepal is described as a Bishaya (district) in the *Vana Parva* (a chapter) of the *Mahabharata*. The Jain text *Aawasyak Sutra* and Kautilya's *Arthashastra* (around 350 BC) also mention Nepal. Similarly, the Indian Gupta emperor Samudra Gupta referred to Nepal as a "neighbouring state" in his Allahabad inscription, while almost all subsequent sources have described Nepal as an independent state. Nepali inscriptions first mention the word "Nepal" in the Tistung inscription of 569 BS., among the stone inscriptions of Nepal. Thus, it is evident that this country has been known by the name 'Nepal' since ancient times. According to legendary texts, Nepal was called Satyavati

in the Satya Yuga (epoch), Tapovan in the Treta Yuga (epoch), Muktisopana in the Dwapar Yuga (epoch), and Nepal in the Kali Yuga (epoch).

2.2 Basis of Naming Nepal

The name 'Nepal' has been in use since ancient times. During the Lichchhavi period, the use of this name expanded, but it was largely limited to the Kathmandu Valley and its surroundings during the Malla period. After unification, Kathmandu became the capital, and the word 'Nepal' began to refer to the present-day nation.

The name 'Nepal' has been explained through etymology, various languages, castes, genealogies, and ancient texts, as outlined in the following points:

2.2.1. Linguistic Basis

Kiranti Language

'Nepal' is the cultural form of the ancient Kiranti word 'Nepa'. 'Ne' means 'middle' and 'Pa' means 'country' i.e. 'middle country'. 'Nepa' in the mid-hill or mountain section is followed by the suffix "La" to form the name Nepal.

Tibetan Language

In the Tibetan language, "Ne" means house, and "Pal" means wool; thus, this region is considered a place where wool is produced. Since sheep farming is prevalent in this area, it is natural to find an abundance of wool and pashmina. The Tibetans call Nepal "Walbo," while the Mongols refer to it as "Walpo." The people from Bhot also call this region beyond the Himalayas "Paldesh" or "Walpo."

Nepal Bhasa (language)

The Newars used to call Nepal only 'Nepa', which later became Nepal. 'Ne' means 'middle' and 'Pa' means 'country'. This name is considered meaningful because it is located in the Himalayan region. It is assumed that Nepal is derived from the suffix 'La' in the word 'Nepa', just as 'Jhya' became 'Jhyal' (Window), Pasa became 'Pasal' (Shop), etc.

Limbu Language

In the Limbu language, Nepal means plain land. Since there is

a large plain valley in the hilly region, its name has remained Nepal.

Lepcha Language

In the ancient Lepcha language, 'Ne' means holy and 'Pal' means cave. Thus, 'Nepal' refers to a holy land or a religious place. The Tamangs of Nepal also call pilgrimage 'Ne'. In the Lama scriptures, 'Ne' is used to mean a holy or sacred place. There is a village 'Nepa' in Khotang.

Sanskrit Language

It is estimated that Nepal is derived from the prefix 'Aal' (place) added to the word 'Neepea' (foot of the mountain) as the residence of the foot of the mountain. It has also been linguistically explained that the name Nepal is derived from 'Neepea' (foot of the mountain) and 'Alaya' (abode) as the residence of the foot of the mountain. In the Vedic word used in the Yajurveda, the meaning of the word 'Neepea' is valley dweller. The root of the word Nepal is called 'Neepea'. 'Neepea' is also the Ashoka (Kadam) tree. In Sanskrit, the word Naipal is used for Nepal, just as Shiva is Shaiva. Although there is a linguistic and phonetic similarity in the mutual narrative, the above-mentioned semantics are not concrete and proven.

Tamang Language

An eminent person from the Tamang community used to trade with Tibet. Later, this person became the leader of the Tamang Lamas. In the Tamang Lama dialect, "Ne" means breast. The eminent person, who traded from Nepal and was nurtured by the hill considered the breast of the earth came to be known by the name of the hill. Consequently, Nepal was named after the hill.

2.2.2 Caste Basis

(a) According to the Nepal Mahatmya (eulogy), it is believed that the name of this country came to be Nepal because the sages of the Nip caste and Nyarba caste named 'Ne' nurtured the people of this region.

(b) The ancient rulers of Nepal, belonging to the Gopal dynasty, were from the clan called "Neepea." Their Aalaya (house) was referred to as Nepal. The word "Neepea" is mentioned in the Vedic

texts and also in Panini's *Ashtadhyayi*.

(c) Nepal was called Balyal or Waplo in Bhot, while Chinese travellers used to call it Ni-po-lo. Since it was a major settlement of the Kirats, the name of this place is 'Newal' in Buddhist scriptures and in English, the words NIPAUL, NEPAUL, NIPAL and NEPAL are used, as well as the word Nepal by Indians.

Despite such various bases and beliefs, it has not been possible to determine whether the name Nepal came about because of this. However, there is no disagreement that Nepal's independent and unbroken form has been maintained due to its unique civilization, culture, and art.

2.3 The Origin of the Nepal Valley

The ancient history before the Lichchhavi period is not clear due to the lack of reliable sources. The history of this era can be studied only based on genealogies and Puranas. In those texts, many interesting stories have been described regarding the origin of Nepal Valley. According to such sources, in ancient times, the Kathmandu Valley was covered with dense forests and there was a huge lake in its middle. Since the lake was the abode of snakes, it was called Nagadaha. Various ascetic persons like Vipaswi Buddha, Shikhi Buddha, Vishwabhu Buddha, Manjushri Bodhisattva, and Krakuchchanda Buddha used to visit here in ancient times.

Vipaswi Buddha

According to genealogical and mythological sources, the first saint (Mahatma) to come to the Nepal Valley was Vipaswi Buddha. It is believed that he came from his permanent residence, Bandhumati Nagar, in the Satya Yuga (epoch). After his arrival, he stayed on Nagarjuna hill and after some time, on the full moon day of Chaitra Shukla Purnima, he planted lotus seeds in the middle of the Nagadaha. In memory of this, even today, a fair is held on Nagarjuna hill on the full moon day of Chaitra Shukla Purnima and it is believed that this fair is held in memory of Vipaswi Buddha.

Shikhi Buddha

After six months of planting the seed of lotus by Vipaswi Buddha, a supernatural flower emerged on the full moon day of Ashwin

Shukla Purnima. In the middle of that flower appeared the luminous Lord Swayambhu. Hearing the news of Lord Swayambhu's arrival in the mortal world, Shikhi Buddha of Arunpur came to this place and worshipped Swayambhu. After some time, he transformed into the Lord himself. The hill where he came and meditated is called Dhyanochwa Giri. It is customary to consider the fair held on Dhyanochwa Giri every 1st of Magh as a fair in memory of Shikhi Buddha.

Vishwambhu Buddha

Vishwambhu Buddha came here in the Treta Yuga (epoch). He arrived in the Nepal Valley, chose a flower hill, and established his ashram (hermitage) there. The hill where he lived became famous as Phuloccha Giri. Vishwambhu Buddha was the first to inform his disciples about the method of draining water from the valley.

Manjushree Bodhisattwa

Some years after Vishwambhu Buddha returned, Manjushree Bodhisattwa arrived here from great China in the *Treta Yuga* (epoch) itself. There are many descriptions in the genealogies about Manjushree Bodhisattwa. After coming here and worshipping Swayambhu, he thought of draining the water out of the valley. Then studying the entire geography of the lake, he built a passage to drain the water of the valley at a place called Katuwal and built a huge city between Swayambhu to Guhyeshwori. After that, he made a person named Dharmakara the first king of Nepal. After Manjushree returned, his disciples named this city Manjupattan. A Chaitya fair is held in Swayambhu on the day of Sri Panchami in the name of Manjushree Bodhisattwa.

Krakuchchhanda Buddha

After the return of Manjushri Bodhisattwa, Krakuchchhanda Buddha came to see the Swayambhu *Jyoti* (light). During his stay, he prayed to Guheshwori, noticing the scarcity of water in Kathmandu. The genealogies mention that, in response to his prayer, Guheshwori created the Bagmati River from Shivapuri. It is also stated in the genealogies that Krakuchchhanda Buddha appointed Dharmapala as the king of Nepal after King Dharmakara had no children. After King Dharmapala, his

descendant Sudhanwa ruled the Nepal Valley until the end of the *Treta Yuga* (epoch). The genealogies recount how he was killed by Kushadhwaja, the younger brother of King Janak when he went to Janakpur to attend Sita's swayamvara. After that, Nepal came under the control of Mithila for some time.

The genealogy mentions the story that when King Prachandadev of Gaud came to Nepal to visit Swayambhu and Guheshwori at the end of the *Dwapar Yuga* (epoch), he built five hermitage sites near Swayambhu named Vasupura, Agnipur, Vayupur, Nagpur and Shantipur. Knowing that *Kali Yuga* (epoch) had arrived, he covered Swayambhu *Jyoti* (light) with stone slabs. and built a *chaitya* (Stupa) over it, believing that the people of Kali Yuga would be unable to see Swayambhu *Jyoti* (light). At that time, the throne of the valley was vacant, and Shaktidev, the son of Prachandadev, established his control here. The genealogies mention that Gunakamdev, Shaktidev and Singhala took over the throne here after him.

2.4 Ancient Nepal

Although the ancient history of Nepal is believed to have begun thousands of years before the Christian era, its history remains unclear before that time. No concrete historical materials have been found from before the Kirat era. Some glimpses of the political, economic, social, and other aspects of the ancient period can be found in the records of the Lichchhavi period. While the Lichchhavi period began at the start of AD, the history of ancient Nepal has become more reliable only from the 5th century AD, based on available evidence.

2.4.1 Gopal Dynasty Rulers

The first kings of Nepal were the Gopal Dynasty. Gopal means a community of cowherds. After the Kathmandu valley was drained, the valley became habitable. After that, the Gopals of the Neepa caste from the south were attracted here. When the Gopals who came from the south clashed with the ancient *Naga* (Serpent) caste here, the *Naga* caste was defeated and moved south, and the Gopals became dominant in the Nepal Valley. According to the story mentioned in the genealogies, one of their cows named Bahuhri always went to a place on the

banks of the Bagmati River to offer milk. When that spot was dug up and examined, the *Jyotirlinga* (Self-manifested light) of Pashupati was discovered. 'Ne' Muni (saint), who was living in the *Teku Dobhan* (confluence) as a penance, made Bhuktama (Bhumigupta) of the king of Gopal Dynasty. He became the first king of Nepal who founded the Gopal dynasty. According to the Gopala lineage, eight rulers of the Gopala dynasty (Bhumigupta, Jayagupta, Dharmagupta, Harsagupta, Bhimagupta, Manigupta, Bishnugupta, and Jitagupta) ruled for about 505 years (491 years in the Kirkpatrick lineage and 521 years in the Wright lineage).

2.4.2 Mahishpal Dynasty Kings

The Gopalraj genealogy mentions that the Mahishpals established control over the rule of Nepal by defeating Jitagupta of the Gopal dynasty in war. According to some historians, just as a cowherd was called a Gopal, a buffalo herder was called a Mahishpal or an Aavir. However, it is believed that the Gopals and Aavirs were of the same lineage and were divided into two communities only based on occupation. In Kirkpatrick's genealogy, the Aavirs were herders of Rajput origin who raised a large number of buffaloes in the Terai (flatlands) between Simraungarh and Janakpur, while also maintaining their weapons. Later, it is mentioned that they entered the valley, defeated the Gopal Dynasty king, and established control over the government. The first king of this dynasty was Varasingh. According to the Gopalraj genealogy, the three rulers of this dynasty, Varasingh, Jaysingh and Bhuvan Singh, ruled for 49 years, 71 years, and 2 months and 41 years respectively, for a total of 161 years and 2 months.

2.4.3 Kirant Dynasty Kings

Literary sources indicate that the valley was ruled by Kirant dynasty kings before the Lichchhavi dynasty and after the Mahishpala or Abhir dynasty. The Gopalraj genealogy lists the Kirant kings and states that their original location was between Tamakoshi and Sunkoshi.

Kirant Dynasty king Yalung or Yalambar defeated the last king of the Abhir dynasty, Bhuvan Singh, in battle and took control of the rule. This event is believed to have occurred in the sixth century towards the end of the Dwapara Yuga (epoch) or the beginning of

the Kali Yuga (epoch). Historical events in Nepal are believed to have begun with the Kirant kings. Gopalraj's genealogy mentions 32 kings, Bhasha's genealogy mentions 27 and Wright's genealogy mentions 29 kings ruled during the Kirat dynasty. According to the Wright genealogy, kings of 29 generations ruled from the Kirants. The list of the main Kirant dynasty kings is as follows:

Yalambar

Yalambar, the founder of the Kirant kingdom, was very brave. He defeated Bhuvansingh, the ruler of the Mahishpal Abhir dynasty, and established the Kirant kingdom. He is also called Yalung in some places. It is believed that the old name of the city of Patan '*Yala*' came after his name.

Humati

He was the sixth Kirant king. He is mentioned as a Hanti in the Gopalraj genealogy. The genealogy published by Daniel Wright mentions him as belonging to the Mahabharata war period.

Jitedasti

Kirant King Jitedasti is another notable ruler. Bhasha's genealogy placed him in seventh place, while the Gopalraj genealogy mentions him somewhat later. It is mentioned in the genealogy that Gautam Buddha came to Kathmandu valley during his time.

Sthunko

Some genealogies state that during the time of the Kirant king Sthunko, the Maurya emperor Ashoka came to Kathmandu with his daughter Charumati. He built four stupas. His daughter Charumati was married to the Kshetriya prince Devpal. But the genealogy does not seem to be true. Ashoka came only to Lumbini and Kapilvastu. It is not proven that he had come to the Kathmandu Valley.

2.4.4 Lichchhavi Period

Establishment of Lichchhavi Rule

After the Kirants, the kings of the Lichchhavi dynasty ruled Nepal. In the genealogies and Puranas, it is found that the Surya dynasty kshetrias defeated the Kirants and established a new system of governance. In the Gopalraj genealogy, it is written that 'due to the influence of the Surya dynasty, the Lichchhavi dynasty came



Changunarayan Temple, Bhaktapur

to power by defeating the Kirant kings in Nepal', while in the Pashupati Purana, it is mentioned that 'the lords or masters of Vaishali established their rule by convincing the Kirants through words and defeating them in war'. A similar reference is also found in the Himavatkhand which mentioned that the lords of Vaishali defeated the Kirants and started ruling Nepal. In this way, the beginning of the Lichchhavi rule in Nepal appears to have begun immediately after the rule of the Kirants. According to the Gopalraj genealogy, the Lichchhavi dynasty seems to have begun its rule in Nepal by defeating or expelling the last Kiranti king, 'Khigu', according to the Bhasha genealogy, 'Galij', and according to the Wright genealogy, the Kirant king, 'Gasti'.

It is not certain when the Lichchhavi dynasty began. According to the historian Baburam Acharya, they were able to establish their own independent Lichchhavi kingdom by destroying the Kirant kingdom here. Before the Lichchhavi came to Nepal, Vaishali, India, which is now Muzaffarpur, used to rule according to an independent republican system of government called Basarh. The monarchical system of government was strengthening in that part and the Lichchhavi entered Nepal as refugees in the first century

AD after being defeated by King Ajatshatru. The Lichchhavi who ruled in Vaishali showed ambition to seize power by defeating the fiefdoms and petty states here. But the Lichchhavi conquest of power was not so simple and easy but was possible only through a great struggle and bloody events. At a time when the people were deeply dissatisfied with the ruling class of the time, the Lichchhavi, who were in line with the public sentiment, led the people's struggle. When the Kirats were defeated in the war and forced to migrate to the eastern region, the Lichchhavi kingdom was established in the centre. Due to the governance system that gave more importance to the public interest, organized public life, advanced economic conditions, level of education, attractive art, etc., the Lichchhavi period is also considered the golden age in the history of Nepal. However, if we look at it from a comparative perspective, this era is an era of all-round development.

The first authenticated record found under the Lichchhavi rule is the Changu record of King Manadeva in 464 AD, which gives details of three generations before Manadeva. In addition, the Pashupati inscription of King Jayadeva II of the Lichchhavi dynasty, which dates back to the eighth century, contains a genealogy of the Lichchhavi kings from the beginning. But in this genealogy, instead of the names of the Lichchhavi kings, only the serial numbers are written.

Famous Rulers of the Lichchhavi Period

The Lichchhavi are originally considered to be of the Surya dynasty. It is believed that the eighth generation of the Surya dynasty king 'Dasharatha' of Ayodhya was a person called Lichchhavi. In the Lichchhavi dynasty, there was a king named Supushpa, who is also considered the founder and ancestor of the Lichchhavi dynasty.

Supushpa

In the genealogy engraved in the Pashupati inscription of Jayadeva II, it is inscribed that after the king named Lichchhavi, in the thirteenth generation, there was a king named Supushpa, who had a good appearance like Kamdev. Some writers consider King Supushpa to be the first Lichchhavi king of Nepal. In the genealogies, Supushpa is shown as the fourth Lichchhavi king,

and he is also named Supushpadev in the Gopalraj genealogy, Pashupushpavarna in the Bhasha genealogy, and Pashuprekshadev in the Wright genealogy. According to the Gopalraj genealogy, he established the caste system in Nepal, built the Pashupati temple, put a roof on it, beautified the city, maintained dignity in the kingdom, and treated the public with justice. In addition, the Wright genealogy mentioned that this king put a golden roof on the Pashupati temple and added a *gajur* (pinnacle) to make it taller and more magnificent. Similarly, the Gopalraj genealogy mentioned that King Supushpa established principles related to land.

Manadeva

During the reign of Manadeva-I, who was skilled in governance, the Nepal state became more organized, developed and powerful. This king, endowed with royal qualities such as knowledge of scriptures and considering the people as his own family, maintained stability in his rule for 41 years (521–562 BS., 464–505 AD) through economic prosperity and peace in the state. In addition to the system of currency in his state, he also developed the field of art and education. The first royal magnificent palace Mangriha; coins bearing inscriptions of 'Shri Mananka' and 'Shri Bhogini' were built during his reign. Since the history of ancient Nepal is also more clear and reliable from his time, he is considered the first authentic king of Nepal. His kingdom extended to the Koshi in the east, the Gandaki in the west (Mallapuri across the Kali Gandaki) and the Himalayas in the north. Authentic things such as records and independent accounts have been found since the time of Manadeva. Thus, the authentic history of Nepal is believed to have begun in the fifth century AD.

After Manadeva, Mahideva, Basantadeva, etc. became kings. Since Basantadeva became king in his childhood, his ministers Ravigupta and Kramlil became powerful. Due to joint rule and rapid changes of rulers, political instability prevailed from 536 to 545 AD. After this, there was a power struggle between Bhaumagupta and the *Bhardaras*. Although Shivadeva managed to save the Gupta influence with the help of his nephew Anshuvarma, Anshuvarma's dominance increased and Shivadeva became weak. As a result, Anshuvarma became king. This was the first case of a minister taking over the throne.

Anshuvarma

During the reign of Anshuvarma (605–621 AD), not only agriculture, animal husbandry and trade but also all-around development works such as foreign relations and defence system occurred in Nepal. He had the Kailashkut palace built in a very artistic, magnificent and commendable manner. Foreign policy (with Tibet and China) was successfully conducted during his time. During his time, Harshavardhan in India and Shrongchangampo established a powerful empire in Tibet, so he allied with Tibet.

It is famous that he arranged the marriage of Princess Bhrikuti (Chiju) to the Tibetan king Shrongchangampo. During his time, the people also achieved religious liberality and autonomous rule. During his time, art and education also developed and public life was well-organized and advanced. Due to all these advancements, he became the first ruler in the history of Nepal to be awarded the title of 'Maharajadhiraj' (His Majesty). The custom of declaring a legitimate crown prince also began to be practised during his time. As a Hindu king, he also held the title 'Pashupatipadanugrihit' (blessed by the holy feet of lord Pashupatinath). It is understood that he also prepared 'Shabdavidyā' (grammar) with special features like '*Prajahit Samadhan Tatpara*' (ready to address people's welfare) and '*Katham Prajame Sukhina Bhavet*' (how to make people happy). He died around 678 BS.

Udayadeva

Udayadeva became king after Anshuvarman. Due to the conspiracy of the feudal lord Bhaumagupta's son Jishnugupta and his brother, Udayadeva was deposed and took refuge in Tibet. His son Narendradev later seized the kingdom of Nepal.

Narendradeva

During the reign of Narendradeva, who was skilled in governance, in the middle of the 7th century AD (645–679 AD), trade relations with Bhota (Tibet and China) were established, and trading settlements (Drangas) were established in the eastern and western parts of Nepal, and Nepal became an international trade centre for some time. Narendradev took the title of *Maharajadhiraja* (his majesty) and also gained the fame of '*Param Bhattarak*'. He also built the Bhadradhipas royal palace. It is understood that

Sinhasan (lion seat) came into use because of the figure of a lion on his seat.

Jayadeva II

Jayadev II (713–723 AD) in addition to being a poet, he was also ambitious to expand the country, and his activities among the Lichchhavi rulers are also notable. Apart from *Kabiraj* (poetic king), he was also known by nicknames like '*Parachakrakam*' (desire to conquer another's country). His poetry is recorded in the Pashupati inscription.

The major kings of the Lichchavi period were as follows:

Supushpa, Jayadeva I, Haridatta Barma, Brishadeva, Shankaradeva, Dharmadeva, Manadeva I, Mahideva, Basantadeva, Udayadeva, Manadeva II, Shivadeva I, Anshuvarma, Narendradeva, Jayadeva II, Shivadeva II, Jayadeva III.

2.4.5 Pre-Medieval Period

After the reign of Jayadeva II, his successor (mentioned as successor in the records), the rule of Vijayadeva, was found to have continued in Nepal. According to the records, handwritten texts (manuscript), and genealogies kept by the general public about the rulers after Vijayadeva, Gunakamdev, Manadeva III, Baliraj, Baladev, Manadeva IV (877 AD) became king. Then Raghavadeva became king in 879 AD, he was the first ruler of the medieval period.

Gunakamdev

In two inscriptions from 987 and 990 AD, Gunakamdev is mentioned as ruling the Kathmandu Valley. According to historian Kirkpatrick, his reign lasted 18 years. He established the statues of Umamaheshwar, Sattal, Sundhara and built a copper roof on the Ishaneshwar temple present in the Pashupatinath temple complex. He also built Kasthamandap, Marusattal, and Maruhiti.

2.4.6 Karnataka State of Simraungadh

Simraungadh is located in the Bara district of Madhesh Pradesh. Its ancient name was Simra-Bangadh. During that time, all areas with large settlements were converted into forts for security reasons. Such forts were also built in the middle of the forest. A fort built inside the forest was called 'Bangadh' or 'Banadurga'.



Pillar at Simraungadh, Bara

The name of the place in the forest where the fort was built was especially popular. It was called ‘Simara-Bangadh’ because of the fort-like settlement in the forest of Simara. This word was later corrupted to become Simraungadh. The entire area around Simraungadh was famous as *Tirhut* at that time. In the immediate evidence of the Kathmandu Valley, this area is found called ‘*Doya Rajya*’. *Doya* means a settlement of lower caste people. At the same time as the establishment of the Khas kingdom in the west, the Doya (Tirhut) kingdom of the Karnataka dynasty was established, covering the southern and eastern Terai regions. Its capital was Simraungarh (Simra-Bangarh), i.e. Simra. The Karnataka kingdom in Tirhut was established by Nanyadev in 1154 BS. (1097 AD). This independent kingdom existed for about 229 years and disintegrated in 1326 A.D. The main rulers who ruled this kingdom were Nanyadeva and Hari Singhdeva.

Nanyadeva

Nanyadev was a native of the Karnataka region of southern India. He was the general of Vikramaditya VI, the Chalukya ruler of southern India. When Vikramaditya VI launched a conquest campaign in northern India, Nanyadev came to this region. Later, he established a kingdom in this region with Simraungadh as its centre. After Nanyadev, rulers Gangadeva, Narasimhadeva,

Ramsimhadeva, Shaktisinhadeva, Bhupalsinhadeva and Harisimhadeva ruled over Simraungadh. Harisimhadeva is the last ruler of the Karnataka dynasty. During his reign, the Muslim emperor of Delhi, Gayasuddin Tughlaq, attacked and destroyed the kingdom.

Tulaja Bhavani, who is worshipped as the family goddess of the Malla kings of the valley, is the family goddess of the Karnataka Kings of Tirahut. Harisinhadeva's queen Dewaldevi, had brought the urn of Tulaja Bhavani with her when she entered the valley as a refugee. After Dewaldevi and her son Jagatsingha entered the valley, the influence of Karnataka was felt in the valley, which was natural.

When Harisinhadeva died in Dolakha, Rudra Malla and Ari Malla were jointly ruling in the valley. Ari Malla was a nominal ruler. After the death of Harisinghdeva, Rudra Malla had given refuge to his queen Dewaldevi and her son Jagatsingh in his palace. Dewaldevi installed the urn of Taleju Bhavani that she had brought with her to the palace. Later, the rulers of Nepal also became worshippers of Taleju. Dewaldevi's son Prince Kumar Jagatsingha was married to the Malla princess Nayakdevi and from this couple Rajalladevi was born. Jayasthiti Malla was married to Rajalladevi.

2.4.7 Khas Malla Kingdom of Karnali Region

The Khas Malla kingdom extended to Nuwakot in the east, Kedar in the west, Tibet in the north, and the Terai region in the south. The gateway to the Khas Malla kingdom was Mallawar of Kailali Kanchanpur. Some parts of Tibet were also influenced by this kingdom. The Khas empire, which extended from Garhwal and Kumaon in the west to the Gorkha border in the east, was a large part of Nepal at that time. The capital of the Khas kingdom was Sinja. It is believed that Nagaraj, who came from the Khari region of Tibet, established an independent Khas kingdom in the Karnali region. The time was estimated around the 12th century (1150 AD). Information about the history of that region can be obtained from sources such as the Tibetan genealogy, the Dullu Records of 1414 BS., and the Gopalraj genealogy. The rulers of this kingdom include Nagaraj, Chapa, Chapilya, Krasichalla, Kadhichalla, Ashoka Challa, Jitari Malla, Ripu Malla, Aditya Malla, Punya

Malla, and Prithvi Malla. This kingdom existed for about 226 years. After the fall of the Khas kingdom, the Baise kingdoms like Bajhang, Doti, and Jajarkot formed in the far west. This region, which is considered the most underdeveloped and backward at present, was a very powerful kingdom in the medieval period. The most prominent and important contribution of the Western Khas kingdom is its linguistic contribution. The present Nepali language originated in the Khas Malla kingdom. Therefore, this language is also called '*Khaskura*' or '*Sinjali Bhasha*' (language). Since the Khas Malla kings made this language a medium of government and gave it the status of the national language, this language continued to be refined and developed. This language was also widely used in the Baise and Chaubise kingdoms that emerged after the dissolution of the Khas Malla kingdom. This language found its place as the state language in the Baise and Chaubise kingdoms and became the national language of Nepal after the unification.

2.4.8 Sakya-Ruled Kingdom of Kapilvastu



The Eastern Gate of Tilaurakot, Kapilvastu

There is a place called Tilaurakot in the Kapilvastu district. Based on the facts obtained, Tilaurakot was the capital of ancient Kapilvastu of the Shakyas. This kingdom of the Shakyas was particularly notable among the ancient republics because Buddhas

such as Krakuchhanda, Kanakmuni, and Siddhartha Gautam were born in this place. The same Siddhartha Gautam, the founder of Buddhism, is known as Mahatma Gautam Buddha. The ancient city of Kapilvastu was a city built as a pentagonal fort. At that time, the highway from north to southeast, reaching from Srabasti to Rajagriha, as a trade highway, mostly fell within the Kapilvastu kingdom. Since the kingdom of the Shakyas was a republic, the governance of the Kapilvastu Republic was per the governance of ancient North Indian Republics. There were two units for the administration of the government, namely the general assembly and the *Bhardari* (house of lords) assembly. The general assembly functioned as the executive assembly of the state and the head of such an executive assembly was called the king. At the time of the Buddha's birth, the head of the executive assembly was Suddhodhana. After King Suddhodhana, Mahanama was elected as the chief executive or king. The Kapilvastu kingdom collapsed due to an attack by the king of the neighbouring Kosala kingdom.

2.5 Medieval Period

The 'Medieval Period' is considered to have begun in the history of Nepal after the 'Nepal Sambat' began in 936 BS. The period from 936 BS., when Nepal was unified, to 1825 BS., and the period after the end of the Lichchhavi period and before the fall of the Malla rule, which is about 900 years long, is called the Medieval Period in the history of Nepal. It is customary to study the Medieval Period in the context of Nepal as the 'Malla Period'. For a few centuries during this period, Nepal was as vast as the earlier Lichchhavi kingdom, but later, small independent states gradually formed in places. There were repeated attempts at unification and expansion from time to time. Therefore, the geographical condition of medieval Nepal was sometimes unified, sometimes fragmented, sometimes expanded, and sometimes contracted.

2.5.1 Introduction to the Malla Dynasty

The Malla system of rule is believed to have been established in the Nepal Valley since the beginning of the thirteenth century. The name of Arimalla is taken as the first ruler of this dynasty. However, the Mallas were active in the government long before Arimalla. It is also found in the Gopalaraj genealogy and some

inscriptions that the Mallas were active in the government in some way or the other since a century before Arimalla.

The Mallas are considered an ancient caste. The Mallas are mentioned in ancient Sanskrit literature as a special class of Kshetriya. References to the Mallas can be found in the Mahabharata, various Buddhist literatures, Manusmriti and various other Puranas. In the Mahabharata, the Mallas are also mentioned along with the Kosalas. In the Markandeya Purana, it is mentioned that they were compared with the Videhas of Mithila.

Various ancient sources give examples of Rajputs who ruled as organized republics in the 5th and 6th centuries BC, and later gradually entered Nepal after their state came under the expansion of monarchical empires. Lichchhavi, Koliya, Shakya, Malla, etc. all entered Nepal as refugees. The Shakyas came and settled in the Lalitpur, while the Koliyas lived in Kantipur (present-day Keltol). Similarly, the Mallas are found to have settled in the Gandaki region initially and later in the valley somewhere or the other.

2.5.2 Arrival of the Mallas in Nepal

Just as the Lichchhavis of Vaishali could not stay there after the victory of the Gupta Emperor of Magadha in North India, and came to the Kathmandu Valley, the Mallas, who originated from Kushinagar and its vicinity, also came to the Gandaki region of Nepal as refugees. As Rajalladeva and Kathaya Malla established a settlement in Champagiri (Chapagaun) located south of Lalitpur, it seems that the Mallas were trying to increase their political influence in Kathmandu. The main objective of Manadeva's attack on the Malla province was to suppress the ambitions of the Mallas. As the Lichchhavi rule at the centre began to weaken, the Mallas' aspiration to rule at the centre increased. Aridev (Ari) Malla succeeded in this. Aridev, born in 1210 BS., became king in 1257 BS. and ruled for about 15 years before passing away in 1274 BS. After Ari Malla, Abhaya Malla Became king in 1274 BS. He ruled for 38 years.

2.5.3 Division of the Malla Kingdom

During the Malla period, the capital of the unified Nepal Valley was

Bhaktapur and the kings ruled from the palaces of ‘Yuthanimham’ and ‘Tripur’. The palaces were built as rectangular forts to protect them from attacks from other countries, which are called 'Chaukwath' in the local language. The last king of the unified Malla kingdom of the Nepal Valley was Yaksha Malla. After the reign of Yaksha Malla, the Nepal Valley was divided into Kantipur, Patan and Bhadgaon. It is mentioned in the genealogy that the construction of the Hanumandhoka Palace in Kantipur was done in the twelfth century AD during the reign of King Gunakamadeva. Pratap Malla had given this palace of Kantipur a grand appearance by adding many sections and courtyards. After Prithvi Narayan Shah ascended the throne of Kantipur, some old sections and courtyards were removed and new courtyards and sections were added.

Table No. 2.1
Malla Kings of the Valley

Malla Kings of Kantipur

1) Ratna Malla	2) Surya Malla
3) Amar Malla	4) Mahendra Malla
5) Shiv Singh Malla	6) Laxminarsingha Malla
7) Pratap Malla	8) Nripendra Malla
9) Parthibendra Malla	10) Bhupalendra Malla
11) Bhaskara Malla	12) Jagajjay Malla
13) Jayaprakash Malla	

Malla Kings of Patan

1) Rana Malla	2) Bishnu Malla
3) Narasingha Malla, Purandarsingha Malla, Uddhavsingha Malla	4) Hariharsingha Malla
5) Siddhinarsingha Malla	6) Srinivasa Malla
7) Yoganarendra Malla	8) Lokprakash Malla
9) Indra Malla	10) Mahindra Malla
11) Birnarsingha Malla	12) Riddhinarsingha Malla
13) Bhaskar Malla	14) Yoga Prakash Malla

- 15) Bishnu Malla
- 17) Bishwajit Malla
- 19) Ranjit Malla

- 16) Rajyaprakash Malla
- 18) Jayaprakash Malla
- 20) Tejnarsingha Malla

Malla Kings of Bhadgaun

- 1) Raya Malla
- 3) Prana Malla
- 5) Jagajyotir Malla
- 7) Jagatprakash Malla
- 9) Bhupatindra Malla

- 2) Suvarna Malla
- 4) Bishwo Malla
- 6) Narendra Malla
- 8) Jitamitra Malla
- 10) Ranajit Malla

Table No. 2.2
Major works of Some Malla kings

King	Main works/tasks:
Jayasthiti Malla	Protection of occupational rights, division of land into four categories: Abal, Doyam, Sim and Chahar, provision for selling and mortgaging of houses and land, reforms in Mana, Pathi, Dhak-Taraju, social system of four <i>Varnas</i> and thirty-six castes, system of caste-based occupation and costume, creation of Gopalraj genealogy
Yaksha Malla	Establishment of Bhaktapur Taumadi Tol temple, Dattatraya temple, Yaksheshwor temple, and Bhimnath temple in Lalitpur
Ratna Malla	Introduction of copper currency, construction of Taleju temple, establishment of idols of Dakshinkali, Saptarshi and Ashtamatrika in Pashupati
Mahindra Malla	Brought in the use of silver coin (Mahendra Malli) in the valley, the construction of Mahendreshwor Mahadev temple near Taleju

Laxminarasimha Malla	Renovated Nuwakot Bhairavi temple and offered five gold <i>gajurs</i> (pinnacle), the establishment of Makhan Shivalaya, construction of Kasthamandap
Pratap Malla	Installation of a metal lion with a gold gilt (molamba) on a pillar in front of the temple of Taleju Bhavani (1699), expansion of Hanumandhoka palace, construction of Mohanchowk, Sundari Chowk, Nasalchowk and Bhandarkhal garden, the establishment of a golden statue of Bishwaroopa in the Hanuman Dhoka Durbar area, installation of two statues of Hanuman outside Hanuman Dhoka, the establishment of a statue of Nrisingha at Nasalchowk, construction of Ranipokhari, installation of Guheshwori, Dakshinkali, the establishment of Kotilinga in Pashupati
Jayprakash Malla	Establishment of Kumari Chowk, the commencement of Kumari's <i>Rath Yatra</i> (chariot pulling), construction of 21 out of 22 <i>Dharas</i> (water spots) of Balaju
Siddhinarasimha Malla	Construction of Krishna Temple in Patan, construction of Dhara Pokhari (water spot and Pond) in Bhandarkhal
Jagajyotir Malla	Start of Bisket Jatra in Bhaktapur
Bhupatindra Malla	Artwork of Bhaktapur Durbar area, construction of 55-window Durbar, Malati Chowk

Source: Nepal Parichaya, 2080

Three Civilizations of the Early Medieval Period

The far western Gandaki and Karnali provinces of Nepal as well as Kumaon Garhwal (Kedar Khand) were called *Khas Desh* with one lakh twenty-five thousand hills and peaks. In

the early medieval period, Nagaraja expanded his kingdom in Sinja of Jumla, making Sinja the winter capital and Taklakot the summer capital.

In the 5th century AD, when the imperialist Gupta ruler of India, Chandra Gupta Maurya, annexed the small kingdoms of India, mainly Pawa and Kushinagar, the Mallas fled to the Shivaliks, the hilly region of present-day Nepal. Evidence of this is found in archaeological materials found in places such as Sainamaina, Lumbini, Kankrevihar, and Danavatal in Bardiya, as well as in the inscription of Mandev of Changunarayan dated 521 BS..

The Khas kingdom founded by Nagaraja around 1207 BS., extended from Garhwal in the west to Trishuli Gandaki in the east and from Taklakot in the north to Surkhet and Kapilvastu in the south. This description of the Khas kingdom can also be known from the Tibetan genealogy, the Dullu inscription of 1414 BS., the Gopalraj genealogy, etc.

The kings of the Khas Malla kingdom of Karnali province were Nagaraja, Chap (Raj), Chapilla, Krasichalla, Kadhichalla, Krachalla, Ashok Challa, Jitari Malla, Ripu Malla, Aditya Malla, Kalyan Malla, Pratap Malla, Pushpa Malla, Prithvi Malla and the last king Abhaya Malla. Before entering the fifteenth century, this Khas kingdom fell and disintegrated. Later, it was called the Baise and Chaubise kingdoms.

The founder of the Malla dynasty, who began to rule systematically in the Nepal Valley, was King Jayasthiti Malla. Due to the invasion of Chandragupta Maurya, Mallas fled from there and entered Nepal, first in the Gandaki Province, then in some parts of the Karnali Province, and then in the western Nepal Valley, which later came to be known as the Newar Mallas. By the end of the eleventh century, the vast Nepal had been divided into three kingdoms. The Khas Malla kingdom in the western Karnali Province, the Karnat dynasty Simraungadh kingdom in the southern Tirhut region, and the Nepal Mandal in the valley. Later, during the reign of Yaksha Malla, Nepal Mandal also divided into three kingdoms: Bhaktapur Kingdom, Kantipur Kingdom, and Lalitpur Kingdom.

In the regional history of Nepal, the Simraungadh Kingdom existed in the central Terai region from 1154 BS. to 1381 BS. It

was called Simrawangadhi (a fort-like settlement in the forest of Simal or Simar) and wrongly pronounced Simraungadh.

Nanyadeva was the general of the Chalukya king Vikramaditya VI of South India who established his independent kingdom in the Mithila region with Simraungarh as its capital. Nanyadeva came to this area when the Chalukyas were conducting a conquest campaign towards North India. Few sources and materials are available that describe the Simraungarh kingdom. The records of Champaran, Vijaya Sen's Deupara records, the Gopalraj genealogy, the genealogy in the Keshar library and the records of Pratap Malla are the only materials that can be used to know about the history of Simraungarh at that time.

Nanyadeva had fortified the capital Simraungarh from all sides for the security of his kingdom. For the additional security of the royal palace, 11 large gates, water canals at 21 places and trees were planted in many places. The remains of the walls and water ponds can still be seen in two places. After the Muslim invasion, this place became the main refuge of the scholars of Vikramashila and Nalanda, the famous educational sites of North India.

While acting as a feudatory ruler of the Chalukyas, Nanyadeva made Nanyapuri (present-day Champaran in Bihar) his headquarters. He made Simraungarh his capital only after declaring himself an independent king. He attacked Bengal but was unsuccessful. In 1868 BS., he attacked the Kathmandu Valley. According to the Gopalraj genealogy, there is mention of attacks from the Tirhut region (Doya kingdom) several times in 1168, 1301, 1302, 1356, and 1367 BS. The Gopalraj genealogy describes the incident as 'Nepal Sambat 231 (1168 BS.) on the seventh day of Bhadra Krishna, Shri Shri Naramalladeva Poha cut down the Doya (Tirhuta) who came to fight with his sword'. After Nanyadeva, Gangadeva, Narasimhadeva, Ramsinghadeva, Shaktisinghadeva, Bhupalsingha and the last king Harisinghadeva ruled the kingdom.

Harisinghadeva was the last king of the Karnat dynasty in Simraungarh. In 1381 BS., after the Turkish emperor Gayasuddin Tughlaq attacked and destroyed the Simraungarh kingdom in Delhi, Harisinghadeva fled to the hillside with his queen Dewaldevi and son Jagatsingha. While fleeing, he died on Magh

Shukla Tritiya, 1381 BS., while trying to reach Dolakha at Tinpatan in Sindhuli.

Rudra Malla of the valley had married Harisinghadeva to his sister Dewaldevi. Therefore, after the death of Harisinghadeva, Rudra Malla gave refuge to Harisinghadeva's queen and son in the Bhaktapur palace. Dewaldevi, who had brought with her, installed the urn of Taleju Bhavani in the palace. Later, the Malla kings became worshippers of Taleju. After the death of Rudra Malla, since he had no son, the rule came into the hands of his daughter Nayakdevi. She married Jagatsingh. From that, Rajalyadevi was born. She was later married to the famous Malla king of the valley, Jayasthiti Malla. Jayasthiti Malla was married according to the then *Dolaji* custom. Dewaldevi (Karnat dynasty) had a very significant influence on the royal affairs of the Nepal Valley at that time. Thus, it seems that the Karnat dynasty of Simraungarh had a significant influence not only on the politics of the Nepal Valley but also on the art and culture of that time.

After the fall of Harisinghadeva, Gaysuddin Tughlaq took control of the kingdom of Tirhut. After that, instead of Simraungarh, he made Darbhanga his capital. After ruling for about 30 years, the local Kameshwor Thakur ruled in 1411 BS., followed by the Oinbar dynasty. At that time, the Mithila region was more famous than Tirhut. This dynasty ended around 1583 BS. Then, it was divided into various landholding areas and *zamindars* (landlords) were appointed to collect taxes. After the fall of the Mughal empire, some parts of it did not fall under their control during the British rule, but Mukunda Sen of Palpa, a powerful state of the *Chaubise* kingdom, and his successors, incorporated this area into their kingdom.

Thus, the vast country of Nepal during the Lichchhavi period was divided into three parts, three civilizations and three cultures during the pre-Medieval period. Later, the Valley was divided and transformed into three kingdoms. It reached the state of today's vast Nepal after Prithvi Narayan Shah restored the Lichchhavi era Nepal.

Source: A Brief History of the *Baise* and *Chaubise* Kingdoms (*Baise Tatha Chaubise Rajya Haruko Sanchipta Itihas*), Dr. Bam Bahadur Adhikari

The Khas Caste of Nepal (*Nepalka Khas Jati*), Dr. Bipin Adhikari
History of the Baise Kingdom (*Baise Rajyako Itihas*), Prof. Dr. Suryamani

History of the Khas Empire (*Kas Samrajyako Itihas*), Prof. Dr. Suryamani

Ancient and Medieval Nepal (*Prachin Tatha Madhhyekalin Nepal*), Dr. Balaram Kayastha

2.6 Modern Period

The political history of modern Nepal begins in 1825 BS. (1768 AD). The modern period is considered to have begun when the Shah dynasty king Prithvi Narayan Shah conquered the valley. Prithvi Narayan Shah, the founder of the modern history and geography of Nepal, in his *Divya Upadesh* (glorious sermon), has also given a message of unity saying, “Let all be aware that This is not a country I earned through my small suffering; Nepal is a flower garden of four castes and thirty-six *Varnas*.” Prithvi Narayan Shah is regarded as the founder of unified Nepal. It took about 73 years from the Nuwakot victory in 1801 BS. (1744 AD) to the Sugauli Treaty in 1873 BS. (1816 AD) to unite and organize the land divided into small principalities into a powerful state.

2.6.1 Introduction to the Shah Dynasty

Different genealogies have described the ancient history of the Shah dynasty differently. However, based on the various facts available so far, it is understood that the Gorkha dynasty was related to the Sisodia Rajputs of Chittor in India. After the fall of Chittor due to the Muslim invasion, the rulers there also fled and went to different places. A few years later, it is understood that the Bhupals of this dynasty settled in Ridi and later in Bhirkot in Nepal. The two sons of this Bhupal, Hariharsingha and Ajaysingha, came for the first time and established their independent kingdoms in the hilly areas. Both these brothers held the honorary titles, the same as the then rulers of India. Therefore, they are also known in history as Khancha Khan and Micha Khan. After him in the lineage of the younger Ajaysingha, Vichitra Khan, Kulmandan, etc became king. It is mentioned in the genealogy that Kulmandan received the title of Shah from the King of Delhi. Therefore, it is believed that this dynasty started using the 'Shah' as its name

from the time of Kulmandan. Since the throne of Lamjung was vacant during the time of Kulmandan Shah, his younger son Yashobrahma Shah was made the king of Lamjung at the request of Lamjung. Yashobrahma Shah had two sons. The elder was Narahari Shah and the younger was Drabya Shah. Drabya Shah, the youngest son of Yashobrahma Shah, conquered Gorkha and established his kingdom. Although the Gorkha kingdom was a part of the Chaubise state, it had its existence and importance. Initially, the Khadkas ruled Gorkha. Gorkha was developed as a Shah dynasty state after the son of Yashobrahma Shah, Drabya Shah, ascended the throne of Gorkha in 1616 BS. (1559 AD).



Prithvi Narayan Shah

2.6.2 Establishment of the Gorkha Kingdom

Before the establishment of the Shah dynasty in Gorkha, the Khadka kings were ruling the kingdom. The people of Gorkha were oppressed by caste discrimination, suppression and religious disorder. When the Gorkha elders were angry and wanted to overthrow the Khadka kings and make a suitable person the king, Drabya Shah came into contact with the Gorkha people. The Gorkha people were impressed by his energetic personality and started making preparations to make him the king. At that time, the Gurungs of the Ghale ruled in a place called Liglig. There was a custom of conducting a running race competition on the day of Vijayadashami every year and the winner of the race was made, the king. While attending the festival, Drabya Shah attacked unexpectedly and established his dominance there. Immediately

after defeating Liglig, he attacked Gorkha, but the Gorkhalis resisted Drabya Shah fiercely. Drabya Shah was forced to return to Liglig because he could not win even after fighting for 15 days. Since Drabya Shah was very ambitious, the first defeat could not suppress his enthusiasm, and Narayandas Aryal, Bhagirath Pant, Ganesh Pandey, Sarveshwor Khanal, Gangaram Rana, Gajananda Bhattarai, Keshav Bohara, Murali Khawas were encouraging his enthusiasm as well. Drabya Shah's soldiers, including Thapa, Bhusal, Maske, and Ranas, surrounded and attacked the palace of the king of Gorkha. King Khadka was killed by Drabya Shah. Thus, on Bhadra 25, 1616 BS., Dravya Shah became the king of Gorkha. Drabya Shah's descendant Ram Shah became the king of Gorkha around 1663 BS.. He was popular for his justice.

Table No. 2.3
Kings prior to Prithvi Narayan Shah

S.N.	Kings	Duration (years)
1	Drabya Shah	1616–1627
2	Purandar Shah	1627–1662
3	Chhatra Shah	1662–1663
4	Ram Shah	1663–1690
5	Dambar Shah	1690–1702
6	Krishna Shah	1702–1718
7	Rudra Shah	1718–1730
8	Prithvipati Shah	1730–1773
9	Narabhupal Shah	1773–1799

Source: Nepal Parichaya, 2080

2.6.3 Prithvi Narayan Shah and the Unification Campaign of Nepal

Prithvi Narayan Shah was the son of Narabhupal Shah. He was born on 27th Paush 1779 in Gorkha. Prithvi Narayan Shah was an eminent king. After Drabya Shah ascended the throne of Gorkha in 1616 BS., Gorkha developed as a Shah dynasty state. Only after the establishment of Gorkha, the Gorkha state was stronger and more organized than the Sen states of the east, the Malla

states of the Kathmandu Valley, Baise and Chaubise states, and it successfully conducted the unification campaign. Although some states were stronger than Gorkha, they could not become strong due to the 'crying for help politics' of the medieval period. Gorkha had been playing diplomatic tricks from the beginning. Eminent kings like Drabya Shah, Ram Shah, Narabhupal Shah and Prithvi Narayan Shah ruled this state. Although efforts to unify Nepal were made in medieval Nepal, this work was completed only after the beginning of modern Nepal.

Establishment of Friendly Relations with Lamjung and Bhaktapur

Prithvi Narayan Shah signed a treaty of friendship with Lamjung before invading the Kathmandu Valley. This treaty, signed in January 1740 AD, stipulated mutual non-aggression and that both countries would retaliate together if attacked by another country. Since Prithvi Narayan Shah was successful in concluding a treaty of friendship with a neighbouring enemy state, the plan to invade the valley went well. Similarly, in 1741 AD, Prithvi Narayan Shah established friendly relations with another neighbour by signing a treaty of friendship with Bir Narasingha Malla, the son of the King of Bhaktapur, Ranajit Malla.

Attack and victory on Nuwakot

Prithvi Narayan Shah attacked Nuwakot in 1743 AD. Nuwakot was under the rule of the King of Kantipur at that time, and Prithvi Narayan Shah's attack on Nuwakot failed because they had better and more modern weapons than the Gorkhalis. The second attack was on 25 September 1744 AD. In the morning, the Gorkha army crossed the Trishuli River and attacked the highest point of Nuwakot, Mahamandal, from two sides and took control over Nuwakot. In the process, Prithvi Narayan Shah also conquered Belkot.

Attempt to Blockade the Valley

Before attacking the valley directly, an attempt was made to surround it from all sides. In this process, the Gorkhas had to face the states of Kathmandu Valley and Lamjung. After Prithvi Narayan Shah's plan to blockade the Kathmandu Valley from the north-west and south was almost successful, it was necessary to blockade the valley from the east of the valley as well. In this

process, on 23 October 1763, Haribansha Upadhyay, Kalidas Khadka and Ramkrishna Kunwar invaded and conquered seven villages including Dhulikhel, Khadpu, Chaukot, Panauti, Banepa, Nala, Sanga etc. On 23rd November 1763, Pharping came under the Gorkhas' control without a fight. The Kathmandu Valley was now surrounded from the east as well. Prithvi Narayan Shah surrounded the valley from all sides and imposed a complete ban on the entry of salt, cotton, food, and other goods into the valley.

Battle of Sihrachok Fort

In May 1755 AD, the combined forces of the Chaubise crossed the Chepe River and attacked the Sihrachok Fort in Gorkha. The Gorkhali army, led by Kalu Pandey, marched towards it to resist the attackers. A fierce battle took place between the troops of both sides. There were many casualties on both sides. In the end, the victory went to the Gorkhali army.

Treaty between Kathmandu and Gorkha

Although the main trading ports with Tibet, Kerung and Kuti, were under the control of the Gorkha, the Gorkha was not able to benefit from the trade. It was also necessary to make a treaty with Kathmandu to create a rift between the kings of the valley. Therefore, a treaty was signed with Kantipur in 1758 AD, stating that both countries would benefit from the trade with Tibet.

Victory of Makwanpur

The Gorkhalis defeated Makwanpur on the night of 9 Bhadra 1819 BS. About a thousand Makwanpur soldiers died in the war. King Digbandhan Sen and his minister Kanaka Singh Bania along with their family took refuge in Hariharpur. After the Gorkhali army attacked Hariharpur too, they reached Khundaghat and took refuge. Their entire family was captured by the Gorkhali army. They were brought to Nuwakot and imprisoned. Digbandhan Sen attacked Makwanpur with military support from Bengal. But he was defeated in the battle and captured by the Gorkhali army. He was brought to Nuwakot and imprisoned.

The Second Attack of the Chaubise Kingdoms

Thus, when the Kathmandu Valley was in a state of economic blockade from all sides and chaos was raging, the Chaubise kingdoms joined forces to fight against Gorkha. The joint army

of the Chaubise kingdoms attacked Harni, Bhirkot, Dhulakot, Deurali, etc., which were under the control of the Gorkhas. The joint army of the Chaubise kingdoms could not withstand the Gorkha army that moved forward to counterattack it. They fled from the battlefield.

Victory Over Kirtipur

After the Gorkha army captured Pharping, Bode and Khokana, it attacked Kirtipur in 1757 AD. The Gorkha army was badly defeated by the joint counterattack of Jayaprakash Malla's army and the people of Kirtipur. General Kalu Pandey died in the battle. Gorkhali soldiers like Jeevan Thapa and Lata Khatri also died. Prithvi Narayan Shah also had to struggle to save his life. On Ashwin 4, 1821 BS., the Gorkha army led by Sur Pratap Shah attacked Kirtipur for the second time. Sur Pratap Shah lost an eye in this battle. Daljit Shah was injured and many Gorkha soldiers were killed. The surviving soldiers fled to Dahachowk. After a long siege at midnight on 2 nd Chaitra, 1822 BS., the Gorkhas suddenly attacked for the third time and conquered Kirtipur.

Kathmandu Valley Victory

After the victory of Kirtipur, Prithvi Narayan Shah planned to attack the Kathmandu kingdom. The Gorkhali army attacked the Kathmandu Valley on Sunday, 13th Ashwin, 1825 BS., Bhadra Shukla Chaturdashi (Indrajatra), from three sides, Bhimsensthan, Tundikhel and Naradevi, and conquered.

Lalitpur Victory

When Shree Harsha Panta was sent as a messenger in the course of getting victory, the chiefs of Patan accepted Prithvi Narayan Shah's rule and surrendered, so the Gorkhali army captured Lalitpur on 6th October 1768.

Bhaktapur Victory

After the capture of Kathmandu and Lalitpur by the Gorkha kingdom, the kings of both kingdoms, Jayaprakash Malla and Tejanara Singha Malla, respectively, took refuge of Ranjit Malla, the king of Bhaktapur. Prithvi Narayan Shah asked the king of Bhaktapur to hand over both these kings, but Ranjit Malla did not accept the Gorkha request, stating that it was not humane to

let the refugees die. Therefore, on the 12th day of Kartik Shukla, 1826 BS., the Gorkha army attacked Bhaktapur. Finally, all the kings of the valley surrendered.

After the conquest of the valley, Prithvi Narayan Shah also conquered the eastern kingdoms of Chaudandi and Vijayapur. After the eastern conquest, Prithvi Narayan Shah sent Ramkrishna Kunwar to Pyuthan. There, he was getting an ammunition depot prepared, when he died on 21 March 1771 AD. After the death of Ramkrishna Kunwar, his 18-year-old son Ranjit Kunwar was appointed as the chief of the newly conquered Jumla. He was made one of the four *Kajis* of Nepal because he succeeded in maintaining peace and order there.

Ranjit Kunwar had three sons: Balnarasingha Kunwar, Balarama Kunwar and Rewanta Kunwar. Balnarsingha Kunwar was made the *Kaji* for killing Sher Bahadur Shah, the murderer of Rana Bahadur Shah, at the right time. His honour and job were also shared by his successors. *Kaji* Balanarsingha Kunwar died on 24 December 1814 AD.

Table No. 2.4
Shah Dynasty Kings of Nepal

S.N.	Kings	Time period
1	Prithvi Narayan Shah	1799–1831
2	Pratapsingha Shah	1831–1834
3	Ranabahadur Shah	1834–1855
4	Girbanyuddh Bikram Shah	1855–1873
5	Rajendra Bikram Shah	1873–1904
6	Surendra Bikram Shah	1904–1938
7	Crown Prince Trailokya Birbikram Shah	Death while in Crown Princehood
8	Prithvi Bir Bikram Shah	1938–1968
9	Tribhuvan Bir Bikram Shahdev	1968–2011
10	Mahendra Bir Bikram Shahdev	2011–2028

11	Birendra Bir Bikram Shahdev	2028–2058
12	Dipendra Bir Bikram Shahdev	3 days while in the unconscious stage
13	Gyanendra Bir Bikram Shahdev	2058/2/22– 2065/2/15

Source: Nepal Parichaya, 2080

2.7 Rana Rule

Junga Bahadur Kunwar, son of Balanarasingha Kunwar, took over the state after the *Kot Parba*. After the *Bhandarkhal Parba* and the *Alau Parba*, Junga Bahadur became powerful and became the *Shree tin* of Lamjung and Tanahun and laid the foundation of the Rana rule.

Prime Ministers and Their Major Contributions

- Junga Bahadur (1904–1933):** In 1910 BS., the Muluki Ain, which stipulated the justice system and criminal law, was issued for the first time. Durbar High School was established. A new country was acquired.
- Ranoddeep (1933–1942):** Establishment of post office, new arrangements for collecting land revenue were made.
- Bir Shamsher (1942–1957):** Arrangement of Bir Dhara in Bhadgaon and Kathmandu, construction of bridges, Bir Hospital (1974 BS.), establishment of Bir Library, construction of *Ghantaghar* (clock tower).
- Dev Shamsher (1957–1958):** Publication of Gorkhapatra started, government timings were fixed at 10–5, provision of government holidays, establishment of schools.
- Chandra Shamsher (1958–1986):** Abolition of the Sati system, emancipation of slaves, provision of electricity for the first time, establishment of the first college Tri-Chandra College, establishment of Gorkha Bhasha Prakashini Samiti, preparation of a map of Nepal.
- Bhim Shamsher (1986–1989):** Waiver of customs duties on salt and cotton, encouragement of cotton cultivation.

- 7. Juddha Shamsher (1989–2002):** Establishment of the first bank (Nepal Bank Ltd.), development of cottage industries, establishment of the High Court, Juddha Barun Yantra, first Juddha Road (New Road), museum and zoo.
- 8. Padma Shamsher (2002–2005):** Promulgation of the first constitution, establishment of Kathmandu Municipality.
- 9. Mohan Shamsher (2005–2008):** Establishment of Akashvani, formation of the National Economic Committee.

2.8 Political Developments After the Rana Period

When Prithvi Narayan Shah was the king of Gorkha, the British government was being established and expanded in India in the name of the East India Company. The previous unified Nepal was divided into Baise and Chaubise states due to various reasons and was limited to hostile behavior and war with each other. On the one hand, the national integrity of the country was in crisis, and on the other hand, economic development was hampered. In this challenging time, Prithvi Narayan Shah initiated national unification and established a unified modern Nepal. Prithvi Narayan Shah adopted successful diplomacy, strategy, and war strategy to unify Nepal. The unification movement was stopped after the Sugauli Treaty. After that, a conspiracy took place in the royal court. After the *Kot Parva (Kot massacre)*, Junga Bahadur established the Rana regime in Nepal. The development of the political history of modern Nepal begins with the movement against the Rana regime. In accordance with the decision of the Nepali Congress conference held in Bairganiya, India on 7 and 8 Ashwin 2007 BS., the Nepali Congress, under the leadership of Matrika Prasad Koirala, began an armed struggle from 25 Kartik 2007. After King Tribhuvan and his family returned to Nepal on 4 Falgun 2007 BS., democracy was established by a royal proclamation on the 7th Falgun.

2.8.1 Events From 2007 to 2017 BS.

2007 Declaration and Formation of Joint Cabinet

Following the Delhi Accord, a historic declaration was made on 20 Falgun 2007 that the Rana rule had ended and democracy had been established in Nepal. The declaration included the following points:

(a) A people-elected Legislative Assembly shall formulate a democratic constitution.

(b) An interim cabinet would be formed to run the administration until a new constitution was formulated. Five members from the Rana side and five members from the Nepali Congress would be appointed.

(c) All political prisoners will be set free by 20 Chaitra 2007 and such political prisoners would get their confiscated property back.

This joint government comprising the Rana and the Congress could not last more than nine months and was dissolved on 25th Kartik 2008.

Nepali Congress's Absolute Cabinet

On 1st Mangsir 2008, the absolute cabinet of the Nepali Congress was formed under the Prime Ministership of Matrika Prasad Koirala. During the period, the Supreme Court, Public Service Commission, and the Office of Auditor General were established. At the Nepali Congress convention held in Jestha 2009, Matrika Prasad Koirala was elected as the Congress President in the place of B.P. Koirala. As the government was embroiled in internal disputes, this government was also dissolved on 26 Shrawan 2009. On 30 Shrawan 2009, a six-member Royal Consultative Government was formed by King Tribhuvan himself under his mediation. This government remained in existence until 1st Asar 2010. After this, on 2nd Asar 2010, Matrika Prasad Koirala, the President of the Rastriya Praja Parishad, was made Prime Minister again. In Falgun 2010, Tanka Prasad Acharya and Dilli Raman Regmi were also included in the same government.

Multi-Party Joint Cabinet

With the participation of three small parties, namely the Nepali Rastriya Congress, the Praja Parishad, and the Jana Congress, another government was formed in Falgun, 2010 BS., under the Prime Ministership of Matrika Prasad Koirala. Tanka Prasad Acharya and Dilli Raman Regmi were added to it. King Tribhuvan dissolved Matrika's cabinet in 2011 BS. took charge of the state affairs himself and started running it directly. After the death of King Tribhuvan, King Mahendra was enthroned on Chaitra 1, 2011 BS. Mahendra was coronated in 2013 BS..

Royal Advisory Government

On 1st Baishakh 2012 BS., King Mahendra formed a Royal Advisory Committee under the chairmanship of Gunjaman Singh and started running the government. This advisory committee had 5 members.

Cabinet of the Praja Parishad

On 13th Magh 2012, King Mahendra announced a seven-member cabinet, including 3 independent members, under the Prime Ministership of Tanka Prasad Acharya, the leader of the Praja Parishad. This government signed a peace and friendship treaty with China on 5th Asoj 2013. This government lasted until Asar 2014 BS..

Government of Dr. K. I. Singh

On 11th Shravan 2014, an eleven-member cabinet was formed under the leadership of Dr. K. I. Singh, the chairman of the Samyukta Prajatantrik Party. However, the cabinet was dissolved on 29th Kartik 2014 by a royal proclamation of King Mahendra.

Direct Rule of King Mahendra

From 29th Kartik 2014, direct rule began from the His Majesty Mahendra. On 2nd Jestha 2015, an interim cabinet was formed under the chairmanship of Suvarna Shumsher. It was announced that general elections would be held on the 7th Falgun 2015.

The 2015 General Election and Its Results

The country was divided into 109 constituencies for the election of the House of Representatives. The general election was based on single-member constituencies. Every adult Nepali who had reached the age of 21 was entitled to cast vote. To be recognized as a national party, it was necessary to field candidates for at least 22 seats. According to this criterion, only the Nepali Congress, the Samyukta Prajatantrik Party, the Gorkha Parishad, the Communist Party of Nepal and the Democratic Mahasabha were considered national-level political parties. A total of 786 candidates contested for the 109 seats. In the election, the Nepali Congress won 74 seats, the Gorkha Parishad 19, the Samyukta Prajatantrik Party 5, the Communist Party of Nepal 4 and the Praja Parishad 3 seats, while independents won four seats.

The First Elected Government

King Tribhuvan announced the election of the Constituent Assembly on 7th Falgun 2015. The general election for the lower house of parliament began from 7th Falgun 2015 and the results were declared on 28th Baisakh 2016. A new government was formed on 13th Jestha 2016 under the leadership of Congress leader Bishweshwor Prasad Koirala, who won an overwhelming majority in this election. The first session of the House of Representatives began on 16th Asad 2016. In Asoj of the same year, the Birta Abolition Bill was passed. A Development Board was formed in the districts.

On 1st Paush 2017, King Mahendra exercised the authority of Article 55 of the Constitution and dissolved B.P. Koirala's cabinet and dissolved both houses of parliament, suspending several articles of the Constitution, and took over the power of governance. Thus, the democracy that came through the royal proclamation of 2007 ended with the royal move of 2017 BS..

2.8.2 Two Decades From 2017 to 2037 BS.

After the dissolution of the party-based political system on 1st Poush 2017, the announcement of the new regime was made to the public on 9th Poush. On 12th Poush, a nine-member Council of Ministers was formed under the chairmanship of King Mahendra. On 22th Poush, all political parties were declared illegal and even banned. It was announced that the Panchayat system would be introduced in Nepal to strengthen the foundation of democracy from the bottom up. Accordingly, the *gaun* (village) Panchayat elections were held in 2018 BS.. The Janakpur bomb scandal took place in Magh 2018 BS.. On 1st Poush 2019, a new constitution in line with the Panchayat system was announced.

After the end of the parliamentary system, King Mahendra proclaimed the beginning of Panchayat tradition on 22nd Paush 2017, and in that declaration, it was said that the seeds of Panchayat were planted as a seedling of democracy suitable for the climate of Nepal, which could root out new power for the all-round development and construction of the country by removing poverty, ignorance and backwardness. The Panchayat system was the foundation of democracy by banning all parties and democracy imposed from above was doomed to failure in

the country. To strengthen the foundation of democracy from below, an attempt was made to provide direction to the Panchayat to involve the people in the administration and increase public interest in the problems and progress of the country through local self-government institutions. On 1st Paush 2019, a new constitution was promulgated per the Panchayat system.

The country's apex legislature, the Rastriya Panchayat, was first inaugurated by King Mahendra in 2020 BS. In 2023 BS., the first amendment to the constitution was made, and the Panchayat became a non-party system.

In the Panchayat system of governance that began in 1971 BS., Dr. Tulsi Giri, Surya Bahadur Thapa (the first Prime Minister under the Panchayat system), Kirtinidhi Bista, Nagendra Prasad Rijal, Marichman Singh and Lokendra Bahadur Chand got the opportunity to chair the Council of Ministers under the direct rule of Kings Mahendra and Birendra. A referendum was announced on 10th Jestha 2036. The Panchayat won the referendum held on the 20th Baisakh 2037 BS..

First, elections began at the *gaun* (village) and *nagar* (city) panchayat levels on the 7th Falgun 2018. The new Muluki Ain came into effect on 1st Bhadra 2020. The Land Reform Act was issued on 8th Mangsir 2021 BS..

Establishment of the Ministry of National Directions (Rastriya Nirdeshan Mantralaya)

The Ministry of National Direction (*Rastriya Nirdeshan Mantralaya*) was established on 7th Falgun 2017 to organize and develop collective power to achieve set goals in various fields. A high-level National Direction Council (*Rastriya Nirdeshan Parishad*) was also formed according to the National Direction Act (*Rastriya Nirdeshan Ain*) of 2017. This ministry, which was responsible for coordinating various classes and channelling them into national life, was merged with the Ministry of Panchayat on the 20th Chaitra 2019 and the council was dissolved in 2020 BS..

Referendum 2037 BS.

From 1971 to 2036 BS., the 19-year-old Panchayat regime had failed to purify the political environment, the standard of living had not improved significantly, inflation was rising, and Panchayat

cadres had not become popular. Many voices of protest began to be raised among the ruling party and the general public. On 10th Jestha 2036 BS., King Birendra made a royal proclamation and announced that a nationwide referendum would be held based on adult suffrage to choose between whether the Nepali people wanted to maintain the Panchayat system with reforms or a multi-party system of governance. Following this, the results of the referendum held on 20th Baisakh 2037 BS. were announced on 1st Jestha 2037 BS. The Panchayat side won by securing 24,33,452 (54.8%) votes out of the total 48,13,486 votes cast.

2.8.3 From Referendum to People's Movement

After the referendum, constitutional reforms and elections based on adult suffrage were held. After the election, the first 27-member cabinet of the Panchayat was elected unopposed by 120 Rastriya Panchayat members under the Prime Ministership of Surya Bahadur Thapa on 2nd Asad 2038 BS. and later on, 24th Asoj 2039 BS., a 35-member cabinet was formed with some changes. However, on 27th Asad 2040 BS., the King accepted the motion of no confidence passed by the Rastriya Panchayat by a majority of 108 members stating that Prime Minister Surya Bahadur Thapa had not fulfilled the responsibilities of his office honestly. The Thapa government was dissolved on 27th Asad 2040 BS. Lokendra Bahadur Chand was elected unopposed by a majority of 107 members and on the recommendation of the Rastriya Panchayat, he was appointed as the Prime Minister by the King on 28th Asad and a 21-member cabinet was formed on 29th Asad 2040 BS..

2.8.4 The People's Movement of 2046 BS. and Subsequent Politics

The Panchayat system was established by the royal proclamation of King Mahendra on 1st Paush 2017 BS. lasted for 30 years and collapsed with the People's Movement of 2046 BS. From 5th to 7th Magh 2046 BS., a nationwide conference of Nepali Congress cadres was held at the house of Nepali Congress leader Ganeshman Singh. Senior leaders from India Chandrashekhar, Harkishan Singh Surjit, M.J. Akbar, etc. also participated in the conference. The Nepali Congress and the United Leftist Front jointly launched a nationwide people's movement in the valley and outside the

districts from 7th Falgun 2046 BS. On 8th Falgun, major cities including Kathmandu were shut down. The international media started broadcasting the news with priority. On 19th Chaitra 2046 BS., the cabinet was reorganized on the recommendation of the then Prime Minister Marichman Singh, but the movement did not stop. Gun shots were fired in Kirtipur, Patan and Butwal. On 24th Chaitra 2046, King Birendra made an announcement through Radio Nepal, according to which a 4-member Council of Ministers was formed under the chairmanship of Lokendra Bahadur Chand. After the people's movement did not stop, a statement was finally published on Radio Nepal and Nepal Television at 11:45 pm on 26th Chaitra 2046. In which the ban on parties was lifted by removing the word "party less" from the Constitution of Nepal, 2019. A statement was published stating that the Constitutional Reforms Suggestion Commission would submit a report to draft a new constitution.

After the dissolution of the Panchayat, an interim government was formed under the chairmanship of Krishna Prasad Bhattarai. On 23rd Kartik 2047, the Constitution of the Kingdom of Nepal 2047, was promulgated. After this, general elections were held on 29th Baisakh 2048. Out of the 205 seats in the House of Representatives, the Nepali Congress won the highest number of 110 seats. On 15th Jestha 2048, a unanimous Council of Ministers was formed under the Prime Ministership of Girija Prasad Koirala, the leader of the parliamentary party of the majority party, the Nepali Congress. The Communist Party of Nepal (UML), which received 68 seats, remained as the main opposition.

Multi-Party Governments

The then General Secretary of the Nepali Congress, Girija Prasad Koirala, was appointed as the Prime Minister by King Birendra on 15th Jestha 2048 and a 15-member cabinet was formed. But that government could not last the full term. It was dissolved due to internal disputes. Then, mid-term elections were held on 29th Kartik 2051. In this general election, which was held after the recommendation to dissolve the House of Representatives, the Nepali Congress won 83 seats, the CPN (UML) 88, and the RPP 20 seats. Since no party obtained a clear majority in the mid-term elections of 2051, the CPN-UML Chairman and parliamentary

party leader Manmohan Adhikari, as the largest party, was appointed as the Prime Minister. The House of Representatives was dissolved again on 30th Jestha 2052 BS. However, the Supreme Court reinstated it on 12th Bhadra 2052 and a special session of the House of Representatives was held on 20th Bhadra and Nepali Congress leader Sher Bahadur Deuba registered a no-confidence motion against Manmohan Adhikari. This government fell after a no-confidence motion was passed on 25th Bhadra 2052 BS.

Then on 26th Bhadra 2052, Sher Bahadur Deuba was appointed Prime Minister. Stating that no attention was paid to their demands during his prime ministership from 1st Falgun 2052, the then Janamorchha leader Dr. Baburam Bhattarai and others declared an armed rebellion for a long-term people's war and started underground politics. Due to the no-confidence motion of the UML, the Sher Bahadur Deuba government was dissolved on 23rd Falgun 2053 BS. and RPP leader Lokendra Bahadur Chand became the Prime Minister. This government also had to lose power on 18th Asoj 2054 BS. due to the no-confidence motion of the Congress. With the connivance of the Congress, RPP Chairman Surya Bahadur Thapa became Prime Minister on Asoj 20, 2054 BS.. He recommended the dissolution of the House of Representatives and the scheduling elections. However, a special session of the House of Representatives foiled the no-confidence motion. He resigned on 28th Chaitra 2054 BS. After this, a minority government was formed on 30th Chaitra 2054 BS. under the leadership of Nepali Congress leader Girija Prasad Koirala. The CPN (ML) was also included in this government. However, since the ML soon left, the UML joined and the cabinet was reorganized. After the legislative elections, a cabinet was formed on 13th Jestha 2056 under the leadership of Nepali Congress leader Krishna Prasad Bhattarai. After this government resigned on 3rd Chaitra, Girija Prasad Koirala became the Prime Minister again on 5th Chaitra 2056 BS.

After the unbelievable incident that occurred at the Narayanhiti Palace on 19th Jestha 2058 BS., King Birendra's dynasty was destroyed, and Gyanendra became king and declared his son Paras as crown prince. The government led by Prime Minister Sher Bahadur Deuba declared the Maoists as terrorists on 11th

Mangsir 2058 BS. and imposed a six-month state of emergency until 10th Jestha 2059 BS..

On 8th Jestha 2059 BS., on the recommendation of Prime Minister Sher Bahadur Deuba, the king announced the dissolution of the House of Representatives and the holding of mid-term elections on 27th Kartik as per the provisions of the then constitution. On 18th Asoj 2059 BS., King Gyanendra deposed Deuba on charges of 'incompetence' on the pretext of not being able to hold the elections on the scheduled date. He also postponed the elections scheduled for 27th Kartik and announced that he would retain the executive powers of Nepal with himself until further notice and form a new cabinet within five days. From Ashoj 18 to 24, Nepal was without a Prime Minister and Council of Ministers, and on Ashoj 25, a nine-member Council of Ministers was formed under the Prime Ministership of Lokendra Bahadur Chand.

After the first round of talks with the Maoists on 8th Shrawan 2058, who had been fighting an armed people's war since 1st Falgun 2052, the second round of talks on 26th Bhadra, and the third round of talks on 28th Kartik also failed and the Maoists' attack on Dang and Syangja on 8th Mangsir 2058 further complicated the security situation. A state of emergency was declared across the country from 11th Mangsir 2058. Although the state of emergency ended on 11th Jestha 2059, it was re-imposed on 13th Jestha and ended on 12th Bhadra. Nepali politics took a new turn after the Maoists declared an immediate ceasefire on 15th Magh and the government withdrew its previous decisions such as declaring the CPN (Maoist) as a terrorist and issuing 'red corner notices' for arrests.

Second People's Movement 2062–063 BS.

After 18th Asoj 2059, Gyanendra began to rule arbitrarily, sometimes appointing Lokendra Bahadur Chand and sometimes Surya Bahadur Thapa as Prime Minister. Five parties, including the Nepali Congress and the CPN (UML), began to conduct pressure-based protest programs, calling it a royal regression. On 18th Asar, King Gyanendra reappointed Sher Bahadur Deuba as Prime Minister with a royal order to hold elections to the House of Representatives by the end of Chaitra 2061 BS. This government was dismissed on 19th Magh and King Gyanendra's direct rule began. After 19th Magh, a seven-party protest coalition



A glimpse of the Second People's Movement 2062/63

was formed against the royal rule, including the Nepali Congress (Democratic) and the United Leftist Front, and in 2062 Baisakh, it made public a common consensus and commitment to reach the Constituent Assembly to provide a political outlet for the armed rebellion waged by the CPN (Maoist) through the path of restoring the House of Representatives. It was after this that the seven-party talks and understanding with the Maoists began to take concrete shape and destination. After King Gyanendra began his second autocratic and direct rule on 19th Magh 2061, a seven-party coalition was first formed on 25th Baisakh 2062, including the Nepali Congress, CPN-UML, Nepali Congress (Democratic), Janamorchha Nepal, Nepal Mazdoor Kisan Party, Nepal Sadbhavana Party (Anandi Devi) and the United Leftist Front, to advance the movement in resistance. The Nepali Congress, CPN-UML and CPN-Maoist signed a 12-point agreement in New Delhi, India on 7th Mangsir 2062. After the signing of the peace agreement and the formation of an interim legislature-parliament with the participation of the CPN-Maoist, this coalition became an eight-party coalition. Then, on 5th Mangsir 2063, a comprehensive peace accord was signed between the seven-party government and the CPN (Maoist).

The peaceful People's Movement 2062-063 BS., which lasted for 19 days from 24th Chaitra 2062 to 11th Baisakh 2063, brought it to a decisive point with the immense participation of the Nepali



Comprehensive Peace Agreement

people. As a result, the Interim Constitution of Nepal, 2063, was promulgated on 1st Magh 2063. After the People's Movement 2062-063, the management of the then political transition and the election of the Constituent Assembly were agreed upon by the seven political parties that were responsible for holding the election of the Constituent Assembly, and the date of the election of the Constituent Assembly was fixed for the third time on 28th Chaitra 2064. The seven political parties had decided to hold the election of the Constituent Assembly within the month of Chaitra after the 23-point agreement reached on 8th Paush 2064. Historically, the election of the Constituent Assembly in Nepal was held on 28th Chaitra 2064 BS.. There were a total of 601 members in the Constituent Assembly, of which 335 members were elected through the proportional system and 240 members through the direct election system, and the remaining 26 members were nominated by the Council of Ministers. The first meeting of the Constituent Assembly held on 15th Jestha 2065 declared the Republic of Nepal and the first President of the Republic of Nepal, Dr. Ram Baran Yadav, and Vice President Parmananda Jha were elected.

Table No. 2.5
Prime Ministers of Nepal (by tenure)

S.N.	Name	Duration (years)
1	Bhimsen Thapa (Mukhtiyar)	1863–1894 BS.
2	Pandit Ranganath Paudel (Mukhtiyar)	1894–1895 BS.

3	Pushkar Shah (Mukhtiyar)	1895–1896 BS.
4	Ranajunga Pandey (Mukhtiyar)	1896–1897 BS.
5	Fatejunga Shah (Mukhtiyar)	1897–1900 BS., 1902–1903 BS.
6	Mathwar Singh Thapa	1900–1902 BS.
7	Junga Bahadur Rana	1903–1913 BS., 1914–1933 BS.
8	Bam Bahadur Rana	1913–1914 BS.
9	Ranoddeep Singh	1933–1942 BS.
10	Bir Shamsher J.B.R.	1942–1957 BS.
11	Dev Shamsher J.B.R.	1957–1958 BS.
12	Chandra Shamsher J.B.R.	1958-1986 BS.
13	Bhim Shamsher J.B.R.	1986–1989 BS.
14	Juddha Shamsher J.B.R.	1989–2002 BS.
15	Padma Shamsher J.B.R.	2002–2005 BS.
16	Mohan Shamsher J.B.R.	2005–2008 BS.
17	Matrika Prasad Koirala	2008–2009 BS., 2010–2011 BS.
18	Tanka Prasad Acharya	2012 – 2014 BS.
19	Dr. K.I. Singh	2014-2014 BS.
20	Suvarna Shamsher J.B.R.	2015-2016 BS. (Chairman of Cabinet)
21	Bishweshwar Prasad Koirala	2017-2016 BS.

22	Dr. Tulsi Giri	2019-2021 BS. (Chairman's Council), 2032-2034 BS. (Prime Minister)
23	Surya Bahadur Thapa	Chairman of the Council of Ministers: - 2021-2023 BS., Prime Minister:- 2023-2025, 2036-2040, 2054-2054, 2060-2061 BS.
24	Kirtinidhi Bista	2025-2026, 2028-2030, 2034-2036 BS.
25	Nagendra Prasad Rijal	2030-2032, 2042 BS.
26	Lokendra Bahadur Chand	2040 - 2042, 2046-2047, 2053-2054, 2059-2060 BS.
27	Marichman Singh Shrestha	2043 - 2046 BS.
28	Krishna Prasad Bhattarai	2047 -2048, 2056-2056 BS.
29	Girija Prasad Koirala	2048-2051, 2054-2055, 2055-2056, 2056-2058, 2063-2065 BS..
30	Manmohan Adhikari	2051 - 2052 BS.
31	Sher Bahadur Deuba	2052 -2053, 2058-2059, 2061 -2061, 2074.02.24-2074.11.03, 2078.03.29-2079.09.10 BS.
32	Pushpa Kamal Dahal (Prachanda)	2065-2066, 2073.04.19-2074.02.23, 2079.09. 10-2081.3.31 BS.
33	Madhav Kumar Nepal	2066.2.11-2067.10 .22 BS.
34	Jhalanath Khanal	2067 Magh 23 - 2068 Bhadra 11 BS.
35	Baburam Bhattarai	2068 Bhadra 12-2069 Falgun 30 BS.
36	Khilraj Regmi (Chairman of the Council of Ministers)	2069 Chaitra 1-2070 Magh 28 BS.
37	Sushil Koirala	2070 Magh 28 - 2072 Ashoj 24 BS.

38	K.P. Sharma Oli	2072 Asoj 25 – 2073 Shrawan 19, 2074 Falgun 3 – 2078 Asar 28, 2081 Asar 30 to date

Source: Office of the Prime Minister and Council of Ministers

Description of the Literary Sources Related to the Human Settlement and the Beginning of the State System in Nepal:

Due to the lack of archaeological sources, the history of Nepal before the Lichchhavi period is not clear. To understand the beginning of human civilization in Nepal, we have to rely on genealogies and mythological sources written in recent times based on oral tradition. Among such sources, a genealogy published by Daniel Wright and the Swayambhu *Purana* describes that in the beginning, there was a dense forest on the hills surrounding the Kathmandu Valley and a beautiful lake in the middle. On the hill near this beautiful lake, one of the human Buddhas, Bipaswi Buddha, came with his disciples to meditate. He planted a lotus flower in this lake and predicted that in the future the valley where this lake is located would be inhabited by humans. After him, Sikhi Buddha, Bishwambhu Buddha, and Krakuchchhanda Buddha also came to the Kathmandu Valley, as described in the Swayambhu *Purana* and genealogies. In the Swayambhū *Purana*, it is said that Bodhisattwo Manjushri came to this lake from Great China to see the beautiful lotus flowers planted by the Buddha, cut a mountain with his sword and drained the water, established a human settlement in this valley, built a city named Manjupatan here, and making a person named Dharmakara the first king in that city, thus beginning human civilization in Nepal.

In the Nepal Mahatmya *Purana* and some other genealogies, the credit for draining the water of the valley and establishing human settlement is given to Lord Krishna and his son Pradyumna. In these genealogies and Puranas, it is narrated that Lord Krishna and Pradyumna came from the south and defeated the demons Mahendradaman, Kachchapasura, Banasur, etc. who were holding the water of the lake here in a battle, and after cutting the Chobhar hill with the Sudarshan Chakra and draining the water, human settlement began here and they made the Gopal dynasty people they brought with them the kings of this place. The description of the *Puranas* and genealogies seems to be based on the popular

belief prevalent here rather than being based on reality. Geology also says that there was a lake here in the beginning and that human settlement began here after the water of the valley was drained out due to geological movements. The genealogies and *Puranas* must also have indicated this.

The Gopalaraj genealogy, written in the early medieval period, describes the state system that developed in the Kathmandu Valley in a systematic manner. Until the time when archaeological sources were not available, political history could only be known from such genealogies. This genealogy describes the seven generations of kings of the Gopal dynasty who came to the Kathmandu Valley with Sri Krishna, ruling for 505 years and 3 months. These Gopals are said to have been kings of the Gupta clan. After this, the Gopalraj genealogy describes the rule of the kings of the Abhir clan of the Mahishpala dynasty in Nepal for three generations. As mentioned in this genealogy, the Mahishpalas ruled for 161 years and 2 months. Other genealogies give different details about the names and years of rule of the kings of the Gopal and Mahishpala dynasty. Of these, the details of the Gopal dynasty are considered more reliable.

Various genealogies describe the Kirat dynasty's rule in Nepal after defeating the last kings of the Mahishpal dynasty. According to the Gopalraj genealogy, which is considered more reliable, 32 rulers of the Kirat dynasty ruled for a total of 1701 years. The Gopalraj genealogy states that the first king of this dynasty was Ylam, while other genealogies say Yalambar. The genealogy published by Daniel Wright also describes the activities of some kings of this dynasty. According to the Wright Genealogy, the Mahabharata War was fought during the reign of the sixth king of the Kirat dynasty, Humati. He went to participate in the war on the side of the Kauravas. It is said that Gautam Buddha visited Nepal during the reign of the seventh king, Jitedasti and that the Mauryan emperor Ashoka visited Nepal during the reign of the fourteenth king, Sthunko. These descriptions have not been historically confirmed. Such a description of the genealogy can be understood as indicating the historical significance of the long rule of the Kirats in Nepal.

The Lichchhavi dynasty, which came from Vaishali, India, after defeating the Kirat kings in war, was ruled by the Lichchhavi

dynasty. The exact time of the beginning of the Lichchhavi dynasty has not been determined. It is estimated that they came to Nepal towards the beginning of the Christian era. The earliest king of this dynasty is unknown. According to the records kept by a king named Jayadeva II in Pashupati, the early rulers of the Lichchhavi dynasty, Supushpa and Jayadeva I, ruled the kingdom here in an orderly manner. The records of Changunarayan mention the reigns of Brishadeva, Shankardeva and Dharmadeva of this dynasty. They were the great-grandfather, grandfather and father of Manadeva I. After Dharmadeva, Manadeva became the king of Nepal. Since he kept records with his name and date, he is considered the first testimonial king.

Table No. 2.6
Major Historical Events in Nepal

The accession of Basantadeva	563 BS.
The reign of Manadeva	<i>Shaka Samvat</i> 386 to 413
The rise of Anshuvarma	662 BS.
The establishment of the Khasa kingdom by Nagaraja	1150 A.D.
The accession of Krachalla of the Khasa empire	1264 BS.
The invasion of the Kathmandu Valley by the Khasa king Jitari Malla	1344 Paush, 1345 Falgun, 1346 Falgun
The invasion of the valley by Aditya Malla	1384 BS.
The establishment of the Karnataka kingdom at Nanyadeva Tirhut (Simraungadh)	1154 BS.
The rise of the Malla period	1257 BS.
The reign of the first Malla king Ari Malla	1257 –1274 BS.

The attack on the last king of Simraungadh, Harisingha Deva, by the Muslim emperor of Delhi, Gayasuddin Tughlaq, total destruction of Karnataka state	1381 BS.
The accession of Jayasthiti Malla	1380 BS.
The invasion of Nepal by the ruler of Bengal, Samusuddin Ilyas	1406 BS.
The reign of Yaksha Malla	1428–1539 BS.
The reign of Ratna Malla	1541–1577 BS.
The establishment of the Gorkha kingdom by Drabya Shah	1616 BS.
The reign of King Ram Shah of Gorkha	1663–1690 BS.
The reign of Pratap Malla	1698–1731 BS.
The accession of Mahendra Malla	1617 BS.
The conquest of Patan by Siddhinarsingh Malla, Establishment of Krishna Temple	1693 BS.
The reign of Bhupatindra Malla	1753–1779 BS.
Prithvi Narayan Shah's first attack on Nuwakot	1800 BS.
Prithvi Narayan Shah's second attack on Nuwakot and victory	1801 BS.
First attack on Kirtipur	Jestha 19, 1814 BS.
Victory over Makawanpur	Bhadra 9, 1819 BS.
Victory of Gorkhali over the army sent by the Nawab of Bengal, Mirkasim, under the leadership of Gurgin Khan	January 30, 1763 A.D.

Second attack on Kirtipur	1821 Ashoj 4 BS.
Third attack on Kirtipur	1822 Chaitra 3 BS.
Victory over the British army sent under the leadership of Kinlak to support Jayaprakash Malla	1824 BS.
Victory over Kathmandu	1825 BS. Bhadra Shukla on Sunday (Indrajatra) day
Victory over Lalitpur	1825 BS.
Victory over Bhaktapur	1826 BS., Kartik Shukla Dwadashi
Death of Prithvi Narayan Shah	1831 BS.
Trade treaty between Nepal and Tibet	September 1775 A.D.
Peace treaty between Nepal and Garhwal	1791 A.D.
First Nepal-Tibet war	1788-1789 A.D.
Treaty of Kerung between Nepal and Tibet	June 2, 1789 A.D.
Second Nepal-Tibet war	October, 1792 A.D.
Trade treaty between Nepal and East India Company	1849 Baisakh 3 BS.
Gorkhapatra Publications	1958 BS.
<i>Basatthi</i> haran or Birtaharan	1862 BS.
Nepal-Anglo War	1814-1816 A.D.
Sugauli Treaty (between Nepal and British)	1872 Falgun 24 BS.
First Ambassador to Nepal Edward Gardner, Britain	May 1816 A.D.
Third Nepal-Tibet War	1855-1856 A.D.

Thapathali Treaty between Nepal and Tibet	Chaitra 1912 BS.
Kot Parva	1903 Asoj 2 BS.
Bhandarkhal Parva	1846 October 31, (1903 Kartik 12)
Alau Parva	Shrawan 1904 BS.
Junga Bahadur was given the title of Shri 3	Shrawan 1913 BS.
After the Indian Rebellion of 1875, Junga Bahadur made an agreement with the British and brought back the Banke, Bardiya, Kailali, and Kanchanpur areas from the British	1916 BS.
Nepal's first Civil Code (<i>Muluki Ain</i>)	1910 BS.
Establishment of Trichandra College	1975 BS.
Abolition of the Sati system	1977 BS.
<i>Makai Parva</i>	1977 BS.
Abolition of the Slavery System	1981 BS.
Ban on Arya Samaj	1987 BS.
Library <i>Parva</i>	1987 BS.
Prachanda Gorkha <i>Parva</i>	1988 BS.
Establishment of the Nepal Praja Parishad	1993 Jestha 20 BS.
Establishment of the All India Nepali Congress	2002 Magh 12 BS.
Establishment of the Nepali Prajatantra Congress	1949 BS.
Jogbani Conference	Jestha 2004 BS.
First Labor Strike	Falgun 11, 2003 BS.

Jayatu Sanskritam Satyagraha against the Rana regime	Baishakh 1, 2004 BS.
Proclamation of Nepal's statutory law	Magh 13, 2004 BS.
Nepal Praja Panchayat	Ashwin 2005 BS.
Establishment of the Communist Party of Nepal	Bhadra 30, 2006 BS.
Nepal-India Friendship Treaty	Shrawan, 2007 BS.
Declaration of democracy	Falgun 7, 2007 BS.
Nepal's Interim Governance Legislation of Nepal	Falgun 7, 2007 BS.
First general election	2015 BS.
Establishment of the Panchayat system	Paush 1, 2017 BS.
Proclamation of the Constitution of Nepal, 2019	Paush 1, 2019 BS.
Back to Village Campaign	2028 BS.
Peace zone proposition	Falgun 13, 2031 BS.
Declaration of referendum	Jestha 10, 2036 BS.
Referendum	Baishakh 20, 2037 BS.
Satyagraha	2042 BS.
Formation of the United Leftist Front	Magh 2, 2046 BS.
Restoration of the multi-party system	Chaitra 26, 2046 BS.
Constitution of the Kingdom of Nepal, 2047	Kartik 23, 2047 BS.
Establishment of the CPN (UML)	Paush 22, 2047 BS.
First general election after the restoration of democracy	Baishakh 29, 2048 BS.
Mid-term elections	Kartik 29, 2051 BS.

CPN Maoists launch armed rebellion	Falgun 1, 2052 BS.
General elections, 2056	Baishakh 2 and 3, 2056 BS.
Royal Palace massacre	Jestha 19, 2058 BS.
Royal proclamation by King Gyanendra	Magh 19, 2061 BS.
Signing of a comprehensive peace agreement between the Government of Nepal and the Maoists	Mangsir 5, 2063 BS.
Promulgation of the Interim Constitution of Nepal, 2063	Magh 1, 2063 BS.
Historic Constituent Assembly in Nepal Elections	Chaitra 28, 2064 BS.
First meeting of the Constituent Assembly/Declaration of the Republic, End of the Shah dynasty monarchy	Jestha 15, 2065 BS.
King Gyanendra leaves Narayanhiti Palace	Jestha 29, 2065 BS.
Elections of the President and Vice President completed	Shrawan 6, 2065 BS.
First President of the Republic of Nepal Dr. Ram Baran Yadav takes oath	Shrawan 8, 2065 BS.
First republican government formed under the chairmanship of CPN-Maoist leader Pushpa Kamal Dahal (Prachanda)	Bhadra, 2065 BS.
Dissolution of the First Constituent Assembly	Jestha 14, 2069 BS.
Formation of the interim electoral council of ministers	Chaitra 1, 2069 BS.

Second Constituent Assembly election	Mangsir 4, 2070 BS.
First meeting of the Second Constituent Assembly	Magh 8, 2070 BS.
Eighteenth SAARC Summit, Kathmandu	Mangsir 11–12, 2071 BS.
Formation of the Truth and Reconciliation Commission and the Commission of Inquiry into Enforced Disappearances	Magh 26, 2071 BS.
Constitution of Nepal	Asoj 3, 2072 BS.
Shri Bidya Devi Bhandari was elected as the second President of the Republic of Nepal	Kartik 11, 2072 BS.
First amendment to the Constitution of Nepal	Falgun 16, 2072 BS.
Shri Bidya Devi Bhandari re-elected as President	Falgun 29, 2074 BS.
Date of issuance of a new map of Nepal	Jestha 5, 2077 BS.
Shri Ram Chandra Poudel elected as President	Falgun 25, 2079 BS.

Source: Nepal Parichaya, 2080



Constitutional Development of Nepal

3.1 Constitutional Development of Nepal

The first constitution of Nepal, the Government of Nepal Act, 2004, was the first legal framework of the country, proclaimed by Rana Prime Minister Padma Shamsher on Magh 14, 2004 BS, towards the end of the Rana rule in Nepal. Nepal did not have any written or unwritten constitutional framework before this constitution. The constitutional development of Nepal can be outlined as follows:

3.1.1 Government of Nepal Act, 2004

This is the first constitution of Nepal. It was promulgated from the Bishalnagar Palace on Magh 13, 2004, and was set to be implemented from Baisakh 1, 2005. However, on Falgun 18, 2004, Prime Minister Padma Shamsher went into exile in India and resigned without returning to Nepal. His successor, Mohan Shamsher, opposed granting any rights to the people, so this statute could not be implemented. Indian constitutional experts Shri Prakash, Dr. Ram Ugra Singh, and Raghunath Singh were invited to draft this constitution. The constitution, aimed at bringing widespread changes in the country, had 6 parts, 68 articles, and 1 schedule.

3.1.2 Nepal Interim Government Act, 2007

After the end of the Rana regime, the Nepal Interim Government Act 2007 was promulgated by King Tribhuvan on Falgun 7, 2007. It provided for policies, directive principles, the cabinet, the economic system, the Supreme Court, the Public Service

Commission, the Election Commission, and Parliament. It consisted of 7 parts, 74 articles, and 4 chapters. This constitution, which came into full force and effect on Chaitra 29, 2007, was amended 6 times.

3.1.3 Constitution of the Kingdom of Nepal, 2015

On Chaitra 3, 2014, a five-member constitution drafting committee, formed under the chairmanship of Bhagwati Prasad Singh, including British Constitutionalist Sir Ivor Jennings, prepared the draft over 10 months and presented it to King Mahendra. The other members of this commission were Hora Prasad Joshi, Ramraj Pant, and Surya Prasad Upadhyay. This constitution was promulgated by King Mahendra on Falgun 1, 2015. Articles 73 and 75 of the constitution came into effect immediately, while the remaining articles came into effect in 2016 BS. Based on this constitution, the first general election was held in the country on Falgun 7, 2015. This constitution had the provisions of a 109-member House of Representatives, an executive accountable to the House of Representatives, a legislature, an independent judiciary, a Public Service Commission, an audit of accounts, and provisions for the fundamental rights of citizens. This constitution, which consisted of 10 parts, 77 articles, and 3 schedules, was repealed by King Mahendra in 2019 BS.

3.1.4 Constitution of Nepal, 2019

The royal step of King Mahendra on 1st Paus 2017 overturned the Constitution of Nepal, 2015. On 26th Baisakh 2019, the Constitution Drafting Committee, chaired by Rishikesh Shah and consisting of Shambhu Prasad Gyawali, Prakash Bahadur Khatri, Angur Baba Joshi, Dambar Narayan Yadav, and Kul Shekhar Sharma as Member-Secretary, prepared the draft and consulted the members of the Cabinet. This Constitution was promulgated by King Mahendra on 1st Paus 2019. Its goals were a system of governance based on popular consensus, decentralization, and a partyless Panchayat system. The constitution had provisioned for the fundamental rights and duties of citizens, the policy directive principles of the Panchayat system, the Royal Council, the Council of Ministers, the Public Service Commission, the executive, the legislature, and an independent judiciary. The first amendment

was made on 14th Magh 2023, the second amendment on 26th Mangsir 2032, and the third amendment on 1st Paush 2037 BS. The Constitution of Nepal 2019, consisting of 20 parts, 97 articles, and 6 schedules, remained in force until the People's Movement of 2046 BS. and was replaced by the Constitution of the Kingdom of Nepal, 2047 in 2047 BS.

3.1.5 Constitution of the Kingdom of Nepal, 2047

As a result of the people's movement, the partyless Panchayat system collapsed on 26 Chaitra 2046, and an 11-member interim Council of Ministers was formed on 6 Baisakh 2047 under the premiership of Krishna Prasad Bhattarai, the acting president of the Nepali Congress. During the tenure of this Council of Ministers, the Constitution of the Kingdom of Nepal, 2047, was promulgated on Friday, 23 Kartik 2047 BS., as the fifth constitution of Nepal.

After the historic people's movement of 2046 BS. ended the 30-year Panchayat system, King Birendra announced on 28 Baisakh 2047 BS. that a nine-member "Constitution Reform Suggestion Commission" had been formed under the chairmanship of Supreme Court Justice Bishwanath Upadhyay to draft a new constitution for the country, but it was strongly opposed. On 1 Jestha 2047 BS., the King, taking into account the advice of the Council of Ministers as per the suggestion of the Prime Minister, issued a draft of the Constitution of 2047 BS. On 16 Jestha 2047, a nine-member Constitution Suggestions Commission was formed again under the chairmanship of Bishwanath Upadhyay to submit its suggestions within three months.

This constitution, which established constitutional monarchy, multi-party democracy, a parliamentary system of government, sovereignty vested in the people, and an independent and impartial judiciary, emphasized the protection of the fundamental rights and freedoms of citizens. This constitution had 23 parts, 133 articles, and 3 schedules. The constitution had provisions for the fundamental rights of citizens, directive principles and policies of the state, His Majesty, the Royal Council, the executive, the legislature, the judiciary, the Commission for the Investigation of Abuse of Authority, the Auditor General, the Public Service

Commission, the Election Commission, the Attorney General, etc. The basic features of this constitution were as follows:

1. The constitution was accepted as the fundamental law of the country,
2. Sovereignty was vested in the Nepali people,
3. Nepal was accepted as the kingdom of multi-ethnic, multilingual, democratic, indivisible, sovereign, Hindu, constitutional monarchy,
4. Provision for the fundamental rights and privileges of citizens,
5. Clear provisions for the directive policies and principles of the state,
6. Provision for executive power to be vested in His Majesty and the Council of Ministers,
7. Provision for an independent judiciary and the power to administer justice was granted to the courts,
8. Provision for constitutional bodies such as the Royal Council, the Public Service Commission, the Auditor General, the Election Commission, and the Commission for the Investigation of Abuse of Authority, and clear provisions for their functions, duties, and powers,
9. Provisions regarding political parties, requiring 5% of women candidates to be fielded and 3% of the total votes cast to be recognized as a national party,
10. The King was given the power to declare a state of emergency,
11. Provisions for the Constitutional Council and the National Security Council, etc.

With the success of the people's movement of 2062/063 BS., this constitution also became defunct.

3.1.6 Interim Constitution of Nepal, 2063

As a result of the success of the Second People's Movement, the Interim Constitution of Nepal, 2063, was promulgated by the people on 1 Magh, 2063, marking the first time in Nepal's history. The Interim Constitution of Nepal, 2063, was the sixth constitution, following the Constitution of the Kingdom of Nepal,

2047. The draft of this constitution was prepared by a 16-member drafting committee, coordinated by Laxman Prasad Aryal, a former Supreme Court judge and a member of the drafting committee for the 2047 Constitution. This constitution consists of 25 parts, 167 articles, and 4 schedules. It was approved by the Interim Legislature-Parliament on 1 Magh, 2063 BS., at 11:35 pm. The constitution was amended 13 times.

Features of the Interim Constitution of Nepal, 2063

1. Created through the spirit of the Second People's Movement and the collective efforts of the eight political parties involved in that movement,
2. A constitution proclaimed by the people for the first time in the history of Nepal,
3. The sovereignty and state power of Nepal are vested in the Nepali people,
4. Nepal is recognized as a secular nation,
5. Executive power is vested in the Council of Ministers,
6. Establishment of a republic,
7. Provision for the President as the head of state,
8. The work of the legislature is to be performed by the Constituent Assembly,
9. Provision for the formation of the Constituent Assembly, which shall consist of 601 members,
10. Recognition of the National Human Rights Commission as a constitutional organ,
11. Signatures from at least 10,000 voters are required when registering a party for elections,
12. The Chief of Army Staff shall be appointed by the President on the recommendation of the Council of Ministers,
13. Formation of a National Security Council under the chairmanship of the Prime Minister, consisting of Defense, Home and three ministers designated by the Prime Minister,
14. Amendment of the Constitution can be made by a two-thirds majority of the Legislature-Parliament,

15. Provision for the formation of a Constitutional Council under the chairmanship of the Prime Minister, consisting of the Chief Justice, Speaker, Leader of the Opposition and three ministers designated by the Prime Minister,
16. The President may pardon, commute or reduce the sentence passed by any court, special court, military or any other court or judicial body on the recommendation of the Council of Ministers,
17. The President shall appoint the Nepali Ambassador and other special representatives on the recommendation of the Council of Ministers,
18. The titles, honours and decorations given by the state shall be conferred by the President on the recommendation of the Council of Ministers,
19. Provision for a referendum on any matter of national importance,
20. The power to remove obstacles shall rest with the President on the recommendation of the Council of Ministers and shall be approved by the Parliament within one month.

3.1.7 Constitution of Nepal



Former President Ram Baran Yadav Promulgating the
Constitution of Nepal (2072 BS.)

The Constitution of Nepal, drafted by the Second Constituent Assembly, embodying the decades-long desire of the Nepalese

people to create their constitution, was promulgated on Sunday, 3 Asoj, 2072. This constitution has adopted a multi-party competitive federal democratic republican parliamentary system of government based on pluralism.

3.1.7.1 Features of the Constitution of Nepal

1. The Constitution of the Federal Democratic Republic of Nepal, drafted by the Second Constituent Assembly, was promulgated by the President on 3 Asoj 2072,
2. The Constitution was drafted and promulgated by the Constituent Assembly for the first time in the history of Nepal,
3. The sovereignty and state power of Nepal are vested in the Nepali people,
4. This Constitution provides for 31 different fundamental rights,
5. Four duties are prescribed for every citizen,
6. The basic structure of the Federal Democratic Republic of Nepal is three-tiered, namely the Federation, Provinces and Local Levels, and there are seven Provinces in Nepal,
7. The provision that the state power of Nepal is exercised by the Federation, Provinces and Local Levels following the Constitution and the law,
8. The distribution of state power between the Federation, Provinces and Local Levels,
9. The provision that the President is the Head of State,
10. The provision that the executive power of Nepal is vested in the Council of Ministers following this Constitution and the law,
11. The provision that the election of the President and Vice-President should be carried out in a manner that represents different genders or communities,
12. Provision for a federal legislature with two houses, namely the 275-member House of Representatives and the 59-member National Assembly,

13. Provision that at least one-third of the total number of members elected from each political party representing the federal house shall be women,
14. Provision that one of the Speaker and Deputy Speaker of the House of Representatives shall be elected by a woman,
15. Provision that one of the Speaker and Deputy Speaker of the National Assembly shall be elected by a woman,
16. Provision that no motion of no confidence shall be tabled for the first two years after the appointment of the Prime Minister and within one year after the failure of a motion of no confidence once submitted,
17. This Constitution shall not be amended in a manner that is contrary to the sovereignty, geographical integrity, independence and sovereignty vested in the people of Nepal,
18. The executive powers of the provinces shall be vested in the Provincial Council of Ministers following this Constitution and provincial laws,
19. Provision that each province shall have a Chief of province appointed by the President as a representative of the Government of Nepal,
20. The Provincial Council of Ministers shall be formed under the chairmanship of the Chief Minister,
21. The legislature of the province shall be unicameral and its name shall be the Provincial Assembly,
22. Provision that 60% of the members of the Provincial Assembly shall be elected according to the first-past-the-post electoral system and 40% of the members shall be elected according to the proportional electoral system,
23. The executive power of the local level shall be vested in the rural municipality or municipality according to this Constitution and federal laws,
24. Provision of a District Assembly to coordinate between rural municipalities and municipalities within the district,
25. Provision of the Commission for the Investigation of

Abuse of Authority, the Auditor General, the Public Service Commission, the Election Commission, the National Human Rights Commission, the National Natural Resources and Finance Commission, the National Women's Commission, the National Dalit Commission, the National Inclusion Commission, the Indigenous Nationalities Commission, the Madhesi Commission, the Tharu Commission and the Muslim Commission,

26. Provision that all mother tongues spoken in Nepal shall be the national language and that Nepali, written in the Devanagari script, shall be the official language of Nepal,
27. Provision that decisions on any matter of national importance may be taken through a referendum.

3.1.7.2. Fundamental Rights and Duties Mentioned in the Constitution of Nepal

Part 3 of the Constitution of Nepal provides for the following fundamental rights and duties, among which the fundamental rights are as follows:

1. Right to live with dignity (Article 16)
2. Right to freedom (Article 17)
3. Right to equality (Article 18)
4. Right to communication (Article 19)
5. Right to justice (Article 20)



Parliament Building, Kathmandu

6. Right to victims of crime (Article 21)
7. Right against torture (Article 22)
8. Right against preventive detention (Article 23)
9. Right against untouchability and discrimination (Article 24)
10. Right to property (Article 25)
11. Right to religious freedom (Article 26)
12. Right to information (Article 27)
13. Right to privacy (Article 28)
14. Right against exploitation (Article 29)
15. Right to a clean environment (Article 30)
16. Right to education (Article 31)
17. Right to language and culture (Article 32)
18. Right to employment (Article 33)
19. Right to labour (Article 34)
20. Right to health (Article 35)
21. Right to food (Article 36)
22. Right to housing (Article 37)
23. Right to women (Article 38)
24. Right to children (Article 39)
25. Right to Dalits (Article 40)
26. Right to senior citizens (Article 41)
27. Right to social justice (Article 42)
28. Right to social security (Article 43)
29. Right to consumers (Article 44)
30. Right against deportation (Article 45)
31. Right to constitutional remedy (Article 46)

3.1.7.3 Federal Form of Government

The Constitution of Nepal, from Schedule-5 to Schedule-9, lists the sole and common powers of the federal, provincial and local levels as follows:

Schedule-5
(Relating to Clause (1) of Article 57 and Article 109)
List of Powers of the Union

S.N.	Topics
1	Related to Defense and the Army
	a) Protection of National Unity and Geographical Integrity
	b) National Security
2	War and Defense
3	Related to Arms, Ammunition Factories and Production
4	Central Police, Armed Police Force, National Intelligence and Investigation, Peacekeeping
5	Central Planning, Central Bank, Fiscal Policy, Currency and Banking, Monetary Policy, Foreign Grants, Cooperation and Loans
6	Related to Foreign Affairs and Diplomacy, International Relations and the United Nations
7	Related to International Treaties or Agreements, Extradition, Mutual Legal Assistance and International Borders, International Border Rivers
8	Telecommunications, Allocation of Radio Frequencies, Radio, Television and Postal
9	Exchange, Excise Duty, Value Added Tax, Corporate Income Tax, Personal Income Tax, Wage Tax, Passport Fees, Visa Fees, Tourism Fees, Service Fees, Penalties
10	Federal Civil Service, Judicial Service and Other Government Services
11	Policies and Standards Related to Conservation and Multidimensional Use of Water Resources
12	Interstate and Interprovincial Electricity Transmission Line

13	Central Statistics (National and International Standards and Quality)
14	Central-level large power, irrigation and other projects and projects
15	Central universities, central-level academies, university standards and regulations, central libraries
16	Health policy, health services, health standards, quality and monitoring, national or specialized service-providing hospitals, traditional medical services, infectious disease control
17	Federal Parliament, federal executive, local-level affairs, special structures
18	International trade, exchange, ports, quarantine
19	Aviation, international airports
20	National transport policy, management of railways and national highways
21	Laws related to the Supreme Court, High Court, District Court and administration of justice
22	Citizenship, passport, visa, immigration
23	Nuclear energy, atmosphere and space
24	Intellectual property (including patents, designs, trademarks and copyrights)
25	Measurements
26	Mining
27	National and international environmental management, national parks, wildlife reserves and wetlands, national forest policy, carbon services
28	Insurance policy, Securities, cooperative regulation
29	Land use policy, settlement development policy, tourism policy, environmental adaptation
30	Criminal, civil law formation

31	Safe printing press
32	Social security and poverty alleviation
33	Constitutional bodies, commissions of national importance
34	Places of archaeological importance and ancient monuments
35	Any matter not mentioned in the list of powers of the federal, provincial and local levels or the common list and any matter not specified in this Constitution and federal laws

Schedule – 6
(Relating to Clause (2) of Section 57, Clause (4) of Section 162, Section 197, Clause (3) of Section 231, Clause (7) of Section 232, Clause (4) of Section 274 and Clause (4) of Section 296)

List of provincial powers

S.N.	Subjects
1.	Provincial police administration and peace and security
2.	Operation of financial institutions following the policy of Nepal Rastra Bank, cooperatives, foreign grants and assistance with the consent of the centre
3.	Radio, FM, a television operation
4.	Real estate registration fee, vehicle tax, entertainment tax, advertisement tax, tourism, tax on agricultural income, service fees, fines and penalties
5.	Provincial civil service and other government services
6.	Provincial statistics
7.	Provincial-level electricity, irrigation and drinking water services, transportation
8.	Provincial universities, higher education, libraries, museums
9.	Health services

10.	Provincial assembly, provincial council of ministers
11.	Trade within the province
12.	Provincial highways
13.	Provincial research bureau
14.	Physical management of provincial government offices and other necessary matters
15.	Provincial Public Service Commission
16.	Land management, land records
17.	Mining exploration and management
18.	Protection and use of language, script, culture, fine arts and religion
19.	National forest, water use and environmental management within the province
20.	Agriculture and livestock development, factories, industrialization, trade and business, transportation,
21.	Guthi management

Schedule-7
(Relating to Clause (3) of Article 57, Article 109,
Clause (4) of Article 162, Article 197)

List of Common Powers of the Union and the Provinces

S. N.	Subjects
1.	Criminal and civil procedure and evidence and oath (legal recognition, public works and records and judicial process)
2.	Supply, distribution, price control, quality and monitoring of essential goods and services
3.	Preventive detention, prison and custody management and peace and security arrangements in matters related to national security

4.	Transfer of accused, detainees and prisoners from one province to another
5.	Laws relating to family matters (marriage, transfer of property, divorce, endangered species, orphans, adopted sons, adopted daughters, inheritance and joint families)
6.	Acquisition, acquisition and creation of rights
7.	Contracts, cooperatives, partnerships and agencies
8.	Bankruptcy and bankruptcy
9.	Drugs and pesticides
10.	Planning, family planning and population management
11.	Social security and employment, trade unions, resolution of industrial disputes, rights, rights and disputes related to workers
12.	Law profession, auditing, engineering, medicine, Ayurvedic medicine, veterinary medicine, Aamchi and other professions
13.	Provincial boundaries Rivers, waterways, environmental protection, biodiversity
14.	Media-related
15.	Industry and minerals and physical infrastructure
16.	Casinos, lotteries
17.	Natural and non-natural disaster preparedness, rescue and relief and recovery
18.	Tourism, drinking water and sanitation
19.	Cinema, cinema halls, sports
20.	Insurance business operation and management
21.	Poverty alleviation and industrialization

22.	Scientific research, science, technology and human resource development
23.	Interregional spread forests, mountains, forest conservation areas, water use
24.	Land policy and related laws
25.	Employment and unemployment assistance

Schedule-8
(Relating to Clause (4) of Article 57, Clause (2) of Article 214, Clause (2) of Article 221 and Clause (1) of Article 226)

List of Powers of Local Level

S. N.	Topics
1.	City Police
2.	Cooperative Society
3.	F.M. Operation
4.	Local taxes (property tax, housing tax, real estate registration fee, vehicle tax), service charges, tourism fees, advertisement tax, business tax, land tax (land revenue), fines, entertainment tax, land revenue operation
5.	Management of local services
6.	Local data and record collection
7.	Local level development projects and projects
8.	Basic and secondary education
9.	Basic health and sanitation
10.	Local market management, environmental protection and biodiversity
11.	Local roads, rural roads, agricultural roads, irrigation

12.	Village assembly, municipal assembly, district assembly, local courts, management of reconciliation and mediation
13.	Local record management
14.	Distribution of real estate ownership certificates
15.	Agriculture and animal husbandry, agricultural production management, animal health, cooperatives
16.	Management of senior citizens, disabled people and the disabled
17.	Collection of unemployment data
18.	Management, operation and control of agricultural extension
19.	Drinking water, small hydropower projects, alternative energy
20.	Disaster management
21.	Watercourses, wildlife, mines and minerals Conservation of materials
22.	Preservation and development of language, culture and fine arts

Schedule-9

(Relating to Clause (5) of Article 57, Clause (4) of Article 109, Clause (4) of Article 162, Clause (2) of Article 197, Clause (2) of Article 214, Clause (2) of Article 221 and Clause (1) of Article 226)

Common List of Powers of the Union, Provinces and Local Levels

S.N.	Subjects
1.	Cooperatives
2.	Education, sports and newspapers
3.	Health

4.	Agriculture
5.	Services such as electricity, drinking water, irrigation
6.	Service charges, fees, fines and royalties from natural resources, tourism fees
7.	Forests, jungles, wildlife, birds, water use, environment, ecology and biodiversity
8.	Mines and minerals
9.	Disaster management
10.	Social security and poverty alleviation
11.	Personal events, births, deaths, marriages and statistics
12.	Archaeology, ancient monuments and museums
13.	Settlement management
14.	Royalties from natural resources
15.	Vehicle permits



Public Administration of Nepal



Singha Durbar, Kathmandu

Public administration has existed since the dawn of the state rule system. Maintaining peace in the country and strengthening the relationship between the state and its citizens by providing services and security prescribed by the state are the main objectives and responsibilities of public administration. When studying the history of Nepal, it is found that the Gopal, Mahishpal, Kirant, Lichchhavi, Malla, and Shah dynasties ruled in the Kathmandu Valley; the Khas dynasty ruled in the western Nepal; the Shakya dynasty ruled in the south-western Terai region of Kapilvastu;

and the Karnat dynasty ruled in the south-eastern Terai region. The capital of the Nepal Mandala was Kathmandu, the capital of the Khas kingdom was Sinja, the capital of Kapilvastu was Tilaurakot, and the capital of the Karnat's Doya or Tirahut state was Simraungadh. Additionally, it is also found that the Tharu tribe ruled in Dang and the Mithili-speaking people ruled in Janakpur. In ancient Nepal, there were small kingdoms in various geographical areas, regions, and territories, each with its type of administrative system. It is found that after the creation of a unified Nepal through the unification of small kingdoms or principalities by His Majesty the Great King Prithvi Narayan Shah, a systematic public administration was developed. It is appropriate to study Nepal's administration by dividing it into four groups based on time periods.

- (1) Ancient period (before unification)
- (2) Medieval period (until the end of the Rana rule)
- (3) Modern period (after the establishment of democracy until the establishment of Loktentra)
- (4) Postmodern period (after the establishment of Loktentra until now)

4.1 Ancient Period (Before 1825 BS.)

Since the ancient period of public administration is the period before unification, it should include the administration of Kathmandu, Khas kingdom, Kapilvastu, Doya state, Mithila, and Tharu region. In simple words, what was the administration of this period like is a subject of research. However, the administration of this time was king-centered. The king ruled based on religious scriptures. The king's trusted people were given the responsibility of war and revenue collection. There was no division of positions and work. Emphasis was placed on the development of military force.

Based on administration, ancient Nepal was divided into three parts: Kathmandu, Tirhut, and the Khas kingdoms. This period is also known as the Dark Ages. During the Lichchhavi period, the king would form a council of ministers to govern. Amatyas and other ministers were appointed to the council. Officers such as Sarvadandanayak, Dandanayak, Mahapratihara, and Pratihara were appointed to assist in governance. The state was divided into

various administrative units: villages (developed settlements), Tala (villages that grew and took a prosperous form, developing into rural settlements), Drang (trade centres), and Bishayas (district-level administrative units governed in a decentralized manner). At the local level, governance was carried out by a Panchali (a group of five people).

Even during the Malla period, the king was supreme in administration. After the king, there was the prince. However, ministers and generals were appointed to assist in the administration. To survive in the competition, the Malla kings invested heavily in the army. In ancient times, there was a monarchical system of government. Kings ruled based on religious texts, ethics, and religious knowledge. In essence, ancient administration lacked a clear division into justice, military, and civil service positions. The work, duties, appointments, and promotions of employees were based on the discretion of the ruler.

Administrative Bodies During the Lichchhavi Period

Kuthar: Office for collecting three taxes

Purbadhikaran: Office for the administration of the eastern part

Paschimadhikaran: Office for the administration of the western part

Bhattadhikaran: Office for the supervision of caste, religion

Pitaljadhikaran: Used for specific purposes

Mahadhikaran: To enforce ancestral traditions

Bisti: To arrange labour

Kuthera Adhikaran: To collect land taxes or to perform land revenue work

Mapchok: To perform work related to marriage, divorce

Lingwal: To perform work related to canals, paini, dams, roads

Shulli/Sholla Adhikaran: To investigate and give justice to the five crimes (theft, murder, adultery, treason and aiding in these) during the Lichchhavi period.

Trikara was prevalent during the Lichchhavi period, and trikar was basically for agriculture, animal husbandry, industry,

commerce, etc.

Bhagakara: Tax on land or agriculture

Bhogakara: Tax on animal husbandry

Kara: Tax on industry, commerce, trade

Similarly, taxes on agriculture are found to have begun systematically during the Lichchhavi period.

Other Taxes

Sikara: Tax on furniture

Chailakara: Tax on clothes

Tailakara: Tax on oil

Apanakara: Tax on shops

Mallayuddakara: On bullfighting, entertainment

Judicial, Military and Administrative Positions of the Lichchhavi Period

Dutak: Ministerial-level official

Dware: Doorman

Chatabhata: Tax collector

Mahasarbadandanayaka: Chief Justice

Sarbadandanayaka: Justice

Dandanayaka: Police chief

Bhatta: Soldier

Pradhan: Village administrator

Samanta: Administrator

Prasadadhikrita: Head of an office

Bhattanayak: Chairperson of the Army

Baladhyakshya: Army chief

Mahabaladhyaksya: Commander-in-Chief

Golmik: Head of Army

Amatya: Position equivalent to minister

Pratihara: Officer in charge of the royal palace

Mahapratihara: Chief in charge of the royal palace

Dhutaka: Propagator of the royal proclamation

Yubraja: prince

Duta: Overseeing agriculture, forestry, irrigation and trade.

Judicial, Military and Administrative Positions During the Malla Period

Chautara: Prime Minister

Mahaamatya: Position equivalent to minister

Dware: To look after village disputes.

Pradhan: Tole officer

Khardar: One who travels around the country and administers justice

Thakali: The head of the Panch

Umra: Military officer

Kotnayak: Fort guard

Samant: Administrator

Ubhaya: Army authority

Chhebhandel: One who manages the king's storehouse or grain

Charidar: Investigation officer

Kotwal: One who looks after peace and security

Taksari: One who mints coins

Mahayatra (Patra): Local ruler

Paramat: Lord, Governor

Prajapanch: Village and city ruler

Jimmawal: Administrative employee of the part of the district

Mukhiya: Village-level administrator

Bhandari: One who looks after the treasury

Adhikari: One who looks after administration

Joshi: Astrologer (of the palace)

Lekhak: One who writes government documents

Serious Crimes Defined in Ancient Times

Theft, abduction, treason, cow murder, infanticide, femicide,

patricide, Preceptor murder

Malla Period Institutions

Dhalpa: To look after channels, canals etc.

Bishaya: District

Panchasamucchaya: To look after minor disputes, groups of elders,

Bhardari Sabha: Royal Assembly

Taksari: Place where the currency is minted

4.2 Medieval Period (1825–2007 BS)

Prithvi Narayan Shah completed the first phase of the unification of Nepal in 1826 BS (1769 AD). During that time, kings ruled following the principles of the Hindu religion. The king held supreme authority in the administration, which was highly centralised. The king appointed his favoured individuals to key positions within the administration. Towards the end of this period, the Ranas established an autocratic oligarchic rule, rendering the king powerless.

The six clans - Aryal, Pandey, Khanal, Pant, Bohara, and Rana, who assisted Drabya Shah in conquering Gorkha, were given priority in holding important administrative posts. After the rise of Rana rule in Nepal, the dominance of the Kunwar (Rana), Basnet, and Thapa families replaced the influence of the previous six clans. During this period, there was no distinct separation of powers among the executive, legislature, and judiciary. All authority was concentrated in the hands of the king or the Rana rulers. However, a system of *Bhardar* existed to provide advice and consultation in government administration, and an administrative system was in place for managing daily affairs.

The individuals appointed to the *Bhardari* positions were relatively close to the king or the Ranas. These positions included *Rajguru*, *Chautaria*, *Kaji*, *Sardar*, *Kapardar*, *Khajanchi*, *Dada*, and *Dware*. Administrative roles included *Dharmadhikari*, *Purohit*, *Kaptan*, *Mirmunsi*, *Waakil*, *Subba*, *Dittha*, *Khardar*, *Mukhiya*, *Kotwal*, *Bichari*, *Daroga*, *Tehabildar*, *Umrao*, *Kote Jamdar*, and others. The key administrative functions performed during this period were as follows:

- Prithvi Narayan Shah introduced the *Pajani* system through military service to appoint and promote qualified and capable individuals. He also adopted the *Marwat* policy, which provided land allowances to the families of soldiers who achieved martyrdom in war, continuing until their children reached adulthood,
- Rana Prime Minister Ranodwip Singh established the *Tejarath Adda* to provide cash loans to employees,
- Bir Shamsheer initiated the *Daudaha* system, a practice of travelling across the kingdom to monitor whether the administration was functioning efficiently, and implemented administrative reforms,
- In 1950 BS, Bir Shamsheer geographically divided the country into 35 districts, 12 in the Terai and 23 in the hills to organize administrative work. A *Badahakim* was appointed as the chief administrator in each district,
- Dev Shamsheer fixed office hours from 10 a.m. to 5 p.m.,
- In 1974 BS, Chandra Shumsher introduced the *Khadga Nishan Chhap* (seal) system,
- He also started the system of training employees by requiring a four-pass qualification to enter government service,
- Bhim Shumsher declared Saturdays a holiday, reduced office hours to 10 a.m. to 4 p.m. and consolidated scattered government offices in Dillibazaar, Kathmandu, by establishing the Charkhal Office,
- Juddha Shumsher established the *Sainik Dravya Kosh* (Military Treasury Fund) and made arrangements to provide pensions to military personnel and civil servants.

Features

The king held full authority to govern the state. Under the Shah kings, important administrative posts were reserved for individuals from six prominent families. During the Rana period, such positions were exclusively reserved for members of the Rana family. Employees were paid annually, with their salaries provided in both kind (crops) and cash. A single official

often held responsibilities across the army, judiciary, and civil service. During the Rana period, any remaining government funds were transferred to the Prime Minister's private treasury. Administrative rules and laws were ambiguous, and the *Chakdi* (flattery) system was widely practised. The appointment, transfer, promotion of employees, and provision of service facilities were entirely subject to the ruler's discretion. The administration was centralized, traditional, and heavily individual-oriented. The hierarchy of administrative posts during the Rana period was as follows: Prime Minister, Mukhtiyari, Director General, Badakaji, Kaji, Sardar, Mirsubba, Subba, Nayab Subba, Kharidar, Dittha, Mukhiya, Nayab Mukhiya, Writer, Nayab Writer, and Bahidar.

- Kaji: Head of a department and regional administrator.
- Chautaria: Regional and central head of military services.
- Kajanchi: Head of the government treasury.
- Mantri: Executive advisor to counsel the king.
- Sardar: Head of the dispensary and auditor.
- Kapardar: Responsible for managing clothes and jewellery for the royal family.
- Mirmunsi: Official responsible for establishing and maintaining relations with foreign or neighbouring countries.
- Chobdar: Security guard and doorman.
- Wokil: Representative of the King of Nepal in neighbouring countries.
- Subba: Head of civil servants within a district.
- Dware: Guards, watchmen, and similar roles in government offices.

Administrative Offices During the Rana Period

Khadga Nisana Adda: The secretariat of Shree 3/Office of the Prime Minister (Chandra Shamsher)

Munsikhana: The office dealing with foreign affairs (Bhimsen Thapa, Rana Bahadur Shah)

Kumarichock: Related to audit and control (Prithvi Narayan Shah)

Jangi Basdobasti Adda: Related to military administration

Commandery Kitabkhana: Keeping records of the government employees

Bintipatra Nixari Adda: The highest office dealing with justice

Muluki Bandobasti Adda: Operating and supervising the administration of the country

Kandelchock: Managing jewellery (Junga Bahadur Rana)

4.3 Modern Period (2007–2063 BS)

The administrative sector in the country was weak when Nepal transitioned to a democratic system, primarily due to the legacy of the medieval autocratic regime, arbitrary recruitment of civil servants, unscientific promotions and transfers, and a lack of qualified employees. Recognising these challenges, administrative reforms were initiated following the political change in 2007 BS. B.P. Koirala, serving as the Home Minister in the cabinet after the 2007 BS change, created the position of Secretary as the administrative head of the Ministry of Home Affairs. Under the provisions of the *Interim Governance Act of Nepal, 2007 BS*, the Public Service Commission was established on 1 Ashad 2008 BS. to ensure impartial and neutral appointments of civil



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servants through an independent body. In 2009 BS, a committee for administrative reform was formed under the chairmanship of Indian administrative expert Mahesh Neelkanth Buch (MN Buch), which provided recommendations for improving the administrative system.

In 2013 BS, the Administration Reorganization Planning Commission was formed under the chairmanship of then-Prime Minister Tanka Prasad Acharya. This commission laid the foundation for the reform and development of civil administration. Based on its recommendations, the first step was to formalize the Civil Service Act and Regulations. The commission emphasized that only individuals recommended by the Public Service Commission could enter the civil service. It also introduced classification based on merit, provisions for training to enhance skills, organizational reforms, and service groups to professionalize the civil service. In 2015 BS, the Public Service Commission officially implemented the merit system in civil administration, initiating recruitment based on merit. On 1 Baishakh 2018 BS, Nepal was divided into 14 zones and 75 districts, and the administrative structure was restructured accordingly. Administrative units were established in all districts. As international relations developed, diplomatic bodies were also established abroad. The Administrative Power Decentralization Commission was formed under the chairmanship of Bishwabandhu Thapa to provide suggestions regarding decentralization under the Panchayat system. In 2022 BS, a Chief District Officer (CDO) was appointed as the administrative head of each district. Subsequently, administrative reform efforts continued. In 2025 BS, under the chairmanship of Bedananda Jha, initiatives were undertaken to develop a committed administrative system. In 2032 BS, under the leadership of Bhesh Bahadur Thapa, efforts were made to enable development administration, leading to further modernization of the administrative system. After the democratic government introduced the *Constitution of the Kingdom of Nepal, 2047 BS*, a High-Level Administration Reform Commission was formed in 2048 BS under the chairmanship of then-Prime Minister Girija Prasad Koirala to reform and modernize Nepal's administration. The commission provided the following recommendations for

improving the administration of Nepal:

1. Shrinking the scope of government work and reducing government control to encourage private sector participation in public affairs.
2. Reorganizing the administrative structure.
3. Ensuring an effective monitoring process for reform programs.
4. Reorganizing the planning and development processes.
5. Transforming the civil service into a specialist service.
6. Emphasizing systematic career development, transfers, placements, and job security for employees.
7. Implementing contemporary improvements to civil service acts and rules, including defining job descriptions and improving performance evaluations.
8. Managing the relationship between ministers and civil servants in a democratic governance system.
9. Simplifying government systems and procedures to enhance productivity.
10. Decentralization and privatization.
11. Control corruption.

Based on some suggestions given by the Commission, the Civil Service Act, 2049, and the Regulations 2050 were issued and implemented, which have reduced the scope of work of the Government of Nepal and increased the involvement of the private sector in the service delivery sector. Empowerment of employees, security of service, expansion of career development opportunities, and provision of trade unions have been ensured. However, reform is not always enough; it is a continuous process. At the same time, the Local Self-Government Act, 2055, was implemented in 2055, emphasising the effectiveness of the administrative mechanism up to the local level. For reform in the civil service, the Governance Reform Project came into operation in the fiscal year 2057/058, and it took the initiative to create an inclusive civil service.

4.4 Postmodern Period (2063 BS to Present)

As a result of the second people's movement and in the continuation phase of administrative reform, after the establishment of democracy, the Second Amendment to the Civil Service Act, 2049 (2064/4/23), has made the civil service inclusive, gender-friendly, and service recipient-oriented. To make the service inclusive, under the Interim Constitution of Nepal, 2063, the Civil Service Act has set aside 45% of the posts to be filled through open competition for women, indigenous peoples, Madhesi, Dalits, the disabled, and backward regions. That percentage has been distributed as 33%, 27%, 22%, 9%, 5%, and 4% for the respective groups mentioned. The Act also provides for positive discrimination for women under various headings. In 2064 BS, the Good Governance (Management and Operation) Act, 2064 BS, was issued, which demarcated politics and administration and defined the responsibilities of officials, including the Chief Secretary, Secretary, Departmental Head, and Office Head. In addition to the provisions of the Citizen Charter, the use of websites by government agencies, and the implementation of computerized information technology, public administration and public services have been strengthened. In 2065 BS, a High-Level Administration Restructuring Commission was formed under the chairmanship of the Minister of General Administration to recommend to the government the creation of an administrative mechanism and structure in line with the framework of a federal republic for Nepal. It submitted important recommendations to the government for the overall reform of the public administration sector, excluding the Nepal Army and Nepal Police. Additionally, in 2070 BS, a High-Level Administration Reform Suggestion Committee, 2070, was formed under the coordination of the Chairman of the Administrative Court, Kashiraj Dahal. The committee submitted a report with suggestions for changes in the overall governance system for administrative reform. A permanent Administration Reform Implementation and Monitoring Committee has been formed to act as a regular structure to implement this report and carry out reform work.

With the promulgation of the constitution by the Constituent Assembly on 3 Ashoj 2072, Nepal has entered a federal democratic

republic. The Constitution of Nepal has provided for the basic structure of Nepal to consist of three levels: the federal, provincial, and local levels. Accordingly, state power has also been distributed among the three levels under the concept of self-governance and shared governance. Article 285 of the current constitution has given the federal government, provincial governments, and local governments the authority to form and operate civil and other government services for the operation of their respective administrations. Under the Employees Adjustment Act, 2075, the restructuring of the administration has been completed under the federal structure by adjusting the employees working in the civil service to the federal, provincial, and local levels. As part of this, the administrative system has been operated by establishing various bodies under the federal government, seven provincial governments, and 753 local levels. Efforts have also been made to make the administrative mechanism service-oriented by assimilating the belief that receiving services is the right of the common citizen.

Nepal's public administration is not large compared to the country's population. It has been continuously implementing government decisions and delivering services to the people, even in times of political turmoil and weak economic conditions. At present, with the adoption of federalism, there is a system of administrative bodies with full authority at the doorsteps of citizens. This ensures that citizens receive government benefits, including regular, developmental, and emergency services, from nearby bodies in a simple, convenient, economical, quality, and effective manner, along with greater public participation in the governance system through the activation of administrative mechanisms.

4.5 Existing Structure of the Public Administration in Nepal

Article 56 of the current Constitution provides that the basic structure of the state shall consist of three levels: the federal, provincial, and local levels. Accordingly, the existing structure of the public administration in Nepal has also been classified into these three levels.

- 1. Federal Administrative Structure:** The central administrative structure is the administrative framework



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that has a direct connection and relationship with the federal government, meaning it operates the activities of the federal government. These structures, which exercise the powers outlined in Schedules 5, 7, and 9 of the Constitution of Nepal, as well as residual powers, support central policy formulation, implement approved policies and programs, provide services, and direct, control, coordinate, and supervise subordinate and other bodies. This includes the Office of the President, the Office of the Vice President, the Office of the Prime Minister and the Council of Ministers, various ministries of the Government of Nepal and their subordinate departments, secretariats, offices, the three-tier judiciary, constitutional bodies, the Federal Parliament, the Civil Service, the Nepal Army, the Nepal Police, etc.

2. **Provincial Administrative Structure:** Schedule 4 of the Constitution of Nepal provides for the existence of 7 provinces in Nepal. The administrative structures that operate under the provincial government and carry out functions as per Schedules 6, 7, and 9 of the Constitution are the provincial administrative structures. These include the offices of the provincial heads of all seven provinces, the offices of the Chief Minister and

the Council of Ministers, various provincial ministries and their subordinate bodies and offices, the provincial assembly, the provincial police, etc.

3. **Local Administrative Structure:** Local levels include rural municipalities, municipalities, and district assemblies. Currently, there are 753 local levels in Nepal, including 77 district assemblies, 6 metropolitan cities, 11 sub-metropolitan cities, 276 municipalities, and 460 rural municipalities. The structures that operate administrative functions under these local levels, as per Schedules 8 and 9 of the Constitution, are local administrative structures. These include the village executive, municipal executive, ward office, judicial committee, district assembly, village assembly, municipal assembly, municipal police, and other local services.



Economic Development of Nepal



Pladdy Plantation

Nepal is a developing country. The United Nations listed Nepal as a least developed country in 1971 AD. Nepal remains among the poorest countries in the world due to low per capita income, unequal distribution of national income, a majority of the population being dependent on agriculture, and a lack of employment-oriented vocational education. Other causes of poverty include migration, lack of education, low public awareness, a landlocked economy, a high dependence on imports, and inadequate utilisation of natural resources.

An agriculture-based population, a remittance-based economy, poverty, a landlocked economy, unequal distribution of national income, unbalanced regional development, underutilization of natural resources, small-scale foreign trade, a mixed economy, dependence on foreign aid, underdevelopment of human resources, a low-performing tourism industry despite abundant potential, underutilisation of cultural heritage, low energy utilization, and a low economic growth rate are significant obstacles to Nepal's advanced economic development at present. The United Nations has stated that Nepal will be upgraded to a developing country by 2026 AD.

5.1 Planned Development in Nepal

Planning refers to the systematic control and direction of the economy by central authorities within a specific period to achieve defined goals and objectives. The objectives of planning include achieving full employment, reducing inequality and poverty, utilizing resources efficiently, accelerating economic development, promoting balanced development, advancing self-reliance, and ensuring social security and economic stability.

The history of planning in Nepal is relatively recent. Although the Ranas ruled Nepal for 104 years, they did not take any significant steps toward planned development. Rana Prime Minister Juddha Shumsher had announced a 20-year plan, but it was never implemented. Due to political instability and a lack of clear direction, economic planning did not begin immediately after the 2007 BS, although considerable groundwork was done in this regard. The first budget was introduced in 2008 BS, and planned development in Nepal officially began in 2013 BS. These various plans are briefly presented below:

5.1.1 First Periodic Plan (2013–2018 BS)

The five year plan started from Ashwin 1, 2013 BS and was completed by the end of Shrawan 2018 BS.

Objectives

- (a) To increase production and employment
- (b) To improve the living standards of the people in a non-discriminatory manner

(c) To complete the necessary economic surveys while preparing the infrastructure for future plans

Priorities

- (a) Transport and Communication
- (b) Irrigation Energy and Forestry
- (c) Agriculture and Agricultural Products
- (d) Social Services
- (e) Industry, Mining and Tourism

5.1.2 Second Periodic Plan (2019–2022 BS)

The three-year plan began in 2019 BS and was completed in 2022 BS.

Objectives

- (a) To increase the production of agricultural and industrial sectors to meet the needs of the growing population
- (b) To create an environment for development by maintaining price stability
- (c) To increase employment opportunities by using labour-intensive technology
- (d) To maintain a justified social order

Priorities

- (a) Transport and Communication
- (b) Social Services
- (c) Industry, Mining and Tourism
- (d) Agriculture, Irrigation, Forestry and Drinking Water
- (e) Energy
- (f) Miscellaneous

5.1.3 Third Periodic Plan (2022–2027 BS)

The five-year plan began in 2022 and ended in 2027 BS. This plan aimed to double the national product within 15 years. Accordingly, it set targets to increase national income by 19%, average per capita income by 9%, food production by 15%, and

cash crop production by 73%.

Objectives

- (a) To increase food production in the agricultural sector
- (b) To carry out systematic reforms in agriculture
- (c) To keep developing basic sectors
- (d) To create infrastructure for industrial development
- (e) To diversify foreign trade
- (f) To keep fulfilling the social needs

Priorities

- (a) Transport and Communication
- (b) Agriculture, Irrigation, Forestry and Drinking Water
- (c) Industry
- (d) Social Services
- (e) Others (Miscellaneous)

5.1.4 Fourth Periodic Plan (2027–2032 BS)

The five-year plan was started in 2027 and completed in 2032 BS.

Objectives

- (a) To place maximum emphasis on production growth
- (b) To continue meeting the basic needs of development
- (c) To prioritize trade diversification and expansion
- (d) To promote economic stability and enhance the pace of development
- (e) To focus on maximizing labour force utilization and controlling population growth
- (f) To lay the foundation for creating an exploitation-free society

Priorities

- (a) Transport and Communication
- (b) Agriculture, Land Reform and Forestry
- (c) Industry, Commerce, Mining and Electricity
- (d) Panchayat, Education, Health and Other Social Services

(e) Statistics

5.1.5 Fifth Periodic Plan (2032-2037 BS)

Objectives

- (a) To emphasize the increase in production required for the common people
- (b) To maximize the utilization of the labour force
- (c) To emphasize regional integration by maintaining regional balance

Priorities

- (a) Agriculture, land reform, irrigation, forestry, land conservation and rehabilitation
- (b) Transport and communication
- (c) Industry, commerce, electricity and mining
- (d) Social services (education, health, etc.)

5.1.6 Sixth Periodic Plan (2037–2042 BS)

Objectives

- (a) To accelerate the rate of production growth
- (b) To create productive employment opportunities
- (c) To meet the minimum basic needs of the people

Priorities

- (a) Agriculture, Irrigation and Forestry
- (b) Industry, Mining and Power
- (c) Social Services
- (d) Transport and Communication

Policies

- (a) Special emphasis on the development of the agricultural sector
- (b) Special emphasis on the development of small, domestic and cottage industries
- (c) Special emphasis on the development of export trade and tourism

- (d) Special attention to the conservation of natural resources and the development of water resources
- (e) Full utilisation of the prepared foundation
- (f) Policies to expand the Absorptive capacity and control population will be pursued.

Strategies

- (a) Decentralization of economic decisions
- (b) Development of institutional foundations
- (c) Strong and competent development administration
- (d) Development of trained manpower
- (e) Increase in the supply of construction materials

5.1.7 Seventh Periodic Plan (2042–2047 BS)

The five-year plan started in 2042 and was completed in 2047 BS.

Objectives

- (a) To increase the rate of production
- (b) To create productive employment opportunities
- (c) To continue fulfilling the minimum needs of the people

Priorities

- (a) Agriculture, Irrigation and Forestry
- (b) Industry and Electricity
- (c) Social Services
- (d) Transport and Communication

Policies

- (a) Priority will be given to the development of the agricultural sector
- (b) Emphasis will be placed on the development of forest resources and soil conservation
- (c) Emphasis will be placed on the development of water resources
- (d) Development and expansion of cottage industries will be encouraged

- (e) Emphasis will be placed on the promotion of export trade
- (f) Emphasis will be placed on tourism development
- (g) Population growth rate will be controlled
- (h) Economic integration
- (i) Strengthening and enabling development administration

5.1.8 Eighth Periodic Plan (2049–2054 BS)

The five-year plan was implemented from 2049 to 2054 BS. The major objectives of this plan were as follows:

- 1) To achieve sustainable economic growth
- 2) To reduce poverty
- 3) To reduce regional imbalances

Priorities

- (a) Agriculture, Irrigation and Forestry
- (b) Industry and Electricity
- (c) Social Services
- (d) Transport and Communication

Policies

- (a) Priority will be given to the development of the agricultural sector
- (b) Emphasis will be placed on the development of forest resources and soil conservation
- (c) Emphasis will be placed on the development of water resources
- (d) Development and expansion of cottage industries will be encouraged
- (e) Emphasis will be placed on the promotion of export trade
- (f) Emphasis will be placed on tourism development
- (g) Population growth rate will be controlled
- (h) Economic integration
- (i) Strengthening and enabling development administration

Sectoral Policies

- (a) Greater priority will be given to agro-ecological zone suitability for increasing agricultural production.
- (b) Emphasis will be placed on the commercialization and diversification of profitable and export-oriented agricultural products.
- (c) High priority will be accorded to industrial crop production.
- (d) Agricultural extension work will be made more effective, with the utilization of village and farmer workers.
- (e) Greater importance will be assigned to increasing private sector participation in agricultural production and the means of production.
- (f) Emphasis will be laid on agricultural research and agricultural extension.
- (g) The agricultural investment process will be simplified as much as possible.
- (h) Emphasis will be placed on the development and expansion of cooperatives.

5.1.9 Ninth Periodic Plan (2054-2059 BS)

Objective

In line to advance national development, the Plan focused solely on 'poverty alleviation' as its primary goal, aiming to address the nation's major challenge of poverty in a long-term and effective manner, consistent with the 20-year development concept.

Priority

- (a) Agriculture and Forestry
- (b) Water Resources
- (c) Human Resources and Social Development
- (d) Industrialization, Tourism Development and International Trade
- (e) Physical Infrastructure

Policies

- (a) Strengthening the process of economic reform and broadening

the economic growth rate

- (b) Implementing a long-term agricultural plan and advancing programs for developing and expanding the agricultural sector.
- (c) Increasing access to land for landless farmers by addressing land ownership issues, enhancing agricultural productivity, and reducing poverty through income and employment opportunities created by the development and expansion of agro-based industries.
- (d) Promoting public participation as the foundation for the economic and social upliftment of backward castes and tribes through decentralisation, local development, and human resource development.
- (e) Producing skilled manpower to achieve self-employment and employment opportunities through the implementation and expansion of entrepreneurial and skill-based training programs. These programs will serve as key tools for poverty alleviation, with services such as technical assistance, consultation, and credit flow being extended widely to the rural level.
- (f) Expanding the development of agriculture, cottage and small industries, and tourism to rural areas to generate widespread income and employment opportunities.
- (g) Considering resource limitations, resources will be focused on agriculture, small industries, and tourism sectors that yield the highest returns as quickly as possible, while supporting employment-oriented and equitable distribution.
- (h) Encouraging export trade to the maximum extent in foreign trade. Legal and institutional infrastructure will be developed to create a comparative advantage and a competitive environment, following the policy of trade diversification.
- (i) Enhancing the production and productive capacity of the economy through the comprehensive development and expansion of economic and social infrastructure.

5.1.10 Tenth Periodic Plan (2059-2064 BS)

Objective

1. To create a cultured, modern, and competitive human society by freeing the country from prevailing poverty (long-term objective)
2. To expand economic and employment opportunities through the appropriate mobilization of resources with the joint participation of the government, local bodies, non-governmental organizations, the private sector, and civil society. The objective is to reduce poverty by improving economic, human, and social indicators, increasing access to resources and economic benefits for the extremely poor and marginalized groups, including women, Dalits, and residents of remote areas, through empowerment, human development, security, and targeted programs (short-term objective or objective of the Tenth Plan).

Areas of Special Emphasis

Based on national priorities, existing challenges, and development potential, the following areas were identified for special emphasis in the Tenth Plan:

- a) Agricultural development, sustainable management of natural resources, and biodiversity.
- b) Development of rural infrastructure and rural energy.
- c) Population and social services, along with basic social security.
- d) Development of tourism, water resources, information technology, and industrial and commercial sectors, with a focus on the role of the private sector.
- e) Human resource development and women's empowerment.
- f) Upliftment of Dalits, tribal communities, and disadvantaged groups, along with targeted programs for employment and basic security.
- g) Local development and the strengthening of non-governmental and community organizations.

- h) Emphasis on the development of remote areas and sectoral growth.
- i) Modernization of rural technology and the adoption of advanced technologies.
- j) Ensuring and enhancing good governance.
- k) Environmental protection and promotion.
- l) Development of infrastructure at the national and regional levels.

Strategies

- (1) High, sustainable and broad-based economic growth,
- (2) Social sector and infrastructure development,
- (3) Targeted programs,
- (4) Good governance.

5.1.11 Eleventh Periodic Interim Plan (2064/65–2066/67 BS)

The three-year interim plan, implemented after the People's Movement of 2062–63, aimed to achieve broad-based economic growth focused on employment generation and poverty alleviation, in line with the long-term vision of building a prosperous, modern, and just Nepal. The plan sought to increase investment in physical infrastructure development, promote good governance, enhance the effectiveness of service delivery, and emphasize social development through inclusive and targeted programs.

The Plan Prioritized

- Reconstruction and rehabilitation of physical structures.
- Relief, rehabilitation, social integration, and adjustment of conflict-affected individuals.
- Inclusion of neglected communities and regions in all development structures, sectors, and processes.
- Development of physical infrastructure, including electricity, roads, irrigation, and communication, to support agriculture, tourism, and industry.
- Improvement of education, health, drinking water, and sanitation services.

5.1.12 Twelfth Periodic Plan (2067/068–2069/070 BS)

Long-Term Vision

This plan envisions transforming Nepal from a least developed country into a developing country within the next two decades, with the ultimate goal of creating a prosperous, peaceful, and just nation. In this envisioned scenario, Nepal will achieve high economic growth, with a significantly reduced number of people living below the poverty line. The country will have developed into a modern and prosperous nation, where peace and good governance prevail across all regions. All Nepalis will have access to equal opportunities to secure their futures. Discrimination and inequality of all kinds whether legal, social, cultural, linguistic, religious, economic, ethnic, gender-based, physical, or geographical will have been eliminated.

Goal

The goal was to create decent and gainful employment, reduce economic inequality, achieve regional balance, and eliminate social exclusion by 2015 AD. This was aligned with achieving the Millennium Development Goals, improving the living standards of the common Nepali people, and reducing poverty to 21% through sustainable economic growth.

Objective

The main objective of this plan was to bring tangible improvements to the lives of the common people by contributing to poverty alleviation and fostering sustainable peace through employment-centered, inclusive, and equitable economic growth.

Strategies

The three year Plan, with a comprehensive strategy, aims to create a development infrastructure that fosters employment-focused, broad-based economic growth while considering future federal provinces and regional balance. The plan seeks to achieve inclusive and equitable development, support the country's economic and social transformation, enhance good governance, and improve service delivery. It also aims to mainstream development and outlines the following strategies:

1. To achieve employment-oriented, poverty-alleviation-focused, sustainable, and broad-based economic development through the joint efforts of the government, private sector, community, and cooperative sectors.
2. To prepare physical infrastructure in a way that supports the future federal structure of the country and facilitates regional economic growth.
3. To emphasize inclusive and equitable development as a means to achieve sustainable peace.
4. To contribute to the economic and social transformation of the state by strengthening economic and social services.
5. To ensure good governance, enhance service delivery, and make development efforts result-oriented.
6. To strengthen economic growth and stability by developing and industrializing the private, community, and cooperative sectors, while integrating the trade and service sectors into national development efforts.

Areas of Priority

The Plan Identified the Following Priority Areas

1. Balanced development of physical and social infrastructure.
2. Prioritizing the development of the agricultural sector while emphasizing tourism, industry, and export trade to create employment and foster economic growth.
3. Increasing investment to support development by including neglected communities, regions, and genders.
4. Increasing necessary investment in key areas to ensure the availability and continuity of essential services (such as drinking water, energy, electricity, roads, communication, food security, medicine, and education) for human livelihood.
5. Enhancing good governance and emphasizing the timely provision of quality services to the public at reasonable prices.
6. Minimizing the impact of climate change by protecting the environment and focusing on utilizing available

opportunities.

7. Giving high priority to important national-level programs and projects that provide direct relief to the general public.

5.1.13. Thirteenth Periodic Plan (2070/071-2072/073 BS)

Background

Nepal remains still the least developed country. However, if greater effectiveness is brought to development work through political commitment, there is a possibility that Nepal can transition from a least-developed country to a middle-income developing country. Additionally, this plan focuses on achieving the Millennium Development Goals and the development goals of the South Asian Association for Regional Cooperation (SAARC), while addressing issues such as sustainable development, promoting a green economy, and reducing poverty.

Long-Term Vision: To upgrade Nepal from a least developed country to a developing country by 2079 BS (2022 AD)

Objective: To reduce the economic and human poverty prevalent in the country and bring about a direct change in the living standards of the common people

The Main Goal of the Plan: To reduce the population below the poverty line to 18 percent. Other goals are given in Table 5.1.

Strategies : To achieve the above objectives and goals, this plan has adopted the following strategies:

1. To achieve inclusive, broad-based, and sustainable economic growth by enhancing the contribution of the private, government, and cooperative sectors in the development process.
2. To develop physical infrastructure.
3. To increase access, utilization, and quality in social service sectors.
4. To enhance good governance in public and other sectors.
5. To enhance the economic and social empowerment of target groups, sectors, and communities.
6. To implement development programs in a manner that is

adapted to climate change.

Priority Areas

The priority areas specified in this plan are as follows:

1. Hydropower and other energy development.
2. Productivity increase, diversification, and commercialization of the agricultural sector.
3. Development of tourism, industry, and trade.
4. Development of basic education, health, drinking water, and sanitation.
5. Promotion of good governance.
6. Development of roads and other physical infrastructure.
7. Conservation of natural resources and the environment.

5.1.14 Fourteenth Periodic Plan (2073/074 -2075/076 BS)

Thought: An independent, developed, and socialist-oriented national economy, and a prosperous Nepali society.

Goal: To become a welfare state with social justice and reach the level of a middle-income country.

Objective: To achieve rapid poverty reduction through high economic growth with productive, employment-oriented, and equitable distribution, and to achieve economic and social transformation.

Table No. 5.1
Major Economic, Social and Physical Goals of the
Fourteenth Plan

S. N.	Indicators/Targets	Status as on F.Y. 2072-73	Fourteenth Plan Targets (2075/76 BS)
1	Annual average economic growth rate (%)	0.8	7.2
	Agricultural sector (%)	1.3	4.7
	Non-agricultural sector (%)	0.6	8.4
2	Per capita household income (in Rs. thousand)	79.4	116.5

3	Population below the poverty line (%)	21.6	17.0
4	Human Development Index	0.54	0.57
5	Gender Empowerment Index	0.56	0.58
6	Life expectancy (years)	69	72
7	Population with access to drinking water services (%)	83.6	90.0
8	Net secondary school enrolment rate (%)	37.7	45.0
9	Electricity generation (installed capacity, MW)	851	2301
10	Population with access to electricity (%)	74.0	87.0
11	Irrigation (in lakh hectares)	13.9	15.2
12	Population with access to internet services (%)	44.4	65.0

Strategies of the Plan

1. Increase production through the transformation of the agricultural sector, and the expansion of tourism, industry, and small and medium enterprises.
2. Build infrastructure for energy, road and air transport, information and communication, and rural-urban and trilateral connectivity.
3. Make significant and sustainable improvements in human development, with an emphasis on social development, social security, and social protection.
4. Promote overall good governance through economic, social, and governance reforms, efficient and accountable public finance, clean, transparent, and people-friendly public services, and the protection and promotion of human rights.
5. Promote gender equality, inclusion, environmental protection, the maximum use of science and technology, and increase institutional capacity.

5.1.15 Fifteenth Periodic Plan (2076/077–2080/081 BS)

Background

The Constitution of Nepal envisions the creation of a developed, independent, and socialist-oriented economy. The Fifteenth Plan sets a vision for rapid and balanced economic development, prosperity, good governance, and happiness for citizens. This will be the first plan to achieve the targeted objectives through efficient intergovernmental financial management at three levels within a federal structure and through collaboration with the private, cooperative, and community sectors. This plan aims to achieve prosperity and happiness in a way that the current generation can experience, while also laying the foundation for a socialist-oriented economy. The Fifteenth Plan has been formulated to upgrade Nepal from a least-developed country to a developing country by 2079 BS and to achieve the Sustainable Development Goals by 2087 BS.

National Goal

The Fifteenth Plan will serve as the foundational plan for achieving the long-term vision of 'Prosperous Nepal, Happy Nepalis.' Accordingly, the national goal of this plan is to transform the country into a socialist-oriented welfare state with a prosperous economy, social justice, and a high standard of living, thereby laying the foundation for upgrading to a high-income country.

Table No. 5.2
National Goals, Destinations and Indicators of Prosperity

S. N.	National Goals, Objectives and Indicators	Unit	Status of FY 2075/76	FY 2080/081 Targets
1	High and Equitable National Income			
1.1	High Income at the Industrialized Country Level			
1.1.1	Economic growth rate (in basic prices)	Percent	6.8	10.3

S. N.	National Goals, Objectives and Indicators	Unit	Status of FY 2075/76	FY 2080/81 Targets
1.1.2	Gross national income per capita	US dollars	1,047	1,595
1.2	Eradicate Poverty			
1.2.1	Population below the poverty line (absolute poverty)	Percent	18.7	9.5
1.3	Share of the Bottom 40% of the Population in National Income			
1.3.1	The ratio of the top 10% and bottom 40% of the population in income	Ratio	1.3	1.25
1.3.2	Gini coefficient based on wealth	Multiplier	0.31	0.29
2	Human Capital Formation and Full Utilization of Potential			
2.1	Healthy and Long-Lived Nepalis			
2.1.1	Life expectancy (at birth)	Years	69.7	72
2.1.2	Maternal mortality rate (per lakh live births)	Number	239	99
2.1.3	Under-5 mortality rate (per thousand live births)	Percent	39	24

S. N.	National Goals, Objectives and Indicators	Unit	Status of FY 2075/76	FY 2080/081 Targets
2.1.4	Adolescent fertility (under 19 years)	Citizens with quality, employment-oriented and life-useful education	13	6
2.2	Citizens with quality, employable and life-saving education			
2.2.1	Literacy rate (over 15 years)	Percent	58	95
2.2.2	Youth literacy rate (15 (24 years)	Percent	92	99
2.2.3	Net enrollment rate in basic level (1 (8))	Percent	93	99
2.2.4	Secondary level (9(12) Net Enrolment Rate	Percent	46	65
2.2.5	Total Enrolment Rate in Higher Education	Percent	12	22
2.2.6	Working Age Population Trained in Technical and Vocational Sectors	Productive and decent employment	31	50
2.3	Productive and Decent Employment			
2.3.1	Labour Force Participation Rate (Above 15 Years)	Percent	38.5	49
2.3.2	Shape of Formal Sector in Employment	Available modern infrastructure and intensive interconnection	36.5	50

S. N.	National Goals, Objectives and Indicators	Unit	Status of FY 2075/76	FY 2080/081 Targets
3	Accessible Modern Infrastructure and Intensive Interconnection			
3.1	Accessible, Safe and Modern Transportation			
3.1.1	Road Density	Km.	0.55	0.74
3.1.2	National and Provincial Highways (Up to 2 Lanes)	Km.	7,794	20,200
3.1.3	National Highways (Above 2 Lanes, Including Expressways)	Access to and connectivity to infrastructure	96	1,174
3.1.4	Railways	Percent	42	348
3.2	Accessibility and Connectivity to Infrastructure			
3.2.1	Households with Access to Transportation within 30 Minutes	Percent	82	95
3.2.2	Households with Access to Electricity	High and sustainable production and productivity	88	100
3.2.3	Population with Access to the Internet	Sectoral contribution to the economy	65.9	80
4	High and Sustainable Production and Productivity			
4.1	Sectoral Contribution to the Economy			

S. N.	National Goals, Objectives and Indicators	Unit	Status of FY 2075/76	FY 2080/081 Targets
4.1.1	Primary Sector (Agriculture, Forestry and Mining)	Percent	27.6	23. 0
4.1.2	Secondary Sector (Manufacturing Industries, Electricity, Gas, Water and Construction)	Clean energy production and consumption	14.6	18.1
4.1.3	Tertiary Sector (Services)	Megawatts	57.8	58.9
4.2	Clean Energy Production and Consumption			
4.2.1	Electricity Generation (Connected Capacity)	Trade balance	1,250	5,820
4.2.2	Per Capita Electricity consumption	Ratio	245	700
4.3	Trade Balance			
4.3.1	Exports of goods and services (as a proportion of GDP)	National and sectoral productivity	9.0	15.7
4.3.2	Imports of goods and services (as a proportion of GDP)	Rs. in thousands	50.8	51
4.4	National and Sectoral Productivity			
4.4.1	Labor productivity	Percent	184.6	276
4.4.2	Agricultural productivity (major crops)	US dollars	3.1	4
4.4.3	Percentage of irrigated land with year-round irrigation facilities	Sophisticated and decent life	33	50

S. N.	National Goals, Objectives and Indicators	Unit	Status of FY 2075/76	FY 2080/081 Targets
4.4.4	Percentage of tourist spending (per day)	Citizen health and satisfaction	48	100
5	Sophisticated and Dignified Life			
5.1	Citizen Health and Satisfaction			
5.1.1	Human development index	Percent	0.579	0.624
5.1.2	Citizen satisfaction index	Percent	4.7	5.1
5.1.3	Population living in multidimensional poverty	Percent	28.6	11.5
5.1.4	Underweight children under 5 years of age	Safe and comfortable housing	27	15
5.1.5	Households with access to health facilities within 30 minutes walk	Percent	49	80
5.2	Safe and Well-Equipped Housing			
5.2.1	Population living in safe housing	Percent	40	60
5.2.2	Population with access to basic drinking water facilities	Equitable access to or ownership of material and modern assets	89	99
5.2.3	Population with access to upper-middle-level drinking water facilities	Percent	21	40

S. N.	National Goals, Objectives and Indicators	Unit	Status of FY 2075/76	FY 2080/081 Targets
5.3	Equitable access to or ownership of material and modern assets			
5.3.1	Households living in their own homes	Safe, civilized and just society	85.3	89
5.3.2	Public Population investing in securities	Society free from discrimination, violence and crime	4.4	20
6	Safe, Civilized and Just Society			
6.1	A society Free from Discrimination, Violence and Crime			
6.1.1	Gender development index	Percent	0.897	0.963
6.1.2	Gender inequality index	Ratio	0.476	0.39
6.1.3	Women who have experienced physical, mental or sexual violence in their lifetime	Socio-cultural diversity	24.4	13
6.1.4	The proportion of registered incidents of gender-based violence and other crimes and investigations	Number	88.9	100
6.2	Socio-Cultural Diversity			
6.2.1	Schools where instruction is provided in the mother tongue	Social security and protection	270	324

S. N.	National Goals, Objectives and Indicators	Unit	Status of FY 2075/76	FY 2080/081 Targets
6.2.2	Heritage listed on the World Heritage List	Percent	10	12
6.3	Social Security and Protection			
6.3.1	Population covered by basic social security	A healthy and balanced environment	17	60
6.3.2	Social security expenditure in the national budget	Pollution-free and clean environment	11.7	13.7
7	A healthy and Balanced Environment			
7.1	Pollution-Free and Clean Environment			
7.1.1	Ratio of renewable energy in energy consumption	Ecological balance and sustainable use	7	12
7.1.2	Average amount of air pollution (ppm 2.5)	Trees per hectare	50	40
7.2	Ecological Balance and Sustainable Use			
7.2.1	Forest density	Climate change adaptation	430	45
7.2.2	Timber production	Number	194	300
7.3	Climate Change Adaptability			

S. N.	National Goals, Objectives and Indicators	Unit	Status of FY 2075/76	FY 2080/081 Targets
7.3.1	Local levels with prepared and implemented adaptation plans	Rule of law	217	460
8	Good Governance			
8.1	Rule of Law			
8.1.1	Rule of law index	Index	0.54	0.58
8.1.2	Global competitiveness index	Index	51.6	60
8.1.3	Ease of doing business Index	Public Integrity, Transparency and Accountability	63.2	68
8.1.4	Travel and Tourism Competitiveness Index	Index	3.3	3.8
8.2	Public Integrity, Transparency and Accountability			
8.2.1	Corruption Reduction Perception Index	Percent	34	41
8.2.2	Resolution of Complaints Received in 'Hello Government'	Percent	48.9	98
8.2.3	Ratio of Unregistered (Informal) Enterprises among Total Economic Enterprises	Strong Democracy	49.9	10
8.2.4	Ratio of Economic Enterprises with Accounting among Registered Enterprises	Percent	52	70

S. N.	National Goals, Objectives and Indicators	Unit	Status of FY 2075/76	FY 2080/081 Targets
9	Strong Democracy			
9.1.1	Voter Participation in Elections	Percent	68.67	72
9.1.2	Case Resolution	National Unity, Security and Respect	56.5	60
9.1.3	Implementation of Decisions	High Sense of Nepalism	39	60
10	National Unity, Security and Respect			
10.1	High Sense of Nepalism			
10.1.1	Nepali Citizens with National Identity Cards	Human and Other Security	—	100
10.1.2	Countries that Issue Visas to Nepalis at the Immigration of Destination Countries	Percent	35	60
10.2	Human and Other Security			
10.2.1	Birth Registration of Children Under Five	Number	63	100
10.2.2	Families in Basic Food Security	Disaster Resilient Society and Economy	48.2	80
10.2.3	Suicide Rate (Per Lakh Population)	Per Thousand	10	5

S. N.	National Goals, Objectives and Indicators	Unit	Status of FY 2075/76	FY 2080/081 Targets
10.3	Disaster Resilient Society and Economy			
10.3.1	Population Affected by Disaster Events	Self-Reliance in Essential Goods and Services	17.1	9.8
10.3.2	Population Dying Due to Disaster Events	Percent	1.6	1
10.4	Self-Reliance in Essential Goods and Services			
10.4.1	Essential Goods in Total Imports (Agricultural produce, livestock and food)	High and equitable national income	14.7	5

Source : Nepal Parichaya 2080

National Objectives

1. To build a foundation for prosperity by developing accessible, quality, and modern infrastructure, increasing productive and decent employment, achieving high, sustainable, and inclusive economic growth, and alleviating poverty.
2. To strengthen the federal governance system by ensuring quality health and education, maintaining a healthy and balanced environment, promoting social justice, and providing accountable public services, while offering citizens a refined and dignified life.
3. To protect the country's self-respect, independence, and national interests by implementing socio-economic transformation and building an independent national economy.

National Strategies

1. To achieve rapid, sustainable, and employment-oriented economic growth
2. Ensure accessible and quality health services and education
3. Develop internal and international connectivity, along with sustainable urban settlements.
4. Increase production and productivity.
5. Provide full, sustainable, and productive social security and protection.
6. Build a just society by alleviating poverty and promoting economic and social equality.
7. Protect and mobilize natural resources, and develop entrepreneurship.
8. Strengthen public services, promote regional balance, and foster national unity.

Long-term Vision 2100

The Government of Nepal has put forward a 25-year long-term vision (2076-2100 BS) to build a socialist-oriented prosperous economy by eliminating all forms of discrimination, exclusion, deprivation, and obstacles to development through a long-term development strategy, and to internalize the development-centric vision adopted by the Constitution into periodic plans. In line with the long-term vision, five periodic plans, including the Fifteenth through the Nineteenth Plans, will be implemented during this period.

(a) Long-term Vision:

“Prosperous Nepal, Happy Nepali”

A country with a developed, independent and socialist-oriented economy, where happy citizens with equal opportunities, healthy, educated, dignified and high standard of living reside.

(b) Long-term National Goals:

1. Prosperity
1.1 Accessible modern infrastructure and intensive connectivity
1.2 Human capital development and full utilization of potential

1.3 High and sustainable production and productivity
1.4 High and equitable national income

2. Happiness
2.1 A refined and dignified life
2.2 A safe, civilized and just society
2.3 A healthy and balanced environment
2.4 Good governance
2.5 A strong democracy
2.6 National unity, security and respect

The major quantitative goals and the latest progress on the long-term vision are presented in Table 5.3

5.1.16 Sixteenth Periodic Plan (2081/82–2085/86 BS)

Table 5.3
The major quantitative goals of the long-term perspective and the status of progress

S.N.	National goals, targets and indicators	Unit	Status as on F.Y. 2075/76	Status as of 2079/80	Status as of 2100/01
1	Economic growth rate	Percent	6.8	3.5	10.5
2	Per capita national income	US Dollar	1047	1456	12100
3	Population below the poverty line (absolute poverty)	Percent	8.7	20.3	0
4	Coefficient based on wealth Genie (Kind)	Multiplier	0.310	0.240	0.250

5	Labour force participation rate (15 years and above)	Percent	385	385	72
6	Share of the formal sector in employment	Percent	36.5	36.5	70
7	Electricity generation (attained capacity)	Megawatt	1,250	2,877	40,000
8	Households with access to electricity	Percent	88	96.7	100
9	Households with access to transport within 30 minutes distance	Percent	82	85	99
10	National and provincial highways	Percent	7,890	14,755	26,000
11	Population with access to the internet	Percent	65.9	69.2	100
12	Life expectancy (at birth)	Percent	69.7	70.5	80
13	Maternal mortality rate (per lakh live births)	Year	239	151	20
14	Under-five mortality rate (per thousand live births)	People	39	33	8
15	Literacy rate (above 5 years)	Percent	65.9	76.3	99
16	Total enrolment rate in higher education	Percent	12	32	40

17	Population with access to upper-middle level drinking water facility	Percent	21	25.8	95
18	Basic social protection	Percent	17	32	100
19	Gender development index	Index	0.897	0.885	0.99
20	Human development index	Index	0.579	0.601	0.760

Source: Sixteenth Periodic Plan

5.1.17 The Sixteenth Periodic Plan's Vision, Objectives, Strategies and Areas of Transformation

Vision

“Good Governance, Social Justice and Prosperity”

The Long-term Vision 2100, embracing the fundamental elements of prosperity and happiness outlined in the Sixteenth Plan, has adopted the vision of “Good Governance, Social Justice, and Prosperity.” Social justice and prosperity can be achieved through good governance. Prosperity with social justice has inherent socialist characteristics. The prosperity achieved by establishing social justice will be sustainable, inclusive, progressive, and tangible.

Objectives

The main objective of the Sixteenth Plan is to achieve development and good governance that the common citizen can experience in their lives. To achieve this, the main objectives of the plan, following the vision set by the plan, are as follows:

1. To maintain good governance in the political, administrative, judicial, private, and non-governmental sectors.
2. To establish social justice in health, education, employment, housing, security, and public service delivery.

3. To achieve prosperity in human life and the national economy.

Comprehensive Strategy

The main strategy adopted by the Sixteenth Plan is to achieve rapid development, good governance, social justice, and prosperity through the structural transformation of the economy. In this process, the comprehensive strategy to be adopted in the areas identified for structural transformation is as follows:

1. To increase production, productivity, and competitive capacity by identifying, addressing, and resolving structural constraints observed in all sectors and dimensions of development.
2. To implement a sustainable development plan by strengthening the interconnection and functional capacity between the three levels of government (federal, provincial, and local), as well as between the government, private, cooperative, non-government sectors, and development partners.
3. To internalize gender mainstreaming, the use of modern technology, environmental protection, and disaster risk reduction in all sectors and dimensions of development.
4. To formulate policies and implement development programs based on studies, research, facts, and evidence.

The transformative strategies to be adopted sectorally will be outlined in the relevant chapter.

Key Areas of Structural Transformation

1. Strengthening macroeconomic fundamentals and achieving high economic growth
2. Increasing production, productivity, and competitiveness
3. Promoting productive employment, decent work, and sustainable social security
4. Building healthy, educated, and skilled human capital
5. Developing quality physical infrastructure and enhancing connectivity

6. Promoting planned, sustainable, and resilient urbanization and settlement development
7. Ensuring gender equality, social justice, and an inclusive society
8. Strengthening and balancing the development of regional and local economies
9. Reducing poverty and inequality, and building an equitable society
10. Implementing effective financial management and increasing capital expenditure capacity
11. Reforming governance and promoting good governance
12. Addressing biodiversity, climate change, and fostering a green economy
13. Ensuring smooth upgrading from least developed countries and implementing the Sustainable Development Goals.

Quantitative Targets of the Sixteenth Periodic Plan

In line with the vision of good governance, social justice and prosperity adopted by the Sixteenth Plan, the achievements achieved during the plan period while implementing the transformative strategy and major intervention programs will be measured based on the following key indicators:

National Targets of Good Governance

S. N.	Indicators	Unit	Status of F.Y. 2079/80	F.Y. 2085/86 Target
1.	Rule of Law Index	Index	0.52	0.80
2.	Global Competitiveness Index	Index	52	65
3.	Corruption Reduction Perception Index	Index	35	43
4.	Electronic Government Development Index	Index	0.512	0.600

5.	Voter Participation in Elections	Percent	62	85
6.	Disposal of Cases Registered in Courts	Percent	64	75
7.	The ratio of Expenditure to Total Appropriation	Percent	80	90
8.	Beruju (as a Ratio of Gross Domestic Product)	Percent	10.9	5.0
9.	Nepali Citizens Obtaining National Identity Card Numbers	Percent	63.4	90
10.	Birth Registration of Children Under Five	Percent	74	100

National Goals of Social Justice

S. N.	Indicators	Unit	Status of FY 2079/80	F.Y. 2085/86 Target
1.	Inequality-adjusted Human Development Index	Index	0.424	0.600
2.	Consumption-based Gini coefficient	Multiplier	0.300	0.280
3.	Wealth-based Gini coefficient	Multiplier	0.24	0.22
4.	Households in high food insecurity	Percent	1.3	1.0
5.	Population covered by basic social protection	Percent	32	60

6.	Gender Development Index	Index	0.885	0.967
7.	Gender Inequality Index	Index	0.495	0.225
8.	Female and male participation in employment	Ratio	1:1.7	1:1.2
9.	Rate of forced labor (15 years and above)	Per Thousand	1.2	0
10.	Households with registered house or land or real estate in the name of a woman	Percent	23.8	35.0

National Goals of Prosperity

S. No.	Indicators	Unit	Status of FY 2079/80	F.Y. 2085-86 Target
1	Economic growth rate (in basic prices)	Percent	3.58	7.3
2	Per-capita income	US Dollar	14568	2351
3	Population below the poverty line (absolute poverty)	Percent	20.3	12.0
4	Consumer inflation	Percent	7.7	5.0
5	Human development index	Index	0.601	0.650
6	Human wealth index	Index	76.3	78.0
7	Economic and environmental risk index	Index	29.7	24.0

8	Literacy rate (above 5 years)	Percent	76.2	85.0
9	Life expectancy (at birth)	Year	71.3	73.0
10	Households with access to a health facility within a 30-minute walk	Percent	77	90
11	Households with access to upper-middle-level drinking water	Percent	25.8	45
12	Unemployment rate	Percent	11.488	5.0
13	Labor productivity	Rs. in thousands	245	275
14	Average productivity of agricultural commodities (major crops)	Mt. per hectare	3.3	3.7
15	Households with access to banks and financial institutions	Percent	63	85
16	Road density	Km. per sq. km.	0.63	0.77
17	Electricity generation (hydropower and alternative energy capacity)	MW	2962888	11,769
18	Electricity consumption per capita	Kilowatt hour	380	700
19	Population with access to electricity	Percent	96.7	100
20	Population with access to the internet	Percent	69.2	90.0

5.2 Aspects of Economic Development

5.2.1. Agriculture



Cardamom Cultivation

The output of the agricultural sector (agriculture, forestry, and fisheries) is estimated to grow by 3.05% in the current fiscal year. The growth rate was 2.76% in the previous fiscal year. The average growth rate of the agricultural sector in the last 10 years has been 2.75%. The contribution of the agricultural sector to the gross domestic product has been gradually decreasing since the previous year. In the fiscal year 2070/071, the contribution of the agricultural sector to the gross domestic product was 30.3%. In the previous fiscal year, the contribution of this sector to the gross domestic product was 23.92%, while in the current fiscal year, this contribution is estimated to be 24.09%.

Due to the decreasing population involved in the agricultural sector, the attraction of the labour force to professions other than agriculture, and the high number of workers going for foreign employment, arable land is becoming increasingly barren, especially in the Himalayan and hilly regions. As a result, the

expected increase in agricultural production has not been achieved, and the contribution of the agricultural sector to the gross domestic product has also been decreasing.

The agricultural sector has been the backbone of the national economy. The agricultural sector contributes 24.09% to the gross domestic product, and agriculture is the main occupation of about 62.0% of families. Additionally, 67.0% of the total population lives in farming families.

The major food crops produced in Nepal are rice, maize, wheat, millet, barley, and sorghum. The major cash crops of Nepal are sugarcane, potato, oilseeds, jute, and honey. The major pulse crops are lentils, soybeans, meat, urad, grass, gram, and horse gram. Similarly, sugarcane, fish, tea, jute, coffee, and cotton are produced as major industrial crops. The major spice crops are ginger, turmeric, garlic, chilli, and cardamom.

The main problems are the low availability of resources and inputs indispensable for increasing agricultural productivity and the inadequacy of necessary physical infrastructure such as irrigation, roads, agriculture markets, cold storage, warehouses, humidity centres, operation centres, and electricity. There is a lack of improved varieties and seed replacement rates essential for achieving expected achievements in agricultural production. In addition to this, land fragmentation is a major problem.

Legal Provisions Related to Agriculture in Nepal

To maintain the balance of land ownership of agricultural land, the Land Act, 2021, has been issued, and land limits have been set. According to this, a limit of 10 bighas has been set in the Terai/Inner Madhesh, 25 ropanis in the Kathmandu Valley, and 70 ropanis in the hilly districts. Apart from this limit, there is a provision that 1 bigha in the Madhesh, 1 ropani in the Kathmandu Valley, and 5 ropanis in the hilly areas can be kept for housing. There is also a provision that large projects such as industries, agricultural farms, and hydropower can be exempted from the land limit. The Land Use Act, 2076, has been issued, and the regulations are also being implemented to prevent land fragmentation and classify land into housing, agriculture, industries, forests, and public places.

The budget for the fiscal year 2081/082 has declared the period from BS 2081 to 2091 as the Investment Decade in Agriculture to increase production and productivity by commercialising and modernising agriculture and to increase investment in the agricultural sector from the government, private sector, cooperatives, and development partners. The goal is to promote production by identifying special areas of agricultural produce at the federal, provincial, and local levels based on geography, market potential, and ecological characteristics.

Reform Programmes in the Agricultural Sector in Nepal

The One Village One Product programme has been operational in Nepal since FY 2063/064. Initially, this programme was operated in 32 districts and has been operating in 42 districts since FY 2070/071, with the addition of 10 districts.

The Ten-Year Prime Minister's Agriculture Modernization Project Programme, 2073, has been implemented to promote the agricultural sector in Nepal and make it self-reliant in food. It has been conducting major activities, including the construction of infrastructure related to the production, processing, storage, and marketing of agricultural produce, as well as agricultural mechanization. So far, 16 super zones, 177 zones, 1,587 blocks, and 8,710 pockets of various crops and commodities have been determined under the project.

Programmes to encourage the agricultural sector, such as the President's Best Farmer Award and the President's Commercial Agriculture Production Award, have been introduced.

5.2.2. Industry

The commercial activity of producing goods and services through the appropriate use of labour, skills, capital, and technology is called industry. The industrial sector is a sustainable and reliable basis for economic development. In the context of limited industry operations solely due to the efforts of the Government of Nepal, the development and expansion of the industrial sector have occurred after the restoration of democracy and the adoption of liberal policies, integration into globalization, privatization, and the development of concepts such as public-private partnerships.



Cheese Industry, Ilam

The Constitution of Nepal has adopted a policy of promoting exports by identifying areas of comparative advantage through the development and expansion of industry, diversifying and expanding the market for goods and services, protecting and promoting national industries and resources for the development of the national economy, giving priority to domestic investment based on Nepali labour, skills, and raw materials, and providing dynamism to economic development by establishing coordination between provinces and the federation in the context of industrial corridors, special economic zones, national projects, and foreign investment projects. Following the guidelines of this policy, the Industrial Business Act, 2076, the Special Economic Zones Act, 2075, the Foreign Investment and Technology Transfer Act, 2075, the Public-Private Partnership and Investment Act, 2075, the Industrial Village Establishment and Operation Directive, 2075, and other legal provisions have been made, emphasizing the creation of an industrial environment through policy reforms, structural reforms, and procedural simplification.

Despite these efforts, the contribution of the industrial sector to Nepal's economic development has been gradually increasing.

With the development of industry, the basis of a self-reliant economy has been built by increasing the production and productivity of goods and services, creating employment opportunities, maximizing the utilization of resources available in the country, and promoting import substitution and exports.

According to the Economic Survey 2080/081, the total value added (output) of the industrial sector (manufacturing industries), which was negative by 1.98% in the last fiscal year, is estimated to remain negative by 1.6% in the current fiscal year as well. Based on the estimate that the manufacturing industries are not operating at full capacity due to a decrease in the overall demand for goods and services and that there is no significant improvement in the global economy, the growth rate of this sector is estimated to be negative. The average annual growth rate of the manufacturing industry in the last decade has been 2.59%. The contribution of the manufacturing industry to the gross domestic product in the current fiscal year is estimated to be 4.87%, compared to 5.16% in the last fiscal year. Over the last decade, the contribution of manufacturing industries to the gross domestic product has averaged 5.46% annually.

Similarly, 9,344 industries have been registered under the Department of Industries as of 2080 Falgun. Among the registered industries, the shares of large, medium, and small industries are 15.0%, 22.6%, and 62.4%, respectively. Out of the total approved investment of Rs. 2,992.7 billion till this period, the shares of large, medium, and small industries are 83.4%, 10.1%, and 6.5%, respectively. It is estimated that 698,510 jobs will be created by such industries by 2080 Falgun.

According to the Economic Survey, as of Falgun 2080/081, foreign investment worth Rs. 29.13 billion has been approved in 253 industries registered with the Department of Industries, which is 41.7% more than the same period in the previous fiscal year. In the same period of the previous fiscal year, foreign investment worth Rs. 20.56 billion had been approved in 159 industries. As of Falgun 2080, foreign investment worth Rs. 478.85 billion has been approved in 6,111 industries registered with the Department of Industries. It is estimated that 322,266 jobs will be created

from the operation of such industries.

Of the foreign investment approved as of Falgun 2080, 27.30% is in the energy-oriented sector, 27.24% is in the service-oriented sector, 22.44% is in the tourism sector, and 15.60% is in the manufacturing sector. The least foreign investment has been approved in the infrastructure sector industries.

5.2.3. Trade

Trade is the process of buying, selling, exchanging, and transporting goods or services. Nepal has been in a trade deficit for a long time due to high imports of goods and services and low exports. The Constitution of Nepal has adopted a policy of encouraging foreign capital and technology investment in the field of import substitution and export promotion. Although the trade deficit is continuously increasing as the size of imports is large and wide compared to exports, Nepal's balance of payments has been in surplus for most of the past years due to remittance income. Currently, the government has adopted a two-pronged strategy of import substitution and export promotion.

According to the Economic Survey 2080/81, the share of exports in total merchandise trade was 8.9% until Falgun. Until Falgun of 2079/80, such a share was 9.0%. Foreign trade, which declined at a high rate in 2079/80, has also declined until Falgun of 2080/81. Exports in 2079/80 decreased by 21.4% and imports by 16.1%. Total merchandise exports by Falgun of 2080/81 decreased by 4.0% to Rs. 162 billion. Such exports had decreased by 29.1% during the same period in 2079/80. Exports to India by Falgun of 2080/81 have decreased by 7.7%, while exports to China and other countries have increased by at least 275.5% and 0.3%, respectively.

Total merchandise imports have decreased by 2.7% to Rs. 1030.22 billion by Falgun 2080/81. Such imports had decreased by 19.1% during the same period in 2079/80. Imports from India and other countries have decreased by 2.8% and 22.9% respectively by Falgun 2080/81, while imports from China have increased by 33.7%.

The high trade deficit, low agricultural and industrial production, lack of growth in domestic production, inability to diversify products and countries for export promotion, inability to reduce smuggling due to open borders, lack of expected growth in service trade, and inability to develop industrial infrastructure are the main problems and challenges in this sector.

The country's economy can be boosted through exports to neighbouring countries and other developed countries by improving the investment environment, increasing agricultural and industrial production, and signing additional port use agreements with India and transit agreements with China. There is great potential for exporting to neighbouring countries by producing hydroelectricity. Domestic products can be used by increasing the production of agricultural and forest products, as well as mineral-based products. The possibility of increasing remittance inflows by improving the skills and efficiency of workers going abroad can also rise, and significant domestic and foreign investment in energy, minerals, tourism, and industrial production can be made by maintaining foreign exchange reserves and developing the trade sector as a major pillar of the economy.

5.2.4. Tourism



Rafting

Tourism is a sector with high potential for the development of Nepal's economy. Nepal has become one of the world's major tourist destinations from a natural, cultural, adventure, historical, and religious perspective. The Constitution of Nepal has adopted a policy of developing this sector as a major pillar of the national economy by protecting, promoting, and diversifying such places and heritages, and developing them as tourist destinations. Tourism is considered a major driver of the Nepali economy, as it has a significant contribution to achieving the goals of economic prosperity by promoting tourism, increasing employment opportunities, alleviating poverty, and improving the living standards of the people.

There is a good possibility that tourism arrivals in Nepal will increase rapidly by benefiting from the opportunities created by the large population and high economic growth in neighbouring countries. This will create high employment and form the main basis of the national economy. To achieve this, it is essential to diversify tourist destinations, identify new tourist spots, develop infrastructure, increase employment opportunities, reduce poverty, and improve the living standards of the people.

The main problems in this sector include the failure to achieve the expected development and diversification of tourism products and activities, the failure to promote tourism at the international level as expected, the lack of tourism infrastructure, the failure to adequately involve the private sector in the protection and promotion of religious and cultural heritage and tourism development, the failure to link entrepreneurship development to the development of the tourism sector, the failure to fairly distribute the benefits received from the tourism sector, and the lack of technology-friendly tourism activities.

The tourism sector, which was weakened by the COVID-19 pandemic, has returned to its pre-COVID state. As the tourism sector has gained momentum, the hotel business has become more dynamic, and the income from tourists has also increased significantly. According to the Economic Survey 2080/081, more than 6.6 million tourists have visited Nepal in the last decade (2014-2023) despite the devastating earthquake and the



Kuri Village, Dolakha (A Tourist Destination)

COVID-19 pandemic. The average tourist arrival per year in the last decade has been 661,000. Excluding Indian tourists arriving by land, tourist arrivals increased in 2022 to 614,869, while in 2023, such numbers increased by a high of 65.0% to 1,014,882. In the 3 months up to March 2024, tourist arrivals increased by 33.0% compared to March 2023, reaching 314,693.

There was a marginal increase in the average length of stay and daily expenditure of tourists in 2023. During this period, the average length of stay of tourists was 13.2 days, and the average expenditure per tourist per day was 41.0 US dollars. In 2022, the average length of stay of tourists was 13.1 days, and the average expenditure per tourist per day was 40.5 US dollars.

Lumbini, the birthplace of Gautam Buddha, the pioneer of peace, is the most visited destination in the country. Of the 1,011,000 tourists who visited Lumbini in 2023, 656,000 were Nepalese, 266,000 were Indians, and 89,000 were from other countries. Of the tourists who visited Lumbini in 2023, 31.5% were from India, 9.9% from the United States, 6.0% from China, 5.2% from the United Kingdom, 3.8% from Australia, 3.6% from Bangladesh, and 40.0% from other countries. Compared to 2022, the number of tourists visiting Nepal



Paragliding, Kaski

from China increased 6 times in 2023, and the number of tourists from South Korea increased by about 10 times.

In line with the federal structure, the three levels of government should create an environment that encourages work in the tourism sector by completing the reconstruction of cultural heritage damaged by the earthquake and identifying additional tourist destinations. Since most tourists entering Nepal use the airport, the infrastructure development of international airports should be accelerated. With its strong potential to become a tourism centre due to natural beauty, cultural diversity, a sense of eternal peace, spirituality, the origin of ancient knowledge and philosophy, and biodiversity, the tourism sector can be established as the main carrier of prosperity, allowing maximum benefits to be gained.

5.2.5. Foreign Employment

In the current era of globalization, foreign employment has become an important dimension of economic development. In particular, the unemployed and unproductive labour force in the country is sent to various other countries for employment according to their qualifications, skills, and competence, and through them, foreign income (remittances), skills, technology, and experience are brought back to the country. Foreign employment has been found

to have a positive impact on the economy of developing countries, especially Nepal. The contribution of foreign employment to the economy of Nepal is significant. Even during the past conflict, when the internal aspects of the economy were negatively affected in sectors such as agriculture, industry, and trade, foreign employment continued to provide support.

Foreign employment is not a desire but a compulsion for Nepal. Due to the failure of the country to develop economically, socially, and industrially as expected, a large number of young people are compelled to seek foreign employment. According to the current Fifteenth Plan, about 500,000 additional human resources will enter the labour market in Nepal every year. However, since the absorption capacity of the internal labour market is low, the excess labour force is compelled to seek foreign employment.

According to the Economic Survey 2080/081, Nepal has institutionally opened 111 countries for foreign employment. As of February 2080, the number of Nepali workers who have obtained work permits for foreign employment has reached 5.968 million. Of these, 93.8% are men and 6.2% are women. Out of the 285,000 who have obtained new work permits as of February 2080, 86.4% are men and 13.6% are women. As of February 2080, 14,060 Nepali workers have gone to South Korea for foreign employment through the EPS system, of which 93.2% are men and 6.8% are women. The main destinations for foreign employment are Qatar, Malaysia, Saudi Arabia, UAE, and Kuwait. In recent times, the number of Nepali workers going to the UAE, Japan, Maldives, Saudi Arabia, and Europe has been increasing.

Although foreign employment has played a significant role in Nepal, especially in poverty alleviation, it is not a long-term source of development, even if it is promoted at the government level. Nepal can derive maximum benefit from foreign employment in economic development by ending compulsory foreign employment through the modernization and commercialization of the agricultural sector, the development and expansion of the industrial sector, the creation of diverse self-employment opportunities within the country, and by mobilizing only skilled and trained human resources for foreign employment, making

foreign employment safe, dignified, and systematic.

5.3. Budget for FY 2081/082

The budget for FY 2081/082 presented by the Finance Minister of the Government of Nepal, Mr Barshaman Pun ‘Ananta’, in the joint session of the Parliament on 15 Jestha 2081 is as follows:

- Total budget: 1860 billion 300 million.
- Current: 1140 billion 660 million (61.31%)
- Capital: 352 billion 355 million (18.94%)
- Financial arrangements: 367 billion 280 million (19.74%)
- Total allocation for financial transfers to provincial and local levels: 488 billion 870 million

Source

- Revenue: 1260 billion 300 million
- Foreign grants: 52 billion 330 million
- Foreign loans: 217 billion 670 million
- Internal loans: 330 billion

Allocated Amount Based on Sustainable Development Goal Indicators

Not indicated	45.73%
1. End poverty	6.07%
2. Zero hunger	3.87%
3. Healthy lives	2.59%
4. Quality education	3.26%
5. Gender equality	0.05%
6. Sustainable clean water and sanitation	1.11%
7. Access to modern energy	2.87%
8. Inclusive economic growth and decent work	2.72%
9. Industry, innovation and infrastructure	8.6%
10. Reduced inequality	6.51%
11. Sustainable cities and settlements	7.02%
13. Climate change adaptation	0.51%

15. Use of surface resources	0.56%
16. Peaceful, just and empowered societies	8.00%
17. Partnerships for sustainable development	0.51%

Gender Responsive Budget	percent
1. Direct Benefit	43.86
2. Indirect Benefit	27.98
3. Neutral	28.16
Climate Change Budget	percent
1. Direct Benefit	6.06
2. Indirect Benefit	40.79
3. Neutral	53.15

Priorities

- Economic reform and promotion of the private sector,
- Agriculture, energy, information technology, tourism, industrial development and infrastructure construction,
- Development of social sectors including education, health,
- Inclusion and social security, and
- Promotion of good governance and improvement in public service delivery

Objectives

- To increase production, productivity and employment,
- To increase investment by boosting the morale of the private sector and to accelerate economic activity,
- To develop human resources,
- To reduce economic inequality and poverty by mobilizing resources and means in a balanced and equitable manner, and
- To make public service delivery effective.

Five Transformative Areas of the Budget

- Agricultural sector transformation
- Energy sector development
- Information technology development
- Tourism promotion
- Entrepreneurship and industrial development



Social Life and Culture of Nepal



Some Nepali Faces

6.1 Social Life of Nepal

Nepal is considered a medium-sized country in terms of area; however, it is rich in diversity. Geographical, ethnic, linguistic, religious, and cultural diversity can be seen in Nepal. Therefore, Nepal is known as a multiethnic, multilingual, multireligious, and multicultural country. People from 142 castes/ethnic groups, including major ones in terms of population size such as Kshetri, Brahmin, Magar, Tharu, Tamang, Newar, Muslim, Kami, Yadav, Rai, and Gurung, live here. They have their languages as their

mother tongue. People of 10 religions reside in Nepal. Followers of Hinduism worship Shiva, Ganesh, Vishnu, Durga, etc. Most of them consider Masto as their ancestral deity. Followers of Buddhism worship Lord Buddha. Those who follow Islam call God Allah. Christians go to church and pray to Christ. Followers of the Kirat religion believe in Paruhang and Sungnima (Sumnima). Nepal is a country rich in culture. Multilingual, multi-ethnic, and multi-religious communities have their costumes and traditions. A family is formed from an individual, a society from a family, and a nation from a society. People of different religions, professions, castes, cultures, languages, costumes, food habits, lifestyles, festivals, and celebrations live together within a society. Accordingly, various activities take place. From political, religious, economic, and cultural activities to knowledge, science, literature, art, and entertainment, all aspects that shape society also contribute to the identity and uniqueness of the nation.

6.1.1 Ethnic Diversity

Nepal is an ethnically diverse country. According to the National Census 2078, the ethnic population of Nepal is given in Table 6.1.

Table No. 6.1
Caste/Ethnic Population Details

S.N.	Caste/ethnicity	Total	Total %
1	Kshetri	4796995	16.45
2	Brahman - Hill	3292373	11.29
3	Magar	2013498	6.9
4	Tharu	1807124	6.2
5	Tamang	1639866	5.62
6	Bishwokarma	1470010	5.04
7	Musalman	1418677	4.86
8	Newa: (Newar)	1341363	4.6
9	Yadav	1228581	4.21
10	Rai	640674	2.2
11	Pariyar	565932	1.94

12	Gurung	543790	1.86
13	Thakuri	494470	1.7
14	Mijar	452229	1.55
15	Teli	431347	1.48
16	Yakthung/Limbu	414704	1.42
17	Chamar/Harijan/Ram	393255	1.35
18	Koiri/Kushwaha	355707	1.22
19	Kurmi	277786	0.95
20	Musahar	264974	0.91
21	Dhanuk	252105	0.86
22	Dusadh/Pasawan/Pasi	250977	0.86
23	Brahman - Tarai	217774	0.75
24	Mallaha	207006	0.71
25	Sanyasi/Dasnami	198849	0.68
26	Kewat	184298	0.63
27	Kanu	152868	0.52
28	Hajam/Thakur	136487	0.47
29	Kalwar	134914	0.46
30	Rajbansi	132564	0.45
31	Sherpa	130637	0.45
32	Kumal	129702	0.44
33	Tatma/Tatwa	126018	0.43
34	Khatwe	124062	0.43
35	Gharti/Bhujel	120245	0.41
36	Majhi	111352	0.38
37	Nuniya	108723	0.37
38	Sundi	107380	0.37
39	Dhobi	101089	0.35
40	Lohar	100680	0.35

41	Bin/Binda	96974	0.33
42	Kumhar	95724	0.33
43	Sonar	93380	0.32
44	Chepang/Praja	84364	0.29
45	Ranatharu	83308	0.29
46	Danuwar	82784	0.28
47	Sunuwar	78910	0.27
48	Haluwai	71796	0.25
49	Baraee	68011	0.23
50	Bantar/Sardar	61687	0.21
51	Kahar	59882	0.21
52	Santhal	57310	0.2
53	Baniyan	53655	0.18
54	Kathabaniyan	52466	0.18
55	Badhaee/Badhee	52437	0.18
56	Oraon/Kudukh	46840	0.16
57	Rajput	46577	0.16
58	Amat	46471	0.16
59	Gangai	41446	0.14
60	Lodh	39872	0.14
61	Gaderi/Bhediya	35497	0.12
62	Ghale	35434	0.12
63	Marwadi	33803	0.12
64	Kayastha	33502	0.11
65	Kulung	33388	0.11
66	Thami	32743	0.11
67	Bhumihar	32199	0.11
68	Rajbhar	29240	0.1
69	Rauniyar	27258	0.09

70	Dhimal	25643	0.09
71	Khawas	22551	0.08
72	Tajpuriya	20989	0.07
73	Kori	20670	0.07
74	Dom	19901	0.07
75	Mali	19605	0.07
76	Darai	18695	0.06
77	Yakkha	17460	0.06
78	Bhote	15818	0.05
79	Bantawa	15719	0.05
80	Rajdhob	15391	0.05
81	Dhunia	15033	0.05
82	Pahari	15015	0.05
83	Bangali	13800	0.05
84	Gondh/Gond	12267	0.04
85	Chamling	12178	0.04
86	Chhantyal/Chhantel	11963	0.04
87	Thakali	11741	0.04
88	Badi	11470	0.04
89	Bote	11258	0.04
90	Pun	9827	0.03
91	H yolmo/Yholmopa	9819	0.03
92	Khatik	9152	0.03
93	Yamphu	9111	0.03
94	Kewarat	8809	0.03
95	Baram / Baramu	7859	0.03
96	Dev	7418	0.03
97	Nachhiring	7300	0.03
98	Gaine	6971	0.02

99	Bahing	6547	0.02
100	Thulung	6239	0.02
101	Jirel	6031	0.02
102	Khaling	5889	0.02
103	Aathpahariya	5878	0.02
104	Dolpo	5818	0.02
105	Sarbaria	5793	0.02
106	Mewahang	5727	0.02
107	Byasi/Sauka	5718	0.02
108	Dura	5581	0.02
109	Meche	5193	0.02
110	Raji	5125	0.02
111	Sampang	4841	0.02
112	Chai/Khulaut	4805	0.02
113	Chumba/Nubri	4414	0.02
114	Dhankar/ Dharikar	4090	0.01
115	Munda	3589	0.01
116	Lepcha	3578	0.01
117	Pattharkatta/ Kushwadiya	3343	0.01
118	Hayu	3069	0.01
119	Beldar	3037	0.01
120	Halkhor	2929	0.01
121	Natuwa	2896	0.01
122	Loharung	2598	0.01
123	Kamar	2532	0.01
124	Dhandi	2339	0.01
125	Done	2125	0.01
126	Mugal/Mugum	2124	0.01

127	Punjabi/Sikh	1846	0.01
128	Karmarong	1663	0.01
129	Chidimar	1615	0.01
130	Kisan	1479	0.01
131	Lhopa	1390	0
132	KaaLr	931	0
133	Fri	921	0
134	Koche	847	0
135	Topkegola	642	0
136	Raute	566	0
137	Walung	481	0
138	Lhomi	355	0
139	Surel	318	0
140	Kusunda	253	0
141	Bankariya	180	0
142	Nurang	36	0
143	Others	5888	0.02
144	Foreigner	137407	0.47
145	Not stated	4436	0.02
	Total	29164578	100

Source: National Census 2078

6.1.2 Listed Indigenous Peoples of Nepal

The Government of Nepal has recognized 58 indigenous communities. To uplift economically, socially, and politically disadvantaged castes and ethnic communities or ethnic groups, 'The National Foundation for Development of Indigenous Nationalities (NFDIN)' was established in Ashar 2054 BS. The number of indigenous peoples with a unique identity, shared geography, language, religion, culture, and values is significant.

6.1.3 Settlement, Lifestyle and Dress



Some Traditional Jewelleries of Nepal

There is a deep and direct relationship between Nepal's diverse topography and climate. Due to this diversity, there are also variations in the settlement patterns, lifestyle, and clothing of the people living in different regions. The differences in settlement, lifestyle, and dress across the Terai, hills, and mountains, based on topographical divisions, are discussed below:

Himalayan Region

The Himalayan region is located in the northernmost part of Nepal. Since the land of the Himalayan region is covered with snow for half of the year, it is less fertile. Food crops such as potatoes, barley, yams, and apples are grown in this place.

The population density in this region is very low. The major ethnic groups residing here include the Sherpa, Gurung, and Bhote. Due to the extreme cold, some people migrate to the hilly and Terai districts during winter to escape the harsh weather and earn additional income by trading herbs.

As the development of infrastructure in this region is limited, life here is very challenging. Additionally, the impact of climate change has further disrupted the traditional lifestyle of the people.



Yaks: Carrying Stuff in the Mountains

Residents of this region wear thick clothing such as *bhoto*, *docha*, and *bakkhu*. Their diet mainly consists of barley, millet, *paper* (buckwheat), potatoes, meat, and dishes prepared from these ingredients.

Hilly Region

This region is inhabited by people of various castes from east to west. Eastern Nepal is mainly home to the Rai and Limbu communities, while central Nepal is populated by Brahmins, Kshetris, Newars, Magars, Gurungs, and others. These same



Women: Carrying Loads of Firewood

castes and ethnic groups are also found in the western region. Each community has its language, culture, and customs based on caste and religion. The people living in this region wear *daura*, *suruwal*, *kachhad*, *patuka*, *topi* (cap), and other traditional clothing. Their diet includes maize, millet, curd, milk, soybeans, and dishes prepared from these ingredients. Although transportation is available in most parts of this region, life remains difficult due to the lack of proper roads and essential services such as education and communication.

Terai Region



Use of Carts to Transport Goods in the Terai

The Terai region is located in the southern part of Nepal. Since this area is flat, transportation is well-developed. Due to its fertile land, life here is relatively easier than in the Himalayas and hill regions. The main occupation of the people in this region is agriculture. During hot weather, people wear a *dhoti*, *kurta*, and *lungi*. Their diet primarily consists of lentils, roti (*chapati*), rice, fish, curd, milk, etc. Festivals such as Laxmi Puja, Chhath, Siruwa Parva, Maghi, etc. are celebrated with great enthusiasm in the Terai.

6.1.4 Brief Introduction to the Different Castes and Ethnic Groups of Nepal

Nepal is a multi-ethnic, multilingual, multi-religious, and

multicultural country. Therefore, it is rich in language, culture, religion, and ethnicity. Diversity and multiplicity are its unique and remarkable features. Recognizing the need to preserve Nepal's diversity, organizations such as the Nepal Tourism Board and the Nepal National Museum of Ethnic Heritage play an important role in its conservation. Some of the various castes in Nepal are discussed below.

Bramins/Kshetris

Brahmins and Kshetris are considered a mixture of Khas and Vedic Aryans. Since they wear *Janai*, they are also called *Tagadhari*. Brahmins are traditionally divided into two groups: *Purviyya* and *Kumai*. Historically, Brahmins were categorized into two groups: *Upadhyaya* and *Jaisi*. In Karnali regions, there are Kshetris who do not wear *Janai*; they are known as *Matwali Kshetris*. They are scattered across various districts of the country and are primarily engaged in farming, government jobs, and other occupations. They follow Vedic Sanatani Hinduism. The language spoken by Brahmins and Kshetris belongs to the Bharopeli group and is known as Nepali, which is written in the Devanagari script. They prefer to identify themselves as Khas-Aryans.

Newar



Ehi (Bel Bibaha)

The old name of Kathmandu, Nepal Mandal, refers to Kathmandu and its surrounding areas. It is a collective term for the people of various ethnic groups who speak their native language, *Nepal Bhasa*, and are rich in culture. They are the original inhabitants, indigenous people, and the sons of the land in this region. The Newar community emerged from a mixture of Tibetan, Burmese, and Aryan influences. They are originally Buddhists and Hindus and practice religious tolerance. What unites them is the *Nepal Bhasa* (language) and Newari culture. Their distinct script is the Newari script. Within this community, people engage in various professions, ranging from *Purohit* (priests) to *Shudra* (service providers). Newars are highly skilled in craftsmanship and have embraced various specialized professions. Their primary occupations include trade and agriculture, as well as caste-based professions. In terms of livelihood, the Newar community is found in most districts of Nepal.

Magar

The Magar ethnic group is an indigenous group of Nepal. Their traditional settlement area is called 12 and 18 Magarat, which extends from Marsyangdi to parts of Dailekh and Dolpa. Other Magar clans have emerged from seven main clans: Rana, Thapa, Pun, Ale, Roka, Gharti, and Budha. Agriculture, animal husbandry, mining, handicrafts, and foreign employment in the security sector are the main occupations of this ethnic group.

Tharu

The Tharu community is one of the indigenous ethnic groups of Nepal. Their mother tongue is Tharu. The Tharu community's ancestral homeland is the Terai and the inner Madhesh regions of Nepal. The Tharu community has the largest population in the Terai and is the fourth largest in Nepal. Their main occupation is agriculture, with paddy and wheat being their primary food crops. Although the Tharus are nature worshippers, the influence of other religions has been observed at different times. Every Tharu household has a family deity. The village deity is worshipped collectively in a village temple. The Tharu community has its distinct traditions and attire. Since ancient times, they have systematically organised social and developmental activities and

have practised popular customs such as *Bhalmansa*.

The Tharu community celebrates New Year and festivals such as Magh (Maghi/Khichada/Tila Sankranti), Gurhi, Atwari, Ashtimki, Jitiya, Dussehra, Deepawali, Siruvapavain, Gotale, and Phaguwa (Dhurehari), among others. The tradition of tattooing various parts of the body among Tharu women and drawing images of elephants, horses, deer, and peacocks on the walls of their houses is gradually declining.

Tamang

The area inhabited by the Tamang, who are considered a tribal people, is called Tamsaling. They are divided into many clans and are densely settled in the Kathmandu Valley and the surrounding districts. Their main occupations include animal husbandry, agriculture, thangka painting, and the production of various handicrafts.

Rai

The Rai are an indigenous Kirant dynasty, also known as the Khambu. Their main settlements in Nepal are in Solukhumbu, Okhaldhunga, Khotang, Bhojpur, Sankhuwasabha, Dhankuta, Ilam, and Udayapur. They are primarily engaged in paddy, millet, and cardamom farming, as well as animal husbandry and papermaking.

Gurung

Although the Gurung (Tamu) community, one of the indigenous peoples of Nepal, is scattered within and outside the country, they are native to Kaski, Lamjung, Gorkha, and Manang in the Gandaki region, with the Khol of Kaski as their ancestral homeland. While their traditional occupations are animal husbandry and agriculture, they are also heavily involved in domestic and foreign security sectors, as well as trade and government service. They speak the Tamu language, which belongs to the Bhot-Burmese language family.

Limbu

The indigenous Limbu community of Nepal lives east of the Arun River, primarily in Sankhuwasabha, Dhankuta, Tehrathum, Taplejung, Panchthar, Ilam, Jhapa, Morang, and Sunsari. The

Limbu people are divided into many clans and are primarily engaged in agriculture and animal husbandry. They follow the Kirat religion, which is based on nature worship.

Sherpa

The northern region of Solukhumbu district is considered the birthplace of the Sherpa people. Sherpas are scattered across various Himalayan districts of Nepal. They primarily engage in animal husbandry and agriculture. They follow Lama Buddhism, and their language belongs to the Bhot-Burmese family. Their major festivals include Lhosar, Dumji, Phangdi Lhopso, Yajryang, Kangsur, Dhukpa Chechu, Ngyungne, and Chechu.

Sunuwar

The Sunuwar is a major and historically significant community in Nepal. The Kirantis have been known since the Kiranti period in Nepal's history. The Sunuwar is one of the four branches of the Kiranti dynasty, along with the Rai, Limbu, and Yayokha communities. They are called "Sunuwar" in the Khas language and "Konich" in their mother tongue. In the eastern region of Nepal, as well as in the Sikkim and Darjeeling regions of India, they are known as *Mukhiya*.

The Sunuwar people, who worship nature and their ancestors, follow the Kiranti religion. Their religious philosophy is called *Mukdum*. Although their original homeland includes Ramechhap, Okhaldhunga, Dolakha, and Sindhuli, they are now densely settled in major cities and the eastern regions of Nepal. While their traditional occupations were hunting and making bamboo handicrafts, they were now primarily engaged in agriculture.

Chepeng

The Chepeng, an indigenous people of Nepal, are also known as *Praja*. They live in the hilly areas of Chitwan, Makawanpur, Dhading, Gorkha, Lamjung, and Tanahun districts, as well as in Banke, Bardiya, Nawalparasi, Bara, and other districts. Most of them traditionally live in small, single-story houses with thatched roofs. Their traditional occupations include *Khoria* system agriculture, tuber collection, and hunting.

Uraw (Jhangad)

The Uraw, an indigenous ethnic group of Nepal, are also known as *Jhangad*. Their settlements extend from Parsa to Jhapa. They live along riverbanks, building small huts. Their main occupations are agriculture, labour, and animal husbandry, and they also weave handicrafts such as *dhaki*, *pirka*, and *gundri* (mats), etc. Their language belongs to the Dravidian language family.

Thami

The Thami indigenous community is a branch of the Kirant dynasty. The Thami live in villages such as Suspa, Rangthali, Chirangthali, Suitapang, Kalinchowk, Lapilang, Khopachagu, Alampu, Siskar, and Bungthali in Dolakha district. They practice traditional farming and animal husbandry and follow the nature-worshipping Kirant religion.

Raute



Former President Dr. Ram Baran Yadav with the Raute community

Raute is the only nomadic tribe in Nepal based on forest resources. They live mainly in Doti, Darchula, Achham, Dailekh, Jajarkot, Kalikot and Surkhet. They worship Vanadevi, Daremast and Bhuyar as deities. They speak the Khamchi language of the Bhotbarmeli family. They never stay in one place for more than a month and do not return to that place. The place where they temporarily live is called Rauti and the temporary hut is called Thaula.

Dhimal

The Dhimals, considered an indigenous ethnic group with Mongolian facial features, mostly live in Jhapa and Morang districts and are also known as the Kiranti of the Terai. They have single-story houses made of bamboo and wood with thatched roofs, often built on sakhuwa (sal) foundations. They are nature worshippers. Their language is influenced by the Bhot-Burmese language family. They celebrate Dashain, Tihar, Janai Purnima, Chaite Dashain, Maghe Sankranti, and other Hindu festivals.

Thakali

The Thakali are one of the indigenous ethnic groups of Nepal. Their original homeland is on the southern border of Thasang in Mustang district. They currently live in various districts of Nepal. They speak the Thakali language and have their traditional costumes and ornaments.

Chhantyal

The Chhantyal community, considered an indigenous ethnic group, originates from the village of Kuinemangle in the Myagdi district. They also live in Baglung, Palpa, Rukum, Pyuthan, Dang, and other areas. They speak the Kham language. Although they were traditionally engaged in mining and processing, their main occupation is agriculture and animal husbandry.

Bahragaule

The Bahragaule are considered an indigenous ethnic group with Mongolian facial features. They live in the areas around Muktinath, Kagbeni, Chhusang, and Jhong rural municipalities in the central part of Mustang district. Their main occupations are agriculture, animal husbandry, and trade. They are Buddhists.

Siyar (Chumba)

The Siyar (Chumba) community lives in the villages of Chhekampar and Chumchut in the Chumchhochuxam Valley on the northern border of Gorkha. They build houses using wood and stone, with stone foundations. They traditionally cultivate wheat, buckwheat, peas, potatoes, and mustard. They follow Buddhism.

Lepcha

Lepchas live in some areas of the Jhapa district, as well as

in Fikkal, Rong, Pashupatinagar, Gorkhe, Namsaling, and Samalbung in the Ilam district. They are nature worshippers and follow Buddhism.

6.1.5 Provisions made by the State for the Upliftment of the Various Castes, Classes, and Communities of Nepal

The Constitution of Nepal has resolved to build an egalitarian society based on the principles of proportionality, inclusiveness, and participation, ensuring economic equality, prosperity, and social justice by eliminating class, caste, regional, linguistic, religious, and gender discrimination, as well as all forms of caste discrimination. It also aims to embrace the multi-ethnic, multilingual, multi-religious, multicultural, and geographically diverse characteristics of the nation, while protecting and promoting unity in diversity, socio-cultural solidarity, tolerance, and harmony. To achieve this, the following constitutional commissions have been established:

- Public Service Commission
- Election Commission
- National Human Rights Commission
- National Natural Resources and Fiscal Commission
- National Women Commission
- National Dalit Commission
- National Inclusion Commission
- Indigenous Nationalities Commission
- Madhesi Commission
- Tharu Commission
- Muslim Commission

In addition, various provisions have been made as fundamental rights to uphold social justice and equality by uplifting all castes, classes, and communities in Nepal. These include the right to equality, the right against untouchability and discrimination, the right to religious freedom, the right against exploitation, the right to education, the right to language and culture, the rights of Dalits, the right to social justice, and the right to social security.

6.1.6 Social Security Arrangements

The number of homeless and helpless people in society is increasing due to poverty, unemployment, social and economic inequality, natural disasters, social conflicts, and other factors. Social security allowances are provided for children, senior citizens, single women, endangered indigenous peoples, nationalities, and people with disabilities.

The Government of Nepal has been providing a monthly child protection grant of Rs. 532 to be spent on the nutrition of children under the age of 5 in every poor Dalit family and all families in the Karnali Zone. Millions of jobs, equivalent to millions of labour days, have been created by distributing food grains through the Rural Community Infrastructure Development Program in various districts. Similarly, access to primary education, essential health, and nutrition services has increased, further improving access to these services. During this period, a youth self-employment program was launched. To address employment-related risks, a social security fund has been established by imposing a 1% tax on the wages of employees and workers in the organized sector. The major programs undertaken for social security are as follows:

- (a) Allowance distribution program for senior citizens, single women, endangered Indigenous peoples, nationalities and persons with disabilities
- (b) Child protection grant program
- (c) Employment and self-employment-oriented programs
- (d) Management, reform and operation of Social Security Fund, Employees Provident Fund, approved retirement funds and welfare funds
- (e) Special assistance to those in difficult circumstances
- (f) Reform and capacity development program of social security systems

Legal provisions have also been made to guarantee social security. Among the major laws are as follows:

- (a) Social Security Act, 2075
- (b) Labor Act, 2074
- (c) Contribution-based Social Security Act, 2074

- (d) Employees Provident Fund Act, 2019
- (e) Acts related to various professional fields.

6.2 Cultural Life of Nepal



Kartik Naach, Lalitpur

Since ancient times, Nepal has been a place where people of different religions live. Hinduism and Buddhism are the main religions in Nepal. Apart from these, Islam, Christianity, Kirat, Bahai, Sikhism and other religions also exist equally freely. Hinduism includes Shaivism, Vaishnava, Shakta, Saurya etc. sects while Buddhism includes Hinayana, Mahayana, Vajrayana, Tantrayana and Mantrayana, Sahajyana and Wonpo or Lama sects etc. These religions have been transformed into various sects and sub-sects over time. There is also a practice of worshipping nature, ancestors and invisible powers in Nepali society. Nepali society also has a tradition of worshipping nature, ancestors, and invisible powers. People have faith and belief in Masto in western Nepal, Chandi or Devi in the eastern hills, Sansarimai in the Tarai, and Hinduism in the Himalayan regions.

Nepal is a multi-ethnic, multilingual, multi-religious, and multicultural country. Here, unity is found in cultural diversity.

Since ancient times, there has been remarkable harmony among its diverse cultures. As Nepali culture is rooted in the principle of cultural pluralism, there has also been a continuous exchange of cultural traditions. Nepal can proudly be called a country where a shared cultural heritage has evolved.

6.2.1 Major Feasts and Festivals Celebrated in Nepal

Nepal is home to people of various castes, languages, and religions. Each caste and religious group has its customs, lifestyles, and traditions. The major feasts, festivals and musical instruments celebrations in Nepal are discussed below:

Biska Jatra (Bisket)



Biska Jatra, Bhaktapur

This festival, which is celebrated in Bhaktapur from the fourth day of the last week of the month of Chaitra, the beginning of the new year on *Mesha* (Aries) Sankranti, is also called *Bishwaketu Yatra*, *Bishwakrit Yatra*, *Bisika Jatra*, and is also called *Bivarshe Mela*, which is celebrated from the end of one year to the beginning of the next new year. During this time, all friends are met and good wishes are exchanged. Performing the Shiva Swaroop Bhairav Rath Yatra is considered an important aspect of the Bisket Jatra. Chariot fighting, tongue piercing, and Khat Jatra are also performed on this day.

Seto Machhindranath Jatra



Seto Machhindranath Jatra, Kathmandu

The lord of all living beings, Aryawalokiteswar, is called *Seto Machhindranath*. In the Newari language, *Seto Machhindranath* is called Shree Janabahadhya. The idol and temple of Aryawalokiteswar Seto Machhindranath is located in the middle of Machhindrabahal or Kanak Chaitya Vihar of Keltol, Kathmandu. Praying for the welfare of living beings, they bathe with milk, curd etc. decorate themselves with garlands and then perform a chariot procession on the auspicious day of Chaitra Ashtami.

Judshital

Nepalese people consider Baisakh 1st as their New Year, while the Maithili community observes Baisakh 2nd as their New Year and marks it as the beginning of the new year. On this occasion, communal meals and colourful programs are organized in Mithila. This festival is celebrated in an atmosphere of enthusiasm, similar to Holi, by splashing paint, colours, and mud in the neighbourhood. On this day, elders wake up early in the morning, take a bath, complete their daily rituals, take holy cool water from a pot, place it on their right-hand fingers, and anoint it with blessings. This practice is why the festival is called Judshital.

Eid

The festival of Eid is enthusiastically celebrated in Nepal by followers of Islam. Eid-ul-Fitr is observed on the first day of

the tenth month of Shawal, following the end of the ninth month of Ramadan, marking the conclusion of the fasting period. Eid-ul-Azha, or Bakr-e-Id, is celebrated on the 10th of Zil-Hijjah, the last month of the Hijri calendar. Donations are made on Eid-ul-Fitr, while animals are sacrificed on Bakr-e-Id.



Islamic Followers Praying on Eid

Mata Tirtha Ausi

Among the various festivals celebrated in Nepal each year, some original festivals inspire us to remember the virtues of our mother and our country. One such festival is Mata Tirtha Ausi, also known as Mother's Day, which is observed on Baishakh Krishna Ausi. This day is called Mata Tirtha Ausi because it is dedicated to expressing devotion and gratitude toward mothers while reflecting on their important qualities. On this day, children honour their mothers with joy and respect, offering them sweet food with reverence. It is believed that a pleased mother's blessings bring great benefits to her children. Those who have lost their mothers visit the Mata Tirtha shrine in Kathmandu or other pilgrimage sites to bathe and offer *Siddha* and *Pinda*. It is believed that the blessings of a deceased mother, pleased with this act, bring prosperity and happiness to her children.

Siruwa Festival

On the occasion of the New Year, the Rajbanshi community living in Jhapa, Morang, and Sunsari districts worship their ancestral deity and celebrate the Siruwa festival by splashing mud and colours. During this important festival, garlic and

onions are hung outside the house. According to a legend from the Mahabharata period, when Parashurama was killing regional castes to cleanse their earth, he saw garlic and onions hanging on the doors of the Rajbanshi people and spared them. As a result, the tradition of hanging garlic and onions continues to this day. On this day, a mixture of seven types of vegetables is prepared and eaten. During the Siruwa festival, the Rajbanshi community worships their ancestral deity, Thakur Visri, and also offers prayers to the Teesta River, revered as Teestabudhi. In addition to the Rajbanshi community, this festival is enthusiastically celebrated by the Tharu, Tajpuriya, Kahar, and Gangai communities. Markets come alive with colourful music, dances, and songs during the festivities.

Ubhauri and Udhauri



Sakela Festival

Ubhauri and Udhauri are festivals celebrated by the Rai community. These festivals are observed twice a year one as Udhauri and the other as Ubhauri. Some people celebrate this festival as Chandinacha, others as Sakela or Sakewa, and some as Baisakhe and Wadangmet. Since the Rai community has diverse cultural traditions, this festival is celebrated in different ways, at different times, and under different names. Ubhauri is observed around Baisakh-Jestha, while Udhauri is celebrated

around Kartik-Mangsir. During this festival, Nakchong (priests) perform rituals called Mundhum at Chandi Than, Margathan, Mankhim, and other sacred sites. It is customary to celebrate by worshipping ancestors in every household, playing drums and jhamtas, dancing, and enjoying sweets.

Buddha Jayanti

As the Buddha was born on the full moon day of the month of Baishakh in 563 BC, attained enlightenment on the full moon day of Baishakh, and achieved Mahaparinirvana on the full moon day of Baishakh in 483 BC, 'Baishakh Shukla Purnima (Swanya Punhi)' is celebrated as Buddha Jayanti across the country. On this day, large gatherings are held in Buddhist monasteries, Muths, Gumbas, and Biharas.



Buddha Birth Plaque, Lumbini

Chasok Tangnam

Chasok Tangnam, a significant festival of the Limbu community, falls on the full moon day of Baisakh and the full moon day of Mangsir each year. Also known as Nwagi Puja, this festival involves offering newly harvested crops and fruits to the gods before consuming them. The celebration continues throughout the night with traditional dances like Yalangma and Chhyabrung, along with the singing of Hakpare songs. This festival symbolizes the solidarity, shared heritage, prosperity, and cultural identity of the Limbu community.

Rato Machhindranath Jatra

Lord Loknath, the protector of Kathmandu Valley and the guardian of the animal world, is called Rato Machhindranath. Machhindranath is bathed in milk and curd, and the Jatra is concluded with a Rath Yatra from Pulchowk, Lalitpur and the



Bhoto Jatra, Lalitpur

display of Machhindranath's Bhoto (upper robe) at Jawalakhel, Patan. This Jatra begins in *Chaitra/Baishakh* and continues for almost a month. Rato Machhindranath is famous as the god of rain and *Sahakal* (abundant crops).

Kumar Shashthi or Sithi Nakha

Sithi or Sithi Nakha: is a famous festival of the Newar community. Celebrated on the day of Jeth Shukla Shashthi, this festival is celebrated by specially worshipping Kumar Kattikeya and performing *Khat Yatra* (riding a chariot). On this day, the Newars usually perform Devali Puja along with cleaning wells. This festival is also associated with the happiness and prosperity of the farming community.

Saune Sankranti

Since it marks the beginning of Dakshinayana (the sun's movement south of the equator) and falls on the first day of Shrawan, Karkat Sankranti is also known as Saune Sankranti. On this day, gods and goddesses are worshipped in the morning by bathing and performing puja (worship). In the evening, the demon Kandarak is worshipped, and stones are thrown as a symbolic act to dispel sorrow, hardship, and inauspiciousness.

Gunla Festival

The Buddhist Newar community celebrates the Gunla festival

for a month, starting from Shukla Pratipada of Shravan (the Gunla month of the Nepali calendar). During this time, devotees visit Buddhist monasteries and priors to worship Lord Buddha. This festival is celebrated in three phases: Panchadan, the public display of various deities, and Mataya. Mataya Jatra, where people visit pilgrimage sites to light lamps in memory of deceased relatives, falls on Bhadra Krishna Dwitiya (the second day of the dark fortnight). It is believed that Lord Buddha conquered death on this day.

Janai Purnima



Janai Purnima

Every year the day of Shravan Shukla Purnima is called Janaipurnima/Rishitarpani Purnima. On that day, apart from donning the new man, the Rakshya Bandhan (yellow or red sacred thread) is tied by the priests and Dakshina (charity) is given. In some communities, nine types of grain seeds are eaten after being soaked. Different communities of the Terai region wish each other long lives by tying rakhis (a sacred thread) to each other.

Nag Panchami

One of the festivals celebrated every year on major *Panchami* dates, such as Rishi Panchami and Sree Panchami, across Nepal

since ancient times is Nag Panchami. This festival is observed on the Panchami of the first full moon of the month of Shravan, by pasting pictures of nags (serpent gods) on the doors of every house and ritually worshipping them and snake statues.

Gaijatra



Gai Jatra (Saparu) Kathmandu

This festival is celebrated for seven days, starting from the day after Janai Purnima, i.e., from Bhadra Krishna Pratipada. According to legend, King Pratap Malla organized the Gai Jatra for the first time to appease the grieving queen after the death of his son, Chakravartendra Malla, and the queen was relieved of her grief through the festival. Khadgajatra, Ropainjatra, Lakhenacha, Shaddarshan Khyali, Loknritya (folk dance), dabali dance, drama, and other performances are part of this festival.

Teej

Teej is celebrated as a special festival by Nepali women. This festival falls on the third day of the bright fortnight of the month of Bhadra. It is a significant festival for Hindu women. On this



A Glimpse of the Teej Festival

day, women observe a fast, traditionally to seek the husband of their choice and to ensure good fortune.

Gora (Gaura)

Gora (Gaura Parva) is the biggest festival in the Far West region of Nepal. Generally, this festival is celebrated during the bright fortnight of Bhadra. However, if the dawn of *Agast* (A month of 31 days falling between the middle of Shravan and the middle of Bhadra) falls in the bright fortnight of Bhadra, the festival is celebrated during the dark fortnight of Bhadra that year. It is customary not to worship Gorabrata without first worshipping Shrawan on the 11th day of the bright fortnight (Putrada Ekadashi). The festival lasts from Gaura Ekadashi to the day of Gaura Selau (farewell to Gaura) and is typically celebrated for a month. However, the key four days of Gaura Parva include soaking the Biruda, washing the Biruda, and bringing the Gaura and Aithebali. During this festival, it is customary for Gaura worshippers to worship Shiva-Gauri along with Ganesh with great devotion, maintaining sexual and mental purity. Worshippers of these deities (Shiva, Gauri, and Ganesh) collectively perform the ritual of Biruda (a mixture of black lentils, grains, gurans, small peas, and wheat/barley). The festival is traditionally celebrated in the temple premises of local deities for three to seven days from the second day of *Aithewali*, with religious and entertaining

songs and dances like Dhusko, Ghumari, Thulo (heavy) Khel, Deuda, and other traditional dances. The Gaura festival, attended by both women and men, has always held cultural and economic significance.

Kushe Ausi

Every year, Kushe Ausi falls on the dark fortnight or no-moon day of Bhadra month. On this day, Brahmins worship the sacred Kush (a type of plant), which is considered indispensable in daily and ordinary rituals according to the scriptures. It is believed that keeping a bundle of Kush in the house on this day brings good luck. Therefore, the festival is named Kushe Ausi after the plant Kush. On this day, it is customary to feed one's father with great devotion and pray for blessings by offering him his favorite food. Those who do not have a father perform Sidhadan (donation), Shraddha (ritual respect), and other offerings in their father's name. They also provide food to Guru Purohits (family priests), considering them as symbolic representatives of their father.

Dashain

It can be assumed that the festival is named Dashain because it lasts for 10 days, from the first day of the bright fortnight of the month of Ashwin to the 10th day, or Dashami, which holds special significance. This festival is celebrated as a national festival of Nepal. Blessings from relatives, tika on the forehead, jamara (sprouted barley, sesame, etc.) placed in the hair and ears, and various types of garlands worn around the neck are the special features of the Dashain festival. During this festival, different forms of goddess worship, flower offerings, and other rituals are performed over nine days.

Tihar

Celebrated for five days from the 13th day of the dark fortnight, or Krishna Trayodashi, of the month of Kartik, this festival symbolizes love and goodwill between brothers and sisters. These five days are also called Yama Panchak, as they are associated with the legend of Yamaraj (god of death) visiting his sister Yamuna, who served and worshipped him. During this festival, crows, dogs, Goddess Lakshmi, cows, and bulls are worshipped, and on the last day, Bhai Puja (brother worship) is performed.

On this day, sisters pray for the happiness, prosperity, and long life of their brothers by applying tika and feeding them sweets. The occasion is also marked by entertainment through traditional songs and dances, such as Bhailo and Deusi.

Chhath Festival



Women Devotees at the Chhath Festival

Chhath is the biggest and most important festival, especially in the eastern and central Terai regions (Dhanusha, Mahottari, Sarlahi). It is celebrated with great pomp and grandeur in Janakpur on the sixth day of the bright fortnight of Kartik. Janakpur has nearly three hundred ponds, also known as *Sagar*, such as Gangasagar, Dhanusha Sagar, Ratna Sagar, Agnikunda, Viharkund, and Papamochani. Devotees go to the riverbanks before sunrise, immerse themselves in the water up to their chests, bathe, meditate, worship, and wait for the eastern light to appear. On the morning of Saptami, they reach the waterbank before sunrise and make offerings at sunrise. Some devotees, to fulfil their vows or wishes, crawl on their chests to the riverbank or pond and complete their fast through this strenuous spiritual practice. On the evening of Shashti, at sunset, people make offerings to the setting sun. This festival, primarily observed by those who take vows to fulfil their wishes through sun worship, is now celebrated across the country, including in the Kathmandu Valley.

Lhosar

The Sherpa, Bhote, Gurung, Thakali, and Tamang castes of the northern Himalayan region celebrate the Lhosar festival, which



Celebrating the Lhosar Festival in Cultural Costume

falls around the month of Magh, with special enthusiasm to mark the beginning of the new year according to the Tibetan calendar. The years are named after the rat, cow, tiger, cat, eagle, snake, horse, sheep, monkey, bird, dog, and pig, following a 12-year cycle. Among the different types of Lhosar, Sonam, Tamu, and Gyalbo Lhosar are recognized as public holidays for the followers of the respective traditions in Nepal.

Shee Panchami

The festival celebrated on the day of the bright of fortnight or Magh Shukla Panchami is called Shree Panchami or Basant Panchami. This festival symbolizes the arrival of spring. On this day, Goddess Saraswati and Mahamanjushree Guru are worshipped. It is also celebrated as the day when young children are introduced to the alphabet. Saraswati is praised, and it is believed that by



Shree Panchami

worshipping her with devotion in various temples and homes and writing her name on the walls of temples, one will gain the ability to read. On this day, Basant Shravan is performed at Hanuman Dhoka Durbar. The act of listening to verses related to the spring season is called Basant Shravan.

Christmas

Like Christians in other countries, Christians in Nepal also celebrate Christmas with great pomp on December 25. This festival, which commemorates the birth of Jesus Christ and his sacrifice on the cross to atone for the sins of mankind, is celebrated by Christians who go to churches to pray for world peace, love, and hope, and exchange greetings and gifts. This day is a public holiday.

Maghe Sankranti

Maghe Sankranti is the main festival of the Tharu community. This festival is celebrated with great pomp and show in the west as Magh, in the central Terai as Khichdi, and the east as Tila Sankranti. The Tharus also consider it the beginning of the new year. In urban areas, this festival is now celebrated as Maghi Mahotsav.

Makar Sankranti occurs when the Sun enters the 10th place in the zodiac sign Capricorn. Since it begins its northern journey and falls on the first day of the month of Magh, it is also called Maghe Sankranti. On this day, Makar Sankranti rituals are performed, and gods and goddesses are worshipped. Karkat Sankranti occurs when the Sun enters the fourth sign of the zodiac, Cancer. On that day, a bull-fighting festival is celebrated in Taruka, Nuwakot.

Holi

In Hindu culture, the full moon day of the month of Falgun is called Holi Purnima. It is an important festival for Hindus. Holi is the festival of colours. Since it is celebrated in the month of Falgun, this festival is also called Phagu Purnima. Holi is believed to begin after a cheer (a specially decorated lingo) is buried in front of Basantapur Durbar in Kathmandu on the eighth day of the bright fortnight (Shukla Ashtami) of Falgun month. The

Phagu festival is considered to end when the cheer is removed and burned on the night of the full moon. Holi is a very ancient festival of Hindus. The description of this festival is mentioned in ancient texts such as the Narada Purana and Bhavishya Purana. This festival is linked to the story of the ancient atheist king Hiranyakashipu, his son Prahlad, and his sister Holika. Holi is celebrated on the day of the full moon in the hills and the next day in the Terai.

Ram Navami

In Treta Yuga (epoch), on the ninth day of the bright fortnight of the month of Chaitra, Lord Rama, one of the ten incarnations of Lord Vishnu, was born, and this day is celebrated as Ram Navami. Although Chaite Dashain (Little Dashain) is not as significant in the Terai region, Ram Navami is celebrated with joy and gaiety the next day. On this day, special worship of Lord Rama and Goddess Sita is performed in the Janakpur region of Nepal, as well as in Ayodhya, the birthplace of Lord Rama, and other Ram temples.

Mahashivaratri

Every year, on the 14th day of the dark fortnight or Krishna Chaturdashi in Falgun, a large gathering of devotees assembles at the Pashupatinath temple in Kathmandu and other Shiva temples. Nepal also celebrates Army Day on the day of Mahashivaratri.

Chaite Dashain

The Chaite Dashain festival celebrated on the 8th day of the bright fortnight or Chait Shukla Ashtami, is also known as Sano Dashain. The Dura caste in Lamjung district celebrates this festival with special pomp. The Rath Yatra of Seto Machhindranath begins on this day.

Ghode Jatra

On the day of the 14th bright fortnight or Chaitra Krishna Chaturdashi or Pichas Chaturdashi, Pahanchahre or Pasachahre or Mitra Chaturdashi is celebrated in Kathmandu, Luku Mahadayo is worshipped, and on the day of no-moon day or Aunsi, a Ghodejatra is celebrated in the valley. A horse race ceremony is



Ghode Jatra, Kathmandu

organized on this day at Tundikhel in Kathmandu. The horse is considered a symbol of discipline, strength and speed.

Bhumi Puja (Land Festival)

The Bhumi Puja (Land Festival) is a unique festival that embodies the historical, cultural, social, and political characteristics of the Magar people, who share common indigenous traits with the world's indigenous communities, based on thousands of original customs, cultures, and traditional social values within the Magar community. This festival is also known as Balku, Namk, or Nogobange in the Magar Kham Pang (language). Bhumi Puja (Namk) is a festival of the Magar people with very ancient origins. This festival has been celebrated since Asar 1st, and in some places, depending on the geographical area, it is also observed on Shravan 1st. The Magar people consider this festival the beginning of the financial year, and locally, they bid farewell to the old rulers and hand over power to the new leadership. During the festival, they also conduct an internal census to collect information about the population. The main purpose of Bhumi Puja (land worship) is to pray that nature remains undamaged, that there are no diseases, and that the welfare of all living beings, including the earth, is ensured. The civilization and culture of this festival are celebrated in the districts of Rolpa and Rukum in western Nepal.

Toranalha (Ancestor Worship)

Toranalha (Ancestor Worship) festival, popular among the Thakali

community in Nepal, is celebrated as a form of ancestor worship. It begins one day before the full moon of Phagu or Phagu Purnima and lasts until the day after the full moon of Phagu or Phagu Purnima (3 days). On this occasion, Khimi (pick) is donated to the ancestors. On this festival, after midnight and in the morning before the chicken crow, the head woman of the house bathes purifies herself and places it on sal leaves to commemorate the deceased ancestors. Men do not participate in the *Pindadan* ceremony. On this occasion, in addition to eating fruits and sweets, wearing nice new clothes, and meeting relatives and friends, an archery competition (Taro Khel) is organized among men and a *gattakhelne* (stone-playing) competition among women.

Pata Mela

The Pata Mela festival, celebrated by the indigenous Satar community of Nepal, is attended by thousands of people from the Jhapa district and Santhals from India, who worship Shiva and Parwati and organise various cultural programs, including dancing and singing.

Trahute Festival

Remembering the folk tales and sagas of Gurung (Tamu) King Mesro and his brave warriors, who fought to protect the village from various evils, safeguard crops, domestic animals, wild animals, and even humans, and defend the village from external attacks, the symbolic performance of equipping themselves with weapons made from bhakiamlo (a type of tree with fine seeds and a sour taste) is enacted. This is accompanied by loud shouts, the playing of drums, dhyangro (a type of drum), and yamro, while driving enemies across the village borders. The Trahute festival, celebrated by the Gurung (Tamu) community, symbolizes these heroic deeds. The festival is celebrated with wishes for happiness, peace, and fearlessness, with participants wearing black face paint, sewing bird feathers on their heads, playing musical instruments, and dancing, reflecting the Gurung (Tamu) costume, lifestyle, and culture.

Pendia

The Tharus of central and far-western Nepal celebrate the day when all the grain is brought in from the barn (a flat area used for

threshing rice) after completing their farming. On this day, the Guru Purohit (family priest) of the Tharu community performs a special type of puja (prayer) in the barn.

Gadhimai Mela

The Gadhimai Mela is held every 5 years in Bariyarpur in the Bara district, where lakhs of devotees from Nepal and India come to celebrate the fair. In this fair, cattle, goats and birds are offered to Gadhimai.

6.2.2 Description of Nepal's Cultural Heritage

Cultural heritage is the human culture that has been passed down as a tradition since ancient period. The culture that reflects religious beliefs and faith is cultural heritage. Our traditional values, lifestyle, religion and religious texts, folk dances, records, and inscriptions are all part of cultural heritage. As of 2019, 869 places of historical and cultural importance worldwide have been included in the World Heritage List. Four places in Nepal have been listed, two of which are of historical and cultural significance. These various heritages reflect the characteristics of society. The Department of Archaeology was established to protect cultural heritage. There are two types of cultural heritage: tangible and intangible.

Physical cultural heritage: Ancient temples, monasteries, stupas, statues, sculptures, historical palaces, copperplates, inscriptions, folk dances, folk instruments, paintings, historical caves and pilgrimage sites of sages in the mountains and rivers, Shrikhand (Sandalwood), Rudrakshya, trees of religious significance, ancient jewellery, ancient weapons, etc.

Intangible cultural heritage: Religion, tradition, lifestyle, costumes, behaviour, customs, festivals, dates, fasts, etc. are intangible cultural heritage.

6.2.3 Cultural and Natural Heritage of Nepal Listed on the World Heritage List

Heritage sites, monuments, and memorial sites, established as jewels alongside the development of the human mind, society, and culture, are valuable heritage. These heritages are the common heritage of mankind, and it is the responsibility of all of us to protect them. Once such monuments are destroyed, it is almost



Kathmandu Durbar Square



Patan Durbar Square



Bhaktapur Durbar Square

impossible to restore them. Their destruction means the loss of all human heritage. To protect them, the World Heritage Committee works to establish various cultural and natural heritages as World Heritage Conventions and lists them as World Heritage following the provisions of the World Heritage Convention of 1972. The

World Heritage Conservation Act of 1972 has been in force since 1975, with Nepal ratifying it in 1978.

6.2.3.1 Cultural Heritage of Nepal Listed on the World Heritage List

(a) The Kathmandu Valley

After Nepal became a State Party or Member in 1978, UNESCO/WHC approved Nepal's request to list the unique, incomparable cultural heritage of Kathmandu Valley on the World Heritage List for its protection and management due to its exceptional universal significance, authenticity and continuity (UNESCO/WHC, 1979). Thus, after listing the seven areas of Kathmandu Valley as a World Heritage Site, the Government of Nepal, following its moral obligation and high-level protection or conservation, demarcated these seven areas by designating four forts and declaring them as separately protected monument areas: Swayambhunath (2036 B.S.), Hanumandhoka, Patan and Bhaktapur Durbar Square, Changuarayan and Bouddhanath (2041 B.S.), Pashupatinath (2055 B.S.) (Government of Nepal, 2036, 2041, 2055).

(b) Lumbini, the Birthplace of Lord Buddha, a World Heritage Site



Mayadevi Temple, Lumbini

Lumbini, known as the birthplace of Lord Buddha, was only requested to be included in the World Heritage List in 1996, about

17 years after the ratification of the World Heritage Convention, 1972, and the World Heritage Committee decided to include it in the list the following year, i.e. in 1997 (UNESCO/WH 1997).

The sacred garden of Lumbini and the various archaeological remains surrounding it directly link the region to the birth of Lord Buddha, the founder of Buddhism, a religion and philosophy practised by the majority of the world's population today.

6.2.3.2 Natural Heritage Listed on the World Heritage List

1. Sagarmatha National Park

Establishment: 2032 BS (1976 AD)

Establishment of the buffer zone: 2058 BS (2002 AD)

Area: 1,148 sq. km.

Area of the buffer zone: 275 square kilometres

Located in the Solukhumbu district of the Sagarmatha zone in eastern Nepal, this national park encompasses the world's highest peak, Mount Everest (8848.86 m). Similarly, the peaks of Lhotse, Nuptse, Cho Oyu, Lhotse Shar, Pumori, Ama Dablam, and Thamserku, all over 6,000 meters high, further enhance the pride of this park. There are four main valleys here Gokyo, Khumbu, Chukung, and Nangpa which residents and mountaineers use. Gokyo and the associated lakes within this park were included in the Ramsar list in 2007. This national park, with its high mountainous environment, is home to trees of species such as Gobre Salla, Thingre Salla, Hemlock, Dhupi, Bhojpatra, and Gurans. In spring, the flowers of Laligurans make the forests within the park particularly picturesque and beautiful. Wild animals such as musk deer, Himalayan black bear, snow leopard, Himalayan tahr, goral, and Himalayan wolf, as well as 193 species of birds, including Daphne, Chilime, Kalij, snowcock, Red-billed Chough (Tunga), and Yellow-billed Chough (Temu), are the natural jewels of this national park. This national park has been included in the World Heritage List since 1979.

2. Chitwan National Park

Establishment: 2030 BS(1973 AD)

Establishment of the buffer zone: 2053 BS (1996 AD)

Area: 952.63 sq. km.



Elephant Ride, Chitwan National Park

Area of the buffer zone: 729.37 sq. km.

Spread over parts of Chitwan, Makawanpur, Parsa, and eastern Nawalparasi districts, this national park is the first national park in Nepal. Its area is 952.63 square kilometres. The park encompasses the main areas of the Chure Hills and the Rapti, Narayani, and Riu rivers. About 70% of the park's forest area is covered by Sal forest. More than 60 species of mammals, including the one-horned rhinoceros, leopard, hyena, gaur, sloth bear, ratuwa, chital, laguna, jarayo (stag), chausingha, monkey, and langur many of which are considered rare worldwide are found in this place. Similarly, reptiles and amphibians, including the gharial crocodile, mugger crocodile, and python, as well as more than 546 species of migratory and native birds and various types of insects, have made this park even richer. Keeping in mind the conservation of these natural assets, Chitwan National Park was included in the World Heritage List in 1984.

(Source: Government of Nepal, Ministry of Forests and Environment, Department of National Parks and Wildlife Conservation).

6.2.3.3 Potential World Heritage Sites

Nepal has twice listed various national heritage sites on the List of Potential World Heritage Sites, in 1996 and 2008. Among them, Lumbini, the birthplace of Lord Buddha, which was included in

the List of Potential World Heritage Sites in 1996, was officially inscribed on the World Heritage List in 1997 following a request made by the Government of Nepal on its initiative. In addition, the



Caves at Mustang



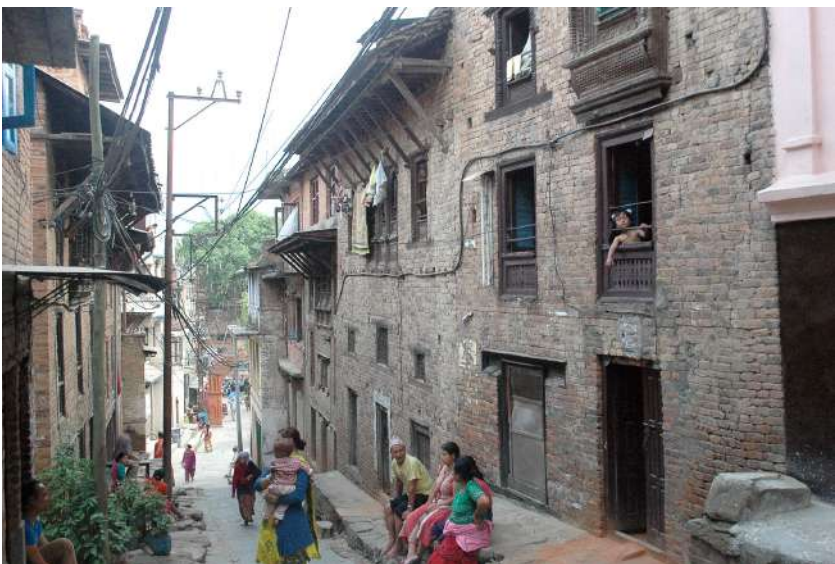
Khokana Basti

following national heritage sites remain on the List of Potential World Heritage Sites:

- Cave architecture of Muktinath Valley of Mustang (23/05/1996)
- Khokana, the vernacular village and its mustard-oil seed industrial heritage (23/05/1996)



Panauti



Kritipur

- Ramagrama, the relic stupa of Lord Buddha (23/05/1996)
- The early medieval architectural complex of Panauti (23/05/1996)
- The medieval palace complex of Gorkha (23/05/1996)
- Tilaurakot, the archaeological remains of ancient Shakya



Nuwakot Palace



Bhurti Temple, Dailekh

Kingdom (23/05/1996)

- Medieval Earthen Walled City of Lo Manthang (30/01/2008)
- Medieval Settlement of Kirtipur (30/01/2008)
- Nuwakot Palace Complex (30/01/2008)
- Ram Janaki Temple (30/01/2008)
- Bhurti Temple Complex of Dailekh (30/01/2008)
- Rishikesh Complex of Ruru Kshetra (30/01/2008)
- Sinja valley (30/01/2008)
- The Medieval Town of Tansen (30/01/2008)
- Vajrayogini and early Settlement of Sankhu (30/01/2008)



Tansen City, Palpa



Ram Janaki Temple, Dhanusha

Table No. 6.3
Cultural and Natural Heritage Sites of Nepal
Listed on the World Heritage List

S.N.		Heritage	Date Listed	Area	Main Attractions
1	a	Changunarayan	1979		Inscriptions of Changunarayan Temple
	b	Bhaktapur Durbar	1979		Pachapanna Jhyale Durbar
	c	Swoyambhu Maha Chaitya	1979		World-famous Buddhist Mahavihara
	d	Boudhanath Khasti	1979		36 m. tall Buddhist Stupa
	e	Hanuman Dhoka Durbar	1979		Kashtamandap, Hanuman statue, Basantapur Durbar, Taleju Temple, Kumari Ghar, Museum etc.
	f	Pashupatinath	1979	264 Hectares	Pashupatinath Temple, Jayabageshwari, Devpattan, Shleshmantak Forest, Guhyeshwari etc.
	g	Patan Durbar	1979		Krishna Temple, Mahaboddha, Rato Machhindranath Temple, Museum etc.
2		Lumbini	1997	11150 Hectares	Buddha's Birthplace, Mayadevi Temple, Ashoka Pillar, Pushkarini Pond, Museum etc.
3		Sagarmatha National Park	1979		Mount Everest, Lhotse, Choyu-like snow peaks, Daphne (Lophophorus), Snow leopard etc.
4		Chitwan National Park	1984	932 sq. km.	Animals and Siverse Flora like One-Horned Rhinoceros, Tiger, Peacock etc.

Source: Government of Nepal, Ministry of Culture, Tourism and Civil Aviation, Department of Archeology

6.2.4 Long-term Policy on the Protection of National Cultural Heritage

The Government of Nepal has issued the National Cultural Policy 2067 BS. Nepal Academy of Fine Arts, Nepal Academy of Music and Drama, and Nepal Academy have been formed and are in operation for the development, promotion, and protection of language, art, culture, fine arts, music, and drama.

The National Archives, National Museum Chhauni, National Currency Museum, National Art Museum Bhaktapur, Provincial Museum Pokhara, Provincial Museum Surkhet, Provincial Museum Dhankuta, Provincial Palace Museum Palpa, Gorkha Museum, Kapilvastu Museum, and Nuwakot Palace Museum have been established, and programs are being conducted for the conservation of archaeological objects. Similarly, the heritage of 72 districts has been listed, and programs are being conducted accordingly. In addition, programs are underway for the conservation of heritage sites listed on the World Heritage List, and a 20-year master plan for the sacred religious site of Devghat has been approved. The establishment of other ethnic museums has continued, and new ethnic museums have been initiated in Dharan, Chitwan, Kirtipur, Pokhara, Dang, and Jumla with the participation of local bodies and communities. Furthermore, infrastructure development for the People's Movement and Martyrs' Memorial Museum has begun in Gokarna, Kathmandu. The Narayanhiti Durbar Museum has been established, with some parts opened for public viewing, and a revolving fund of Rs. 10 million has been set up for the memorial award of the great poet of Maithili literature, Vidyapati. The activities related to infrastructure development are also being carried out under the master plan for the Lumbini, Pashupatinath, and Janakpur regions.



Nepali Language, Literature and Art

7.1 Language



Pioneers of Nepali Linguistics

Nepal is a multilingual country. The Constitution of Nepal has recognized that all the languages spoken as mother tongues in Nepal are the languages of the nation. The Nepali language is the official working language of Nepal. Nepali is also the lingua franca. In ancient Nepal, languages such as Kirat, Sanskrit, and Pali, along with scripts such as Brahmi, Sirijangha, Devanagari, and Ranjana, were developed. In the last centuries of the ancient period, the Sanskrit language seems to have developed much more compared to other languages. The Newari language began

to be written in the medieval period after the rise of Jayasthiti Malla.

Although various other languages existed in Nepal during this period, their dominance in written form was not found. After the entry of Muslim traders, Urdu and Persian languages began to be used in the medieval period. It is evident from history that there were also scholars of Sanskrit, Maithili, Bengali, Bhojpuri, Awadhi, and Parbate (Nepali) languages in the palace.

7.1.1 Major Languages Spoken in Nepal (According to the National Census of 2078 BS)

S.N.	Mother Tongue	Population
1.	Nepali	13084457
2.	Maithili	3222389
3.	Bhojpuri	1820795
4.	Tharu	1714091
5.	Tamang	1423075
6.	Bajjika	1133764
7.	Awadhi	864276
8.	Nepal language (Newari)	863380
9.	Magar Dhut	810315
10.	Dotelli	494864
11.	Urdu	413785
12.	Yakthung/ Limbu	350436
13.	Gurung	328074
14.	Magadhi	230117
15.	Baitadeli	152666

16.	Rai	144512
17.	Achhami	141444
18.	Bantawa	138003
19.	Dynasty	130163
20.	Sherpa	117896
21.	Khas	117511
22.	Bajhang	99631
23.	Hindi	98399
24.	Magar Kham	91753
25.	Chamling	89037
26.	Rana Tharu	77766
27.	Chepan	58392
28.	Bajureli	56486
29.	Santhali	53677
30.	Danuwar	49992
31.	Darchuleli	45649
32.	Urawan/ Urau	38873
33.	Kulung	37912

34.	Angika	35952
35.	Majhi	32917
36.	Sunuwar	32708
37.	Thami	26805
38.	Gangai	26281
39.	Thulung	24405
40.	Bangla	23774
41.	Ghale	23049
42.	Sampang	21597
43.	Marwadi	21333
44.	Dadeldhuri	21300
45.	Dhimal	20583
46.	Tajpuria	20349
47.	Kumal	18435
48.	Khaling	16514
49.	Musalman	16252
50.	Wambule	15285
51.	Bahing/ Bayung	14449
52.	Yakkha	14241
53.	Sanskrit	13906
54.	Bhujel	13086
55.	Bhote	12895
56.	Darai	12156
57.	Yamfu/ Yamfe	10744
58.	Nachhiring	9906

59.	Hylmo/ Yolmo	9658
60.	Dumi	8638
61.	Jumli	8338
62.	Bote	7687
63.	Mewahang	7428
64.	Puma	6763
65.	Pahari	5946
66.	Athpaharia	5580
67.	Dungmali	5403
68.	Jirel	5167
69.	Tibetan	5053
70.	Dailekhi	4989
71.	Chum/Nubri	4284
72.	Chantyal	4282
73.	Raji	4247
74.	Thakali	4220
75.	Meche	4203
76.	Koi	4152
77.	Lohorung	3884
78.	Kewarat	3469
79.	Dolpali	3244
80.	Dune	3100
81.	Mugali	2834
82.	Zero/Jerung	2817
83.	Karmarong	2619

84.	Chilling	2564
85.	Lhopa	2348
86.	Lapcha	2240
87.	Munda/ Mudiyari	2107
88.	Manange	2022
89.	Tshiring	2011
90.	Dura	1991
91.	Tilung	1969
92.	Sanketik	1784
93.	Vyasi	1706
94.	Balkura / Baram	1539
95.	Baragaun	1536
96.	Sadri	1347
97.	English	1323
98.	Magar Kaike	1225
99.	Sonaha	1182
100.	Hayu /Bhayu	1133
101.	Kisan	1004
102.	Punjabi	871
103.	Dhuleli	786
104.	Khamchi (Raute)	741
105.	Lungkhim	702

106.	Lowa	624
107.	Kagate	611
108.	Waling/ Walung	545
109.	Nar-Phu	428
110.	Lhomi	413
111.	Tichurong Poike	410
112.	Kurmali	397
113.	Koche	332
114.	Sindhi	291
115.	Phangduwali	247
116.	Belhare	177
117.	Surel	174
118.	Malpande	161
119.	Khariya	132
120.	Sadhani	122
121.	Haryanwi	114
122.	Saam	106
123.	Bankariya	86
124.	Kusunda	23
125.	Others	4201
126.	Unknown	346

Source: National Census, 2078

7.1.2 Development and Expansion of the Nepali Language

The Nepali language is a language belonging to the Indo-European language family. It is related to the modern Aryan languages of the

Aryan-Iranian branch. The Nepali language is one of the modern Aryan languages. It has developed through Sanskrit, Prakrit and distortion. Scholars have not been able to agree on which branch of Prakrit and distortion Nepali language originated from. The Nepali language is considered the language of government work. It is considered to be the richest language in terms of language that is understandable by everyone, easy to communicate with, contact language, vocabulary language, language users, literature, literary figures and linguists.

Based on linguistic archaeological features and political developments, the development of the Nepali language has been divided into the following three periods:

(a) Initial Phase

The ancient period is considered to span from 1040 to 1549 BS. The 'Damupal inscription' of 1038 BS is taken as evidence of the Nepali language. The Khas people were scattered from the Saptasindhu region to present-day Nepal. During the expansion of the Mughal Empire in India, King Nagaraj of Humla Sripal unified and established a vast Khas kingdom in 1040 BS to counter possible attacks. However, he was not a Khas but a Tibetan. According to descriptions given by Atkinson and Rahul Sankrityayan, he was the twelfth descendant of Srong-Chang Gampo. Therefore, it is understood that his mother tongue was Tibetan. Another notable aspect is the names of his children. The term *Chap* is not a personal name but a Sinjali word meaning "king" in this culture. Similarly, *Chapilla* means "son of Chap." *Krasichalla* means "son of Kras," indicating a connection between Tibetan and Khas linguistic influences. *Kradhichalla* means "son of Kradhi," and *Krachalla* means "son of Kra." These names indicate that the dynasty was Tibetan-speaking. However, since the Khas made up the majority of the population, the kings gradually assimilated into the Khas caste and adopted the local Khas language as the state language. At that time, the Eastern Khas kingdom had two major provinces: Khasan, where the Khas were densely populated, and Jadan, where the Jad or Bhote people formed the majority. The capital of Khasan province was Sinja (present-day Jumla). Since the same language was used as the state language across these

regions, it is identified as *Sinjali*. This language is believed to have originated during the unified Khas kingdom, similar to how other modern Indo-Aryan languages emerged around the same time. Sinjali language also spread eastward and reached the Gandaki region, where it later came to be known as the *Parbate* language. Ancient samples of the Sinjali language have been found in various records and inscriptions. Some of the major examples are as follows:

Ashoka Challa's Dullu inscription

Aditya Malla's copperplate

Aditya Malla's copperplate, found in the Taghbai Monastery of Gorkha

Punya Malla's copperplate

(b) Medieval Phase

After the dissolution of the empire of Abhaya Malla (and the Khas kingdom), with the establishment of small states, the Nepali language began losing its ancient characteristics and acquiring medieval features. The inscription on the copperplate of Carborik Bibosh Shahi, written by Dhawakarmath in 1555 BS, reflects characteristics of the medieval Nepali language.

The Nepali language began to expand in the sixteenth century. During this time, it gradually spread eastward across the nation, reaching as far as Burma, passing through the hilly and Terai regions, as well as Darjeeling and Assam. In the course of this spread, words from indigenous and foreign languages began to enter in Nepali language. At this time, Nepali also gained the opportunity to become a medium of administration. With Nepal's unification campaign, its importance grew further due to the widespread promotion and expansion of the language.

From the linguistic model of Carborik Vibosh Shahi, written by Dhawakarmath in 1555 BS, to the linguistic model mentioned in the biography of Bhanubhakta written by Motiram Bhatta in 1948 BS, and including the linguistic model found in Shaktiballabh's *Hasyakadamba* of 1855 BS, it is evident that the Nepali language evolved from its ancient to medieval form. During this period, the language also gained popularity in poetry and literature.

(c) Modern Phase

The publication of *Gorkhapatra* in 1958 is considered to mark the beginning of the modern era of the Nepali language. After its publication, various other newspapers and magazines, alongside *Gorkhapatra*, played an important role in the development of the Nepali language. The contributions of newspapers like *Sundari* (1963) and *Madhavi* (1965) in the development and promotion of the Nepali language are unforgettable. The role played by *Madhavi* (1965) in advancing the Halanta (half consonant at the end of words) discard movement, led by Rammani Aa.di., as well as Rammani's contribution, cannot be overlooked. The *Halanta* discard movement occupies an important place in linguistic standardization. Following this, the publication of *Chandrika* Grammar and the efforts of various talented poets and writers confirmed that the Nepali language was gradually moving towards modernity. Later, *Sharada* (1991) magazine and the *Jharrobadi* movement (2013) played a significant role in purifying the Nepali language. The *Jharrobadi* movement particularly emphasized the use of Nepali words to make the language more alive, vibrant, awakened, and abundant.

Various literary and non-literary books published in modern Nepali, along with the publication of dictionaries and grammar works, indicate the developed status of the Nepali language. Additionally, considering its recognition as the national language in the Constitution, the interest of foreigners in Nepali, and its inclusion in the Eighth Schedule of the Indian Constitution, the importance of modern Nepali is regarded as significant.

In modern times, the popularity of the Nepali language is increasing due to education, communication, and publishing. It is evident that the importance given to it and the growing interest in it among foreigners are on the rise. Thus, the efforts made by various sectors to stabilize and standardize the current form of the Nepali language cannot be denied.

7.1.3 Language Families

Indo-European Family

The Indo-European language family is defined as follows:

Satama

Albanian, Baltelli, Slameli, Armenian and Arya-Iranian

Kentum

Keltelli, Germanelli, Griselli, Italiani, Tokharelli and Hittelli

The Indo-European language family is the most widespread and influential among all language families. Since its primary regions of origin are the Indian subcontinent and Europe, it appears to have been named Indo-European. Although it is spoken by the largest population and is spread across various regions of the European and Asian continents, this language family has played a leading role in literature, civilization, culture, knowledge, science, and politics. From a linguistic perspective, it has been the subject of extensive study. Sanskrit, Avesta, Greek, Latin, Russian, and German are considered some of the world's most ancient and rich languages.

Scholars disagree on naming the Indo-European language family and have proposed various names, such as Indo-Germanic, Indo-European, Indo-Hittite, and the Aryan family. However, regardless of the proposed nomenclature, the name *Bharopeli* (Indo-European) has gained widespread acceptance.

There seems to be no firm conclusion about the origin and original speakers of the Indo-Indian language family. However, it is estimated that the Indo-European-speaking community lived in the same place and spoke the same language around 4500 BC. Although the exact origin is unknown, linguists have reconstructed a hypothetical proto-language of Indo-European through comparative studies and have referred to its speakers as 'Viros.' Based on this, it is concluded that the original speakers of the Indo-European language family belonged to the 'Viros' caste group.

Dravidian Family

The languages spoken by the Dravidian people are classified under the Dravidian language family. The languages of this family are primarily spoken in the Indian state of Tamil Nadu, as well as in regions of Malaysia, Indonesia, Sri Lanka, Burma, and parts of East and South Africa. The oldest and most prominent language of this family, spoken since before 1500 BC, is Tamil. In terms of literature, civilization, and culture, Tamil is considered very rich

language. Apart from Tamil, this family includes languages such as Malayalam, Kannada, Telugu, Kolami, and others.

The main characteristic of the Dravidian language family is its inflectional nature. This language family lacks a passive voice system but includes a second-person distinction and three grammatical genders. Dominated by retroflex sounds, Dravidian languages also feature a majority of words ending in vowels. Inflection is primarily achieved through suffixes, which are a key characteristic of this language family. Additionally, the extensive use of inflectional words and the addition of the words 'Male' and 'Female' to nominal words to indicate gender are also notable features. The Jhangad (Dhangad) language, belonging to this family, is spoken in Nepal.

Bhot Burmese (Sino-Tibetan) Family

From the perspective of linguistic speakers, the Sino-Tibetan language family is the second largest after the Indo-European language family. The languages of this family are primarily spoken in China, Tibet, and Burma but are also found in Bangladesh, Thailand, Nepal, Bhutan, Vietnam, and other regions. Scholars have divided this family into two groups: Tibeto-Burmese and Tai-Chinese. Many languages of this family are spoken in Nepal, including Tamang (Murmi), Newari, Magar, Rai, Kiranti, Gurung, Limbu, Sherpa, Chepang, Sunuwar, Thami, Dhimal, Tibetan, Jirel, and others.

The main linguistic characteristics of this family are as follows:

- Unjoin languages
- Monosyllabic languages
- Languages in which the meaning of words is determined by location
- Languages in which meaning is differentiated by stress
- Languages with a predominance of nasal sounds
- Languages with separate signs for different words (no letters in the alphabet)

Aagneya Family

The Aagneya language family is also known as the Aagnesiali/

Agneya or Austric language family. The languages of this family, primarily spoken in Southeast Asia, are spread across Annam, Cambodia, Burma, Thailand, India, and the Nicobar Islands. The Satar/Santhal language of this family is also spoken in Nepal. This language family has three main branches: Munda (Kol), Mon-Khmer, and Annam-Muang. Among these, the Mon-Khmer language group appears to be relatively strong. Literary works have also been written in this language, whereas no significant literature has been produced in the other languages of this family.

The main linguistic features of this family are as follows:

- Mainly unorganised joining
- Language in which the function of inflexion is derived from prefixes
- Language in which the original gender-determining word is used to determine gender (e.g. Andiya Kul: Tiger, Enga Kul: Tigress)
- Language with three syllables
- Language in which there is no distinction of form in verbs according to person, etc.

Table No. 7.1
Languages Belonging to Different Language Families Spoken in Nepal

S.N.	language family	Languages
1	Indo-European	Nepali, Maithili, Bhojpuri, Awadhi, Tharu, Rajbanshi, Danuwari, Majhi, Bote, Darai, Kumal, Chureti, Marwadi, Urdu
2	Aino-Tibetan	Newari, Gurung, Tamang, Limbu, Tibetan, Sherpa, Jirel, Kagate, Lhome, Ngolpa, Chituring, Lhoke, Lepcha, Ghale, Thakali, Manang, Purbi KeKe, Chantel, Vyasi, Magar, Raji, Raute, paschimi Tamang, Buja, Dura, Kham, Chepang, Thami, Bhramu, Bayu (Hayu), Pahari, Dhimal, Meche, Kusunda, Rai, Kiranti, Sunuwari, Pahari

3	Austro/ Agneya	Satar or Santali, Adiya
4	Dravidian	Jhangad or Dhangad
5	Other	Khaling, Doteli, Khas or Khas Kura, Urau

Source: Nepal Parichaya, 2080

7.1.4 Scripts of Some Languages

The oldest script used for writing in Nepal is Brahmi. The Ashoka Pillar inscriptions found in Lumbini and Niglihawa, Kapilvastu, dating to the 3rd century BC, are written in the Brahmi script. This is the oldest legible script not only in Nepal but also in the Indian subcontinent. The Brahmi script was used for writing Pali, Prakrit, and Magadhi languages. The second oldest script used in Nepal is the Lichchhavi script, which developed from Brahmi. The earliest known use of this script appears in an inscription on the foot of a statue of Maharaja Jayavarman, dated to Samvat 107, found in Maligaun, Kathmandu. About 200 inscriptions from the reigns of Lichchhavi kings, from Mandeva to Jayadeva II, are written in this script. The Lichchhavi script closely resembles the contemporary Indian Gupta script and was used primarily for writing Sanskrit. The Newari script gradually evolved from the Lichchhavi script and began developing in the Kathmandu Valley in the 10th century, during the early medieval period. It is believed that the contemporary Bengali script also influenced the development of the Newari script. In the latter half of the medieval period, several forms of the Newari script emerged, including Bhujimol, Ranjana, Golmol, Litumol, Panchumol, and the popular Newari script. Initially, these scripts were used for writing Sanskrit, but in the later medieval period, they were also used for writing Newari.

During the medieval period, while the Newari script and its various forms were being developed in the Kathmandu Valley, other scripts derived from the Brahmi script were in use outside the valley. During this time, the Devanagari script began to be used in the Karnali region. The Devanagari script evolved from Brahmi through Gupta, Sharada, and Nagari before becoming Devanagari and came to be used in western Nepal. Although the

आभिलेख-उपशासले प्रस्तुत गरेको
रौप्य विकास-तालिका

दक्षमलेवर्यं

ये सज्जनों द्वारा चलाये गये 'संस्कृत-
चलने' प्रसिद्ध का है।

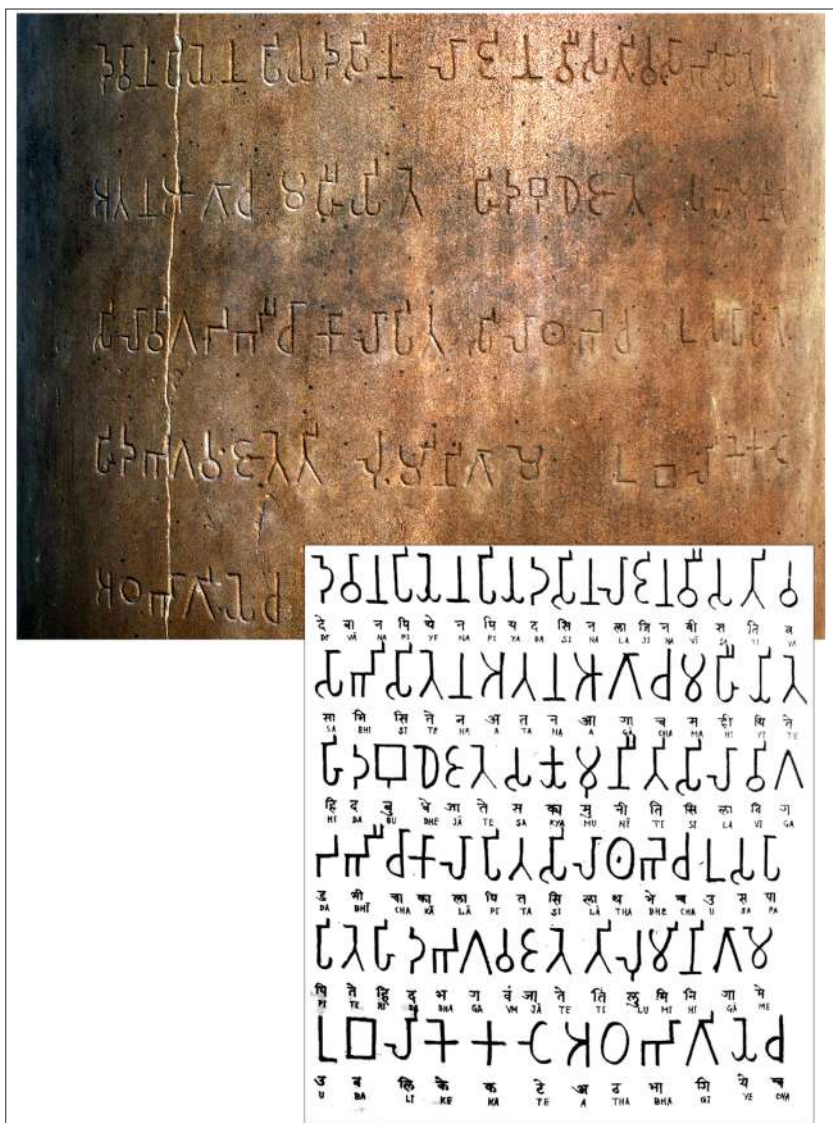
"SEVEN LETTERS MONOGRAM"
IS A POPULAR "MAN'TRA"
RELATED TO MAHĀYĀNĀ
BUDDHISM

[illegible]

TABLE OF THE EVOLUTION OF SCRIPTS
PREPARED BY
HIS MAJESTY'S GOVERNMENT OF NEPAL
MINISTRY OF EDUCATION
DEPARTMENT OF ARCHAEOLOGY
NATIONAL HISTORY RESEARCH DIVISION
EPIGRAPHIC SUB-DIVISION
REVISED 2011
EPIGRAMIST

Dietary Bio-Phytochemical Strengths

Devanagari script was mainly used for writing the Nepali or Khas language, it has recently been used for writing Hindi in the Terai region. The Devanagari script also came into widespread use in



Inscription in Brahmi Script on the Ashokan Pillar, Lumbini

the Kathmandu Valley after the unification of Nepal. The Maithili script was also developed in the Terai region during the medieval period and was primarily used for writing the Maithili language. The Tibetan script was developed in the Himalayan region and

was used for writing the Tibetan language. The Kirant script, also known as the Sirijanga script, was developed in the Kirant region of eastern Nepal and was primarily used for writing the Kirant language. Apart from these, some other ethnic groups in Nepal also developed their scripts. However, at present, the script used by the majority of Nepalese people is the Devanagari script.

7.2 Literature

Literature is expressed through language itself, and its scope is vast. Although poetry is referred to as literature in Sanskrit, poetry and literature are now recognized as separate entities. Literature encompasses stories, poems, novels, essays, plays, and more. According to the Eastern scholar Bhamaha, “Literature is the coexistence of words and meaning.” Literature has been created in the major languages spoken in Nepal. However, such literature has not yet been fully identified.

The development and expansion of Nepali literature have been studied by dividing it into three periods.

(a) Primary Period: From the Beginning to 1939 BS

The early period encompasses the time before Motiram Bhatta or the beginning of the Shringar period. It also includes the era of inscriptions, such as stone inscriptions, copperplate inscriptions, and Kanaka inscriptions, along with ancient handwritten texts mentioned in Table No. 7.2 below.

Table No. 7.2
Linguistic Inscriptions

Time	Inscriptions
1146 BS	Inscription of Dumrakot, Jumla issued by Sangram Singh
1312 BS	Inscription of Khas Malla King Ashok Challa of Sinja (Jumla)
1317–1327 BS	Inscription of Khas Malla King of Jumla, Akshaya Malla
1337 BS	Inscription of Akshaya Malla found in Akshaya Deval in Achham

1344 BS	Inscription of Naag Malla
1373 BS	An inscription found in Dailekh
1378 BS	Inscription of Aaditya Malla found in Gorkha
1385 BS	Inscription of Punya Malla found in Gorkha
1393 BS	Inscription of Punya Malla found in Piutharpu
1394 BS	Inscription of Punya Malla
1413 BS	Kanak inscription of Jumla of Prithvi Malla
1414 BS	Copper inscription of Prithvi Malla written by Juthadyo Joisi
1416 BS	Inscription of Nirayapala
1433 BS	Inscription of Abhaya Malla written by Dharmaraj Joisi
1448 BS	Inscription of Abhay Malla
1478 BS	Copper Inscription of Sumati Burma found in Bajhang
1537 BS	Copper Inscription of Kirti Malla found in Doti
1701 BS	Copper Inscription of Pahadi Shahi
1704 BS	Copper Inscription of Bahadur Shah of Jumla
1727 BS	Inscription of Pratap Malla found in Ranipokhari, Kathmandu
1760 BS	Copper Inscription of King Prithvipati of Pyuthan

Source: Nepal Paricharya, 2080

Ancient manuscripts are also considered important for the study of the Nepali language and literature. Manuscripts dating back to the 15th century are particularly significant. Examples include *Bhaswati*, *Raja Gaganirajko Yatra*, *The Biography of Ram Shah*, *Bajpariksha*, *Jworotpatti Chikitsa*, *Prayaschit Pradeep*, *Nripasloki*

Grantha, and *Aushadhi Rasayana Grantha*, among others.

Nepali literature emerged during Prithvi Narayan Shah's unification campaign of Nepal. As a result, it initially focused on poetic expressions of courage, strength, bravery, and valour. Suwananda Das is regarded as the first poet of Nepal.

(b) Medieval period: From 1940 to 1974 BS

The medieval period, marked by the luxury and grandeur of the Rana rulers, also left its imprint on contemporary literature, inspiring the creation of romantic poetry and verses. The journey of Nepali literature, which began with heroic ballads, had already transitioned into the realm of devotional literature in its early phase. The medieval age of Nepali literature is often regarded as the Motiram Bhatta era. Despite his untimely death at a young age, Bhatta made a profound impact on Nepali literature within a short span. During this time, he established a printing press and published numerous books, significantly advancing literary development. In 1943 (1886 AD), he launched the literary magazine *Gorkha Bharat Jeevan* under his editorial supervision. Additionally, he played a pioneering role in shaping romantic poetry in Nepal.

It would not be accurate to say that only romantic poetry was composed during the medieval period of Nepali literature. Even during the peak of the Rana era, remarkable literary works were created. This period includes notable figures such as Motiram Bhatta, Shambhu Prasad Dhungel, Gopinath Lohani, Chakrapani Chalise, Somanath Sigdya, Girishballabh Joshi, Ramprasad Satyal, and Pahalman Singh Swar. The medieval period of Nepali literature is divided into two parts: the early medieval period (reverent literature) and the later medieval period (romantic literature). Within the reverent tradition, three distinct streams of literature can be found: *Krishna Bhakti Dhara* (devotion), *Rama Bhakti Dhara* (devotion), and *Nirguna Bhakti Dhara* (devotion to the formless divine).

(c) Modern period: From 1975 BS to present

The arrival of the poet laureate Lekhnath Poudyal is considered the beginning of the modern era in Nepali literature. His poem *Ritubichar* (published in 1973 BS) is regarded as the starting

point of modern Nepali poetry. Works such as Balakrishna Sama's play *Mutuko Byatha*, Bishweshwar Prasad Koirala's story *Doshi Chasma*, Pushkar Shamsher's one-act play *Lakshyahin*, and Balakrishna Sama's *Boksi* are considered part of modern literature.

Nepali literature has seen rapid growth and advancement since the year 2007 BS. Activities such as the establishment of the Nepal Academy and the creation of the Madan puraskar (Prize) have also contributed to the enrichment of literature. The *Aymeli Andolan* (dimensional movement), which began around 2020 BS in Nepali poetry, is considered to have given Nepali literature a new direction. After the 2030s, Nepali poetry moved away from a difficult style and shifted towards simplicity and artistry. Following this, new styles, techniques, and trends began to emerge in the field of poetry.

In recent decades, Nepali literature has been influenced by postmodern thought. There has been a disruption in the traditional forms and styles of literary genres. Contemporary thinking, style, and subjects have been incorporated into literature in highly modern ways. By the time Nepali literature reached the modern era, a wide variety of literary works had already been published.

Table No. 7.3
Some Nepali Language Writers and Their Major Works

Name/surname	Published Books
Bhanubhakta Acharya (Adikabi)	Badhushikshya, Prasnottar, Bhaktamala
Motiram Bhatta (Yuva Kabi, Shringarik Kabi)	Panchaka Prapancha, Pikdoot, Gajendramokshya, Gaphastak, Kanak Sundari, Priyadarshika
Shambhu Prasad Dhungel (Aasukabi)	Shakuntala, Veersikka
Lekhnath Paudyal (Kabishiromani)	Rituvichchar, Buddhibinod, Tarun Tapasi, Gangagauri, Laxmi Puja, Gauri Gaurav

Jai Prithvi Bahadur Singh	Aksharamala, Bhugol Bidhya, Padarthatatwa, Shikshya Darpan, Byabaharmala, Tatwa prashamsa
Pahalmansingh Swar	Atal Bahadur, Ek lakh rupiyako chor
Suryabikram Gyawali	Drabya Shah, Ram Shah, Prithvi Narayan Shah, Amar Singh Thapa, Nepali Sanchhipta Sabdakosh
Guruprasad Mainali	Naso
Balakrishna Shamsheer Rana (Balakrishna Sama, Natyasamrat)	Mutuko Byatha, Pralhad, Mukunda Indira, Andhabheg, Bhakta Bhanubhakta, Ma, Prempinda, Amarsingh, Matoko Mamata, Bhimsenko Antya, Motiram, Uu Mareki Chhaina, Niyamit Aakasmikta
Lakshmi Prasad Devkata (Mahakabi)	Pahadi Pukar, Sunko bihan, Chhahara, Putali, Mrityushaiyabata, Aakash bolchha, maina, Rawan Jatayu Yuddha, Shakuntala, Shulochana, Maharana Pratap, Prithviraj Chauhan, Munamadan, Champa, Laxmi Katha Sangraha, Laxmi Nibandha Sangraha
Bhimnidhi Tiwari	Sahanshila Sushila, Putali, Chautara Laxminarayan, Matoko Maya, Kabita Kunja, Bisphot
Bhavanidas Gupta (Bhavani Bhikkshu)	Gunakeshari, Maiya Saheb, Aabarta, Chhaya, Prakash, Aagat
Chandra Prasad Pradhan (Hridaychandra Singh Pradhan)	Bhuswarga, Junga, Afasos, Gangalalko chita, Swasnimanchhe, Ek chihan
Siddhicharan Shrestha (Yugakabi)	Kopila, Mero pratibimba, Kuhiro ragram, Urvashi, Aansu, Bhimsen Thapa

Gopal Prasad Rimal	Aamako sapana, Masan, Yo prem
Diaman Shamsher Rana	Basanti, Seto Bagh, Satprayas, Anita, Griha Prabes
Govinda Bahadur Malla (Gothale)	Kathaikatha, Prem ra mrityu, Bhushko Aago, Chatiyeko Parda, Bhoko Ghar
Shivakumar Rai	Phrantiyar, Khahare, Dank Bangla, Danfechari
Govinda Prasad Pradhan (Krishnachandra Singh Pradhan)	Bhanjyangnirai, Shalik, Aagatma Paila Tekera
Madhav Prasad Ghimire (Rastrakabi)	Nawamanjari, Ghampani, Kinnar Kinnari, Ballahari, Gauri, Rajeshwori, Papini Aama, Rastra Nirmata, Sakuntala, Malatimangale, Aafnai Bansuri Aafnai Geet
Indra Bahadur Rai	Bipana Katipaya, Kathastha, Kathaputaliko Man, Aaja Ramita Chha
Kamalmani Dixit	Yesto Pani, Kalo Akshyar, Kagatiko Sirup, Buki Sun, Sanglo Akshyar
Bhupendraman Sherchan (Bhupi Sherchan)	Ghumne mechmathi Aandho Mhanche, Paribartan, Mainbattiko shikha
Bhairav Aryal	Jayabhudi, Kaukuti, Galbandi, Dash Autar
Banira Giri	Euta Jiudo Junga Bahadur, Karagar, Nibandha
Bishnu Kumari Waiba (Parijat)	Shirishko phool, Maile Najanmayeko Choro, Prakhal Bhitra Ra Bahira, Mahattahin, Bainsko Manchhe, Antarmukhi, Aakanchhaya

Jhamak Kumari Ghimire	Jiwan kanda ki Phool, Sangkalpa, Aafnai chita agnishikhartira, Manchhe Bhitarka yoddhaharu, Abasanpachhiko Aagaman, Jhamak Ghimireka Kabitaharu
Kedarman Singh (Byathit)	Sangam, Pranab, Aawaz, Tribeni, Mero sapanama Hamro Desh Ra Hami
Bishweshwor Prasad Koirala	Sumnima, Doshi Chasma, Modi Aain, Hitler Ra Yahudi, Buba, Aama Ra Chhora, Aafno Katha
Ganesh Bahadur Thulung (Ganesh Rasik)	Chitijlai chhuna khojda, Jaba Sisnuharu Tekdai Hide
Tulsi Prasad Joshi (Tulsi Diwas)	Nepali Lokkatha Sangraha, Tulasi Diwaska Kabita
Mahendra Bir Bikram Shahdev (Ma.Bi.Bi. Shah)	Usaika Lagi, Pheri Usaika Lagi
Tilbikram Nemwang (Bairagi Kainla)	Bairagi Kainlaka Kabitaharu
Basudev Luintel (Bhutko Bhinaju)	Bairangayashatak, Bhoot Chhaina, Kakaka Kura, Bhimsen Pati
Meghraj Nepal (Manjul)	Samjhanaka Pailaharu, Sanhili Morilai, Gayak Yatri
Modnath Paudel (Prashrit)	Jhansiki Rani, Kehi Sanskritik Nibandhaharu, Manab Mahakabya, Aamako Aansu, Nari Bandhan Ra Mukti
Rameshwar Prasad Sharma Chalise (Ramesh Bikal)	Singari Bakhro, Lahuri Bhaisi, Naya Sadakko Geet, Birano Deshma, Urmila Bhauju, Euta Budho violin: Aashabariko Dhunma

Chetmansingh Bhandari (Manu Brajaki)	Bharyang, Abamulyan, Aakashko Phool, Timri, Swasni Ra Ma, Lata, Annapurnako Bhoj
Taranath Sharma Bhandari (Tana Sharma)	Mero Katha, Ojhel Parda, Suli, Jhajhalko, Nepal Dekhi America samma
Ramola Devi Shah (Chhinnalata)	Antarbhawana, Antartaranga, Antarspandan
Achha Rai (Rasik)	Saptakoshi, Bhundi, Lagan, Dobhan
Loknath Pant (Gumani Pant)	Ramnam, Panchashika, Ganga Shatak, Krishnastakam
Shambhu Prasad Dhungel (Aanshukabi)	Ratnawali, Shuksagar, Totamainako Katha
Gopal Pandey (Asim)	Rastrabhasa Ra Sahitya (Bibechana)
Gopinath Mainali (Pathik)	Abasad Abhinayi, Aankhabhari Ramita Manbhari Bedana, Yugkabi Siddicharan: Kriti Ra Prabritti Bishleshan
Phanindraraj Bhattarai (Khetala)	Chhango Ra Chhaya, Naagfani Ra Swasnimanche, Murti Bolchha
Bishnuraj Atreya (Latosathi)	Hamibhitraka Ma, Dhakre, Kapilbastu
Mohan Rai (Dukhun)	Jalan, Prem Euta Abhisap, Mandakini
Chudamani Bandhu Upadhyay (Bandhu)	Bhashabigyan, Anusandhan prabandhako Rup Ra Shaili
Shankar Koirala	Khairenighat
Netramani Subedi (Netra Atom)	Upannyas Siddhanta Ra Nepali Upannyas

Manju Tiwari (Kanchuli)	Kiranka Chhalharu, Kehi Katha Kehi Paridhi
Satya Mohan Joshi (Saanskritik Kabi)	Hamro Lok Sanskriti, Nepali Rastriya Mudra, Karnali Sanskriti
Bhakta Bahadur Shrestha (Sarubhakta)	Kabi Premi Ra Pagal, Yudda Uuhi Gyas Chambarbhitra, Itihasbhitrako Itihas, Ethar, Taruni khati, Pagal Basti, Samaya, Trasadi
Basudeva Shrestha (Pasa)	Philingo, Pharkera Herda, Kisan, Parda, Samaj
Dayaram Shrestha Sambhab	Sandarbha Ra Mulyankan, Bharatiya Nepali Katha, Birkalin Kabita
Yubaraj Mainali	Murda Bolyo, Kehi Pratibha Kehi Prabritti, Bharstacharko Bhang
Mohan Raj Dhakal Sharma (Morash)	Chayankhe Dharna, Ras Chinari, Korra, Baikhari
Narayan Wagle	Palpasa Cafe, Mayur Times
Liladhoj Thapa	Man
Shankar Lamichhane	Abstract Chintan Ra Pyaj
Daulatabikram Bista	Chapaiyeka Anuhar, Jyoti Jyoti Mahajyoti
Amar Neupane	Seto Dharti
Jagadish Ghimire	Antarmanko Yatra, Sakas
Karna Sakya	Soch, Khoj, Moj, Ma Sakchhu, Dolpo
Dhrubachandra Gautam	Alikhit, Tathakathit, Tyo Euta Kura, Andhyaro Dipma
Krishna Dharabasi	Jhola, Gestapo, Tundal, Sharanarthi
Madanmani Dixit	Madhabi, Swetkali
Sharada Sharma	Taap

Mahesh Bikram Shah	Chhapamarko Chhoro, Sipahiki Swasni
Rajan Mukarung	Damini Bhir
Taralal Shrestha	Sapanako Samadhi
Nayanraj Pandey	Loo, Ular, Sallipir, Ghamkiri, Yar
Dhanushchandra Gotame	Ghamka pailaharu, Yahandekhi Tyahansamma
Keshavraj Pindali	Ekadeshki Maharani, Banchne Euta Jindagi
Rajeshwar Devkota	Utsarga Prem
Dhuswan Sayami	Gangki
Basu Shashi	Phool Oilayepachhi
Lilbahadur Chhetri	Basain, Brahmaputrako Chheuchhau
Rudraraj Pandey	Rupmati
Parashu Pradhan	Sabai Birsiyeka Anuhar, Pratinidhi Kathaharu
Manujbabu Mishra	Swapna Sammelan, Kandaka Phoolharu
Ishwor Ballav	Aagoka Phoolharu Hun Aagoka Phoolharu Hoinan
Mohan Koirala	Ritu Nimantrana
Dinesh Adhikari	Atirikta Abhilekh, Indra Jatra
Haribamsha Acharya	China Harayeko Manchhe, Haribahadur
Madankrishna Shrestha	Mahako Ma
Kundan Sharma	Euti Chhoriko Katha, Mera Kabitaharu, Yoman
Krishna Prasad Parajuli	Kalilo Gham

Kali Prasad Rizal	Ke Chha Ra Jindagi Bitaidinchhu, Yo Prasna Kosita Sodhaun
Kshetra Pratap Adhikari	Gambesika Geet, Naphuleka Phoolharu
Shrawan Mukarung	Jeewanko Lakshya
Prahlad Pokharel	Jeewan Yatra, Saarathi
Shyamdas Baishnav	Naya Lahar
Jagdish Shamsheer Rana	Narsinha Abatar
Basudev Tripathi	Nawapallav
Mukundasharan Upadhyay	Prakrit Pokhara
Haribhakta Kattuwal	Badnam mera Yi Aankhaharu
Kanada Maharishi	Bhater ra aakhaharu
Rajendra Thapa	Yespali Ta Manai Phatyo
Daibagyanraj Neupane	Sirjanako Lahar
Krishna Pradhan	Surya Snan
Bhau Panthi	Aadhyapi Ra Aru Katha
Kishor Nepal	Arkai Prastar
Ashesh Malla	Ardhabiram
Poshan Pandey	Aankhijhyal, Manas
Gopal Parajuli	Dishahin Aakash
Kumar Gyawali	Bandi Jeewan, Bhatkeko Gund
Lokendra Bahadur Chand	Bisarjan, Hiunko Tanna
Anita Tuladhar	Surya Grahan

Bijay Kumar Pandey	Khusi
Buddhisagar	Karnali Blooj, PhirPhire
Suresh Pranjali	Tuin

Source:Nepal Parichay, 2080

Table No. 7.4
Authors and Literature of Some Other Languages of Nepal

S.N.	Author	Book	Language
1	Kedarman Byathit	Chhwasha	Nepalbhasa
2	Purna Bahadur Baidhya	Sarasu	Nepalbhasa
3	Prem Bahadur Kansakar	Matinaya Mye (Collection of Romantic Love Folg Songs)	Nepalbhasa
4	Dhuswan Sayami	Gamki (Novel)	Nepalbhasa
5	Ramshekhar	Nasaphaa	Nepalbhasa
6	Tirtharaja Tuladhar	Aankhe (Collection of Translated Stories)	Nepalbhasa
7	Ishwornanda Shresthacharya	Hyanayak (Novel)	Nepalbhasa
8	Durlavlal Karmacharya	Thah Chyeen (Collection of Stories)	Nepalbhasa
9	Bhikshyu Sudarshan	Ambapali (Drama)	Nepalbhasa
10	Basu Sashi	Tachapwanya	Nepalbhasa
11	Usman	Chitrawali (Kabyakriti)	Nepalbhasa

12	Hemlal Joshi	Khadgasiddhi (Collection of One Acts)	Nepalbhasa
13	Prem Bahadur Kansakar	Nhugu Pukhu (Assay)	Nepalbhasa
14	Manikalal Shrestha	Samalochanaya Siddhanta	Nepalbhasa
15	Kamal Prasad Mall	Musah Nibandha Nah Lisawana (Collection of Essays)	Nepalbhasa
16	Nishtananda Bajracharya	Lalitbistara (Religious Literature)	Nepalbhasa
17	Pragyanda Bhikshyu	Dhatubhednupassana (Philosophical Literature)	Nepalbhasa
18	Siddhinarsingh	Kartik Naach	Nepalbhasa
19	Kabikeshari Chittadhar Hridaya	Lalitbistar	Nepalbhasa
20	Augustus Kanredo (Foreigner)	Harishchandranrityam (Drama)	Maithili
21	Jagajyotirmalla (King)	Hargauri Bibaha (Drama)	Maithili
22	Saras Ram	Anand – Bijayanatika	Maithili
23	Nandipati	Krishna Kelimaloka	Maithili
24	Billal	Gauri-Swayambar Natika, Rukmaniharan	Maithili
25	Kabi Mathur	Kanan Kanyan, Krisak	Maithili
26	Ramakant Kapadi	Byatha (Apic)	Maithili
27	Brajkishore Thakur	Adhyan Aau Bibechana	Maithili

28	Jyatirishwar	Barna-Ratnakara (Gadhyagrantha)	Maithili
29	Mahakavi Bidyapati	Desil Bayan	Maithili
30	Shanti Chaudhary "Tharu"	Bigdal Tohar Tharu Samaj Hey, Kanyoti, Beti, Hamar Dudhu (Meri Aama)	Tharu
31	Imansingh Chemjong	Kirant Mundhum Khahun (Education)	Limbu
32	Ramprasad Ray	Bahuwa Aur Bahuriya (Nove-like Drama)	Tharu
33	Ravindra Tamang	Muglanari Ekanki (Drama), 2067	Tamang
34	Kesang Moktan Tamang	Renjin Dorje (Novel)	Tamang
35	Jayasi	Padmabat (Kabyakriti)	Awadhi

Source: Nepal Parichaya, 2080

7.2.1 Major Literary Awards of Nepal

Madan Puraskar

The Madan Puraskar, established by Queen Jagadamba in memory of the late J. Madan Shamsher Rana, was announced on 10 Asoj 2012. The first announcement of the award was made in 2013, and its distribution began in 2014. According to the decision of the Madan Puraskar Guthi, the initial award amount was Rs 4,000. However, on the occasion of the Golden Year in 2061, it was increased to Rs 200,000, and since 2075, the amount has been further raised to Rs 400,000. The award was not presented in 2031 and 2033 BS.

The Madan Puraskar is conferred upon one of the best works published in the Nepali language within a year.

Table 7.5
Some of the Works and Creators Who Received
the Madan Award

S.N.	Creator's name	Works	Year
1	Satya Mohan Joshi, Chittaranjan Nepali and Balram Joshi	Hamro Loksanskriti, 'General Bhimsen Thapa' and Adhikabibhawa Sthirbidhyut Utpadak'	2013 BS, First time
2	Rajan Mukarung	Damini Bhiri	2069 BS
3	Radha Paudel	Khalangama Hamala	2070 BS
4	Bijay Kumar	Khusi	2071 BS
5	Ramlal Joshi	Aaina	2072 BS
6	Ghanashyam Kandel	Dhritarastra	2073 BS
7	Neelam Karki 'Niharika'	Yogamaya	2074 BS
8	Yogesh Raj	Ranahar	2075 BS
9	Chandra Prakash Baniyan	Maharani	2076 BS
10	Bhagiraj Engnam	Limbuwanko Aitihasik Dastabej Sangraha Sambat 1719-2020	2077 BS
11	Dr. Navraj Lamsal	Agni	2078 BS
12	Bibed Ojha	Aaijan	2079 BS

Source: The Website of the Madan Puraskar Guthi

Jagadambashree Puraskar

The Jagadambashree Award, valued at Rs. 1 lakh, was established by the Guthi in 2045 BS in memory of Queen Jagadamba

after her passing. It was first distributed in the same year of its establishment and the award amount has since been increased to Rs. 4 lakh. Narayan Gopal Guruwacharya was the first recipient of this award in 2045 BS.

The Jagadambashree Award is presented to an individual or organization that has made significant contributions to various fields, including the Nepali language, culture, and literature.

Table No. 7.6
Some of the Works and Creators Who Received the Jagadambashree Award

S.N.	Creator's Name	Year
1	Narayangopal Guruvacharya	2045 BS, First Time
2	Shree Leela Bahadur Kshatri	2072 BS
3	Shree Durga Baral (Batsyayana)	2073 BS
4	Shree Shantadas Manandhar	2074 BS
5	Bairagi Kainla (Tilvikram Nemwang)	2075 BS
6	Shanti Thatal	2076 BS
7	Bhairav Bahadur Thapa	2077 BS
8	Durga Prasad Shrestha	2078 BS
9	Tekbir Mukhiya	2079 BS

Source: The Website of the Madan Puraskar Guthi

Sajha Puraskar

The Sajha Puraskar is an award established by Sajha Prakashan. It is presented as the best work among the books of various genres published by Sajha Prakashan throughout the year. This award was founded in 2026 BS. The first work to receive the Sajha Puraskar was the poetry collection *Ghumne Mechmathi Andho Manche* by Bhupi Sherchan, published by Sajha Prakashan in 2026 BS. The award carries a cash prize of Rs. 51,000.

Table No. 7.7
Sajha Puraskar-Winning Books

Works	Year	Creator's Name
Ghune Mech Mathi Aandho Manchhe	2026 BS	Bhupi Sherchan
Ek bato Anek mod	2027 BS	Bijay Malla
Sama Ra Samaka Kriti	2028 BS	Taranath Sharma
Bhimsenko Antya	2029 BS	Balkrishna Sam
Mohan Koiralaka Kabita	2030 BS	Mohan Koirala
Bairagi Kainlaka Kabita	2031 BS	Bairagi Kainla
Aagat	2032 BS	Bhawani Bhikkshu
Sahakalin Kala Ra Bastukala	2033 BS	Dr. Jagdish Chandra Regmi
Pratek Thau Pratek Manchhe	2034 BS	Peter J. Karthak
Ghamka Pailaharu	2035 BS	Gha. Cha. Gotame
Devkota	2036 BS	Chudamani Bandhu
Nepali Upanyas Ra Upanyaskar	2037 BS	Krishnachandra Singh Pradhan
Samantar	2038 BS	Ishwarballabh
Hamro Samaj: Ek Adhyaan	2039 BS	Janaklal Sharma
Madhavi	2039 BS	Madanmani Dixit
Ritu Nimantran	2040 BS	Mohan Koirala
Sadakdekhi Sadaksamma	2041 BS	Ashesh Malla
Yehandekhi Tyehansamma	2042 BS	Gha. Cha. Gotame
Purbakatha	2043 BS	Rajeshwar Devkota

Suwanandadasdekhi Rajiblochansamma	2044 BS	Ganesh Bahadur Prasai
Bishudai	2045 BS	Kishor Pahari
Timri Swasni Ra Ma	2046 BS	Manu Brazaki
Paila: Aagatma Tekera	2047 BS	Krishnachandra Singh Pradhan
Aansu Tyasai Tyasai Chhachalkinchha	2048 BS	Daulatabikram Bista
Prithviraj Chauhan	2049 BS	Lakshmi Prasad Devkota
Disahin Aakash	2050 BS	Gopal Parajuli
Indrajatra	2051 BS	Dinesh Adhikari
Yojangandha	2052 BS	Binod Prasad Dhital
Naphooleka Phoolharu	2053 BS	Kshetra Pratap Adhikari
Himalpari Himalwari	2054 BS	Madhav Ghimire
Mrityu-Kabita	2055 BS	Manjul
Shabdatit Shantanu	2056 BS	Dr. Banira Giri
Rarako Saunrai	2057 BS	Purna Prakash Nepal 'Yatri'
Charu Charcha	2058 BS	Madhav Ghimire
Tathakathit	2059 BS	Dhrubachandra Gautam
Andhakar	2060 BS	Dhruba Sapkota
Chheuko Badhashala	2061 BS	Bimal Niva
Samanantar Aakash	2062 BS	Padmawati Singh
Hari Adhikarika Kabita	2063 BS	Hari Adhikari
Sahitya Ra Samaj	2064 BS	Dr. Rishiraj Baral

Pretkalpa	2065 BS	Narayan Dhakal
Sankramanko Sahitya Ra Samakalinata	2066 BS	Purushottam Subedi
Aswamegh Yagyaka Ghodaharu	2067 BS	Dubasu Kshetri
Mera Jeewanka Panaharu	2068 BS	Gaura Prasai
Trasma Ishwor	2069 BS	Thakur Belwase
Dohako Sidha Uddan	2073 BS	Jaya Chhangchha
Byutpatimulak Sanskrit-Nepali Sabdakosh	2078 BS	Nilmani Dhungana

Source: Sajha Puraskar

Pragya Puraskar

The Pragya Puraskar is an award established by the Nepal Academy. The academy itself was founded by the then Government of Nepal through the enactment of the *Nepal Academy Act 2014 BS* and was initially named the Nepali Literature and Arts Academy. In 2031 BS, the academy was restructured as the Nepal Royal Academy under a new act. Following the establishment of the republic in Nepal, a separate academy was formed to oversee fine arts, music, and drama, which were previously part of the former royal academy. Currently, the Nepal Academy operates under the *Nepal Academy Act 2064 BS* and is responsible for conducting academic activities in five major disciplines: language, literature, culture, social sciences, and philosophy.

Pragya Puraskars

The following awards have been established under the academy. Their distribution is done through a specific process, with the recommendation of the Academic Council and the approval of the Academic Assembly.

Prithvi Pragya Puraskar: This award, established in the name of Prithvi Narayan Shah, the hero of Nepal's unification, is given to a creative talent and scholar every four years.

Nepal Pragya Bhasa Puraskar: This award is given to a linguist who has contributed to the language of Nepal every two years.

Nepal Pragya Samajik Shastra, Sanskriti Ra Darshan Puskar: This award is given to a scholar who has contributed to the social sciences, culture and philosophy every two years.

Nepal Pragya Nepali Sahitya Puraskar: This award is given to a creative Nepali writer every year.

Nepal Pragya Matribhasa Sahitya Puraskar: This award is given to a scholar who has contributed to the literature of the mother tongue spoken in the hills every year.

Nepal Pragya Matribhasa Sahitya Puraskar: This award is given to a scholar who has contributed to the literature of the mother tongue spoken in the Terai every year.

Table No. 7.8
Creators Who Received the Pragya Award

S.N.	Awards	Award Receiver
1	Prithvi Pragya Puraskar (2075–2078)	Literary Centenary Man Satyamohan Joshi
2	Nepal Pragya Samajik Shastra, Sanskriti Ra Darshan Puskar (2076–2077)	Prof. Dr. Triratnarayan Manandhar
3	Nepal Pragya Bhasa Puraskar (2076–2077)	Prof. Dr. Tanka Prasad Neupane
4	Nepal Pragya Nepali Sahitya Puraskar (2075)	Madan Regmi
5	Nepal Pragya Nepali Sahitya Puraskar (2076)	Bhagirathi Shrestha
6	Nepal Pragya Matribhasa Sahitya Puraskar (2075)	Amar Tumyahang (for mother tongue literature spoken in the hilly and mountainous regions)
7	Nepal Pragya Matribhasa Sahitya Puraskar (2075)	Ayodhyanath Chaudhary (for mother tongue literature spoken in the Terai-Madhes)

8	Nepal Pragya Matribhasa Sahitya Puraskar (2076)	Amrit Yonjan Tamang (for mother tongue literature spoken in the hilly and mountainous regions)
9	Nepal Pragya Matribhasa Sahitya Puraskar (2076)	Ashok Tharu (for mother tongue literature spoken in the Terai-Madhes)

Source: The Website of Nepal Academy

Table No. 7.9
Some Major Awards of Nepal

S.N.	Name of Awards (Puraskar)	Amount
1	Prithvi Pragya Puraskar	4 lakhs
2	Madan Puraskar	4 lakhs
3	Jagadambashree Puraskar	4 lakhs
4	Nepal Bidyapati Bhasha Ra Sahitya Puraskar	2 lakhs
5	Nepal Bidyapati Anubsd Puraskar	2 lakhs
6	Adikavi Bhanubhakta Puraskar	1,01,101
7	Sajha Puraskar	51 thousand

Source: The Website of Nepal Academy

Table No. 7.10
Awards Given by the Government of Nepal

S.N.	Name of the Award	Genre	Amount
1	Rastriya Pratibha Puraskar	Language and Literature	One lakh
		Language and Literature	One lakh
		Musical Theater	One lakh
		Culture	One lakh
		Fine Arts	One lakh

2	Pradesik Pratibha Puraskar	Language and Literature	Fifty thousand
		Musical Theater	Fifty thousand
		Culture	Fifty thousand
		Fine arts	Fifty thousand
3	Mahakabi Devkota Puraskar	Poetry	One lakh
		Essay/Criticism	One lakh
		Narrative/Drama	One lakh
		Children's Literature/ Folk Literature	One lakh
		Literature	One lakh
4	Bhagat Sarvajit Manab Maryada National Award	Skills, Arts, Education – Literature, Culture, Writing and Study Research	One lakh
		Social Reform Campaign	One lakh
		Human Rights	One lakh
5	Pushpalal Rastriya Puraskar	Political/Ideological	One lakh
		History Subject	One lakh
		Literature, Culture and Science	One lakh
6	Gopal Prasad Rimal Rastriya Puraskar	Poetry	One lakh
		Drama	One lakh
7	B.P. Koirala National Puraskar	Political Philosophy	Two lakh
		Literary	Two lakh
8	Itihas Shiromani Baburam Acharya Puraskar	A Person or an Organization That Conducts Exploratory Study, Research and Dissemination of Nepali History	Two lakh

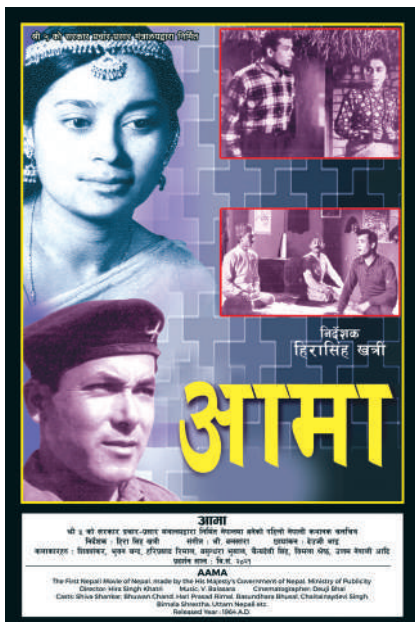
9	Yogmaya Rastriya Puraskar	To Contribute Significantly to Social Reform	One lakh
10	Satyamohan Joshi	Nepal and Nepali Language Literature, Culture and History	One lakh
11	Yugkabi Siddhicharan Shrestha Rastriya Puraskar	Nepal and Nepali Language and Literature	One lakh
12	Aadikabi Bhanubhakta Rastriya Puraskar	Nepali Language Literature and Poetry	One lakh

Source: Ministry of Culture, Tourism and Civil Aviation

7.3 Films

In Nepal, the first ticketed film screening was held at Janasewa Hall on New Road in 2006 BS. However, the films shown were imported from the Hindi cinema industry. The first feature film in the Nepali language, *Satya Harishchandra*, was produced in 2008 BS by a group of Nepalis living in Darjeeling. Later, in 2021 BS, the Department of Publicity (now the Department of Information and Broadcasting) produced *Aama*, the first Nepali feature film made by the government. In addition to *Aama*, the department also produced documentaries and newsreels using its own resources and capital. The same department later produced three films: *Hijjo Aaj Voli* and *Paribartan*. Thus, the department played a pioneering role in ushering in the dawn of Nepal's film industry.

With the aim of developing and promoting the Nepali film industry on a larger scale, the government established the Film Development Board on 16 Asad 2057 BS, in response to the demands and suggestions of the film industry. The primary responsibilities of the Film Development Board include



producing and distributing films, issuing and renewing licenses for film screenings and audiovisual advertisements, granting permits for charity screenings, and providing permissions and recommendations for filming, screening, and mixing Nepali films abroad. The Ministry of Communications and Information Technology oversees the screening of films. Film production in Nepal is gaining momentum with increasing involvement from the private sector. To further support the industry's growth, there are plans to establish a well-equipped film city. Additionally, the government has implemented the *Film Policy 2071 BS* to ensure the multi-dimensional development of the Nepali film industry.

Nepali art is mainly classified into four parts: architecture, painting, sculpture and woodcraft.

From the point of view of architecture and art, the temples found in Nepal can be divided into the following three types:

Temples that enshrine deities worshipped by Hindus with

devotion are built as architectural models to serve the purposes of faith, worship, and circumambulation. To fulfil these religious functions, various styles of temples have been constructed, among which the Nepali storied style is one of the most prominent. Storied-style temples feature multiple floors, each topped with a tiered roof arranged in succession. Due to this distinctive structure, they are also known as multiple-roofed temples or tiered temples.



Nyatapole Temple
(Storied Style), Bhaktapur

Characteristics of Pagoda Style

- Artistic objects in the temple courtyard
- Special type of sanctum
- Slopy and tiered roof
- Use of Tundal (the wooden support for the projecting edge of the roof) and Toran (a long festoon of flowers hung over gates and on walls on festive occasions)
- Attractive combination of brick and wood
- Leaving the middle part of the temple hollow
- Temples in the storey style are highly decorated

Some temples in the storey (pagoda) style are as follows:

- Pashupatinath Temple
- Changunarayan Temple
- Nyatapole Temple

(b) Peak Style (Shikhara Style)

Shikhara-style temples can be found in various forms and types. In architecture, the Shikhara style refers to a temple structure that rises sharply, tapering towards the top, resembling a spire. These temples lack traditional roofs, and their entire structure ascends to form a dome-like shape, ensuring protection from sun and rain. A circumambulatory path (*pradakshina*) is built around the temple, while the deity's idol is placed inside. This style of temple construction



Krishna Temple
(Shikhara Style), Lalitpur

was prominent in India during the Gupta dynasty. However, no evidence suggests that such temples were built in Nepal during the Lichchhavi period, which was contemporary with the Guptas. It was only during the Malla period, in the 17th and 18th centuries, that Shikhara-style temples became widespread in Nepal. These temples are constructed by joining stone slabs with mortar, while brick-built temples are often coated with *Vajralep* (a protective layer) to safeguard them from rain and wind. Notable examples of this architectural style include the Brahma Temple, the Krishna Temple in Patan, and the Mahabouddha Temple in Patan. The Shikhara style primarily consists of three types: Nagara, Dravida, and Wesara.

Characteristics of the Peak Style (Shikhara Style)

- Typically, Shikhara temples are built on multiple stepped platforms
- A single *mandapa* (pavilion) is constructed in front of the temple
- A circumambulatory path (*pradakshina*) is incorporated

into the design

- Oil lamps are placed within the temple premises
- The main deity's idol is enshrined inside the sanctum (*garbhagriha*).
- The structure does not include multiple floors
- Instead of a conventional roof, the Shikhara itself serves as the temple's roof
- The Shikhara narrows as it rises upward
- Various chariot-like designs (*rathas*) are used in the architecture
- The *urushringa* (subsidiary towers) is incorporated into the design
- The concept of *Triratha* (three projections), *Panchratha* (five projections), and *Saptaratha* (seven projections) is followed.
- Decorative elements such as *amalaka* (stone disc), *chatra* (umbrella-like structure), and *gajura* (pinnacle) are used.

Notable Temples Built in This Style

- Brahma Temple in the Pashupati complex
- Mahabouddha Temple in Patan
- Krishna Temple in Patan
- Batsaladevi Temple in Bhaktapur
- Pratappur and Anantapur Temples in Swayambhu
- Chyasindega in Patan
- Jagatnarayan Temple in Shankhamul, Patan
- Machhendranath Temple in Bungamati, Lalitpur

(c) Mixed Style

The Janaki Temple in Janakpur is an example of a mixed architectural style. Its construction was initiated in 1895 BS by King Pratap Singh and Queen Brishabhanu Kumari of Tikamgarh, India, and was completed in 12 years. This temple is a distinctive blend of Rajput and Mughal architectural styles, incorporating elements of both Shikhara and Gumbaj styles.

7.4.2 Nepali Painting and Its Characteristics

The origins of painting can be traced back to a time before humans invented language and script. Even before the development of spoken language, humans used paintings as a means to express their experiences. This is evident from cave paintings found in various locations in Europe, dating back to the Stone Age. These paintings indicate that art has been a medium of human expression since ancient times. Sanskrit literature and historical records also provide evidence of painting as a form of human thought and expression.

The exact time when painting began in Nepal remains unclear. Several books mention that an accurate and systematic study of Nepal's prehistoric period has yet to be conducted.

The earliest recorded evidence of Nepali paintings is found in an inscription at Chabahil, which is considered the first inscription of Nepal by scholar Dhanbajra Bajracharya. However, this inscription does not include the name of the king or the date it was issued (Bajracharya, 2030:1). The inscription clearly states: "This Chaitya, adorned with various paintings and depicting the story of the Kinnari Jataka, was built with great effort over a long period."

The history of painting in the world is as ancient as the prehistoric cave era. Evidence of paintings has been discovered in caves in Europe (Rome, Athens) and Africa (Egypt). In Hindu tradition, painting was also prevalent during the Ramayana and Mahabharata periods. This is supported by an incident in which Queen Kaushalya showed a painting of Ram to the grieving King Dasharatha after Ram's exile. Mythological scriptures also mention references to paintings. Scholars believe that the origins of painting in Nepal were influenced by Indian art. Chinese travellers have described that Lichchhavi-era palaces in Nepal were decorated with paintings. Since paintings were created on perishable materials such as wood, cloth, palm leaves, and paper, very few ancient artworks have survived. However, ancient and medieval Nepali paintings can be studied under the following three categories:

Manuscript Paintings

The Buddhist paintings illustrated in ancient Buddhist



Manuscript, National Archives

manuscripts, some of which are as old as 900 years, are among the earliest examples of Nepalese painting. Compared to Buddhist manuscript paintings, depictions of Hindu deities are found in fewer numbers. These manuscript paintings resemble the *Ajanta* and *Ellora* styles from India's Gupta period. Manuscript paintings are classified into two categories:

(a) **Cover Paintings (Gata Chitra)**

(b) **Illustrative Paintings (Pata Chitra)**

The cover paintings (gata chitra) refers to the paintings carved on the inner, outer, or both surfaces of the smooth wooden covers placed above and below the manuscript to protect it. In contrast, Patachitra consists of illustrations created on the left and right sides of the manuscript's text, often designed to correspond with the narrative content of the manuscript. Buddhist and Shaiva manuscripts, such as *Pancharaksha*, *Prajnaparamita*, and *Haribamsha Purana*, contain diverse paintings in various colors and forms.

Before the invention of the printing press, books were handwritten. These handwritten books were known as manuscripts, and it was customary to include illustrations related to the subject matter of the manuscript. Such illustrations are called manuscript paintings, which were often created with great precision and intricacy, leading them to be referred to as miniature paintings. Among the oldest surviving examples of Nepalese painting, manuscript paintings are the most significant. However, no manuscript paintings predating the medieval period have been discovered.

Some of the finest manuscript paintings from the medieval period

include *Pancharaksha*, *Bishnudharmashastra*, *Haribamsha*, and *Hitopadesha*. In the manuscript of *Pancharaksha*, grand paintings of goddesses are depicted, illustrating them engaged in slaying the demon Mahishasura. Similarly, in the manuscript of *Harivamsha*, the life story of Krishna, from his birth to his slaying of Kamsa, is vividly illustrated. Multiple images were created across different pages to depict the sequence of events clearly.

Artists were particularly meticulous about the themes, colours, and attire used in manuscript paintings. Unlike other art forms, identifying individuals in paintings was often challenging, so medieval artists used colour to distinguish between deities and demons. As a result, Krishna was depicted in a natural blue-green hue, while Kamsa and his followers were painted yellow. The attire in these paintings also reflects the traditional clothing of the time, such as men wearing short dhotis and women wearing *ghagra choli*. Additionally, male figures were often depicted with beards in a style reminiscent of Islamic influences.

Wall Painting (Bhitte Chitra)



The Wall Painting of Bhairav in Chandeshwari Temple, Banepa

Among the various aspects of Nepalese painting, wall painting holds a significant place. Although the exact date of its origin is uncertain, its historical roots can be traced back to the Lichchhavi

period. Among the medieval examples of Nepalese painting, wall paintings are also an important form. While it is possible that this art form developed in ancient times, no surviving examples of pre-Malla period wall paintings have been found. During the medieval period, the wall paintings in palaces, temples, and monasteries were of exceptional quality. The Fifty-Five Window Palace (*Pachpanna Jhyale Durbar*) in Bhaktapur features captivating paintings depicting scenes from the *Ramayana*, *Mahabharata*, the story of *Nala and Damayanti*, the birth of Krishna, *Raslila*, and warriors adorned with weapons preparing for battle. In the *Kumari Ghar* (House of the Living Goddess), built by Jayaprakash Malla, there are paintings of the Red and White *Machhindranath*, *Pachali Bhairav*, *Bhimasena*, the slaying of *Hiranyakashipu*, *Mahankal*, *Vajrayogini*, *Ganesha*, and a six-foot-high portrait of Jayaprakash Malla in Mughal attire. Wall paintings from the Malla period can also be seen in the *Bagh Bhairav* temple in Kirtipur and *Hanuman Dhoka* in Kathmandu. In the *Taleju Temple* of Bhaktapur, a beautiful 15th-century painting portrays Krishna playing the flute while Radha plays the cymbals. Overall, ancient and medieval Nepalese paintings exhibit key characteristics such as religious tolerance, the increasing influence of *Tantric* art, the adoption of Mughal artistic styles, and the use of a variety of colours and pigments.

Scroll Painting (Paubha Paintings)

Scroll paintings (Paubha Paintings), created using a special technique on cloth, are classified into two types: canvas (Pata) and serial (Mandala). In the canvas style, the central figure is a deity, surrounded by other assisting deities. In the serial style, the central section of the canvas features Tantric or symbolic motifs. Scroll paintings represent a distinctive style of Nepalese art. Some scholars argue that this painting tradition originated in Nepal, while Lain Singh Bangdel suggests that the Tibetan tradition of inscribing religious themes on cloth was later imported into Nepal. Over time, scroll paintings created in Nepal, especially those of the Buddhist tradition, became highly sought after in China, leading to their commercial production. According to Bangdel, the *Amitabha* scroll (Paubha) painting from the 13th century, housed in the County Museum of America, is considered

one of Nepal's oldest scroll paintings. Other notable examples include the *Ratnasambhava* painting from the same period, the *Vishnu Mandala* from Nepal Samvat 720, and the *Amoghapasha Avalokiteshvara* scroll (Paubha) from Nepal Samvat 556. Key features of Nepalese scroll paintings include religious tolerance, as both Hindu and Buddhist traditions contain scroll paintings and the depiction of natural landscapes in the background. From the 16th century onwards, Tantric style influences became prominent in Nepalese Paubha paintings,



Paubha of Amoghapas
Lokeshwar

leading to the depiction of deities in a more Tantric style. After the 18th century, scroll paintings began to feature large eyes, high noses, and elongated facial structures, a style often attributed to Indian influence.

7.4.3 Nepalese Sculpture and Its Characteristics

Nepalese art can be classified into three periods based on the country's historical divisions: Ancient, Medieval, and Shah periods. Similarly, ancient Nepalese art is categorized into three stylistic phases: the Early Period, the Lichchhavi Period, and the Medieval Period. The study of Nepalese ancient sculpture follows this classification.

Early Period Sculpture

The early sculptures of Nepal, particularly some ancient stone sculptures from the Kathmandu Valley, show stylistic influences from the Mathura-Kushan art tradition. Since the Kushan period in India is considered to have lasted from the 1st century BC to

the 3rd century, it is evident that Nepalese sculpture began during the same period under its influence. It is believed that the first Kirat king, Yalambar (*Kirateshwar*), established the Kirateshwar Mahadev temple in Shleshmantak Forest near Gaurighat. Notable sculptures from the Kirat period include the white-grey hard stone sculpture of *Birupakshya* (7th–8th century BC) located in Mrigeshwar, Aryaghat, and the *Kirat Queen Mother*. The male statue near the Satyanarayan



Virupaksha, Aryaghata, Pashupati

Temple in Handigaun is considered a fine example of the last phase of Kirat-style sculpture. Among early human-shaped stone sculptures, *Birupakshya* is particularly remarkable, and its story bears similarities to the Greek legend of Oedipus. A female terracotta head discovered in Tilaurakot (Terai), Banjarahi, is dated to the 3rd century BC, while the *Mother and Child* sculpture from the same site is believed to be from the 2nd century BC. Other notable sculptures from this period include:

- *Gajalakshmi* of Chyasalhiti,
- *Matrikaya* of Haugalbahal, Patan,
- *Uma Maheshwar* of Sikuwahi, Patan, and
- The *Kumarasambhava* stone relief in the National Museum.

Key Features of Early Nepalese Sculpture

- Unique presentation of the *Barada Mudra* (Gesture of Granting Boons).
- Use of a broad waist belt (*Chhadke Patuka*).

- Clothing folds depicted in ornamental patterns.
- A simple and round-shaped halo (*Prabhamandala*).
- Absence of the sacred thread (*Yajnopavita*).
- Elaborate hairstyles.
- Use of large earrings (*Karna Kundala*) reaching the shoulders.
- Large anklets (*Kalli*) on the feet.
- Lack of intricate craftsmanship.

Sculpture of the Lichchhavi Period

The sculptures of the Lichchhavi period are refined, smooth, intricate, expressive, and original. Although influenced by Gupta art, they exhibit beauty and dynamism in religious themes, often featuring small yet intricately carved figures. Notable sculptures from this era include *Bishnu Biktanta*, *Padmahasta Laxmi* from the National Museum, *Birupakshya* from



Palanchok Bhagwati,
Kavrepalanchok

Aryaghat, *Kaliyadaman* from Hanuman Dhoka, *Bishvarupa* from Changu, and *Bodhisattva* from Ganbahal, marking this period as a golden age of Nepalese art. Numerous Buddha and Bodhisattva sculptures, such as *Padmapani Lokeshwara* from Dhokabahal Chaitya, *Standing Buddha* sculpture from Bangemudha, *Reclining Narayan* from Budhanilkantha, *Dhumbaraha* from Chandol, and *Uma Maheshwara* from the National Museum, highlight the era's artistic excellence. The worship of female deities, which had begun in ancient times, became more prominent during the reign

of Lichchhavi King Mandev (5th century), as seen in the statues of *Bijeshwari*, *Ashtadashabhuja Dharani Palancho Bhagwati* (Kavre), known for their artistic richness. From the 7th century onward, female figures became a major sculptural theme, with Tantric-style goddess sculptures like *Parbati* from Na-ghal Tole, *Dakshinkali* from Pharping, *Kankeshwari* near the Vishnumati River, and *Bankali* from Dyaupatan reflecting this shift. By this time, sculptures had achieved a highly refined and sophisticated artistic form, and from the 8th century onward, the influence of the North Bihar style of India became evident in Nepalese sculpture.

Characteristics of Lichchhavi Period Sculpture

- Sculptures with attractive facial expressions
- Selection of a special type of stone
- Proportional harmony in body structure
- Flexibility and grace in female sculptures
- Ornamental and elaborate hairstyling
- Exceptionally appealing female sculptures
- Use of transparent clothing
- Simple and round halos

Medieval Sculpture

Medieval Nepal saw a flourishing of sculptures made from wood, metal, and stone. Bronze and iron were used to create sculptures that were both radiant and durable. Skilled artisans created sculptures, particularly in the Kathmandu Valley. Nepali sculpture was primarily developed in three materials: stone, wood, and metal. While terracotta sculptures were less developed, they were still very beautiful. Notable sculptures from this era include the Uma Maheshwar statue from Kotaltol Handigaun, the Uma Maheshwar statue from Kwabahal, the Sun sculpture of Thapahiti, the Sun sculpture of Banepa, the Shreedhar Bishnu statue of Changunarayan, the Narasimha statue of Changu, the Chaturmukha Linga of Deupatan, the Bishnu Byuha of Patan Kumbheshwar, and the Bishnu statue of the National Museum. The 13th–14th century Dance Shiva statue (National Museum) and the four-faced human-shaped sculpture of the Pashupati statue from the Malla period in 1439 BS (1382 AD) are also famous.

Characteristics of Medieval Sculpture

- Selection of inferior and coarse stone
- Creation of long and small facial features
- Extensive use of ornaments and jewellery
- Ornamental halos
- Sculptures made to be airy or lightweight
- Use of special types of crowns
- Disproportionate body proportions
- Double base seen in pedestals

Stone Sculptures

Nepal has a rich tradition of stone art. The selection of stone, the choice of subject matter, and the skill of the artisans have contributed to the vibrancy and beauty of Nepali stone sculptures. Both coarse and delicate stone sculptures were extensively created during the medieval period. Notable examples from this period include the Uma Maheshwar statue of



Kalabhairav, Hanuman Dhoka

Kotaltol Handigaun, the Uma Maheshwar statue of Kwabahal in Patan (107 Nepal Sambat), the Sun statue of Thapahiti in Patan (1065 AD, currently housed in the Patan Museum), the Sun statue of Banepa (514 Nepal Sambet), the Shreedhar Bishnu statue of Changunarayan, the Sun statue of Panauti (14th century), the Narasimha statue of Changunarayan (3rd century), and the Bishnu statue of the National Museum (14th century). Other significant stone sculptures include the Kalbhairav statue of Hanuman Dhoka, the Hanuman statue, the Narasimha and Hanuman statues of Bhupatindra Malla's time in the Bhaktapur Durbar Square, the Bishnu Byuha statue of Kumbheshwar in Patan (15th century), the Harihar statue of the Bhaktapur Art Museum (15th century), the Mahankal statue of Swayambhu (17th century), and various statues of deities from the Bhaktapur Art Museum and the National

Museum. These sculptures, found throughout the Kathmandu Valley, are prime examples of medieval stone art.

Characteristics of Stone Sculptures

- Selection of poor-quality stone
- Enchantment influence
- Extensive use of jewelry
- Use of triple-crowned headdress in Buddha sculptures
- Sharp nose
- Thin lips
- Long eyes, elongated chin
- Depiction of multiple events from Buddha's life on a single panel
- Construction of sculptures with disproportionate body features
- Artistic aura or halo
- Use of flames
- Creation of secular artistic works

Wooden Sculptures

Due to their tendency to deteriorate quickly, very few ancient wooden sculptures have survived. Notable examples include the worship deity sculpture from the 15th century at the National Museum, the dance goddess sculpture from the 15th century at the Bhaktapur Wood Museum, a wooden dance goddess sculpture from the 15th century at the National Museum (carved from a single piece of wood), the Basundhara sculpture at the Bhaktapur Wood Museum, and 17th-century sculptures of Ganesh, Dance-form Shiva, Mahishasuramardini Durga,



Nitya Devi, National
Museum

and the victory of Maras, all of which are excellent examples. Wooden art is abundantly displayed in Tundals. These carved wooden pieces can be found in temples such as Changu, Taleju, Nyatapole, and Kumbheshwar. The upper section of Tundals features trees, the middle section features deities, and the lower part depicts yakshyas, human-animal figures, and various sexual poses, all of which display beautiful and symbolic motifs such as the Sharadul (a mythical creature with a ram's horn and a lion's body). Above the entrance of temples, semi-circular torans are made, with the main deity at the center and symbols of the Ganges, Yamuna, and Makara on either side. The practice of placing carved wooden supports, or Tham, is found in Nyatapole and the wooden temples (such as Gorakhnath). Wooden art reached its peak development during the 16th and 17th centuries. The finest examples of wooden sculptures can be found in temple carvings, such as the Tundals and windows, which adorned temple architecture. The outer part of temple architecture often features ornamental sculptures on the Tundals.

Clay Sculptures

The foundation of Nepali art lies in clay sculptures. There are also secondary examples of clay sculptures that have been found. The Ashtamatrika (National Museum) is from the 17th century. The Anantnarayan Bishnu sculpture from Pashupati Aryaghat is considered a sample of an 18th-century clay sculpture. The Mahabouddha Temple, built during the reign of Shiv Singh Malla (1642 BS), contains numerous clay sculptures. These clay sculptures, made by firing clay like bricks, are found to be as strong as stone, as thin as slate, and smooth in texture.

Metal Sculptures

Ancient metal sculptures are rarely available, but relevant evidence has been found. Ancient coins from the Terai region, the Bishnu sculpture from Changu, the Lichchhavi-era coins, and the Buddha sculpture from Narendra Dev's chest are examples of metal sculptures from the late Lichchhavi period. A Buddha sculpture from the 8th-9th century, a Bajrapani sculpture from the 8th-9th century, now in a private collection in New York, the 14th-century Abalokiteshwara's sculpture of Hiranyabarna Mahabihar

in Patan, the 16th-17th-century Nam Sangati's sculpture of the National Museum, the 11th-12th-century Indra sculpture of the Patan Museum, the Ardhhanarishvara sculpture of 1065 AD, a Buddha sculpture of the 12th century, and the Mahishasuramardini sculpture of the 16th-17th century in the National Museum are some of the excellent examples of metal sculptures. The production of metal sculptures increased significantly during the medieval period. The 10th and 11th centuries are considered a new era in metalwork. The characteristics of medieval metal sculptures are as follows:



Shwet Bhairav, Hanuman Dhoka

- Proportional harmony in the body and limbs
- A streamlined or well-proportioned body
- Artistic detail on both the front and back
- Excessive clothing and jewelry
- Emphasis on the head and hands
- Semi-circular eyes and a sharp nose
- Round face, etc.

7.4.4 Nepali Woodcraft and Its Characteristics

Wooden artworks from the Lichchhavi period are not available, but wood was used in palaces, temples, monasteries, and houses during that period.

Windows and Doors

Various artistic wooden windows of different shapes and designs



Peacock Window, Bhaktapur

can be found in various monuments of the Kathmandu Valley. The Peacock Window, *Desemaru* Window, windows of the *Kumari Ghar* (House), and the Fifty-Five Window Palace of Bhaktapur are some of the finest examples of woodcraft.

Torana (Tympanum)

Semi-circular tympanum, known as toranas, are placed above entrance doors. Notable examples include the 16th-century torana of Itumbahal, the 17th-century torana of the Mulchowk in



Torana, Gunakar Mahavihar, Chusyabahal

Bhaktapur palace, the torana of Chhusya Bahal from the time of Pratap Malla, and those found in other temples across the valley.

Tundal

Wooden artworks from the early medieval period have been discovered. Notable examples include the Salabhanjika posture struts in the Mahavihar of Patan from the 12th-13th century, the 11th-century Tundal of Itumbahal in Kathmandu, and the 12th-13th century struts of the Indreshwar Temple in Panauti. The tundal used in tiered (pagoda) temples and other medieval monuments are excellent representations of woodcraft. A tundal is a simple or intricately carved wooden support placed at a 45-degree angle to hold the roof of a structure.

7.4.5 Some Popular Songs, Music, and Dance Forms in Nepal

In Nepal's geographically and culturally diverse society, various songs and dances are performed during festivals, different seasons, agricultural activities, and other special occasions. These songs and dances are filled with distinct melodies, rhythms, sweetness, and enthusiasm.

Some of the popular songs, music, and dance forms in Nepal are as follows:

Malasiri	Dohori/Juhari	Maithili
Sil	Sorathi	Bhojpuri
Teej/Gaura	Deuda	Maruni
Samala	Chuska	Kaura
Bhajan/Chudka/Balan	Jhora	Birahini
Bhailo/Deusi	Bahramase	Asare
Sangini	Jhyaure	Thadobhaka
Ghatu	Tamang Selo	Sepru
Bhakti Kirtan	Chyabrung	Jhangar
Jhiljhiya	Holi	Gaine Geet
Chhintang Mai	Rateuli	Chhyali



Infrastructure Development in Nepal

8.1 Education

The Constitution of Nepal guarantees every citizen the right to access basic education, mandates free and compulsory education up to the basic level, and guarantees free education up to the secondary level. Additionally, citizens with disabilities and economically disadvantaged individuals have the right to free higher education as per the law. The Constitution also guarantees the right of every Nepali community living in Nepal to receive education in their mother tongue and to establish and operate



Durbar High School, Kathmandu

schools and educational institutions for that purpose. Efforts in policy, legal, institutional, programmatic, and human development in the education sector have led to significant achievements. Nepal became a member of the United Nations Educational, Scientific and Cultural Organization (UNESCO) in 1953 AD. According to the National Census of 2021, the literacy rate in the country among individuals aged five and above is 76.2%. The male literacy rate stands at 83.6%, while the female literacy rate is 69.4%. In the 2011 Census, the total literacy rate was 65.9%, with 75.1% for males and 57.4% for females.

In the academic year of 2079 BS, there were a total of 36,032 schools, including 27,343 community schools, 7,373 institutional schools, and 1,316 religious schools.

Table No. 8.1
Provincial Literacy Rates

Provinces	Literacy Rate		
	Male	Female	Total
Koshi	86.1	73.6	79.7
Madhes	72.5	54.7	63.5
Bagmati	88.3	76	82.1
Gandaki	88.8	75.3	81.7
Lumbini	85.2	71.7	78.1
Karnali	83.3	69.4	76.1
Sudurpashchim	85.4	68.2	76.2

Source: National Census 2078 BS

Table No. 8.2
Details of Schools by Type of School

Type	Community (Including Traditional)	Institutional Only	Institutional	Total	Traditional /Religious
Basic Level (Grades 1-5)	15802	14652	1815	17617	1150

Basic Level (Grades 1-8)	4972	4821	1795	6767	151
Secondary Level (Grades 1-10)	3533	3474	3139	6672	59
Secondary Level (Grades 1-12)	3683	3659	1137	4820	24
Total	27990	26606	7886	35876	1384

Source: Economic Survey 2080/81 BS

Table No. 8.3
Details of Teachers Employed in Community and Institutional Schools, 2080

Level	Community School		Institutional School		Religious School		Total		
	Female	Male	Female	Male	Female	Male	Female	Male	Total
Basic (Grades 1-8)	66918	88618	41521	22191	911	2820	109350	113629	222979
Secondary (Grades 9-12)	5627	29864	5669	21571	83	295	11379	51730	63109
Total	72545	118482	47190	43762	994	3115	120729	165359	286088

Source: Economic Survey, 2080/81

According to the Economic Survey 2080/81 BS, the number of students studying in various universities and under their campuses in the fiscal year 2079/80 BS has increased by 8.4% compared to the previous fiscal year, reaching 739,941. In the fiscal year 2078/79 BS, this number had increased by 22.6%, reaching 682,589. Among the 739,941 students in 11 universities and 3 academies, 79.4% are enrolled in only Tribhuvan University, while 21.8% are studying in other institutions and universities. As of the month of Falgun 2080, the number of higher educational institutions receiving Quality Assurance & Accreditation certification from

the University Grants Commission has reached 103. By Falgun 2079, this number had been 86.

8.2 Health

The Constitution of Nepal guarantees every citizen the right to receive free basic health services from the state, the right to be informed about their health treatment, the right to equal access to health services, and the right to access clean drinking water and sanitation. In line with this constitutional provision and commitments made on regional and international platforms, the government has been actively working to ensure that all citizens have access to quality health services. In this context, Nepal became a member of the World Health Organization (WHO) in 1953 AD.

Through the planned development process, health sector policies, programs, human resource development, supply of medical equipment, and institutional efforts have led to inclusive quantitative and qualitative improvements in the delivery of health services, thereby increasing public access to quality health services. Additionally, the private, community, and non-governmental sectors, along with local governments, have also contributed to health services. Due to the qualitative and quantitative improvements in various vaccination programs, including the National Immunization Program, as well as services related to communicable and non-communicable diseases, the average life expectancy in Nepal has reached 71.2 years. The total fertility rate (per woman) is 2.1, the neonatal mortality rate (within 28 days per 1,000 live births) is 21, and the infant mortality rate (within one year per 1,000 live births) is 28.

However, access to health services in remote districts, settlements, and among the underprivileged and marginalized groups remains limited, and the health situation has not improved significantly. Due to cultural, gender, economic, and social barriers, available health services have not been delivered equitably.

According to the Economic Survey 2080/81 BS, by the month of Falgun 2080, the following health services and human resources are available:

Table No. 8.4
Details of Health Services and Human Resources

S.No.	Details	Total
1.	Total Health Institutions	7858
a)	Hospitals	215
b)	Primary Health Centers	201
c)	Health Posts	3820
d)	Ayurvedic Dispensaries	426
e)	Sub-Health Posts/Basic Health Service Centers	3196
2.	Hospital Beds	16541
3.	Total Human Resources	102686
a)	Doctors	6201
b)	Nurses and ANMs (Auxiliary Nurse Midwives)	27696
c)	Kaviraj (Ayurvedic Practitioners)	684
d)	Vaidya (Traditional Ayurvedic Doctors)	693
e)	Health Assistants (HA, AHW - Auxiliary Health Workers)	15987
f)	Female Community Health Volunteers	51423

Source: Economic Survey, 2080/81

8.3 Sports

Sports play a vital role in an individual's physical fitness as well as in the balanced development of social, mental, and emotional aspects. Sports have long been a key medium for strengthening national unity and establishing national identity on the international stage. Nepal has set the goal of developing and expanding sports to cultivate healthy, capable, and disciplined citizens while enhancing the country's reputation and identity globally.

The National Sports Council (NSC) is the largest governing body responsible for organizing sports-related activities in Nepal. It was officially established on Falgun 17, 2017 BS. Initially, in 2015 BS, the National Health and Sports Council was formed, but it was later renamed the National Sports Council (NSC). However, even before the formation of NSC, various sports associations for cricket, badminton, table tennis, football, hockey, and tennis had already been established in Nepal.

Nepal officially declared volleyball as its national sport on Jestha 8, 2074 BS. Previously, kabaddi and dandi-biyo were considered traditional national games, but they were never formally recognized as the official national sport.

8.3.1 Nepal National Sports

Nepal National Sports is regarded as the largest sports festival in the Nepalese sports sector. The event was first organised in 2038 BS. Although it was initially planned to be held every two years, internal challenges in Nepal made it difficult to maintain this schedule. As a result, by 2079 BS, the National Sports Council (NSC) had successfully organised only nine editions of the event.

(a) First Edition

The first edition of Nepal National Sports was held from Bhadra 27 to Ashoj 4, 2038 BS, at Dasharath Stadium in Kathmandu. The competition lasted nine days, and Bagmati Zone secured first place, followed by Gandaki Zone in second place and Koshi Zone in third.

(b) Second Edition

The second edition took place from Chaitra 12 to 20, 2040 BS, at the Pokhara Sports Complex in Pokhara. The competition was inaugurated by King Birendra Bir Bikram Shah, and the national flower of Nepal, the Rhododendron (Laliguras), was chosen as the event's logo. Bagmati Zone claimed first place, Gandaki Zone secured second, and Koshi Zone finished third.

(c) Third Edition

The third edition was held on Falgun 23, 2042 BS, and was inaugurated by King Birendra Bir Bikram Shah at Birgunj Stadium. The official mascot for this event was a tiger named

"Bale". In the competition, the Bagmati Zone took first place, the Koshi Zone came second, and the Narayani Zone secured third place.

(d) Fourth Edition

The fourth edition was organized in Nepalgunj from Chaitra 8 to 14, 2055 BS. This was the first edition to be conducted based on development regions instead of zones. A total of seven teams participated, with Madhyamanchal (Central Development Region) securing first place, the Nepal Army second, and the Nepal Police third.

(e) Fifth Edition

The fifth edition took place in Kathmandu from Chaitra 24 to 30, 2065 BS. This event introduced two categories of competition: regional and open. In the regional category, *Madhyamanchal* (Central Development Region) secured first place, APF (Armed Police Force) came second, and Nepal Police ranked third. Similarly, in the open category, Madhyamanchal (Central Development Region) came first, APF second, and Nepal Police third.

(f) Sixth Edition

The sixth edition was held in Dhangadhi and Mahendranagar, located in the Far-Western Development Region, from Chaitra 14 to 21, 2068 BS. A total of ten teams participated, with Madhyamanchal (Central Development Region) securing first place, Nepal Police finishing second, and the Armed Police Force (APF) coming third.

(g) Seventh Edition

The seventh edition was organized in Biratnagar, located in the Eastern Development Region, from Poush 8 to 15, 2073 BS. In this edition, the Nepal Army secured first place, the Armed Police Force (APF) took second, and Nepal Police finished third.

(h) Eighth National Sports Competition

The eighth edition took place in Nepalgunj, Banke, in 2075 BS. The games commenced on Chaitra 27, but the official inauguration was held on Baisakh 5. This edition featured 35 sports disciplines, with more than 5,000 athletes competing. Departmental teams dominated the top positions, with the Nepal Army securing first place, Nepal Police second, and the Armed Police Force (APF)

third. The ninth National Sports Competition was planned to be held in Gandaki Province within two years.

(i) Ninth National Sports Competition

The ninth edition of the National Sports Competition was held in Pokhara, Gandaki Province, from Jestha 22 to 28, 2079 BS, under the theme "United Nation, Message of Sports." A total of eleven teams participated, including seven provincial teams, three departmental teams (Nepal Army, Nepal Police, and Armed Police Force), and one Non-Resident Nepali Association (NRNA) team. The event featured 36 sports categories and had over 6,000 athletes competing. Nepal Army Club finished first, APF second, and Nepal Police Club third. The trophy for this competition was officially unveiled by former Prime Minister Sher Bahadur Deuba at the Prime Minister's residence in Baluwatar on Bhadra 31, 2079 BS.

The tenth National Sports Competition was scheduled to be held in Karnali Province from Mangsir 2 to 9, 2081 BS.

Table No. 8.5
Nineteenth National Games Medal Table

S. N.	Team	Gold	Silver	Bronze	Total
1	Nepal Army	172	110	89	371
2	APF	65	72	82	219
3	Nepal Police Club	61	61	73	195
4	Gandaki Province	32	31	57	120
5	Bagmati Province	24	47	74	145
6	Koshi Province	10	23	50	83
7	Sudurpaschim Province	10	10	43	63
8	NRNA	10	9	7	26
9	Lumbini Province	6	22	40	68
10	Madhes Province	5	8	26	39
11	Karnali Province	2	4	12	18

Source: National Sports Council

8.3.2 Major Domestic Sports Competitions in Nepal

- Nepal National Sports (Grand)
- NSC Championship (Grand)
- Martyr's Memorial A-Division League (Football)
- ANFA Cup (Football)
- Everest Premier League (Cricket)
- Dhangadhi Premier League (Cricket)
- Pokhara Premier League (Cricket)
- NVA National League (Volleyball)
- National Handball Championship (Handball)
- National Chess Championship (Chess)
- Prime Minister Cup Cricket Tournament

8.3.3 Nepal's Sports Museum

The first Olympic museum of Nepal is located in a room beneath the southern parapet of Dasharath Stadium in Kathmandu. This museum was established in the year 2052 BS. Later, in Ashoj 2056 BS, it was developed into the first sports museum of Nepal at a cost of approximately 250,000 rupees. The museum houses various sports equipment and artefacts that showcase the history of Nepali sports.

8.3.4 Nepal's Participation in International Sports

Nepal first participated in an international sports event at the 1951 AD Asian Games held in New Delhi, India. The first Nepali athlete to win a medal in an international competition was Jit Bahadur KC, who secured a bronze medal in the 1973 AD Asian Track and Field Championship held in Manila, Philippines. The first Nepali athlete to win a gold medal in an international competition was Baikuntha Manandhar. He won Nepal's first gold medal in the marathon event at the inaugural South Asian Games.

8.3.5 Nepal in the Olympic Games

Nepal first participated in the Olympic Games at the 1964 AD Tokyo Olympics in Japan. Except for the 1968 AD Olympics held in Mexico, Nepal has participated in every edition of the Olympics

since then. In its Olympic debut, Nepal competed in only two events: boxing and marathon. Under the leadership of Sushil Shamsheer JBR, Nepal was represented in the marathon by Ganga Bahadur Thapa and Bhupendra KC, while Nam Singh Thapa, Ram Prasad Gurung, and Om Prasad Pun competed in boxing.

At the 1988 Seoul Olympics, Bidhan Lama won a bronze medal in taekwondo, which was included as a demonstration sport. However, since demonstration sports are not officially counted in the Olympic medal tally, Nepal remains without an official Olympic medal. Despite this, Nepali athletes have managed to set several national records in various Olympic events.

8.3.6 Nepal in the South Asian Games

The South Asian Games (SAG) is the most significant multi-sport competition where Nepali athletes showcase their skills. Nepal has successfully established its own identity in the South Asian Games and has set several records in the competition. The Nepalese men's football team has won the gold medal three times, which is considered the most prestigious medal in any major sporting event. However, despite consistently reaching the finals, the women's football team has had to settle for a silver medal after losing to India in the final match.

Nepal has successfully hosted the South Asian Games three times. In the first edition of the South Asian Federation Games (SAF) in 1984 AD, Nepal won a total of 24 medals, including four gold medals. During this event, marathon runner Baikuntha Manandhar became the first Nepali athlete to win an international gold medal. Additionally, the national football team secured a gold medal, while Nepal also won two gold medals in boxing. Apart from gold medals, Nepal secured 12 silver and 8 bronze medals, finishing in fourth place in the medal tally among the seven participating nations.

Nepal hosted the South Asian Games for the second time in 1999 AD, during the eighth edition of the competition. This edition of the games was a highly successful event for Nepal, exceeding expectations. The host nation won a record 31 gold medals, even though the initial expectation was only 15 gold medals. In this historic performance, Nepal secured a total of 65 medals,



Opening Ceremony of 13th South Asian Games, Kathmandu

including 31 gold medals, 10 silver medals, and 24 bronze medals. For the first time, Nepal finished in second place in the final medal standings based on gold medals.

Nepal hosted the South Asian Games for the third time in 2019 AD, during the 13th edition of the competition. This event was the most successful South Asian Games for Nepal to date, surpassing expectations. As the host nation, Nepal won a record-breaking 51 gold medals. In this historic edition, Nepal won a total of 207 medals, including 51 gold medals, 60 silver medals, and 96 bronze medals. Once again, Nepal finished in second place in the final medal tally based on gold medals. The first athlete to win a medal for Nepal in this edition was Chanchala Danuwar in karate, while Mandekaji Shrestha won Nepal's first gold medal in karate. Swimmer Gaurika Singh emerged as Nepal's most successful athlete, winning four gold medals.

Table No. 8.6
Nepal in the South Asian Games
(From 1984 to 2019)

Year	Organizer	Gold	Silver	Bronze	Place
1984	Nepal	4	12	8	Fourth

1985	Bangladesh	1	9	22	Fifth
1987	India	2	7	33	Fifth
1989	Pakistan	1	10	21	Fifth
1991	Sri Lanka	2	8	29	Fifth
1993	Bangladesh	1	6	15	Fifth
1995	India	4	8	16	Fifth
1999	Nepal	31	10	24	Fifth
2004	Pakistan	7	6	20	Second
2006	Sri Lanka	15	14	31	Fourth
2010	Bangladesh	8	9	19	Fourth
2016	India	3	23	34	Fifth
2019	Nepal	51	60	96	Sixth

Source: National Sports Council

8.4 Drinking Water and Sanitation

According to the National Planning Commission, the Government of Nepal has set a goal to provide basic drinking water and sanitation services to 99% of the population by 2030 AD, in line with the Sustainable Development Goals (2015–2030 AD).

Since this goal cannot be achieved solely through government efforts, the government, local bodies, communities, consumers, and non-governmental organizations need to work together in an integrated and coordinated manner. Additionally, it is necessary to implement drinking water and sanitation programs in a linked manner during program execution.

According to the Economic Survey 2080/81 BS, by the falgun month of 2080 BS, 96.75% of the population had access to basic drinking water, and 27.76% had access to higher-medium level drinking water. Access to basic sanitation services had reached 95.50% of the population.

Various activities are currently underway in the drinking water sector. To improve the quality and service level of drinking water,

projects are being implemented with user participation in urban and semi-urban areas. Through collaboration and involvement with relevant stakeholders, comprehensive sanitation programs are being carried out, and open defecation-free areas are being developed. Additionally, the Bagmati River cleaning campaign has turned into a major initiative, sending a message about keeping rivers and streams clean across the country.

8.5 Transportation

8.5.1 Road Transportation

Transportation is a means of economic development, the flow of public services, and social integration. As a fundamental infrastructure for development, transportation systems can reduce regional disparities, provide momentum to economic activities, and facilitate the development of other areas and the smooth flow of services through national pride projects. Although road

transportation has been the main mode of transportation in Nepal so far, there is potential to benefit from the development of other modes such as airways, railways, waterways, and cable cars.



Karnali Bridge

Table No. 8.7
National Highways of Nepal

S.N.	Sign	Highway Name	Length Km.
1.	NH01	East-West (Mahendra) Highway	1028
2.	NH02	Kechana-Chandragadhi-Taplejung-Olangchungola (Mecha Highway)	352

S.N.	Sign	Highway Name	Length Km.
3.	NH03	Pushpalal (Mid-Hill) Highway	1787
4.	NH04	Birtamod-Mechi Bridge	15
5.	NH05	Hulaki Highway	1016
6.	NH06	Chatara-Ganeshchok (Tamor Corridor)	135
7.	NH07	Pakali--Nadaha Koshipul Chatara	66
8.	NH08	Rani-Kimathangka (Koshi Highway)	320
9.	NH09	Bahun Dangi-Jogbuda-Rupal (Madan Bhandari Highway)	1200
10.	NH10	Deurali-Boharatara	92
11.	NH11	Fikkal-Chabise, Ilam	19
12.	NH12	Ghumi-Chatara-Udaypur	163
13.	NH13	Bardibas-Dhulikhel (B.P. Highway)	160
14.	NH14	Gaighat-Basaha Udaypur	100
15.	NH15	Gwarko-Dahal Tar	128
16.	NH16	Thandi-Solu	144
17.	NH17	Naubise-Muglin-Pokhara (Prithvi Highway)	173
18.	NH18	Balaju-Syafrubeshi	65
19.	NH19	Ridi-Surkhet Road	220
20.	NH20	Madar-Salleri	193
21.	NH21	Sitapaila-Dharke	24
22.	NH22	Dhalkever-Akaraharghat	48
23.	NH23	Diktel-Khadichaur	291
24.	NH24	Lalgad-Bahunmara-B.P. Highway	29



BP Highway at Sunkoshi River Bank

S.N.	Sign	Highway Name	Length Km.
25.	NH25	Dumre–Besisahar–Chame	108
26.	NH26	Jamunibas–Kurtha–Janakpur	19
27.	NH27	Sheetalpati Salayan Kubinde Balewa Sangrahi	40
28.	NH28	Bhittamod–Lamabagar–LapcheGaun	281
29.	NH29	Kanchanvan–Ram Lakshmanchok– Health Post Mahendra Highway	30
30.	NH30	Janakpur (Mujelia)–Pathara– M.R.M. Pushpalpur	36
31.	NH31	Dolalghat–Choutara	25
32.	NH32	Nawalpur–Malangwa–Sonbarsa	30
33.	NH33	Nijgadh–Kathmandu	76
34.	NH34	Kathmandu–Dhulikhel–Kodari (Araniko Highway)	112
35.	NH35	Piluhwa Manmat–Kalaiya– Martihwa	25

S.N.	Sign	Highway Name	Length Km.
36.	NH36	Chandrapur–Gaur	45
37.	NH37	Hetauda–Ekantakuna (Kanti Rajpath)	86
38.	NH38	Kathmandu Outer Ring Road	68
39.	NH39	Kathmandu Ring Road	27
40.	NH40	Samakhushi–Bidur	26
41.	NH41	Sirsia–Kathmandu (Tribhuvan Rajpath)	155
42.	NH42	Thori–Rasuwadaghi	197
43.	NH43	Malekhu–Salyantar	57
44.	NH44	Thori–Sirdibas–Roila Bhajyaang	300
45.	NH45	Khairnitar–Bhimad–Kawasoti	106
46.	NH46	Bhumahi–Parasi	9
47.	NH47	Belahiya–Syangja–Pokhara (Siddhartha Rajpath)	184
48.	NH48	Tansen–Ridi–Korla	254
49.	NH49	Vartung–Wamitaksar Khurvang	98
50.	NH50	Jitpur–Taulihwa–Khunuwa	30
51.	NH51	Taulihwa–Gorusinge–Sandhikharka	83
52.	NH52	Kakrahwa (India Border)–Dhorpatan	222
53.	NH53	Bhaluwang–Liwang–Darbott	130
54.	NH54	Koilavas–Lahmi–Lukum (Shahid Marg)	211
55.	NH55	Amelia–Tharmare–Musikot (Rapti Rajmarg)	169

S.N.	Sign	Highway Name	Length Km.
56.	NH56	Tharmare–Mugu–Rara (Rara Rajmarg)	263
57.	NH57	Chhinchu–Tinja–Marim (Bheri Corridor)	317
58.	NH58	Jamunaha–Khulalu–Hilsa (Karnali Highway)	538
59.	NH59	Martiya (Indian Border)–Bayuli Nagma Road	154
60.	NH60	Surkhet–Gamgadhi–Nakchhelagna	302
61.	NH61	Surkhet Tallo Dungeshwar–Nagma–Jumla Road	168
62.	NH62	Khakaroula–Sanfebagar–Jainpar	228
63.	NH63	Sanfebagar–Martadi–Kolti	111
64.	NH64	Khodepe–Chandpur (Bajhang)	108
65.	NH65	Khutija–Dipayal–Urabhajyaang	296
66.	NH66	Dangadhi–Darchula–Tingkar	350
67.	NH67	Chandani–Pancheshwar–Jhulaghat	201
68.	NH68	Bhimad–Mityal–Arung Khola	80
69.	NH69	Jagat Banjyang–Chapakot–Gajarkot Road, Syangja	42
70.	NH70	Seti Dobhan–Aruchar Ghante Deurali, Syangja	46
71.	NH71	Bhaluwang–Khandah–Kharwang	170
72.	NH72	Dumkibas–Bahuvan–Triveni	23
73.	NH73	Surunga–Tangandubba to Lasunganj, Jhapa	25

S.N.	Sign	Highway Name	Length Km.
74.	NH74	Ilam (Biplate)–Maipokhari–Sandakpur, Ilam	50
75.	NH75	Swarn Sagar Matha Great Ring Road (Okhaldhunga–Solu–Salleri–Khotang–Diktel–Okhaldhunga)	135
76.	NH76	Damak–Chisapani–Ravi	44
77.	NH77	Bharatpur Metropolitan Great Ring Road	105
78.	NH78	Damak Municipality Ring Road	100
79.	NH79	Godar (Dhanusha) Chisapani–Dudhali, Sindhuli	20
80.	NH80	Mahendra Highway Bastipurchase (Siraha)–Katari, Udayapur	30
		Total	14913

Source: Department of Road

The Road Distance From Kathmandu to Various District Headquarters and Some Other Places

The road distances from Kathmandu to the district headquarters of various districts and other locations are presented in Table 8.8. According to this, the district headquarters located farthest from Kathmandu in terms of road distance is Martadi, the headquarters of Bajura district, at a distance of 972.93 kilometres. The other farthest district headquarters are as follows: Darchula (960.86 kilometres), the district headquarters of Darchula; Mangalsen (938.16 kilometres), the district headquarters of Acham; Chainpur (903.48 kilometres), the district headquarters of Bajhang; and Gamgadhi (893.8 kilometres), the district headquarters of Mugu. Similarly, in terms of road distance from Kathmandu, Jumla district headquarters, Khalanga, is 817.8 kilometres away, and Taplejung district headquarters, Taplejung is 835.3 kilometres away.

Table 8.8
Road Distance From the Central Capital Kathmandu to
Provincial Capitals (in kilometres)

S.N.	Name of Province	District	Capital	Road Distance
1.	Koshi	Morang	Biratnagar	548.77
2.	Madhes	Dhanusha	Janakpur	381.82
3.	Bagmati	Makawanpur	Hetauda	221.01
4.	Gandaki	Kaski	Pokhara	198.55
5.	Lumbini	Rupandehi	Butwal	259.44
6.	Karnali	Surkhet	Birendranagar	580.41
7.	Far West	Kailali	Dhangadi	664.42

Source: Nepal Parichaya 2080

In the last decade, significant achievements have been made in the development and expansion of roads. As of Falgun 2080, the total length of roads constructed by the federal government reached 34,267 kilometres, including 18,241 kilometres of paved roads, 7,697 kilometres of gravel roads, and 8,329 kilometres of earthen roads. Of the total road length, 53.2% is paved, 22.5% is gravel, and 24.3% is earthen. As of Asar 2080, the total road length was 34,239 kilometres. By Falgun of the fiscal year 2080/81, 189 kilometres of road were upgraded to paved standards, and 190 kilometres were upgraded to gravel roads, with 28 kilometres of new roads being constructed. Additionally, 7,821 kilometres of roads underwent regular patch repairs, and periodic maintenance was completed on 99 kilometres of roads. During this period, 67 road bridges were also constructed.

8.5.2 Air Transport

Due to Nepal's geographical location and topographical features, air transport has become the most reliable mode of communication for both domestic and international connections. By developing airports capable of operating short and long-distance air services using physical infrastructure and modern technology, air travel

has been made safe, accessible, cost-effective, market-oriented, reliable, and efficient. This ensures aviation and air safety in accordance with international standards. With the involvement of the private sector, the development of air transport was initiated to contribute to the promotion of tourism and trade.

The history of air transport in Nepal began in 1949 AD when a four-seater aircraft, "The Lone Powered Vintage Beach-Craft Bonanza," carrying Indian Ambassador Mr. Sarat Singh Mahathiya, landed at Gauchar Airport in Kathmandu. In 1950 AD, Himalayan Aviation Dakota operated the first charter flight from Gauchar to Kolkata. King Mahendra inaugurated Gauchar Airport in 1955 AD. The Civil Aviation Authority of Nepal was established in 1957 AD to regulate and develop airports by upgrading the grasslands to concrete runways and was declared an autonomous organization in 1998 AD. The Civil Aviation Act, 2015, was enacted to regulate airports, and the Civil Aviation Authority of Nepal has since been responsible for regulating both airports and aircraft operators. Nepal became a member state of the International Civil Aviation Organization (ICAO) in 1960 AD. Nepal Airlines, the flag carrier of Nepal, was established in 1958 AD with the enactment of the Nepal Airlines Corporation Act, 2019 AD. In 1964 AD, Tribhuvan Airport was renamed Tribhuvan International Airport. In 1967 AD, the 3,750-foot-long runway was upgraded to 6,600 feet, and the German airliner Lufthansa 707 landed. The first Nepali jet airliner, the Boeing 727/100, landed at Tribhuvan International Airport in 1972 AD. From that year onward, the Air Traffic Control ATC service, which had previously been provided by Indian technicians, was handled by Nepal itself.

Table No. 8.9
Key indicators related to civil aviation

Indicator	2080 BS
Number of international airlines operating to Nepal	31
Number of countries with bilateral air agreements	41
Airlines operating domestic flights	22

Number of all-weather paved airports	41
Seat capacity available on aircraft (in lakhs)	87.55
Number of international airports	3
Total number of operational airports	33

Source: Economic Survey 2080/81

8.5.3 Rail Transport

Railways have been recognized as an integral part of the country's overall economic progress, contributing to social and economic development, social integration, service expansion, and accessibility. Although rail services were previously considered a low priority with minimal facilities, their importance has been reassessed. There is now a clear plan to operate rail services from the east (Mechi) to the west (Mahakali), connecting Kathmandu-Pokhara-Tarai, as well as key industrial and commercial cities and regions. Additionally, efforts are underway to develop a railway connection between Kathmandu and China (Tibet) and to strengthen the deteriorating Janakpur-Jaynagar rail service.

In 1923 AD, J. B. Collier, an officer of the Indian Forest Service appointed by the Rana Prime Minister of Nepal, constructed a Short Narrow Gauge railway to transport Nepali timber to India. In 1927 AD, the British built the first Narrow Gauge railway in Nepal with a track width of 2 feet 6 inches (762 mm). This railway was connected from Raxaul in British India to Amlekhganj in Nepal. In 1937 AD, the British built the second railway in Nepal, connecting Janakpur to Jainagar.

According to the Economic Survey, 2080/81, under the East-West Electric Railway project, 63 kilometres of track bed and 13 railway bridges were completed in the Bardibas-Nijgadh section by the month of Falgun 2080. Under the domestic railway network, the 52-kilometre railway service between Jainagar-Janakpur-Bijalpur is operational. Additionally, a 10-kilometer railway line has been constructed from Jogbani to Biratnagar, and currently, cargo trains are operating from Bathnaha in India to the Biratnagar Customs Yard in Nepal.

8.6 Energy



First Hydropower Plant of Nepal, Pharping, Kathmandu

Nepal has completed a century of experience in the field of electricity energy. The journey of electricity development in Nepal began on 9th Jestha 1968, with the 500-kilowatt Farping Hydroelectric Center. Until the Eighth Five-Year Plan, this sector was primarily dominated by the government; however, with the introduction of the new Electricity Act of 2049 BS, the private sector was also brought into the fold. Along with electricity production, managing the distribution system has faced challenges, including improvements and expansion of the existing transmission and distribution system, land acquisition for transmission projects, and the extension and strengthening of the national grid for managing external market distribution. These efforts have not progressed as expected. The construction of the first Nepal-India cross-border high-voltage transmission line has been completed, and the ongoing hydropower and transmission projects within the country are progressing at an accelerated pace. The utilization of water resources has been established as the only sustainable foundation for Nepal's overall development and prosperity. With increasing interest from private investors

and the capital market in the hydropower sector, the potential for investment in this area is rising, which will help in the construction of additional projects. With abundant potential for hydroelectric power production and sufficient internal demand for electricity, along with the possibility of exports, it is imperative to establish this sector as a reliable basis for economic development, thereby addressing the country's energy shortages.

Table No. 8.10
Projects Larger Than 1 MW Operating in Nepal

S.N.	Project	Capacity (MW)	River	Issue Date	Validity Period
1	Khani Khola-1	40.000	Khani Khola	2068-01-28	2103-01-27
2	Rahughāt	40.000	Rahughāt	2068-04-03	2103-04-02
3	Tādi Khola	5.000	Tādi Khola	2068-06-04	2103-06-03
4	Sāngen	42.500	Sānjhen	2068-08-12	2104-08-11
5	Māthillo Mailung-A	6.420	Mailung Khola	2068-09-11	2103-09-10
6	Kābeli-A	37.600	Kabeli Khola	2069-05-21	2104-05-20
7	Rasuwa Gadhi	111.000	Bhotekoshi	2069-08-21	2105-08-20
8	Junbesi	5.200	Junbesi	2069-09-20	2104-09-19
9	Khorungā Khola	4.800	Khorunga Khola	2069-12-29	2104-12-28
10	Gelun Khola HPP	3.200	Gélun	2070-02-06	2105-02-05
11	Khani Khola (Dolakha)	30.000	Khani Khola	2070-02-10	2105-02-09
12	Madhyā Midim	3.100	Midim Khola	2070-04-10	2105-04-09
13	Māthillo Trishuli Three-B	37.000	Trishuli	2070-04-27	2106-04-26
14	Parajuli Khola-1	2.150	Parajuli Khola	2070-05-03	2105-05-02
15	Lohāre Khola	4.200	Lohare Khola	2070-06-08	2106-06-07
16	Salāngkhu Khola	2.500	Salāngkhu	2070-07-05	2105-07-04
17	Madhyā Bhotekoshi	102.000	Bhotekoshi	2070-08-18	2106-08-17

S.N.	Project	Capacity (MW)	River	Issue Date	Validity Period
18	Rāwā Khola HPP	6.500	Rāwā Khola	2070-10-28	2105-10-27
19	Tallo Piluwa	10.300	Pilwa Khola	2070-11-04	2105-11-03
20	Tallo Solu Hydroelectric Project	82.000	Solu Khola	2070-12-05	2106-12-04
21	Māthillo Magdī	37.000	Myagdi Khola	2070-12-06	2106-12-05
22	Rūpse Khola	4.000	Rupse Khola	2071-01-05	2106-01-04
23	Khāre Hydroelectric Project	24.100	Khare	2071-01-21	2106-01-20
24	Sabhā Khola A	10.400	Sabha Khola	2071-06-28	2107-06-27
25	Badigād HPP	6.600	Badi Gād	2071-09-17	2106-09-16
26	Durwāng Magdī Khola	25.000	Myagdi Khola	2071-11-04	2106-11-03
27	Balefi A	10.600	Balefi	2072-01-06	2107-01-05
28	Māthillo Modi A	42.000	Modi Khola	2072-03-04	2107-03-03
29	Ghar Khola	14.000	Ghar	2072-03-11	2107-03-10
30	Langtang Khola Small Hydro Project	20.000	Langtang	2072-06-01	2107-05-31
31	Siddhi Khola	10.000	Siddhi Khola	2072-06-13	2107-06-12
32	Māthillo Tādi	11.000	Tādi Khola	2072-06-22	2107-06-21
33	Likhu–1	77.000	Likhu Khola	2072-06-22	2108-06-21
34	Likhu–2	55.000	Likhu Khola	2072-06-22	2108-06-21
35	Ruru Banchu–1	16.000	Rurubanchu Khola	2072-06-27	2107-06-26
36	Chulepukhola Hydroelectric Project	8.520	Chulepu, Dhundekhola	2073-01-13	2108-01-12
37	Chauri Khola	5.000	Chauri	2073-01-14	2108-01-13
38	Tanahu HEIP	140.000	Seti Khola	2073-02-03	2109-02-02
39	Sāngen Khola	78.000	Sānjhen	2073-03-09	2108-03-08

S.N.	Project	Capacity (MW)	River	Issue Date	Validity Period
40	Phalākhū Khola HPP	5.000	Phalākhū Khola	2073-03-24	2108-03-23
41	Phalākhū Khola HPP	14.700	Phalākhū Khola	2073-04-10	2108-04-09
42	Liping Khola	16.260	Liping	2073-04-12	2108-04-11
43	Tallo Khorungā	5.500	Khorāngā Khola	2073-04-12	2108-04-11
44	Sāno Milti Khola SHP	3.000	Milti	2073-06-09	2108-06-08
45	Rahughāt Mangale	37.000	Rahughāt	2073-07-29	2109-07-28
46	Māthillo Nyāsīm Khola	43.000	Nyāsīm Khola	2073-08-07	2108-08-06
47	Ruru Banchu Khola–2	12.000	Rurubanchu Khola	2073-09-19	2108-09-18
48	Khimti–2	48.800	Khimti Khola	2073-09-22	2108-09-21
49	Māthillo Lapche Khola	52.000	Lapche	2073-10-21	2108-10-20
50	Daram Khola HEIP	7.300	Dharam	2073-10-23	2109-10-22
51	Ānkhū Khola	42.900	Ānkhū Khola	2073-10-27	2109-10-26
52	Māthillo Chirkhuwā Khola	4.700	Chirkhuwā	2073-11-11	2108-11-10
53	Sabhā Khola–B HPP	15.100	Sabha Khola	2073-11-30	2108-11-29
54	Madhyā Tāra Khola SHP	1.700	Tāra Khola	2073-12-13	2109-12-12
55	Balefi	23.520	Balefi	2073-12-16	2108-12-15
56	Māthillo Chauri Khola	6.000	Chauri	2074-01-29	2109-01-28
57	Tamākoshi Bī	99.800	Tāmakoshi	2074-02-09	2109-02-08
58	Tallo Chirkhuwā	4.060	Chirkhuwā	2074-02-22	2109-02-21
59	Langkhuwā Khola	5.000	Langkhuwā	2074-03-28	2109-03-27
60	Mewa Khola Hydroelectric Project	50.000	Meva Khola	2074-04-15	2109-04-14
61	Nīlgiri Khola	38.000	Nīlgiri	2074-04-31	2109-04-30
62	Buku–Kāpātī Hydroelectric Project	5.000	Buku	2074-05-08	2109-05-07

S.N.	Project	Capacity (MW)	River	Issue Date	Validity Period
63	Super Nyādi Hydroelectric Project	40.270	Nyādi	2074-05-14	2109-05-13
64	Setī Khola HPP	3.500	Seti Khola	2074-05-26	2109-05-25
65	Masryāngdī Bēsī	50.000	Masryāngdi	2074-06-01	2109-05-31
66	Māthillo Trishuli–1	216.000	Trishuli	2074-07-23	2109-07-22
67	Istul Khola HPP	1.506	Istul	2074-08-14	2109-08-13
68	Lapche Khola	160.000	Lapche	2074-09-02	2110-09-01
69	Kāsuwā Khola HPP	45.000	Kāswā	2074-09-03	2109-09-02
70	Saptang Khola HPP	2.500	Saptāng	2074-09-21	2109-09-20
71	Buku Khola	6.000	Buku	2074-09-25	2109-09-24
72	Nyām Nyām	6.000	Nyām Nyām Khola	2074-09-28	2109-09-27
73	Super Trishuli	100.000	Trishuli	2074-10-02	2109-10-06
74	Tallo Irkhuwā Khola	14.150	Irkhuwā Khola	2074-10-23	2109-10-22
75	Relē Khola	6.000	Rele Khola	2074-10-28	2109-10-27
76	Irkhuwā Khola–B HPP	15.524	Irkhuwā Khola	2074-11-03	2109-11-02
77	Rasuwa Bhotekoshi	120.000	Bhotekoshi	2074-11-03	2109-11-02
78	Māthillo Gaddī Gād	1.550	Gaddi Gād	2074-11-30	2109-11-29
79	Māthillo Modi HPP Cascade Project	18.200	Modi Khola	2074-12-02	2109-12-01
80	Arun 3	900.000	Arun	2075-01-20	2105-01-19
81	Madhyā Daram Khola–A HPP	3.000	Dharam	2075-02-09	2110-02-08
82	Madhyā Daram Khola–B HEIP	4.500	Dharam	2075-02-09	2110-02-08
83	Māthillo Khudi	26.000	Khudi	2075-02-09	2110-02-08
84	Māthillo Tamor	285.000	Tāmor	2075-02-27	2110-02-26

S.N.	Project	Capacity (MW)	River	Issue Date	Validity Period
85	Hewā A Sāno HEIP	5.000	Hewā Khola	2075-04-14	2110-04-13
86	Tilā-1 Hydroelectric Project	440.000	Tila	2075-05-08	2110-05-07
87	Tilā-2 Hydroelectric Project	420.000	Tila	2075-05-08	2110-05-07
88	Māthillo Phawā HPP	5.800	Phawā Khola	2075-05-19	2110-05-18
89	Super Ānkhū Khola Hydroelectric Project	25.400	Ānkhū Khola	2075-06-02	2110-06-01
90	Nīlgirī Khola-2 Cascade Project	62.000	Nīlgiri	2075-07-07	2110-07-06
91	Tallo Manāng Masryāngdī	140.000	Masryāngdī	2075-07-18	2110-07-17
92	Manāng Masryāngdī	135.000	Masryāngdī	2075-08-01	2110-07-30
93	Badigād (Kolti)	4.500	Badi Gād	2075-08-16	2110-08-15
94	Gachhyāng Khola	6.600	Gachryāng	2075-08-18	2110-08-17
95	Māthillo Masryāngdī 1	138.000	Masryāngdī	2075-09-10	2110-09-09
96	Māthillo Lohor SHP	4.000	Lohor Khola	2075-09-16	2110-09-15
97	Chāmeliā (Chhetigadh)	85.000	Chameliyā Khola	2075-09-20	2110-09-19
98	Māthillo Piluwa Hills Small HP Project	4.990	Pilwa, Tupuwā, and Chānge Khola	2075-09-23	2110-09-22
99	Kāligāndakī Ghāti	164.000	Kāligandaki	2075-11-27	2110-11-26
100	Nyādi Fidi HPP	21.400	Nyādi, Fidi	2075-11-27	2110-11-26
101	Māthillo Rahughāt	48.500	Rahughāt	2075-12-11	2110-12-10
102	Super Hewā HPP	6.000	Hewā Khola	2075-12-26	2110-12-25
103	Madhyā Kāligāndakī	53.539	Kāligandaki	2076-01-09	2111-01-08
104	Tādi Khola Cascade	3.000	Tādi Khola	2076-01-30	2110-01-29
105	Bajrā Mādī Hydroelectric Project	24.800	Mādī Khola	2076-02-07	2111-02-06

S.N.	Project	Capacity (MW)	River	Issue Date	Validity Period
106	Māthillo Richēt Khola SHP	2.000	Richet	2076-02-07	2112-02-06
107	Jhyākū Khola HPP	5.243	Jhyāku	2076-02-08	2111-02-07
108	Māthillo Trishuli–2 HEIP	102.000	Trishuli	2076-02-09	2111-02-08
109	Tināu Khola HPP	3.440	Tināu	2076-02-14	2111-02-13
110	Likhu Khola HPP	30.000	Likhu Khola	2076-02-24	2111-02-23
111	Chisang Khola–A Sano HEIP	1.800	Chisāng	2076-07-24	2111-07-23
112	Tallo Hewā Khola–A HPP	7.300	Hewā Khola	2076-07-26	2111-07-25
113	Sāgu Khola HEIP	20.000	Sāngu Khola	2076-08-12	2111-08-11
114	Dudhkund Khola HEIP	12.000	Solu Khola	2076-08-18	2111-08-17
115	Māthillo Ānkhū Khola	38.000	Ānkhū Khola	2076-09-07	2111-09-06
116	Bhīm Khola Sāno HEIP	4.960	Bhīm Khola	2076-09-29	2112-09-28
117	Jogmāi Cascade	5.200	Jogamāi Khola	2076-10-01	2112-09-30
118	Sāngu Khola HPP	5.000	Sāngu (Sorun) Khola	2076-10-01	2111-09-30
119	Madhyā Mewa HPP	73.500	Meva Khola	2076-10-12	2112-10-11
120	Nupche Likhu HPP	57.500	Nupche, Likhu	2076-10-12	2112-10-11
121	Māthillo Magdī–1 HPP	53.500	Myagdi Khola	2076-10-21	2111-10-20
122	Sāngu Khola–1 HPP	5.500	Sāngu	2076-10-21	2111-10-20
123	Fedi Khola (Thumlung) Small HPP	3.520	Phedi Khola (Thumlung)	2076-11-15	2111-11-14
124	Thulo Khola Hydroelectric Project	21.300	Thulo Khola	2076-12-10	2111-12-09
125	Chēpe Khola HEIP	7.000	Chepe Khola	2077-02-15	2112-02-14
126	Māthillo Irkhuwā HPP	14.500	Irkhuwā, Phedi	2077-02-23	2112-02-22

S.N.	Project	Capacity (MW)	River	Issue Date	Validity Period
127	Isuwa Khola Hydroelectric Project	97.200	Isuwa Khola	2077-02-27	2112-02-26
128	Māthillo Māwa HPP	17.850	Maiva	2077-03-03	2112-03-02
129	Myādme Khola HPP	24.000	Mādme Khola	2077-03-03	2112-03-02
130	Tallo Balefi	20.000	Balefi	2077-03-05	2112-03-04
131	Madhyā Super Daurudī HPP	10.000	Darodi	2077-03-05	2112-03-04
132	Rāujē Khola HPP	4.990	Rauje Khola	2077-03-05	2112-03-04
133	Bhotekoshi 5 HEIP	62.000	Bhotekoshi	2077-03-14	2112-03-13
134	Setī Khola HPP	25.000	Seti Khola	2077-03-15	2112-03-14
135	Karuwā Setī HEIP	32.000	Seti	2077-03-15	2112-03-14
136	Māthillo Piluwa 3 HEIP	4.950	Pilwa Khola	2077-04-09	2112-04-08
137	Hidi Khola HEIP	6.820	Hidi Khola	2077-04-14	2112-04-13
138	Madhyā Tādi HPP	5.500	Tādi Khola	2077-04-27	2112-04-26
139	Pegu Khola Small Hydroelectric Project	4.350	Pegu	2077-05-11	2112-05-10
140	Jurimbā Khola Small Hydroelectric Project	7.630	Jurimbā	2077-05-29	2112-05-28
141	Lyāndruk Modi HEIP	86.590	Modi	2077-06-01	2112-05-31
142	Sunighad	11.050	Suni Gād	2077-06-07	2112-06-06
143	Madhyā Rāwā Khola HEIP	2.500	Rāwa Khola, Sung Khola	2077-06-07	2112-06-06
144	Dudhkoshi-2 (Jaleshwar) HPP	70.000	Dudhkoshi	2077-06-07	2112-06-06
145	Mudikhola Hydroelectric Project	14.700	Mudi Khola	2077-06-13	2112-06-12
146	Tallo Madhyā Rāwā Khola HEIP	4.000	Rāwa	2077-06-15	2112-06-14

S.N.	Project	Capacity (MW)	River	Issue Date	Validity Period
147	Minchet Khola HEIP	7.000	Menchet Khola	2077-06-18	2112-08617-0
148	Tamor Mewa	128.000	Tamor and Meva	2077-06-25	2112-06-24
149	Midim 1 HEIP	13.424	Midim Khola	2077-07-03	2112-07-02
150	Tallo Tāra Khola HPP	3.500	Tāra Khola	2077-07-18	2112-07-17
151	Magdī Khola Hydroelectric Project	57.300	Myagdi Khola	2077-07-25	2112-07-24
152	Māthillo Bhurundī Khola SHP	3.750	Bhurundi Khola	2077-07-27	2112-07-26
153	Nyāsīm HEIP	35.000	Nyāsīm Khola	2077-07-28	2112-07-27
154	Māthillo Ingwā Khola	9.700	Ingwa	2077-07-28	2112-07-27
155	Māthillo Daurudī Hydroelectric Project	9.200	Darodi	2077-08-14	2112-08-13
156	Langdīkhola Small HEIP	3.260	Langdi	2077-08-29	2112-08-28
157	Setīkhola HEIP	22.000	Seti Khola	2077-09-02	2112-09-01
158	Mewā Khola HEIP	23.000	Meva Khola	2077-10-02	2112-10-01
159	Bagar Khola HEIP	5.500	Bagar Khola	2077-10-06	2112-10-05
160	Dudhpokhari Chēpe HEIP	8.836	Chepe Khola	2077-10-08	2112-10-07
161	Jum Khola HEIP	56.000	Jum	2078-03-27	2113-03-26
162	Māthillo Daurudī B Small HEIP	8.300	Darodi	2078-04-10	2113-04-09
163	Māthillo Daurudī–C HEIP	9.820	Darodi	2078-04-10	2113-04-09
164	Māthillo Balefi	46.000	Balefi	2078-04-32	2113-04-31
165	Ilep Tātopānī Khola HEIP	25.000	Tātopānī (Ilep) Khola	2078-05-15	2113-05-14
166	Super Melamchi HEIP	23.600	Melamchi	2078-05-21	2113-05-20

S.N.	Project	Capacity (MW)	River	Issue Date	Validity Period
167	Māthillo Piluwa–1 HEIP	7.700	Pilwa	2078-07-07	2113-07-06
168	Super Kābeli Khola A HEIP	13.500	Kābeli Khola, Amji Khola	2078-07-12	2113-07-11
169	Super Kābeli Khola Cascade HEIP	12.000	Kābeli Khola	2078-07-12	2113-07-11
170	Kābeli–3 HEIP	21.930	Kābeli	2078-08-02	2113-08-01
171	Bhalodi Khola HEIP	2.645	Bhalodi	2078-08-02	2113-08-01
172	Isuwa Khola PRO Cascade HEIP	37.700	Isuwa Khola	2078-09-06	2113-09-05
173	Arun Khola 2 HEIP	2.000	Arun Khola	2078-09-28	2113-09-27
174	Sonā Khola HEIP	9.000	Sonā Khola, Khare Khola	2078-09-28	2113-09-27
175	Māthillo Kābeli HEIP	28.100	Kābeli Khola	2078-10-05	2113-10-04
176	Super Tallo Bāgmati HEIP	41.860	Bāgmati	2078-10-12	2113-10-11
177	Madhyā Hongu Khola B HEIP	22.900	Hongu Khola	2078-10-12	2113-10-11
178	Māthillo Seti HEIP	20.000	Seti Khola, Sādhu Khola	2078-10-17	2113-10-16
179	Māthillo Deumai Khola Small HEIP	8.300	Deumāi	2078-11-06	2113-11-05
180	Sepali Khola HEIP	5.000	Sepali Khola	2078-12-17	2113-12-16
181	Tamor Khola–5 HEIP	37.500	Tāmor	2078-12-20	2113-12-19
182	Kunwan Khola HEIP	20.000	Kunwan	2078-12-28	2113-12-27
183	Himchuli Daurudi HEIP	57.000	Dordī	2079-01-28	2114-01-27
184	Māthillo Thulo Khola A HEIP	22.500	Thulo Khola	2079-02-09	2114-02-08
185	Māthillo Sāngu HEIP	10.000	Khartāl, Kothli (Sāngu)	2079-03-05	2114-03-04
186	Tiptyang Kālīgāndakī HEIP	58.000	Kālīgandaki	2079-03-05	2114-03-08

S.N.	Project	Capacity (MW)	River	Issue Date	Validity Period
187	Madhyā Hongu Khola – One HPP	22.000	Hongu Khola	2079-03-09	2114-03-08
188	Chino Khola HEIP	7.900	Chino	2079-03-20	2114-03-19
189	Ghunsā Khola HEIP	77.500	Ghunsā Khola	2079-04-08	2114-04-07
190	Simbuwā Khola HEIP	70.300	Simbuwā Khola	2079-04-23	2114-04-22
191	Dudhkhola HEIP	65.000	Dudhkhola	2079-04-25	2114-04-24
192	Jaldīgad	21.000	Jaldī Gād	2079-05-01	2114-04-30
193	Madhyā Trishuli Gangā River	15.625	Trishuli	2079-05-17	2114-05-16
194	Māthillo Mādī–0 HEIP	43.000	Mādi	2079-05-30	2114-05-29
195	Madhyā Mailung (Cascade) HEIP	13.000	Mailung Khola	2079-07-15	2114-07-14
196	Ayu Malun Khola HEIP	21.000	Mālun	2079-08-06	2114-08-05
197	Māthillo Kābeli–2 HEIP	15.000	Kābeli Khola	2079-08-07	2114-08-06
198	Pālunkhola 1 HEIP	30.000	Pālun Khola	2079-09-18	2114-09-17
199	Pālun Khola Small HEIP	21.000	Pālun Khola	2079-09-18	2114-09-17
200	Syāpu HEIP	3.300	Dharnē	2079-09-21	2114-09-20
201	Bhotekoshi 1 HEIP	40.000	Bhotekoshi	2079-09-21	2114-09-20
202	Lujā Khola HEIP	24.800	Lujā Khola	2079-09-26	2114-09-25
203	Māthillo Pikhuwā Khola HEIP	4.900	Pikhuwā	2079-10-09	2114-10-08
204	Sānibhērī HEIP	44.520	Sāni Bheri	2079-10-12	2114-10-11
205	Shivakhola HEIP	9.300	Shivā Khola	2079-10-20	2114-10-19
206	Tallo Bhīm Khola HEIP	6.050	Bhīm Khola	2079-11-17	2114-11-16
207	Chujung Khola HEIP	48.000	Chujung	2079-12-02	2114-12-01
208	Tallo Ñyādi	12.600	Ngādi Khola	2079-12-09	2114-12-08

S.N.	Project	Capacity (MW)	River	Issue Date	Validity Period
209	Budum HEIP	14.500	Budum	2079-12-12	2114-12-11
210	Ānkhū Khola–2 HEIP	20.000	Ākhu Khola	2079-12-12	2114-12-11
211	Mistrī Khola–2 HEIP	12.000	Mistry	2079-12-12	2114-12-11
212	Rolwāling Khola HEIP	22.000	Rolwāling	2079-12-20	2114-12-19
213	Shyām Khola	7.250	Shyāmkhola	2080-01-13	2115-01-12
214	Tallo Indrawati HEIP	4.500	Indrawati	2080-01-20	2115-01-19
215	Dānā Khola HEIP	49.950	Dānā Khola	2080-01-21	2115-01-20
216	Apar Sardi HEIP	2.900	Sardī, Kuttamī	2080-02-09	2115-02-08
217	Dhārakhola Small HEIP	6.500	Dhār Khola	2080-02-17	2115-02-15
218	Badhīgād Khola HEIP	24.600	Badi Gād	2080-02-23	2115-02-22
219	Māthillo Mewa Khola A HEIP	21.920	Mevākhola	2080-02-32	2115-02-31
220	Super Tamor HE	166.000	Tāmor	2080-03-06	2115-03-05
221	Khani Khola–1	17.000	Mailung	2080-03-13	2115-03-12
222	Rahughāt	6.200	Khani	2080-04-08	2115-04-07
223	Tādi Khola	30.400	Dudkhola	2080-04-11	2115-04-10
224	Sāngen	9.140	Ghalemdi Khola	2080-04-17	2115-04-16



Upper Tamakoshi Hydropower, Dolakha

S.N.	Project	Capacity (MW)	River	Issue Date	Validity Period
225	Māthillo Mailung–A	19.000	Tātopāni Khola	2080-04-25	2115-04-24
226	Kābeli–A	4.500	Bhurundi Khola	2080-05-12	2115-05-11
227	Rasuwa Gadhi	40.00	Lapchi Tāmākoshi	2080-06-14	2115-06-13
228	Junbesi	4.600	Māchākhola	2080-06-18	2115-06-17
229	Khorungā Khola	4.950	Mivājekhola	2080-06-26	2115-06-25
230	Gelun Khola HPP	40.000	Sankhuwākhola	2080-06-30	2115-06-29
231	Khani Khola (Dolakha)	3.450	Sīnkosh Khola	2080-08-08	2115-08-07
232	Madhyā Midim	24.000	Seti and Bātāsē Khola	2080-09-01	2115-08-30
233	Māthillo Trishuli Three-B	6.300	Sabha Khola	2080-09-01	2115-08-30
234	Parajuli Khola–1	341.00	Budhī Gāndakī	2080-09-05	2115-09-04
235	Lohāre Khola	17.000	Thūligād	2080-09-11	2115-09-10
236	Salāngkhu Khola	4.750	Syanokhola	2080-09-18	2115-09-17
237	Madhyā Bhotekoshi	4.100	Pikhuwā	2080-09-24	2115-09-23
238	Rāwā Khola HPP	106.000	Bheri	2080-09-25	2115-09-24
239	Tallo Puluwa	260.000	Budhī Gāndakī	2080-09-25	2115-09-24
240	Tallo Solu Hydroelectric Project	130.000	Budhī Gāndakī	2080-10-08	2115-10-07
241	Māthillo Magdī	4.700	Junbeshi	2080-10-08	2115-10-07
242	Rūpse Khola	16.000	Māchākhola	2080-11-04	2115-11-03
243	Khāre Hydroelectric Project	24.500	Dobhānkhola	2080-12-05	2115-12-04
244	Sabhā Khola A	9.000	Khimti and Gwāng Khola	2080-12-08	2115-12-07
245	Badigād HPP	4.100	Kisedikhola	2080-12-13	2115-12-12

S.N.	Project	Capacity (MW)	River	Issue Date	Validity Period
246	Durwāng Magdī Khola	21.000	Suti	2080-12-14	2115-12-13
247	Balefi A	13.500	Sisuwā and Hīnwā Khola	2080-12-14	2115-12-13
248	Māthillo Modi A	30.590	Yāru	2080-12-25	2115-12-24
249	Ghar Khola	43.200	Chilung	2080-12-25	2115-12-24
250	Langtang Khola Small Hydro Project	216.000	Seti	2081-01-31	2116-01-30
251	Siddhi Khola	19.000	Dorđi	2081-02-09	2116-02-08
252	Māthillo Tādi	36.52	Balefi	2081-02-17	2116-02-16
253	Likhu-1	15.150	Yāmyām Masal	2081-02-20	2116-02-19
254	Likhu-2	9.480	Dudhkund	2081-02-21	2116-02-20
255	Ruru Banchu-1	14.000	Sunigadh	2081-02-22	2116-02-21

Source: Department of Electricity Development, 11 July 2024

According to the Economic Survey 2080/81 BS, the total installed hydroelectric capacity as of 2080 Falgun is 2,818.91 megawatts. In addition, solar energy production stands at 97.04 megawatts, and thermal (plant) energy production is 53.41 megawatts. Similarly, the electricity generated by the Alternative Energy Promotion Center is 84.74 megawatts, and 6 megawatts is produced through co-generation technology from sugar mills. As a result, the total installed electricity capacity has reached 3,060.1 megawatts. Among the electricity produced by the Alternative Energy Promotion Center, 48.23 megawatts come from solar plants. Of the total installed electricity capacity, 92.1% is from hydroelectric power, while 7.9% is from other sources, with 4.7% coming from solar plants.

To develop and expand renewable energy technology, the Alternative Energy Promotion Center has been working through the promotion and dissemination of renewable energy

technologies to improve the living standards of rural communities, protect the environment, increase employment opportunities, and commercialize renewable energy technologies to foster the growth of related industries.

According to the Economic Survey 2080/81 BS, in the fiscal year 2079/080 BS, the electricity produced from small and micro-hydroelectric projects under alternative energy was 1,108 kilowatts. By 2080/81 BS, as of Falgun, an additional 382.5 kilowatts was added. Similarly, electricity production from solar and wind energy, which stood at 578 kilowatts, saw an increase of 208 kilowatts.

8.7 Irrigation



Sikta Irrigation Project

According to the Economic Survey 2080/81 BS, irrigation facilities in Nepal have been expanding annually. As of Falgun 2079, irrigation had reached 88.5% of the total irrigable land, which covers 1.76 million hectares, and 59% of the total agricultural land, which spans 2.64 million hectares. By the end of Asar 2080, irrigation facilities had been extended to a total of 1,555,508 hectares of land. As of Falgun in the fiscal year 2080/81, irrigation facilities were expanded through federal projects, covering 620 hectares under surface irrigation, 270 hectares under lift irrigation,

700 hectares under groundwater irrigation, and 50 hectares under reservoir-based irrigation, totalling 1,640 hectares. By Falgun 2080, irrigation facilities had been extended to a total of 1,557,148 hectares of land. Additionally, under groundwater irrigation, 520 hectares were covered through 13 deep boring systems. In the fiscal year 2080/81 BS, six more borings were added, expanding irrigation facilities by an additional 300 hectares.

Only about one-third of Nepal's total irrigated land receives year-round irrigation. To achieve sustainable, equitable, and regionally balanced development, it is essential to maximize the utilization of the country's available surface and groundwater resources through an inclusive and participatory management approach. Developing the necessary infrastructure to provide year-round irrigation will enhance agricultural production and productivity, reduce poverty, and drive the nation toward prosperity.

8.8 Communication and Information Technology

The development of communication and information technology has emerged as a vital infrastructure to address the challenges posed by Nepal's geographical landscape in achieving the sustainable development of various economic and social sectors, including education, health, agriculture, tourism, trade, etc. This advancement has facilitated the implementation of good governance principles, such as the rule of law, corruption-free and efficient administration, decentralization, economic discipline, and the effective delivery of public services and resource management. As a result, essential services for the general public can now be provided more swiftly, efficiently, and at a lower cost.

The introduction of computer technology in Nepal's information sector can be traced back to the processing of data from the 2028 BS national census, marking the first use of computer technology in the country. During this census, a second-generation computer, the IBM1401, was used for data processing. Subsequently, in the 2038 BS national census, another second-generation computer, the ICL2950/10, was utilized for data processing.

In the course of the development of information technology, the Technical Training Institute, established in 1930 AD under

Tribhuvan University, was renamed the Institute of Engineering in 1972 AD. In 1994 and 1998 AD, the institute introduced courses in Electronics and Computer Engineering, respectively. In 1974 AD, the Electronic Data Processing Center was established, which was renamed the National Computer Training Center (NCC) six years later. In 1994 AD, the then Royal Nepal Academy of Science and Technology, in collaboration with Mercantile Communication Pvt. Ltd., introduced email services in Nepal, marking the beginning of the internet in the country. To promote and regulate the development of telecommunications and information technology, the Nepal Telecommunications Authority was established in 1998 AD. Additionally, Nepal Telecom has been providing internet services since 2000 AD.

To develop, manage, and establish electronic governance in information technology, the National Information Technology Center (NITC) was established in 2002 AD, leading to the creation of the Government Integrated Data Center (GIDC). Additionally, the Office of the Controller of Certification was established in 2008 AD. To regulate information technology, the Information Technology Policy was implemented in 2000 and later updated as the Information and Communication Policy in 2015 AD. Furthermore, the Electronic Transactions Act was enacted in 2008 AD.

Telecommunication services in Nepal began with the establishment of telecommunication services in 1970 BS. In 1971 BS, a trunk telephone system was introduced between Kathmandu and Raxaul. During the tenure of Chandra Shamsher, the first use of the magneto telephone was recorded. On Poush 1, 1991, the Telephone Head Office (a telecommunication-related office) was established. In 1992 BS, a 25-line automatic telephone system was installed in Kathmandu for the use of the then-Rana administrators.

Similarly, on Poush 2, 1992, the "Sawal Act" was enacted, opening telephone services to the general public. In 1936, a trunk (STD) service was introduced between Kathmandu and Dhankuta. In 2006 BS, radio communication sets were installed in Nepalgunj, Bhairahawa, Ilam, Dhankuta, and Biratnagar. In 2007 BS, a CB

manual exchange (100 lines) was established in Kathmandu. By 2009, 21 districts had established radio communication centers. With the implementation of the First Five-Year Plan, communication was given top priority, leading Nepal to become a member of the International Telecommunication Union (ITU) on Mansir 20, 1914. Following this, in 2016 BS, the Department of Telecommunications was established in Kathmandu to meet the growing demand in the capital. In 2019 BS, an automatic crossbar exchange (400 lines) was introduced. On Ashwin 1, 2021, the international telecommunication service using the VHF (very high-frequency) system was launched. During the Third Five-Year Plan, additional radio stations were established in various districts, along with 50 satellite radio stations and seven area control stations. In 206 BS, the Telecommunications Committee was formed under the Committee Act of 2013 BS. Similarly, in 2028, telex services were introduced. After the enactment of the Communication Corporation Act in 2028, Nepal Telecommunications established an inter-country microwave transmission link.

The Nepal Telecommunications Authority was established on Falgun 20, 2054. In 2055, the telecommunications sector initiated the process of operating all telephone services in Nepal through a digital system. As part of the sector's development, cellular mobile service was introduced on Baisakh 1, 2056. After the implementation of the Telecommunications Policy 2060, prepaid mobile services were launched for the first time in Nepal on Bhadra 6, 2060. On Baisakh 1, 2061, the Nepal Telecommunications Corporation was officially transformed into Nepal Telecom, entering into competition with other private telecommunications service providers.

Since frequency is a natural resource, to ensure its utilization in the national interest and generate revenue, the government introduced the Telecommunications Radio Frequency (Allocation and Pricing) Policy, 2069 BS, on Kartik 19, 2069.

According to the Economic Survey, 2080/81 BS, as of Falgun 2080, Radio Nepal's broadcast coverage had reached 93.0% of the population, while digital television services had reached

72.0% of households. The internet penetration rate had reached 143.8%. By Falgun 2080, there were 35.459 million telephone users in the country, up from 34.783 million in Asar 2080. With the expansion of mobile services, the number of basic (fixed) telephone connections has been gradually declining.

At present, the following institutions are contributing to the development of communication and information technology:

Table No. 8.11
Details of Licenses in Operation Till FY 2079/080

S.N.	Name of Telecommunication	Total Service Provider
1.	Basic telecommunication service	1
2.	Basic telephone service	1
3.	GSM cellular mobile service	2
4.	Network service provider	23
5.	VSAT user	11
6.	Internet service (including email)	128
7.	GMPCS service	2
8.	Rural telecommunication service	1
9.	Rural Internet service provider	3
10.	International trunk telephone service	1
11.	VSAT user (rural)	79

Source: Telecommunications Authority, Annual Report 2080

Table No. 8.12
Details of Licensed Broadcasting Service Providers as of the End of Baisakh, Fiscal Year 2080/081

S.N.	Name of the Communication	Total Service Provider
1.	Radio Broadcasting Organization	1183
2.	Local and National Television	242

3.	Foreign Downlink Television	188
4.	Foreign TV Signal Distributors	63
5.	Digital Cable Distributors	15
6.	DTH	1
7.	TV Distributors via MMDS	3
8.	TV Distributors via DTTB	5
9.	TV Distributors via IPTV	12

Source: Department of Information and Broadcasting

The Postal Service Department, in its efforts to diversify its services, has been operating telecenter services with the primary goal of extending electronic communication access to both accessible and remote districts. Under the postal service, there are 4 central offices, 4 regional postal offices, 70 district postal offices, 842 area postal offices, and 3074 additional postal offices. To manage the distribution of all postal items, the implementation of a unified tracking system has been initiated. Through the current fiscal year's budget statement, a policy has been adopted to gradually phase out area postal offices and additional postal offices.

8.9 Environment and Climate Change

Nepal is a landlocked country. The geographical structure of Nepal is formed by the latest mountain ranges. Although industrial development is very limited, there are numerous brick kilns in the Terai, hills, and the Kathmandu Valley. Unplanned urbanization has caused severe pollution of rivers and streams on the outskirts of cities. Rainfall is irregular. Soil erosion is high. Encroachment of forests is increasing. As of February 2079, 41.69% of Nepal's land area is covered by forests, excluding scrubland. By February 2078, this figure was 40.4%. Since 1966, Nepal has been a member country of the World Meteorological Organization (WMO). Although the government has initiated efforts for international environmental protection, a formal environmental protection policy was introduced in 1987. In recent years, the government has been making efforts to protect the brownfields, water (blue sector), and forests (green sector).



Cabint Meeting Held at Kalapatthar, December 4th 2009

A strategy has been adopted to mitigate the impact of global climate change, particularly on Nepal, which is experiencing the effects of climate change in its Himalayan region. The rate of temperature increase has risen, and the melting of snow has accelerated. Therefore, the Government of Nepal held a Cabinet meeting on December 4, 2009 (19th of Mangsir, 2066), at the base camp of Mount Everest, Kala Patthar, to draw global attention to the protection of Nepal's Himalayan region. Efforts have been initiated to raise awareness and create networks among Himalayan countries to protect the Himalayas and attract global attention. There is a legal requirement to conduct an environmental impact assessment when developing infrastructure. If construction is carried out without such an assessment, there is a high likelihood of adverse impacts.

Air quality monitoring centers have been established at four locations: Nepalgunj in Banke, Ghorahi in Dang, Simra in Bara, and Jhumka in Sunsari. As a result, the status of air quality has started to be publicly disclosed. Since 2008 AD, the government has initiated the Reducing Emissions From Deforestation and Forest Degradation (REDD+) program to regulate and manage carbon trading.

8.10 Sustainable Development

Development is a multidimensional concept. It carries the expectation of continuous progressive changes in society. Since the beginning of human civilization, development has been ongoing in some form. After the developed countries excessively exploited natural resources in the name of development, the environmental imbalance created as a result led to the initiation of the concept of sustainable development in the 1970s. In 1987 AD, the Brundtland Commission published the report "Our Common Future," which first introduced the term sustainable development. According to this report, sustainable development is a concept of development that ensures the proper conservation of resources while prudently utilizing them, so that the ability to meet the needs of future generations is not compromised. It is a development that is both enduring and free from destruction. It promotes the use of renewable resources. While sustainable development is often viewed primarily through an environmental lens, it is a multidimensional and dynamic subject that encompasses the political, economic, social, and cultural dimensions of development.

In the context of Nepal, sustainable development planning



Flyover Towards Nagdhunga Tunnel, Kathmandu

officially began with the Eighth Plan. Nepal's Constitution has adopted a policy of ensuring sustainable development in its development-related policies. Moreover, the government, private sector, cooperative sector, non-governmental sector, and community sector, under the leadership of the National Planning Commission, have been working together to implement the sustainable development goals, which were approved by the United Nations, by integrating them into all aspects of development. According to the National Planning Commission, it is estimated that the annual cost to implement the sustainable development goals in Nepal will be approximately NPR 20 trillion 25 billion.

Sustainable Development Goals

The 70th General Assembly of the United Nations declared the Sustainable Development Goals (SDGs) on September 25, 2015, with the commitment to transform the world and ensure that no one is left behind from 2016 to 2030 AD. Under this initiative, 17 Sustainable Development Goals, 169 targets, and 332 global indicators have been defined. The 17 goals for sustainable development are as follows:

- Goal 1:** End all forms of poverty in every place and everywhere
- Goal 2:** End hunger, achieve food security and improved nutrition, and promote sustainable agriculture
- Goal 3:** Ensure healthy lives and promote well-being for all at all ages
- Goal 4:** Ensure inclusive, equitable, and quality education for all and promote lifelong learning opportunities
- Goal 5:** Achieve gender equality and empower all women and girls
- Goal 6:** Ensure availability and sustainable management of water and sanitation for all
- Goal 7:** Ensure access to affordable, reliable, sustainable, and modern energy for all



Pladdy Plantation

-
- Goal 8:** Promote sustained, inclusive, and sustainable economic growth, full and productive employment, and decent work for all
- Goal 9:** Build resilient infrastructure, promote inclusive and sustainable industrialization, and foster innovation
- Goal 10:** Reduce inequality within and among countries
- Goal 11:** Make cities and human settlements inclusive, safe, resilient, and sustainable
- Goal 12:** Ensure sustainable consumption and production patterns
- Goal 13:** Take urgent action to combat climate change and its impacts
- Goal 14:** Conserve and sustainably use the oceans, seas, and marine resources for sustainable development
- Goal 15:** Protect, restore, and promote sustainable use of terrestrial ecosystems, manage forests sustainably, combat desertification, halt and reverse land

degradation, and halt biodiversity loss

Goal 16: Promote peaceful and inclusive societies for sustainable development, provide access to justice for all, and build effective, accountable, and inclusive institutions at all levels

Goal 17: Strengthen the means of implementation and revitalize the global partnership for sustainable development.



Mass Communication and Journalism in Nepal

9.1 Mass Communication and Journalism

Mass communication refers to a medium through which people receive information simultaneously. It allows a large audience to access any news or information at the same time. According to the *Mass Communication Dictionary*, mass communication is defined as the process of transmitting information and messages to a vast audience that is diverse and geographically dispersed.

According to journalism professor Laldeusa Rai, mass communication instantly delivers messages that provide contemporary information, education, or entertainment to readers, listeners, or viewers in society. It also aims to bring about intellectual or practical changes at both individual and social levels while expecting feedback from the audience. Mass communication plays a crucial role in informing the public, providing them with insights into global events, and influencing changes in their lives.

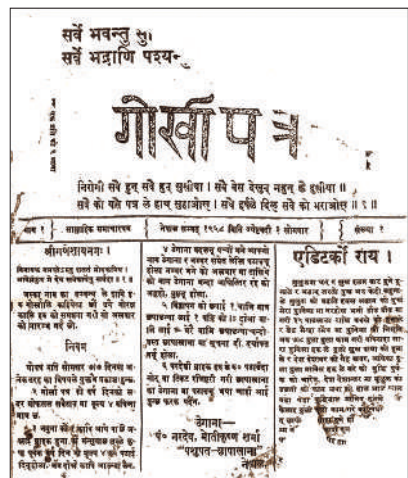
Mass communication includes newspapers, radio, television, online news platforms, books, leaflets, pamphlets, billboards, public gatherings, cinema, etc. Some argue that the reach of online news or social media can be measured based on the number of clicks by viewers. However, precise measurement remains challenging since a single person can click multiple times, and multiple individuals can simultaneously view, read, or listen to the same content on a single screen. Nonetheless, all these platforms serve as means of mass communication

Journalism falls under the category of mass communication. The term originates from the English word "journalism," which itself is derived from the French word *De Jour*, meaning "of the day." The term *De Jour* led to the word *Journal*, which eventually evolved into *journalism*. Journalism involves selecting and refining key events of the day and presenting them in the form of news reports, interviews, news analyses, editorials, photographs, or cartoons for publication or broadcast.

It is generally defined as the process of gathering, editing, and disseminating current events in a simple and accessible manner through newspapers, radio, television, or online news portals for readers, listeners, and viewers. Journalism is broadly classified into two categories: print media and electronic media. Newspapers fall under print media, while radio, television, and internet-based platforms such as online news portals and social media are considered electronic media. These two categories are discussed separately under distinct headings.

9.1.1 Print Media

The first Nepalese-language publication is considered to be *Gorkha Bharat Jeewan*, a monthly newspaper printed by Motiram Bhatta in Kashi in 1943 BS (1886 AD). However, the first Nepalese-language newspaper printed in Nepal was *Sudha Sagar*, a monthly publication that debuted in the month of Shrawan in 1955 (1898 AD). Approximately two years and ten months later, on Baisakh 24, 1958 (April 6, 1901), *Gorkhapatra* was established. Initially published weekly, it became a biweekly on Asoj 29, 2000 (October 15, 1943) and began publishing three times a week on Poush 8, 2003 (December 22, 1946). It transitioned into a daily newspaper on Falgun 7, 2017 (February 19, 1961). In Falgun



The First Issue of the Gorkhapatra

1991 (March 1935), *Sharada*, a monthly magazine in the Nepali language, was launched under the editorship of Riddhibahadur Malla. This publication played a crucial role in promoting and introducing Nepali writers but ceased operation in 2010 BS (1953 AD). The first daily newspaper in

Nepal was *Aawaj Dainik*, edited by Siddhicharan Shrestha, which began publishing on Falgun 8, 2007 (February 19, 1951). The first English-language newspaper in Nepal was *The Nepal Guardian*, edited by Barun Shamsher and published in 1954 AD. However, it was printed in Kolkata. Similarly, the first Hindi-language newspaper in Nepal was *Nav Nepal Weekly*, edited by Balchandra Sharma and printed in Banaras in 2007 BS (1951 AD). The first religious newspaper, *Dharmodaya*, was also the first publication in Nepal Bhasa (Newar language) and was published in 2004 BS (1947). Additionally, *Inap* was the first Maithili-language newspaper, and *Phoolpaat* was the first Bhojpuri-language newspaper publication. The registration of newspapers in Nepal began in 1994 BS (1937).

As the number of publications increased, the need for regulation and improvement was recognized, leading to the establishment of the Royal Press Commission in 2014 BS (1957 AD). In Falgun 2015, (March 1959), the Supreme Court of Nepal began publishing the *Nepal Law Journal* (*Nepal Kanun Patrika*) as a monthly periodical. It was the first publication dedicated to compiling and disseminating legal amendments, orders, ordinances, and regulations. In 2027 BS (1971), it was renamed the Press Advisory Council. To enhance accountability, dignity, and effectiveness within the press sector, the Press Council was established to enforce a code of ethics, improve the distribution



The First Photograph Published in the Gorkhapatra

monitoring system, and implement proper standards and procedures for newspaper circulation assessment.

Table No. 9.1
Details of Newspapers and Magazines Registered
Till Mid-Ashar of FY 2080/081 BS

Daily	Semi-weekly	weekly	Fortnightly	Monthly	Bi-monthly	Quarterly	Once in four months	Semi-annually	Annually	Other	Total
766	38	2988	484	2384	397	661	41	92	94	60	8005

Source: Department of Information and Broadcasting

The Constitution of Nepal provides for the right to communication as a fundamental right guaranteed to citizens. This aims to establish the global relevance of press freedom within the Nepali journalism sector. The Printing and Publication Act, 2048, and its Regulations, 2049 BS, have also played a significant role in the multidimensional development of Nepali journalism. These laws cover various aspects, including newspaper registration, distribution of journalist identity cards, prohibited content for publication, the provision of a press registrar, and the classification process for newspapers and magazines. Similarly, the Working Journalists Act, 2051 BS, and its Regulations, 2053 BS, include provisions for the protection of working journalists' rights, capacity development, monitoring mechanisms, complaint procedures, dispute resolution alternatives, and the determination of minimum wages. These laws have contributed to making Nepal's media sector and journalists more organized, dignified, secure, and practical.

Printing Press

The printing press, which had already been developed by the 15th century, was brought to Nepal in 1908 BS (1851 AD) by Jung Bahadur Rana upon his return from Britain. This press, popularly known as the "Giddhe Press," was originally named the "Columbian Printing Press." It was installed at Jung Bahadur's residence in Thapathali and was used to print postal stamps, envelopes, tickets, government documents, and other materials until 1958 BS (1915 AD). A few years later, the *Manoranjan Chapakhana* (Manoranjan Printing Press) was established in

Tahiti Kathmandu. The first legal book in Nepal was also printed by this press. Between 1930 and 1933 BS (1873 to 1876 AD), another printing press was set up at Bir Shumsher's residence in Narayanhiti. Additionally, there was a separate government printing press known as the "Jangi Lithography Printing Press," which was located in Basantapur before 1949 BS (1892 AD). In 1949 BS (1892 AD), Kuber Ratna Bajracharya built a hand-operated press in Nepal. This press, known as *Buddha Press*, printed religious books in Sanskrit and Newar until 1979 BS (1922 AD). Over time, this press changed ownership and location multiple times before eventually becoming *Annapurna Press*.

In 1963 BS (1906 AD), the government purchased two hand-operated presses, one small and one large. Additionally, the skilled craftsman Gehendra Shumsher also established a press in Jamal under the name *Narayan Press*. Apart from government printing presses, the first private printing press in Nepal was *Pashupati Press*, established in Thahiti in 1950 BS (1893 AD) by Pandit Moti Krishna and Dharendra Krishna. In 1969 BS (1912 AD), Nepal saw the establishment of its first electrically operated printing press, which was set up in Naxal.

After the restoration of democracy and the constitutional provision ensuring fundamental rights related to printing presses and newspapers, the printing industry in Nepal has expanded significantly. At present, there are numerous printing presses in Nepal, and the industry continues to grow. Among the key governmental and non-governmental presses are the Printing Department's press under the Government of Nepal, the *Gorkhapatra Press*, the Education Press of *Janak Shikhya Samagri Kendra*, the *Tribhuvan University Press*, *Jor Ganesh Press*, *Sahayogi Press*, etc. While printing facilities are available in urban areas, remote mountainous districts still lack even basic printing services. Additionally, at the central level, there is a recognized need for a more secure printing facility.

9.1.2 Television

After the decision was made to use television as the most powerful medium of mass communication, the government established the Nepal Television Project on Magh 17, 2041 for initial

preparations. This marked the first step into Nepal's television era. Nepal Television successfully conducted its first test broadcast on Shrawan 29, 2042. Three days after being converted into an institution in 2042 BS, Nepal Television officially launched its regular programming. Initially, the project used a VHF transmitter on the UHF band to broadcast for half an hour. From 14 Poush 2042, regular transmissions were extended to two hours, airing from 7:00 PM to 9:00 PM. On 11 Asar 2043, Nepal Television broadcasted its first live telecast of King Birendra's address from the Parliament building. This was achieved using a 0.5-watt UHF transmitter, with signals received at the Singha Durbar building via a Yagi receiving antenna and then retransmitted through a 100-watt VHF transmitter. Today, Nepal Television broadcasts its signals worldwide via satellite transmission, expanding its reach across various nations.

On Kartik 25, 2044, a relay station was established at Phoolchoki, and morning broadcasts began on Baishakh 1, 2046. Nepal Television, which had started its regular broadcasts on Poush 14, 2042, launched the co-broadcast of NTV Metro on Ashwin 10, 2060. In the coming days, television broadcasting is expected to become more competitive. As of Falgun 2079, a total of 245 Nepali local and national television channels have received broadcasting licenses, while downlink permission has been granted for 142 foreign channels. Additionally, as of Falgun's end of 2080, 106 television channels are in regular operation.

9.1.3 Radio Broadcasting

In Nepal, radio sets were introduced only during the tenure of Rana Prime Minister Juddha Shumsher. During the rule of Rana Prime Minister Padma Shumsher, from 2004 BS, the general public was granted the freedom to own a radio. Although radio sets were available, they could only receive foreign broadcasts. It is recorded that around 2004 BS, during the tenure of Prime Minister Padma Shumsher, an Akashvani set was used at the Kathmandu Electricity Office in the evening to broadcast local market prices and devotional songs.

In 2007 BS, a wave of revolution spread across the country. During this time, the first-ever radio broadcast in Nepal resonated

from the revolutionary ground of Biratnagar under the name "Nepal Prajatantra Radio." It operated with the help of a small transmitter called "Telewar." This transmitter was later brought to Kathmandu and placed within the Singha Durbar premises, where official broadcasting commenced on 2077 Chaitra 20. The radio, initially transmitted with a 250-watt transmitter, was later renamed from "Nepal Prajatantra Radio" to "Nepal Radio", and eventually to "Radio Nepal." In 2009, a separate broadcast began using a 75-watt medium-wave transmitter. In 2012, a 5-kilowatt shortwave transmitter was established in Jawalakhel. On Chaitra 29, 2073, the Radio Act, 2073 received the official seal, and it was published in the Nepal Gazette on 2073.1.4. Over time, Radio Nepal has undergone organizational improvements, increasing its broadcasting capacity and expanding its services through shortwave, medium-wave, and frequency modulation.

Radio Nepal broadcasts news bulletins not only in Nepali and English but also in Magar, Gurung, Tamang, Rai, Bantawa, Limbu, Newari, Bhojpuri, Hindi, Urdu, Eastern Tharu, Western Tharu, Awadhi, Sherpa, Maithili, Sanskrit, Kham Magar, and Doteli languages. Radio Nepal began broadcasting its programs via the V-SAT network on August 26, 1999. Similarly, to expand its reach among listeners, Radio Nepal has also entered the internet broadcasting space.

FM radio broadcasting in Nepal was first introduced by Radio Nepal on Magh 28, 2052. According to the Economic Survey of 2080/81 BS, radio coverage in Nepal has reached 93.0%. News is broadcast online 24 hours a day in 32 languages, while programs are aired in 21 languages. As of 2080 Falgun, 720 FM stations and 106 television channels are in regular operation. By the end of Asar 2079, there were 714 FM stations and 102 television channels broadcasting regularly.

9.1.4 Online Media

With the development of information technology, online media has established a strong presence in Nepal. However, the formal registration of online media in Nepal has been carried out under the Online Media Directory, 2073 BS, which was issued on Chaitra 9, 2073 by the Department of Information and Broadcasting under

the Ministry of Communication and Information Technology of the Government of Nepal. By the end of Ashar in the fiscal year 2080/081, a total of 4,632 online media outlets had been registered with the Department of Information and Broadcasting. Among them, 556 new online media outlets were registered, and 1,492 online media outlets were renewed in the same fiscal year. Almost all major daily, weekly, fortnightly, and monthly newspapers operating with significant investments have also been publishing their online editions. In recent times, FM radio stations and television channels have also started following this trend. These media outlets provide instant updates on events and also publish immediate reader responses to their content. In the coming days, online media will become an integral part of human life.

9.2. National News Agency

The history of news agencies in Nepali journalism dates back to the year 2016 BS. The first news agency in Nepal, *Nepal Sambad Samiti* was established in Kathmandu on 1st Poush, 2016 BS by the private sector. Shortly after that, another news agency, *Sagarmatha Sambaad Samiti* was established in Kathmandu on the 30th of Baishakh, 2017, also by the private sector. On 7th Falgun, 2018 BS, *Nepal Sambaad Samiti* and *Sagarmatha Sambaad Samiti* were merged, and the National News Agency was established. From 7th Falgun, 2018 BS, National News Agency started its regular news bulletin. To provide the National News Agency with a legal framework as a state-operated news agency, the National News Agency Act, 2019 BS was issued. National News Agency publishes its news bulletin five times a day. These bulletins, published in Nepali and English, reach the National News Agency's news consumers (newspapers, radio broadcasts, television broadcasts, etc.) via the Internet. National News Agency is the official and reliable source of news for newspapers, radio broadcasts, and television broadcasts published in various parts of Nepal, including the Kathmandu Valley.

The National News Agency receives news from various parts of the world through international news agencies such as AP, AFP, Xinwa, Reuters, and PPI, and distributes it to its news consumers. Additionally, the National News Agency plays a significant role

in increasing the appeal of Nepal's daily newspapers by using attractive photos of international events received from AP, AFP, Xinwa, and Reuters, providing readers with more information and satisfaction.

9.3 Communication Related Bodies

(a) Ministry of Communication and Information Technology

For the development and expansion of the information system, the Work Division Regulation, 2024 BS, arranged the Ministry of Information and Broadcasting under the Ministry of Transport, Communication, and Water Resources. In accordance with the recommendation of the Administrative Reform Commission, 2025 BS, to bring the information and broadcasting sector under the Ministry of Home, *Panchayat*, and Information and Broadcast, the Ministry of Construction, Communication, and Transport was established in 2026 BS. The specialized Ministry of Communication was established on 1st Shrawan, 2028. The then Ministry of Communication was transformed into the Ministry of Communication and Information as per the recommendation of the High-Level Administrative Reform Commission, 2048 BS. As per the Government of Nepal (Work Division) Regulation, 2074 BS, the former Ministry of Communication and Information added the Information Technology sector and renamed it the Ministry of Communication and Information Technology. Accordingly, the Ministry of Communication and Information Technology has been formulating policies, laws, and standards, implementing, and regulating the central body for mass communication, telecommunication, information technology, broadcasting, postal service, cinema, security printing, etc. To effectively conduct, manage, and regulate these functions, the following bodies operate under this ministry:

Ministry-Related Bodies

- National Information Commission (as the Liason ministry)
- Department of Information and Broadcasting
- Department of Printing
- Department of Information Technology
- Department of Postal Services

- Press Council Nepal
- Nepal Telecommunications Authority (NTA)
- National News Agency (RSS)
- Nepal Television (NTV)
- Radio Broadcasting Services Development Committee (RBSDC)
- Gorkhapatra Corporation
- Minimum Wages Fixation Committee
- Film Development Board
- Security Printing Development Committee
- Nepal Telecommunications Company Limited
- National Information Technology Centre (Integrated Data Management Centre)
- Advertisement Board
- Office of Controller of Certification
- National Cyber Security Centre

(b) Department of Information and Broadcasting



For half a century during the Rana regime, the only medium for conveying government information to the public was *Gorkhapatra*. The last Rana Prime Minister, Mohan Shamsher, established the Department of Publicity (*Prachar Bivag*) in 2005 BS. After

the establishment of democracy in 2007 BS, this department was renamed the "Publicity and Dissemination" department and placed under the Ministry of Home Affairs. Over time, the name and responsibilities of the department changed, from Publicity Department, Publicity and Dissemination Department, Press Information Department, and Information Department, until finally, on 4th Baishakh 2075 BS, the Government of Nepal (Council of Ministers) officially established the Department of Information and Broadcasting. Although the door to the development of journalism in Nepal opened after the restoration of democracy, it was only after the 2015 BS Press Commission offered various constructive suggestions for the development of Nepali journalism that the department entered the modern era of journalism.

The department has been engaged in disseminating information about Nepal's geography, history, ancient heritage, art, culture, attire, customs, festivals, and other aspects of Nepal to the public and the world, to promote Nepal's identity. It has also been involved in producing and screening photo stories, documentaries, and feature films, as well as publishing articles and works in *Nepal Patrika* (Bi-Monthly Journal) since Jestha 30, 2027. Currently, the department plans to further develop *Nepal Patrika* as the government's policy-based publication. In addition to publishing and distributing useful and knowledge-enhancing books and booklets by various learned authors, as well as translations, the department has also been involved in producing and screening Nepali feature films full of Nepali art, culture, and entertainment, such as *Ama*, *Hijo Aaj Bholi*, and *Paribartan*.

The Department of Information and Broadcasting is committed to providing its services for the flow of information from the Government of Nepal, the protection of the professional rights and interests of Nepali journalists, and the healthy, dignified, and institutional development of the journalism sector. In the course of implementing constitutional laws, the department has also taken the responsibility of providing press representative certificates to journalists, maintaining records of newspapers and journalists, and developing journalists' skills.

The Department of Information and Broadcasting has initiated the

process of creating an information hub to collect and distribute public information in one place, publishing government policies in *Nepal Patrika*, and establishing a Photo Bank. Furthermore, the department provides capacity-building training to labour journalists working in remote areas, scholarships to students studying journalism, accident insurance for working journalists, organizes mobile camps for journalists at the local level and offers career opportunities to senior journalists through the Journalist Welfare Fund.

With the aim of promoting Nepal's identity worldwide, the department has been publishing and distributing informative and knowledge-enhancing books such as *Nepal Parichaya*, *Nepal: Unity in Diversity* photo book, *Nepal Bi-Monthly Journal*, *Greetings Diary*, and the official calendar of the Government of Nepal. As the official photographer of the Government of Nepal, the department has been organizing press conferences addressed by heads of state and heads of government from friendly nations during foreign visits, as well as photographing, publishing, documenting, and distributing images of official government events held on such occasions, without any charge.

Since the year 2075 BS, the Department of Information and Broadcasting has also been engaged in broadcasting activities. The department has been granting licenses and regulating radio operating agencies, national television operating and distribution agencies, and foreign television downlink and signal distribution agencies. It also issues licenses for communication equipment such as FM transmitters, walkie-talkies, VSAT, Digital Headend, Earth Stations, Amateur Radio, and others. Additionally, the department regulates the sale and distribution of such equipment, as well as the licensing for imports. It has also been managing the examination process for Amateur Radio, in line with international practices.

(c) Press Council Nepal

The legal establishment of Press Council Nepal took place on the 6th of Ashoj, 2027, intending to maintain the highest professional ethics in journalism and foster the development of healthy, independent, and responsible journalism. It has been operating according to the Press Council Act, 2048 BS. It periodically



reviews policy matters related to journalism, seeks advice from relevant sectors, and provides suggestions to the Government of Nepal. The council works to uphold the professional dignity and accountability of journalism, prepares and implements a code of ethics for the development of healthy journalism, monitors its enforcement, classifies newspapers, and makes recommendations to the government for the advancement of journalism. The council also maintains updated records of the distribution status of journalism, handles complaints related to news published in newspapers, takes necessary actions when required, and submits an annual report on the activities and status of newspapers to the government for study and evaluation. The council is formed with the representation of journalists, editors, publishers, working journalists, and those associated with literary journalism. The regular operations of the Press Council Nepal are managed in accordance with the Press Council Act, 2048 BS, and the Press Council (Operational Procedures) Regulations, 2049 BS.

(d) Federation of Nepali Journalists

The Federation of Nepali Journalists, the umbrella organization for journalists across the country, was established on 16th Chaitra, 2012 BS. The founding president was former Prime Minister Krishna Prasad Bhattarai. The main objectives and activities of this Federation are as follows:

- To unite journalists working in various sectors of mass communication across Nepal and provide professional leadership.
- To actively protect the rights and interests of journalists by providing leadership and ensuring their rights and protections.
- To be active in the institutional development of responsible, accountable, and disciplined journalism while upholding the ideal of press freedom.
- To expand cordial relations with national and international organizations related to journalism and exchange representatives with associations from different countries.
- To conduct studies, research, seminars, conferences, workshops, training, etc., related to journalism.
- To carry out other necessary activities for the benefit of the journalism community.



Nepal's Foreign Policy and International Relations

10.1 Nepal's Foreign Policy and Its Fundamental Principles

Before the Rana period, Nepal had limited opportunities to expand its foreign relations. Rana Prime Minister Junga Bahadur Rana adopted a policy of pleasing the British to ensure the permanence and stability of the Rana regime. In pursuit of this objective, he visited both India and Britain. His successors continued to follow the same approach. However, after the British were forced to leave India in 1947 AD, the Rana rulers of Nepal weakened. As a result, the Rana regime collapsed, and democracy was established in Nepal. By 2007 BS (1951 AD), Nepal had established diplomatic relations with four countries: India, Britain, France, and the United States. Although some diversification in foreign relations had begun towards the end of the Rana rule, a solid foundation for Nepal's foreign policy had yet to be established. With the fall of the Rana regime and the rise of democracy, Nepal moved away from its previous unilateral foreign policy and began actively participating in international conferences and assemblies. Nepal's foreign policy is primarily based on faith in the values and principles of the United Nations, non-alignment, and maintaining friendly relations with neighbouring countries. The fundamental principles of Nepal's foreign policy can be outlined as follows:

Fundamental Principles of Nepal's Foreign Policy

1. Non-Alignment

Non-alignment refers to refraining from joining any military alliance of major powers while maintaining a neutral stance on international affairs. However, it does not mean being a passive observer of global events. Nepal has actively participated in the Non-Aligned Movement (NAM) since its inception.

2. Commitment to Panchsheel

In expanding international relations, Nepal upholds the following five principles of Panchsheel as a key foundation of its foreign policy:

- a. Mutual respect for each other's independence, sovereignty, and territorial integrity.
- b. Non-interference in each other's internal affairs.
- c. Maintaining equality and mutual benefit.
- d. Non-aggression (no country should attack another).
- e. Acceptance of the principle of peaceful coexistence.

3. Faith in the United Nations

Nepal strongly believes in the United Nations (UN) and emphasizes enhancing its role and effectiveness in promoting world peace, friendship, and cooperation among nations. Nepal has contributed to UN peacekeeping missions in conflict zones such as the Lebanon-Israel border, Yugoslavia, and Somalia.

4. Emphasis on Regional Cooperation

Nepal actively promotes regional cooperation to strengthen understanding and collaboration among neighbouring countries. The South Asian Association for Regional Cooperation (SAARC), established in 1985, is a key platform for this effort, and Nepal has continuously worked towards its effectiveness. The presence of the SAARC Secretariat in Nepal reflects this commitment. Additionally, Nepal is a member of other regional cooperation organizations such as the Bay of Bengal Initiative for Multi-Sectoral Technical and Economic Cooperation (BIMSTEC), the

Asia Cooperation Dialogue (ACD), and the Shanghai Cooperation Organization (SCO).

5. Disarmament

Nepal advocates for reducing the arms race and redirecting excessive military spending toward education, healthcare, and social services. Nepal has also taken a strong stance against nuclear weapons and supports global disarmament efforts.

6. Protection of the Rights of Landlocked Countries

As a small, developing, landlocked country, Nepal emphasizes addressing the challenges landlocked nations face and ensuring their rights and interests are safeguarded in the international arena.

7. Protection of the Interests of Small and Underdeveloped Nations

Being a small and developing nation itself, Nepal actively advocates for the rights and interests of similar countries in regional and international forums.

8. Peaceful Resolution of Disputes

Nepal firmly believes that all international disputes should be resolved through peaceful means. It opposes the use of force, threats, and war, considering them ineffective for long-term solutions.

9. Spirit of Good Neighborliness

Surrounded by two major powers, India and China, Nepal follows a balanced foreign policy to maintain harmonious and friendly relations with both countries while also fostering strong ties with other nations worldwide.

10. Opposition to Pressure and Discrimination

Nepal openly opposes imperialism, colonialism, neo-colonialism, expansionism, racial and ethnic discrimination, and all forms of dominance. It supports independence movements and anti-racism efforts globally.

11. Independent Foreign Policy

Nepal pursues an independent foreign policy based on its

judgment and conscience, rather than following any particular global power. Although a non-aligned country, Nepal remains highly sensitive to international events and developments.

10.2 Nepal's International Relations: A Historical Overview

Nepal is a landlocked country situated between two large neighbouring nations, India and China. To preserve its sovereignty, Nepal had to confront Tibet and China at times, as well as the British. Despite facing difficult periods in the past, Nepal never came under foreign rule and successfully maintained its sovereignty and independence.

After the signing of the Sugauli Treaty on March 4, 1816 (1872 BS), Nepal's foreign policy took a new direction. The establishment of diplomatic relations with Britain marked Nepal's formal engagement with the modern world. The official beginning of Nepal's foreign relations can be traced back to 1850 AD when Junga Bahadur Rana visited Britain. Later, during the tenure of Chandra Shumsher, Nepal and the British government signed the Peace and Friendship Treaty in 1923 AD.

Following the political change of 1951 AD (2007 BS), Nepal expanded its diplomatic relations by establishing embassies in China, the Soviet Union, and France, thereby formally entering the international arena. On December 14, 1955, Nepal became a member of the United Nations and participated in the Afro-Asian Bandung Conference. Since 1961 AD, Nepal has been actively participating in Non-Aligned Movement (NAM) summits and has engaged in various international forums.

Through Non-Aligned Movement (NAM) summits, Nepal has consistently voiced its stance on issues such as colonialism, racism, apartheid, and the transit rights of landlocked nations. Nepal's non-aligned foreign policy has ensured its independence from external pressures, making it a fundamental pillar of the country's international relations.

According to the Charter of the United Nations, Nepal has consistently advocated for disarmament, the abolition of apartheid, opposition to colonialism, and the unconditional withdrawal

of foreign military forces from any country. As a result, Nepal has been elected as a member of the United Nations Security Council twice. Additionally, Nepal has been actively involved in various committees established by the United Nations. Its non-aligned foreign policy has helped build a positive image in the global community, and Nepal has secured memberships in several UN-affiliated bodies. As a founding member of the Non-Aligned Movement (NAM), Nepal remains committed to promoting global peace. The Constitution of Nepal emphasizes the protection of the country's sovereignty, territorial integrity, independence, and national interests. It mandates the pursuit of an independent foreign policy based on the principles of the UN Charter, non-alignment, *Panchsheel*, international law, and global peace. Additionally, it calls for the review of past treaties and agreements to ensure they are based on equality and mutual interests. In alignment with these principles, Nepal's foreign policy continues to be guided by the UN Charter, non-alignment, the Panchsheel principles, international law, and the ideals of world peace. The state is committed to maintaining cooperative and friendly relations with neighbouring countries and other nations based on equality in economic, social, and other spheres. Furthermore, Nepal remains dedicated to institutionalizing peace within its borders in accordance with international norms, reaffirming its commitment to advancing its foreign policy and international relations.

In the context of Nepal becoming a federal democratic republic, its governance structure is divided into three levels: federal, provincial, and local. However, the exclusive authority to formulate and conduct foreign policy, international relations, and diplomacy lies with the federal government. According to the constitution, provincial and local governments can engage in international affairs only with the consultation, coordination, and approval of the federal government. With the establishment of diplomatic relations between Nepal and the Republic of Nauru on May 4, 2023, the total number of countries maintaining diplomatic ties with Nepal has reached 179.

Table No. 10.1
Countries with Diplomatic Relations with
Nepal Before 2007 BS (1951 AD)

S.N	Country	Date of Diplomatic Relations Established
1.	United Kingdom (UK)	1872 BS (1816 AD)
2.	United States of America	Baisakh 12, 2004 (April 25, 1947)
3.	India	Jesth 31, 2004 (13th June 1947)
4.	France	Baisakh 8, 2006 (April 20, 1949)

Countries with Diplomatic Relations
Established After 2007 BS

S.N.	Country	Date of Establishment of Diplomatic Relations
1	China	August 1, 1955
2	Soviet Union	July 20, 1956
3	Japan	September 1, 1956
4	Switzerland	November 10, 1956
5	Sri Lanka	July 1, 1957
6	Egypt	July 16, 1957
7	Germany	April 4, 1958
8	Austria	August 15, 1959
9	Italy	August 31, 1959
10	Serbia	October 7, 1959
11	Poland	November 25, 1959
12	Malaysia	January 1, 1960
13	Philippines	February 12, 1960

14	Australia	February 15, 1960
15	Myanmar	March 19, 1960
16	Pakistan	March 20, 1960
17	Netherlands	April 2, 1960
18	Laos	May 20, 1960
19	Israel	June 1, 1960
20	Sweden	June 30 1960
21	Thailand	November 30, 1959
22	Indonesia	December 25, 1960
23	Mongolia	January 5, 1961
24	Hungary	January 15, 1961
25	New Zealand	May 1, 1961
26	Afghanistan	July 1, 1961
27	Argentina	January 1, 1962
28	Chile	1962 AD
29	Greece	February 2, 1962
30	Turkey	November 15, 1962
31	Lebanon	August 18, 1963
32	Belgium	August 19, 1963
33	Iran	December 14, 1964
34	Canada	January, 18, 1965
35	Jordan	August 20, 1965
36	Denmark	December 15, 2067
37	Bulgaria	April 15, 1968
38	Romania	April 20, 1968
39	Algeria	April 29, 1968
40	Spain	May13, 1968

41	Iraq	October 30, 1968
42	Singapore	March 25, 1968
43	Sudan	July 11, 1969
44	Syria	February 26, 1970
45	Ethiopia	April 15, 1971
46	Kuwait	February 25, 1972
47	Bangladesh	April 8, 1972
48	Albania	May 23, 1972
49	Norway	January 26, 1973
50	North Korea	May 15, 1974
51	South Korea	May 15 1974
52	Finland	September 21, 1974
53	Tanzania	January 10, 1975
54	Morocco	February 18, 1975
55	Cuba	March 25, 1975
56	Cambodia	April 18, 1975
57	Vietnam	May 15, 1975
58	Kenya	June 3, 1975
59	Mexico	November 25, 1975
60	Luxembourg	November 25, 1975
61	Nigeria	December 20, 1975
62	Libya	December 30, 1975
63	Peru	January 28, 1976
64	Brazil	February 7, 1976
65	Portugal	September 1, 1976
66	Bahrain	January 13, 1977
67	Oman	January 21, 1977

68	Qatar	January 21, 1977
69	United Arab Emirates	January 22, 1977
70	Saudi Arabia	March 15, 1977
71	Costa Rica	August 16, 1977
72	Maldives	August 1, 1980
73	Cyprus	August 18, 1980
74	Mauritius	February 12, 1981
75	Iceland	May 25, 1981
76	Bhutan	June 3, 1983
77	Holly See	September 10, 1983
78	Malta	September 25, 1983
79	Brunei	February 3, 1984
80	Panama	February 15, 1984
81	Tunisia	April 14, 1984
82	Somalia	October 24, 1984
83	Zimbabwe	November 27, 1984
84	Gabon Republic	June 17, 1985
85	Yemen	September 25, 1985
86	Fiji	June 12, 1986
87	Zambia	September 10, 1986
88	Mozambique	September 30, 1986
89	Nicaragua	October 5, 1986
90	Venezuela	April 28, 1987
91	Colombia	May 7, 1987
92	Bolivia	May 21, 1987
93	Ethiopia	April 20, 1992
94	Latvia	April 20, 1992

95	Ukraine	January 15, 1993
96	United States	March 26, 1993
97	Kazakhstan	March 26, 1993
98	Belarus	July 19, 1993
99	Moldova	July 20, 1993
100	Czech Republic	March 2, 1994
101	Slovak Republic	March 4, 1994
102	Guyana	June 2, 1994
103	South Africa	July 28, 1994
104	Azerbaijan	February 28, 1994
105	Seychelles	October 10, 1996
106	Slovenia	December 2, 1997
107	Macedonia	January 6, 1998
108	Croatia	February 6, 1998
109	Ireland	August 19, 1999
110	Bosnia and Herzegovina	January 12, 2000
111	Lithuania	February 8, 2005
112	San Marino	August 10, 2005
113	Republic of Tajikistan	September 13, 2005
114	Georgia	September 22, 2005
115	Turkmenistan	October 17, 2005
116	Ecuador	June 21, 2006
117	Paraguay	August 2, 2006
118	Guatemala	August 8, 2006
119	Honduras	August 18, 2006
120	Vanuatu	September 19, 2006
121	Andorra	September 22, 2006

122	Congo	September 22, 2006
123	Haiti	May 23, 2007
124	Saint Vincent	September 27, 2007
125	Dominican Republic	September 28, 2007
126	Botswana	January 8, 2009
127	Mali	November 19, 2009
128	Lesotho	May 18, 2010
129	Montenegro	July 18, 2011
130	Solomon Islands	December 15, 2011
131	Uruguay	April 18, 2012
132	Monaco	May 15, 2012
133	Islamic Republic of Mauritania	December 4, 2012
134	Tuvalu	December 11, 2012
135	Independent State of Samoa	March 28, 2013
136	Papua New Guinea	April 12, 2013
137	Kazakhstan	June 13, 2015
138	Jamaica	October 1, 2015
139	Republic of Guinea	May 12, 2016
140	El Salvador	September 21, 2016
141	Uganda	June 12, 2017
142	Côte d'Ivoire	June 17, 2017
143	Republic of Djibouti	July 14, 2017
144	Antigua and Barbuda	July 25, 2017
145	Cape Verde	August 3, 2017
146	Liberia	August 17, 2017
147	Niger	September 20, 2017
148	Eritrea	October 31, 2017

149	Bahamas	November 7, 2017
150	Liechtenstein	November 24, 2017
151	Angola	December 9, 2017
152	Burkina Faso	December 29, 2017
153	Benin	January 23, 2018
154	Uzbekistan	January 26, 2018
155	Saint Kitts and Nevis	May 30, 2018
156	Burundi	June 6, 2019
157	Rwanda	July 20, 2019
158	Madagascar	December 26, 2018
159	Suriname	October 11, 2018
160	Togo	March 22, 2019
161	Equatorial Guinea	April 30, 2019
162	Eswatini	May 9, 2019
163	Saint Lucia	August 27, 2019
164	Ghana	September 25, 2019
165	Dominica	April 30, 2021
166	Gambia	May 24, 2021
167	Sierra Leone	June 29, 2021
168	Barbados	December 8, 2021
169	Timor-Leste	February 11, 2022
170	Republic of Palau	March 21, 2022
171	Republic of South Sudan	March 28, 2022
172	Belize	April 1, 2022
173	Republic of Trinidad and Tobago	June 16, 2022
174	Republic of Malawi	February 16, 2023
175	Republic of Nauru	May 4, 2023

176	Republic of Cameroon	June 22, 2023
177	Republic of Marshall Islands	June 23, 2023
178	Kingdom of Tonga	March 1, 2024

Source: Ministry of Foreign Affairs

Table No. 10.2

Countries with Nepali Resident Embassies

1. Australia	2. Bahrain
3. Bangladesh	4. Belgium
5. Brazil	6. Canada
7. China	8. Denmark
9. Egypt	10. France
11. Germany	12. India
13. Israel	14. Japan
15. South Korea	16. Kuwait
17. Malaysia	18. Myanmar
19. Oman	20. Pakistan
21. Qatar	22. Russia
23. Saudi Arabia	24. South Africa
25. Sri Lanka	26. Thailand
27. United Arab Emirates	28. United Kingdom
29. United States of America	30. Spain

Source: Ministry of Foreign Affairs

Table No. 10.3

Permanent Missions of Nepal

1. New York (USA)	2. Geneva (Switzerland)
3. Vienna (Austria)	

Source: Ministry of Foreign Affairs

Table No. 10.4
Nepali Consulates

1. Calcutta (India)	2. Lhasa (Tibet of China)
3. Hong Kong (Hong Kong)	4. New York (USA)
5. Jeddah (Saudi Arabia)	6. Guangzhou (China)
7. Chengdu (China)	

Source: Ministry of Foreign Affairs

Table No. 10.5
Foreign Countries With Resident Embassies in Nepal

1. Australia	2. Bangladesh
3. Brazil	4. Republic of China
5. Denmark	6. Egypt
7. Finland	8. France
9. Germany	10. India
11. Israel	12. Japan
13. North Korea	14. South Korea
15. Malaysia	16. Myanmar
17. Norway	18. Pakistan
19. Qatar	20. Russia
21. Saudi Arabia	22. Sri Lanka
23. Switzerland	24. Thailand
25. United Kingdom	26. United States
27. United Arab Emirates	

Source: Ministry of Foreign Affairs

10.3 United Nations and Nepal

The United Nations (UN) was established on October 24, 1945. Its charter prioritizes peace, equality, cooperation, and communication for the benefit of all humanity. Nepal became a member of the United Nations on December 14, 1955, and has actively participated in and contributed to the organization since then. In 1963 AD, Nepal was part of a five-member committee formed to address the issue of Oman. In 1967 AD, Nepal served as the vice-chair and later as the acting chair of the Special Committee on Apartheid. Additionally, Nepal was elected as a non-permanent member of the UN Security Council twice, in 1969–70 and 1988–89 AD. Nepal has also had the opportunity to serve on various UN committees, including the UNESCO Executive Board in 1974 and 1987 AD. Since 1958 AD, Nepal has deployed its police and military personnel in United Nations peacekeeping missions to maintain global peace and security. In September 1981, during a United Nations conference in Paris on least developed countries, King Birendra delivered a significant speech on behalf of these nations. Nepal also deployed troops to monitor the ceasefire between Arab and Israeli forces. Nepali peacekeepers continue to play a crucial role in United Nations peace missions worldwide, earning high recognition from the international community. So far, 13 individuals have served as Nepal's permanent representatives to the United Nations. To promote Lumbini, the birthplace of Gautam Buddha, the United Nations declared 1983 AD as the "International Year of Peace."

Table No. 10.6
Date of Nepal's Entrance as a Member in the Specialized Agencies of the United Nations

S.N.	Organizations	Date
1.	International Labor Organization (ILO)	1966 AD
2.	Food and Agriculture Organization (FAO)	November 27, 1951
3.	United Nations Educational, Scientific and Cultural Organization (UNESCO)	May 1, 1953

4.	World Health Organization (WHO)	May 10, 1954
5.	World Bank Group (IBRD)	September 6, 1961
6.	International Monetary Fund (IMF)	September 6, 1961
7.	International Civil Aviation Organization (ICAO)	July 29, 1956
8.	Universal Postal Union (UPU)	July 11, 1956
9.	International Telecommunication Union (ITU)	December 5, 1957
10.	World Meteorological Organization (WMO)	May 5, 1978
11.	International Maritime Organization (IMO)	January 31, 1979
12.	International Fund for Agricultural Development (IFAD)	May 5, 1978
13.	United Nations Industrial Development Organization (UNIDO)	December 7, 1983
14.	World Intellectual Property Organization (WIPO)	1997 AD
15.	World Tourism Organization (UNWTO)	1975 AD

Source: Nepal Parichaya , 2080

10.4 SAARC and Nepal

The first SAARC Summit, held on December 7–8, 1985, in Dhaka, the capital city of Bangladesh, officially established the South Asian Association for Regional Cooperation (SAARC) with the adoption of its charter by the participating heads of state and government. South Asian Association for Regional Cooperation (SAARC) comprises eight member nations: Bangladesh, India, Nepal, Pakistan, Bhutan, Sri Lanka, Maldives, and Afghanistan. The South Asian Association for Regional Cooperation (SAARC)



Opening Ceremony of the 18th SAARC Summit, Nepal

Secretariat is located in Kathmandu, Nepal, and was established on June 17, 1987.

Since its establishment, the South Asian Association for Regional Cooperation (SAARC) has fostered an environment of cooperation, understanding, equality, and security among the member nations. Nepal considers the promotion of SAARC an integral part of its foreign policy and remains committed to its objectives. Nepal firmly believes that the South Asian Association for Regional Cooperation's success can help address the common challenges faced by the region.

Table No. 10.7
SAARC Summits till to Date

S.N.	Place	Participant from Nepal	Date
1.	Dhaka, Bangladesh	King Birendra	December 7-8, 1985
2.	Bangalore, India	King Birendra	November 17-18, 1986
3.	Kathmandu, Nepal	King Birendra	November 2-4, 1987

4.	Islamabad, Pakistan	King Birendra	December 29-30, 1988
5.	Malé, Maldives	Krishna Prasad Bhattarai	November 21-23, 1990
6.	Colombo, Sri Lanka	Girija Prasad Koirala	December 21, 1991
7.	Dhaka, Bangladesh	Girija Prasad Koirala	April 10-11, 1993
8.	New Delhi, India	Manmohan Adhikari	May 2-4, 1995
9.	Malé, Maldives	Lokendra Bahadur Chand	May 12-14, 1997
10.	Colombo, Sri Lanka	Girija Prasad Koirala	July 29-31, 1998
11.	Kathmandu, Nepal	Sher Bahadur Deuba	January 5-6, 2002
12.	Islamabad, Pakistan	Surya Bahadur Thapa	January 4-6, 2004
13.	Dhaka, Bangladesh	King Gyanendra	November 12-13, 2005
14.	New Delhi, India	Girija Prasad Koirala	April 3-4, 2007
15.	Colombo, Sri Lanka	Girija Prasad Koirala	August 2-3, 2008
16.	Thimphu, Bhutan	Madhav Kumar Nepal	April 28-29, 2010
17.	Addu City, Maldives	Dr. Baburam Bhattarai	November 10-11, 2011
18.	Kathmandu, Nepal	Sushil Koirala	November 26-27, 2014
19.	Islamabad, Pakistan		It was scheduled to take place on November 15–16, 2016, but was later postponed.

Source: Nepal Parichaya 2080

Despite certain differences among them, South Asian nations are committed to expanding cooperation to achieve shared goals such as poverty alleviation and economic development. Accordingly, they have successfully signed the South Asian Free Trade Area (SAFTA) agreement to strengthen and facilitate trade relations among South Asian countries. While SAFTA is in the implementation phase, there is a consensus among SAARC nations that further improvement and expansion of cooperation and relations are necessary and possible. This strengthens the belief that SAARC will evolve into a more productive and powerful organization in the future.

Nepal bears 10.72% of SAARC's total expenditure. Among SAARC's regional institutions, the SAARC Tuberculosis Centre is located in Nepal. The first SAARC country with which Nepal established diplomatic relations was India on June 13, 1947, while the most recent was Bhutan on June 3, 1983. In terms of area, Nepal is the fifth-largest country in SAARC. Nepal has hosted the 1st, 8th, and 11th South Asian Games. Additionally, Nepal hosted the 13th South Asian Games in 2019 AD.

10.5 Historical Treaties and Agreements Between Nepal and India

Treaty of Sugauli

On May 28, 1815, the Government of Nepal sent Guru Gajaraj Mishra and Chandrasekhar Upadhyaya as its representatives to Sugauli for treaty negotiations with the Company Government, represented by Bradshaw. However, the negotiations failed because Nepal rejected the stringent terms proposed by Bradshaw. Nepal strongly opposed the establishment of a British regiment, as it considered British envoys to be precursors of imperial control. Even in the absence of such envoys, British interference in Nepal was already a concern, and their presence would only increase Nepal's vulnerability. Another major objection was the loss of the Terai region. The British policy aimed to restrict Nepal within the hills by taking full control of the Terai. However, the Company Government imposed a condition that Nepal had to either accept the regiment or continue the war. Instead of losing the Terai region entirely, Nepal agreed to receive an annual payment of



SAARC Secretariat, Kathmandu

200,000 rupees from the Company Government. In this situation, the second treaty negotiations began on December 2, 1815, and the draft of the Sugauli Treaty was prepared.

However, the treaty required the approval of the King of Nepal within 15 days. While the Company Government had already approved the treaty on December 9, 1815, discussions within the Nepalese palace delayed its approval beyond the given timeframe. As a result, in February 1816, a large British force under the command of General Ochterlony advanced towards Nepal for war. After minor resistance in Makwanpur, Ochterlony's forces moved towards the Kathmandu Valley. A warning letter was sent to the King of Nepal, informing him that British forces were approaching Kathmandu. Faced with an imminent threat to the capital, Nepal approved the treaty and sent Chandrasekhar Upadhyaya to Sugauli. The ratified treaty document was handed over to Ochterlony at 2:30 PM on March 3, 1816, officially ending the war that had begun on November 1, 1814 AD.

The Articles stand in the treaty are as follows:

1. A perpetual peace and friendship shall be maintained between the Honorable East India Company and the King of Nepal.
2. The King of Nepal shall renounce all claims over disputed territories that existed before the war and shall acknowledge the authority of the Company Government over these regions.

3. The King of Nepal shall cede the following territories to the Company Government in perpetuity:
 - a. The entire Terai region between the Kali and Rapti rivers.
 - b. The entire Terai region between the Rapti and Gandak rivers (excluding Butwal khas).
 - c. The entire Terai region between the Gandak and Kosi rivers, where British rule has already been established or is in the process of being established.
 - d. The entire Terai region between the Mechi and Tista rivers.
 - e. The entire region east of the Mechi River, including the route from Morang to Nagarkot in the hills and its adjacent territories, which the Gorkhali forces must evacuate within 40 days from the date of signing.
4. As compensation for Nepalese nobles and officials who suffered losses due to the cession of the above-mentioned territories, the British Government shall provide an annual sum of 200,000 rupees. The King of Nepal shall have the discretion to distribute this amount as he sees fit. A formal pension document bearing the seal and signature of the Governor-General shall be issued.
5. The King of Nepal and his successors shall have no relations with the territories west of the Kali River or their inhabitants.
6. The King of Nepal shall not lay any claim to any part of the territory under the rule of the King of Sikkim. In case of any dispute between the Kings of Nepal and Sikkim or their subjects, the matter shall be referred to the British Government for mediation, and Nepal shall abide by its decision.
7. The King of Nepal shall not employ any British, European, or American personnel in his service without the prior approval of the British Government.
8. To strengthen and promote the friendship and peaceful relations between the two nations, accredited ministers shall be stationed in each other's states.
9. This treaty, consisting of nine articles, shall be ratified by the

King of Nepal within 15 days and delivered to Lieutenant Colonel Bradshaw, who shall obtain the approval of the Governor-General within 20 days or as soon as possible.

Treaty of Peace and Friendship, 1950

On July 31, 1950 AD (16 Shrawan 2007 BS), Nepal and India concluded a Treaty of Peace and Friendship. This treaty was signed by Prime Minister Mohan Shamsher on behalf of Nepal and C.P.N. Singh, the Indian Ambassador to Nepal, on behalf of India. The treaty contains the following provisions:

1. A perpetual peace and friendly relationship shall exist between the Governments of Nepal and the Government of India. Both governments shall remain committed to respecting and safeguarding each other's sovereignty, full independence, territorial integrity, and freedom.
2. If a dispute arises between the two countries for any reason, both governments shall resolve it amicably.
3. To ensure the stability and recognition of the relationship



mentioned in Article 1, both governments agree to establish diplomatic relations and, if necessary, appoint representatives to work for an extended period. Such representatives and their assistants shall receive diplomatic privileges as determined by both governments or in accordance with international law.

4. Both governments agree to appoint Consuls-General, Consuls, Vice-Consuls, and other diplomatic officers in designated cities, ports, and locations as mutually agreed upon. These officers shall enjoy the same privileges and immunities as their counterparts in the other state.
5. The Government of Nepal shall have the right to import arms, ammunition, equipment, and other military supplies necessary for Nepal's security through Indian territory or using Indian transit routes. Both governments shall mutually consult and finalize arrangements for the implementation of this provision.
6. As a symbol of neighborly friendship, both governments agree to grant the same national treatment to the citizens of



Map of Nepal before the Treaty of Sugauli.

Source: Hanumandhoka Palace Museum

the other country concerning participation in industrial and economic development, and access to economic concessions and contracts within their respective territories.

7. The Governments of Nepal and India mutually agree to grant reciprocal rights to each other's citizens concerning residency, property ownership, trade, commerce, free movement, and other related privileges.
8. This treaty supersedes and nullifies all previous treaties, agreements, and commitments made between the British Government (on behalf of India) and the Government of Nepal.
9. This treaty shall come into effect from the date of its signing by both governments.
10. The treaty shall remain in force unless either country provides a one-year notice of its intention to terminate it.

This treaty was signed and sealed in Kathmandu on Shrawan 16, 2007 BS (July 31, 1950 AD).

In the month of Chaitra, 2034 BS, a seven-year agreement was signed, which included three types of agreements related to trade, transportation, and the control of unauthorized trade diversion. According to this agreement, arrangements were made to provide preferential access for Nepali products in the Indian market and to ensure the availability of necessary goods between the two countries. Regarding transportation, it was agreed that goods would receive transportation facilities for transit through India to third countries, with the unauthorized trade agreement set for a duration of five years and the transportation agreement for seven years. Later, in 2039 BS, a five-year extension was made to the trade and unauthorized trade prevention agreement between Nepal and India. The agreement also includes provisions for insurance facilities, customs, and transshipment for certain goods to increase trade flow between the two countries.

To update the various treaties and agreements between Nepal and India, the Nepal-India Expert Group (IEG) was formed in January 2016. This group was tasked with discussing the 1950 AD Peace and Friendship Treaty, trade and transportation agreements, and various

water-related treaties and agreements, and providing recommendations to the governments of both countries. The group was led by Dr Bhesh Bahadur Thapa as the coordinator for Nepal, with members Nilambar Acharya, Suryanath Upadhyay, and Dr Rajan Bhattarai. On India's side, the coordinator was Bhagat Singh Koshyari, with members Dr. B.C. Upreti, Mahendra P. Lama, and Jayant Prasad.

10.6 Historical Treaties and Agreements Between Nepal and China-Tibet

Nepal has had a long-standing relationship with Tibet and China, which has been strengthened since the time of the Lichchhavi King Amshuvarma. Over the years, the Nepal-China-Tibet relationship has grown even stronger. Nepal and China-Tibet fought three major wars in 1788 AD, 1791 AD, and 1855 AD. The first war ended with the signing of the Kerung Treaty on June 2, 1789 (Jestha 1846), the second with the signing of the Betrawati Treaty in 1792 AD (Bhadra 6, 1849), and the third with the signing of the Thapathali Treaty on March 26, 1856 (Chaitra, 1912).

Some of the historical agreements between Nepal and China-Tibet are outlined below:

Kerung Treaty

The first Nepal-Tibet war was resolved through negotiations after the Chinese side advised Tibet to pursue a path of dialogue without war. The main negotiators were Kalon Ghorin, Sakya Lama, and Tesu Lama from Tibet, and Bam Shah, Harihar Upadhyay, and Narsingh Shah from Nepal. In the negotiations in Kerung, Tibet, Nepal initially demanded 50 Dharni gold coins as compensation for the expenses incurred during the war and the violation of the agreement during Pratap Singh Shah's time. However, Tibet repeatedly disagreed with Nepal's demands. After two months of discussions, the Kerung Treaty was signed on June 2, 1789. The key points of the Kerung Treaty are as follows:

1. The Nepalese army agreed to withdraw from the Tibetan region it had occupied.
2. Nepal agreed not to attack Tibet (Bhot) in the future.
3. Tibet (Bhot) would pay a fixed amount of Money as a

tribute to Nepal.

4. The trade between Tibet and India would only be conducted through the trade route of Nepal, and trade routes through Sikkim and Bhutan would be closed.
5. A fixed exchange rate would be established between the Mixed Coin and the New Coin, setting the value of one New Coin equal to two Mixed Coin.

Betrawati Treaty

The Kerung Treaty between Nepal and Tibet did not achieve significant success. The agreement had not received the approval of the Lhasa Palace or the Chinese Emperor. Tibet, in accordance with the Kerung Treaty, began to violate the agreement by paying only the first instalment of what it owed to Nepal. Within two years of the signing of the Kerung Treaty, in 1791–92 AD, war between Nepal and Tibet broke out again. During the second war, China intervened on the side of Tibet, which led to Nepal fighting not only Tibet but China as well. On October 5, 1792, a major battle took place at Betrawati, which resulted in significant losses for both sides. Following this loss, a treaty was concluded between Nepal, Tibet, and China. This treaty, signed on Bhadra 6, 1849 (August 1792), is known as the Betrawati Treaty.

The terms of the Betrawati Treaty are as follows:

1. Nepal and Tibet agreed to abandon their hostility and establish friendly relations.
2. Nepal would send a diplomatic mission to Beijing every five years, along with gifts, in honour of the Chinese Emperor. In return, China would send gifts and bear the expenses and transportation costs of the mission.
3. If any dispute arose between Kathmandu and Lhasa in the future, the issue would be resolved by the Chinese Ambassador in Lhasa.
4. Nepal would recognize the borders demarcated by the Chinese authorities in the Kuti and Kerung regions.
5. If Nepal were attacked by any foreign power, China would

assist Nepal.

6. Nepal would return any plundered property from Tasilmupu, along with the remains of Shamarpa Lama and his supporters and associates.
7. Nepal would not raise any issues regarding currency matters and would refrain from making any claims related to the Kerung Treaty.

Thapathali Treaty

In the month of Falgun 1911 (March 1855), the third war between Nepal and China was declared. Although the duration of this war was short, it was extremely destructive, causing significant loss of life and property on both sides. Both sides wished to end the conflict, and peace talks began in the month of Poush 1912. Leading the Tibetan side in the negotiations, Calon Shatra arrived in Kathmandu. The talks lasted for about two months before an agreement was reached. On March 24, 1856 (Chaitra 1912), a 10-point treaty was signed at the residence and office of the then Prime Minister, Thapathali Durbar. Since the treaty was signed at Thapathali Durbar, it came to be known as the Thapathali Treaty. The terms and conditions of the Thapathali Treaty were as follows:

1. Tibet pledged to pay Nepal an annual tribute of Rs. 10,000.
2. Nepal would be ready to assist Tibet in the event of an attack by any foreign power.
3. The Lhasa government decided that no customs duties would be levied on Nepali merchants.
4. Once the conditions of the treaty were implemented, Nepal would return to Tibet the territories of Kuti, Kerung, and Jhunga, which had been captured during the war. Additionally, Nepal would return Tibetan soldiers and sheep-goats that were captured during the war. Tibet would also release Nepali cannons and the Sikh prisoners taken during the 1841 AD war between Tibet and the Dogras.
5. Previously, Nepal was represented in Lhasa by a "Nayak" or "wakil" (representative); from now on, Nepal would be

represented by an official titled "Doot" (envoy).

6. Nepal would be allowed to open a trading office in Lhasa and would be granted the right to trade in diamonds, pearls, jewellery, and grains.
7. In the event of any disputes between Gorkhali and Kashmiri residents in Lhasa, the authority to resolve the issue would be given to Nepali officials. However, in the case of disputes between Nepalese and Tibetans, the matter would be resolved through joint discussions between representatives of Nepal and Tibetan governments. Nepali officials would not intervene in Tibetans' internal affairs.
8. Both countries agreed to extradite criminals who fled to the other country.
9. The Tibetan government would ensure the safety of Nepali merchants' property and persons in Lhasa. In the event of any looting, Tibet would recover the stolen property. If this was not possible, Tibet would compensate for the loss. Similarly, Tibet expected Nepal to provide the same protection to Tibetans in Nepal.
10. Both governments agreed to ensure the safety of property belonging to citizens who aided the enemy during the war.

Other Agreements

During Prime Minister KP Sharma Oli's visit to China, a 10-point memorandum of understanding (MOU) was signed between Nepal and China on March 21, 2016. According to this memorandum of understanding (MOU), several important agreements were made, including transportation and transit agreements, a free trade agreement, an agreement to install solar systems in 32,000 homes, a preferential loan agreement, a loan agreement for the construction of Pokhara airport, an agreement for exploring gas and fuel resources in Nepal, and an agreement for the construction of a bridge in Hills. While some of these agreements have been implemented, many are still pending.



Significant Historical, Religious and Tourism Places in Nepal

Nepal is a country of great diversity. It is home to various ethnic groups, languages, religions, cultures, traditions, customs, and unique cultural characteristics, along with abundant natural resources. On the global stage, Nepal is recognized for its proud history of bravery. Since ancient times, the country has been rich in historical, geographical, religious, and cultural heritage. The Government of Nepal has been actively working to preserve, promote, and develop these diverse heritage sites. In this context, various historical, religious, cultural, geographical, and tourist destinations have been identified and developed as key attractions for tourism.

Table No. 11.1
Sample Tourist Destinations Selected,
One Each in Seven Provinces

S.N.	Province	District	Model Tourist Destination
1.	Koshi	Ilam	Sandakpur
2.	Madhes	Janakpur	Dhanushadham
3.	Bagmati	Makawanpur	Indrasarobar
4.	Gandaki	Kaski	Panchase
5.	Lumbini	Kapilbastu	Niglihawa

6.	Karnali	Mugu	Rara
7.	Far Western	Kailali	Bhadgaun

Source: Nepal Parichaya, 2080

Table No. 11.2
100 Tourist Destinations Identified by the Government of Nepal for Tourism Promotion and Development

S.N.	Province	District	Destinations to be Established and Promoted	Destinations to be innovated and developed
1	Koshi Province	Taplejung	Pathibhara, Fungfung Waterfall (Sawa Rural Municipality), Kanchanjungha Area (Lelep/Ghunsa/Gola/Base Camp)	Tingbung Pokhari (Pond) (Sirdingba Rural Municipality)
2		Panchthar	Jorpokhari/Chyangthapu	Guru Falgunanda Circuit (Lobreguti–Gajurmukhi Dham–Laramma–Chukkinamba) (Phidim Municipality)
3		Ilam	Ilam Bazaar, Sandakpur–Mai Pokhari (Sandakpur Rural Municipality)	Phikal–Kanyam–Shree Antu Circuit
4		Tehrathum		Tinjure–Milke–Jaljala (TMJ)
5		Sankhuwasabha	Arun Valley, Sabha Pokhari, Chharyangkuti Ramite, Makalu Area, Barun Pokhari/Barun Dobhan	Baleshwar Historical Cave
6		Dhankuta	Bhedetar, Namaste Waterfall (Bhedetar Rural Municipality-7)	Halde Patkedanda Tourist Trail (Chhathar Rural Municipality)
7		Bhojpur	Suntale, Bhojpur Municipality, Dingla/Salpa	Tyamkedanda (Mundhum Trail)
8		Khotang	Halesi Mahadev	Baraha Pokhari (Pond) (Baraha Rural Municipality)

9		Solukhumbu	Syangboche/Namche, Everest Base Camp (Khumbu Area)	Panchpokhari (Mahakulung Rural Municipality)
10		Okhaldhunga	Pokali Waterfall	Tholedamba Hill
11		Udayapur		Udayapurgadhi
12		Jhapa	- Bansbari Wetland Tourism Infrastructure Center - Kechanakabal, Balmiki Ashram, Kamal Rural Municipality, Kankai Dham, Gauradaha Pond	- Martyr Netra Park, Birtamod - Gauradaha Agricultural Tourism Area - Arjundhara Tourist Area
13		Morang	Birat Durbar (Palace)	Dhanpalgadhi Tourist Area, Belbari
14		Sunsari	Koshi Tappu Wildlife Reserve, Dharan Baraha Area (Baraha Rural Municipality) Taltalaiya (Itahari Sub-Metropolitan City)	Pindeshwar–Dantakali Trekking Route
15	Madhes Province	Siraha		Salhesh Durbar (Palace) Tourist Area (Lahan, Siraha Municipality)
16		Sarlahi		Nadi Lake (Chandranagar Rural Municipality)
17		Dhanusa	Janaki Temple, Dhanushadham	Dhaneshwar Mahadev Tourism Development Area (Mithila Municipality, Ward No. 10)
18		Mahottari		Jaleshwar Temple (Jaleshwar Municipality)
19		Rautahat		Marghar Wetland Area Pataura Archaeological Mahadev Temple Tourist Area
20		Bara	Gadhimai (Maha Gadhimai Municipality)	Simraungadhi (Simraungadhi Municipality)
21		Parsa	- Parsa Ranipokhari - Parsa National Park	Ghadiarba Pokhari (Pond) (Birgunj Sub-Metropolitan City)

22		Saptari		Chhinnamasta (Chhinnamasta Rural Municipality)
23	Bagmati Province		• Kalinchowk Bhagwati • Sailung Area • Gaurishankar/Rolwaling	Jiri–Sailung Tourism Trail
24		Sindhuli		Sindhuligadhi
25		Ramechhap	Doramba	Sunkoshi Rafting
26		Kavrepalanchok	Namobuddha/Timal, Dhulikhel, Mulkhara Bhimsenthan, Sangaswati/Lauré via Khandadevi Temple, Panauti Area, Sanga Banepa Area, Palanchok Bhagwati	Mahabharat Trail (Lankuri Bhanjyang–Phulchoki–Gurudumdanda–Narayansthan–Bhumechuli Trekking Route)
27		Sindhupalchok	• Bhotekoshi River Rafting, Bungee Jumping • Melamchi/Helambu	Panchpokhari (Thangpal Rural Municipality)
28		Nuwakot	• Nuwakot Durbar (Palace) • Kakani	Kalchedi–Jhilleshwar–Devighat–Bhairabi–Dupcheshwar Circuit (Belkotgadhi-7)
29		Rasuwa	• Gosaikunda • Kenjing Valley	Tamang Heritage Trail
30		Dhading	• Trishuli River Rafting • Ruby Valley	• Sky Trail • Rani Waterfall Canyoning, Thakre-6, Dhading
31		Chitwan	• Devghat • Sauraha, Lothar, Parewakot Sapti, Komengchuli • Balmiki Ashram	• Bishajari Lake • Someshwar Gadhi Tourism Development Area (Madi Municipality, 5) • Patiyanı Tourist Area
32		Makwanpur	• Daman • Maitri Park, Farkel–Indrasarobar	Makwanpur Gadhi

33		Bhaktapur	• Nagarkot, Bhaktapur Durbar Square, Suryabinayak/ Doleshwor Area • Changu Narayan Temple	Nilbarahi Temple/ Park (Madhyapur Thimi Municipality)
34		Kathmandu	Pashupatinath, Boudhanath, Swayambhunath, Narayanhiti, Chandragiri, Sundarijal, Shivapuri, Thamel, Dakshinkali/ Farping Area Budhanilkantha, Hanuman Dhoka Durbar Square	Dahachok (Chandragiri Municipality)
35		Lalitpur	Patan Durbar Square	• Nagadaha Tourist Area • Godavari-Phulchoki Hiking (Godavari Municipality)
36	Gandaki Province	Gorkha	Manakamana Temple, Gorkha Durbar (Palace), Manaslu Circuit Trail (Arughat, Chumnubri, Dharke Rural Municipality)	Chumbvalley (Chumnurbi Rural Municipality)
37		Lamjung	Ghalegaun	Kaulepani
38		Tanahun	Bandipur	Tanahun Kalika Sahidh and Shanti Park, Byas 4, Siddhagufa, Bhimad
39		Kaski	• Pokhara • Sarangkot • Panchase • Pumdikot	• Kanhun Dharahara Tourist Area • Mauja Homestay • Sikles Tourist Area
40		Manang	• Tilicho Lake • Annapurna Trekking Route	Narphu Trail (Seven Pass Trail)
41		Mustang	• Muktinath • Jomsom • Damodar Kunda	Lomanthang Palace and Cave Area

42		Parbat	• Shaligram Setibeni, • Gupteshwor Cave • Sirubari	• Durlung Canyoned, Ceaving, and Homestay (Kusma-3) • Mahashila • Satau–Chandikalika Area (Putalibazar Municipality)
43		Syangja	Shwarek Field Paragliding (Bhirkot Municipality)	Alamdevi (Kaligandi Rural Municipality)
44		Baglung	• Kalika Bhagwati Temple (Baglung Municipality, 1) • Panchakot Religious Tourism Area	• Bhakunde Bhairavsthan Gajako Daha • Dhorpatan Reserve Area (Dhorpatan Municipality and Nisikhola Rural Municipality)
45		Nawalparasi East	Maula Kalika, Tribeni, Amaltari Homestay, Shashwat Dham	Daunneadebi
46		Myagdi	Poon Hill, Tatopani, Galeshwar Temple, Dhaulagiri Round, Garja Himal	Ghodepani Mohredanda Tourist Area
47	Lumbini Province	Nawalparasi West		• Ramgram • Kanchangadhi Tourist Area
48		Rupandehi	• Lumbini • Global Peace Park, Butwal	• Baunnakoti Banbatika • Sainamaina Tourist Area • Devdaha Tourist Area
49		Kapilvastu	• Niglihawa • Maya Devi Temple, Tilaurakot Walking Circuit	• Jagadishpur Lake • Sagar Lake (Kapilvastu Municipality-2, Thulo Bardagwa)
50		Palpa	Tansen (Rani Mahal, Shreenagar)	Talpokhara Rambhadebi Temple Tourist Area (Rampur Municipality)
51		Arghakhanchi	Supa Deurali	Panini Tapobhoomi (Panini Rural Municipality)
52		Gulmi	Satyawati Tourism and Religious Area	• Resunga Tapobhoomi (Resunga Municipality) • Rurukshetra (Ruru Rural Municipality)
53		Rukum East	Gurilla Trail	Dhorpatan-Maikot-Sefoksundo Tourist Route

54		Rolpa		Jajjala
55		Pyuthan	Swargadwari	Rock Garden, Okharkot Danda, Jhimruk
56		Dang	Pandeshwar Mahadev, Dharapani Barahakune Lake/Gorakhnath	Bagarbaba Religious Tourist Site
57		Banke	Bageshwari Temple, Gaur Valley, Banke National Park, Tiger Conservation and Signage	Kammar Shah Mazar Religious Tourist Area(Dadhuwa Rural Municipality 5)
58		Bardiya	• Bardiya National Park • Dalla Homestay • Krishnasar Conservation Area	• Omkedareshwor Dham Religious Tourist Site, (Bansgadhi) • Shivamandir Religious Tourist Area • Shivamandir Religious Tourist Area, Jogi Gaun (Bardiya Municipality-2)
59	Karnali Province	Salyan		Kubhinde Daha
60		Dolpa	Shey Phoksundo National Park	Tripurasundari Religious Tourist Area
61		Jumla	Sinja Civilization	Dudul Chaitya
62		Humla	Hilsa	Limi Valley Tourist Area
63		Mugu	Rara Lake	Rara-Se Phoksundo Lake to Lake Trekking
64		Kalikot		Pachal Jharna (Pachal Jharna Rural Municipality)
65		Jajarkot	Panchkatiya, Kushe Rural Municipality, Machaina Lek	Khalanga Durbar (Palace) Area (Bheri Municipality)
66		Dailekh	Panchkoshi Religious Tourism Development (Panchkoshi Flame Region)	Kotgadhi-Panchadeval-Belaspur-Mahabu Tourist Development, Narayan Municipality

67		Surkhet	• Kankre Bihar • Deuti Bajyai (Birendranagar Municipality) • Madan–Ashrit Park	• Jajura Daha Panchapuri Municipality 8 and 9 (Gupti Tal, Madale Cave, Shiva Cave, etc.) • Giddedanda Tourist Area
68		Rukum West		Gotamkot Chitri Patan Adventure Trek
69		Bajura	Badimalika	Kolti-Budhinanda-Badimalika Trek
70	Far-west Province	Bajhang	Khaptad Region, Surma Lake, Saipal Area	Bathpali Temple Religious and Tourist Area (Durgathali 7)
71		Doti	Khaptad, Shaileshwari	Badikedar Religious Tourist Area
72		Accham	Ramaroshan	Suryakot Mastadevi Tourist Area (Mangalsen Municipality-3)
73		Darchula	Appinampa Conservation Area	Malikarjun (Malikarjun Rural Municipality)
74		Baitadi	Tripurasundari	Siddhanath Udayadev Religious Site (Patan Municipality 6)
75		Dadeldhura	Ugratara	Amargadhi-Ugratara (Amargadhi Municipality)
76		Kanchanpur	Chandani–Dodhara Region	• Rautela Jhamkeli Brahmadev Dham Religious Development Area • Banda Lake, Kotihom Tourist Area (Belauti Municipality)
77		Kailali	• Ghodaghodi Lake, • Tikapur Circuit, • Bhatgaun	Bardagoria Temple Dham (Bardagoria Rural Municipality)

Source: Minister of Culture, Tourism and Civil Aviation

Alamdevi Temple

Alamdevi Temple is located approximately 66 kilometers west of the Syangja district headquarters, in Ward No. 3 of Kaligandaki Rural Municipality, Lasargha Deurali, at an altitude of about 1,350 meters above sea level. This temple holds great historical, religious, and tourist significance. The Bhimsenpati tree within



Alamdevi Temple, Syangja

the temple premises is enclosed by a wall on all sides. A unique feature of this temple is that it is not dedicated to an idol of a deity but is worshipped as a spiritual and emotional power centre. Devotees believe that worshipping the goddess destroys enemies, grants good health, helps overcome major crises, fulfills wishes and vows, and ensures victory in battles.

According to legend, during an attack by Muslims on the Hindu-ruled kingdom of Ujjain (present-day Rajasthan, India), King Bhupalsingh Rao carried his family deity, Kuldevi Begmata (Begeshwari), in a bag to protect her. After spending some time in Rurukshetra, Nepal, while traveling northward, Bhupalsingh Rao reached the peak of a hill at Lasargha, where he hung the goddess on a Bhimsenapati tree for rest. However, the deity is said to have fallen from the bag and sunk into the ground. It is believed that a passage led the goddess to the Kaligandaki River from the base of the Bhimsenapati tree, where she bathed and then returned to the same base of the Bhimsenapati tree. Since she disappeared from the Bhimsenapati tree, she became known as 'Alap Devi' (disappearing goddess). Over time, this term evolved into 'Alamdevi.'

Kulumandan Khan of the Bhupalsingh dynasty received the title of "Shah" from the Mughal emperor of Delhi and became the

king of Argha in Kaski. His descendants gradually expanded their rule to Lamjung and Gorkha, eventually leading to the unification of Nepal under Prithvi Narayan Shah, who established the unified Nepalese monarchy. Therefore, the Shah royal family and the Khand Thakuri lineage have traditionally revered this temple as their Kuldevi (ancestral goddess).

The Kathmandu Valley



Chariot Festival (Rath Jatra) of Living Goddess Kumari, Kathmandu

The Kathmandu Valley is situated in the mid-hill region of Nepal, surrounded by hills on all sides, at an altitude of 1,337 meters above sea level. The valley experiences a temperate climate. As Kathmandu is the capital of Nepal, it has a high population density. However, Kathmandu should not only be regarded as the capital of the country but also as a place rich in ancient history, filled with numerous temples and vibrant festivals.

According to legend, the Kathmandu Valley was once a large lake. The Buddhist sage Manjushree, who came from Tibet, is said to have cut through the Chobhar hill to drain the water, establishing the sacred sites of Barada and Mokshada and thus creating the beautiful valley where Kathmandu city was later built. Several historically significant sites within the valley,

including Kathmandu Durbar Square, Bhaktapur Durbar Square, Patan Durbar Square, Swayambhu Maha Chaitya, Boudhanath Stupa, Pashupatinath Temple, and Changu Narayan Temple, are listed as UNESCO World Heritage Sites. Kathmandu Valley can be considered an open museum, as it houses seven World Heritage Sites within a 20-kilometer radius. The presence of these heritage sites has established Kathmandu as a globally renowned city. Proper preservation of these cultural treasures holds the potential to maintain the valley as a significant global tourist destination for eternity.

Geographically, Kathmandu lies approximately in the mid-hill region of Nepal. The major rivers flowing through the city are the Bagmati and Vishnumati. Some of the most significant pilgrimage sites in Kathmandu include Pashupatinath, Guheshwari, Swayambhu, Boudha, Budhanilkantha, Dakshinkali, Hanuman Dhoka, Gokarna, Teku, and Shalinadi. In addition to being the capital city, Kathmandu serves as a repository of Nepal's ancient art, craftsmanship, culture, civilization, and historical heritage. Furthermore, the presence of major educational institutions, modern hospitals equipped with advanced facilities, and Tribhuvan International Airport makes it a center of attraction for both domestic and international visitors. The beauty of the Kathmandu Valley is further enhanced by the surrounding scenic hills, including Nagarkot, Nagarjun, Shivapuri, Chandragiri, and Phulchowki.

Kathmandu is one of Nepal's 77 districts, and the valley encompasses three districts: Kathmandu, Lalitpur, and Bhaktapur. The valley, a flatland encircled by hills, is commonly referred to as Kathmandu by people from outside the region. According to Article 288 of the Constitution of Nepal, Kathmandu city is designated as the country's capital. The district covers an area of 395 square kilometers. Scholars believe that the name "Kathmandu" originated from the historical wooden structure, Kasthamandap, located near Hanuman Dhoka Palace. The historic building of Singha Durbar serves as the central administrative hub of Nepal. Additionally, the SAARC Secretariat, various foreign embassies, Nepal Rastra Bank, and other central offices are also

located in Kathmandu. Thus, Kathmandu functions not only as Nepal's political capital but also as its financial, educational, judicial, religious, and diplomatic hub. Major hospitals such as Bir Hospital and Teaching Hospital are also situated here. Kathmandu is well connected to other regions through highways such as the Tribhuvan Highway, Kodari (Araniko) Highway, Prithvi Highway, and Bardibas-Dhulikhel Highway.

Kathmandu is well-connected by air to various significant locations in Nepal, including Lumbini, the birthplace of Lord Gautam Buddha; Bhairahawa, near Tilaurokot, the capital of King Śuddhodana; Pokhara, a major tourist destination; and Namche, situated in the foothills of Mount Everest. Regular transportation services operate to towns and villages across the country, from Mechi in the east to Mahakali in the west. Kathmandu is also regarded as Nepal's communication hub, as it houses the central offices and stations of radio and television networks, as well as the headquarters of Nepal Telecommunications Corporation. Additionally, more than half of the daily and weekly newspapers published in Nepal originate from Kathmandu. The city is home to several luxury hotels, including Soltee, Annapurna, Yak & Yeti, and Hyatt. According to the December 11, 1998, edition of *Asia Week*, a renowned financial magazine published in Hong Kong, Kathmandu was ranked 27th among the 40 best cities in Asia to live in.

Kodari

Just as Birgunj serves as Nepal's primary trade hub with India, Kodari is the main commercial gateway for trade between Nepal and Tibet, an autonomous region of China. It functions as a key border trade center, facilitating the import and export of goods between Nepal and Khasa, a market town on the Tibetan border. Kodari is connected to Kathmandu via the Kodari (Araniko) Highway, one of Nepal's major highways. Geographically, Kodari is located in the northern border region of Sindhupalchok District in Bagmati Province.

Kakarbhitta

Kakarbhitta is a market town located near the eastern border of Nepal in Jhapa District of Koshi Province. Its significance has

increased due to the opening of a route to Bangladesh via the Phulbari corridor. As a key entry point of the eastern border of Nepal, it is often referred to as the "Gateway to the East." The presence of the Mechi Customs Office here plays a vital role in regulating imports and exports in the region. Kakarbhitta falls under Mechi Municipality.

The town maintains trade connections with Kharsang, Siliguri, and Darjeeling in India via Pashupatinagar. Since Ilam and Jhapa districts, both well known for tea production, are closely linked, the distance between Kakarbhitta and Ilam is relatively short.

Kakani

Kakani is a scenic location situated at an altitude of 5,997 feet, approximately 27 kilometers from the center of Kathmandu. Located in Nuwakot District, this place was known as Basanti Bagh during the Rana period. A large Tamang settlement is situated nearby. Additionally, the presence of the Police Training Center, Tara Gaun Guest House, a memorial park built by Thai Airways, and a horticulture farm further enhance the beauty of Kakani.

Khaptad



Triveni Temple, Khaptad

Spanning across four districts: Doti, Achham, Bajhang, and Bajura, Khaptad is situated at an altitude of approximately 11,000 feet. This high-altitude hilly terrain, located at the junction of

these four districts, features rolling hills, open meadows (*patan*), and small streams. The average width of this highland is about five kilometers, while its length extends roughly ten kilometers. The snow-covered white peaks and dense forests present a captivating sight. Once the snow melts, the vast plains are covered with colorful flowers, making it look like a paradise. Khaptad is synonymous with natural beauty, and its development as a tourist destination could significantly contribute to the economic growth of western Nepal.

Khumbu Region

The Khumbu region, located in the Solukhumbu District of Koshi Province, is renowned for mountaineering and trekking. It is home to Mount Everest, the world's highest peak, as well as Mera Peak (6,664 meters), which is popular for its relatively easy and accessible climbing routes. Other notable attractions in the region include Gokyo Peak, Pikey Danda, Tashi Lapcha, Kalapatthar, Aama Lapcha Cross, and Dudh Kunda, etc. making it a prime destination for adventure enthusiasts.

Gorkha



Gorkha Palace

Before King Prithvi Narayan Shah began the unification campaign of Nepal, Gorkha was a small hilly state ruled by the Shah dynasty kings. To the east of Gorkha lies Dhading, to the west are Tanahu, Lamjung, Manang, and to the north, the Tibet region of China, while the south borders Chitwan district. The natural

boundaries of Gorkha district include Gwala Bhanjyang and the Shringi Himal to the north, Narad Pond (Kund), the origin place of Darundi river, Trishuli to the south, Budhi Gandaki to the east, and Marsyangdi, Chepe, Champawati, and the Manaslu range to the west. The town of Gorkha or Pokharathok, situated on the southern slopes of Gorkhakali, serves as the district headquarters. Darundi, flowing from north to south, is the major river of Gorkha district, and it holds significant historical importance and water power, making it a central attraction.

The Gorkha Durbar (Palace), situated on the hilltop of Gorkha city, is built in pagoda style and is adorned with artistic windows and doors. As a historical site, the Gorkha Durbar is also of immense importance from a tourism perspective. Within the palace complex, along with the Kali Temple and the Gorkhnath Temple, various other statues of deities are scattered around. Apart from the Gorkha Durbar, there are other palaces built in a similar artistic style in the Gorkha city, and the Nuwakot Durbar (Palace) is also constructed in this style. Gorkha is home to an ancient museum as well. The Gorkha city is predominantly inhabited by the Newar community, and thus, the area practices all the traditional festivals celebrated by the Newar community.

The area is highly attractive to tourists due to its stunning views of the Himalayas. It is also a prominent route to Manang via Larke Pass. Like many northern districts of Nepal, Gorkha is also famous for its Yarsagumba. The Manakamana Temple located in Gorkha district is not only a famous religious site for Hindus but also a scenic tourist destination. The journey from Cheres to Manakamana along the Prithvi Highway has been made easier, shorter, and more enjoyable with the operation of the Manakamana Cable Car.

Gajurmukhi Devi

Gajurmukhi Devi is located on the western bank of the Deumai River, one of the four major rivers in Ilam District, in a place resembling a cave. The area is home to various stone statues of the goddess. The priests here belong to the Limbu community. There is a popular belief that worshipping Gajurmukhi Devi can

enable a mute person to speak and a deaf person to hear. A fair is held here on the day of Kartik Purnima (full moon day). The cave-like structure has been transformed into a temple with the help of public cooperation. Additionally, a Shiva temple and a Dharmashala (rest ouse for pilgrims) have been built in the area.

Gahraun Kalika Temple

The Gahraun Kalika Temple, located at Gahraunsur in Waling Municipality of Syangja District, was established 530 years ago during the reign of the first king of the Gahraunkot kingdom, King Dashrath Khand (1510–1536), who ruled for 26 years. The temple is situated at an altitude of 1,516 meters above sea level, at the top of Gahraunsur Hill. Special fairs are held during the Chaite Dashain and Bada Dashain festivals, and daily worship rituals continue at this temple. The second renovation of the temple was carried out in 1848 BS by the last king of the independent Gahraunkot kingdom, Shree Bhakta Khand, and the third renovation took place 205 years later in 2053 BS with the initiative of local people. The temple is visible from almost all parts of Syangja district.

Guhyeshwari Temple

Located near the Pashupatinath Temple on the banks of the Bagmati River, Guhyeshwari Temple is a religious, historical, cultural, and artistic site of great significance. It serves as a center of faith for Hindus. The establishment of Guhyeshwari *Shakti Peeth* (sacred power site) dates back to the Lichchhavi period, while the construction of the temple is believed to have occurred during the Malla period, making it a remarkable example of Lichchhavi-era sculpture and Malla-period woodcraft. The temple, built in a mandap style surrounded by walls adorned with carvings, is situated on the southern bank of the Bagmati River near the Sleshmanthak forest. It is believed to be the temple of Sati Devi (Parbati), the consort of Lord Shiva. In ancient times, the great philosopher Adi Guru Shankaracharya is said to have visited this site to offer prayers and worship at Guhyeshwari. According to Tantric Bajrayana Buddhist traditions, Guhyeshwari is also a site of worship for both Hindus and Buddhists.

Ghandruk

Located in the Kaski district of the Gandaki Province, Ghandruk lies 42 kilometers north of Pokhara city, nestled between the Annapurna and Machapuchhre mountain ranges. It is a major Gurung community settlement that vividly showcases Gurung culture and lifestyle. The area is considered an important tourist destination for trekkers, hikers, as well as both domestic and international visitors. Every year, around 50,000 tourists visit in this destination.

Ghalegaun



Ghalegaun, Lamjung

Ghalegaun, situated in the Lamjung district, is famous for rural tourism and homestays. From Ghalegaun, one can enjoy stunning views of the Manaslu, Annapurna, Machapuchhre, and Lamjung Himal mountain peaks, which appear like the tip of a cap. The tea gardens, Bhedikharka, and the North Kanya temple are noteworthy attractions. Ghale Gurung's warm hospitality and the display of Ghatu dance captivate both domestic and international tourists. The homestay park in Ghalegaun is considered one of the best in the country, and it has helped popularize homestay tourism in many parts of Nepal.

Chandannath Temple

Located in the Jumla district of the Karnali Province, the Chandannath Temple houses a statue of Lord Dattatreya. The temple is known for conducting daily prayers three times a day:

in the morning, noon, and evening, according to Vedic traditions. Built in the 8th century, this temple also holds the footprints of Lord Dattatreya. The temple is named after Chandannath, who established it. Yogis (such as Giri, Puri, etc.) from the Yogi community serve as priests at this temple.

Changunarayan

Located in the northeastern part of Bhaktapur district, the Changunarayan Temple is situated on the summit of a tall hill called Doladri (Dolagiri). It is home to a statue of Lord Vishnu and is considered one of Nepal's oldest temples. While the exact date of its construction and the person who built it is unclear, there is a legend that it was established by a person named Haridatt Barma in the year Sakasambat 386 (521 BS), when the four Narayans of the Kathmandu Valley (Changunarayan, Sheshnarayan, Bishankhunayan, and Ichangunarayan) were also consecrated. In the year Sakasambat 386 (521 BS), King Manadev is said to have controlled the feudal lords of the east and west, performed worship at Changunarayan, and erected a pillar with Garuda.

Chitwan Wildlife Conservation Area

Chitwan is recognized as a wildlife sanctuary. It is home to rare animals and birds, including the one-horned rhinoceros, Bengal tiger, and elephants, which are considered some of the rarest land animals. This area has become a key location for wildlife researchers and tourists interested in observing wildlife.

Chhinnamasta Bhagwati

Chhinnamasta Bhagwati is located in the southern border area of Rajbiraj, in the then Chhinnamasta Village Development Committee of the Saptari district. As one of the power centers for fulfilling wishes, this temple holds significant devotion among people from both Nepal and India. According to ancient history and legends, King Shakrasinghdev of the fifth generation of the Karnat dynasty ruled the Simraungadh kingdom. He is said to have placed his young son Harisinghdev on the throne and moved to Saptari to live in exile. During this time, when the jungle that covered the area was cleared, a deity statue was found. It is said



Chinnamasta Bhagwati, Saptari

that he established the statue as the family goddess and named it Shakreshwari after himself. Since the statue lacked a body, it is believed that it was later referred to as Chhinnamasta Bhagwati.

Janakpur

Janakpur is regarded as the capital of the ancient Mithila Kingdom. The majority of the people of this place speak the Maithili language, and Maithili literature has flourished in this region. In Janakpur, there is also a statue of the Maithili poet Bidyapati Kokil. Janakpur is renowned as the birthplace of Sita, regarded as the ideal Hindu woman. On this sacred site, Hindu devotees from both Nepal and India come to circumambulate Janakpur Dham on the occasion of Bibah Panchami. A large fair is held at the Janaki Temple during this time.

During Bibah Panchami, there is a huge crowd of Hindu devotees at the Janaki Temple. Not only from the homeland but also from abroad, a large number of Hindu pilgrims visit to have a glimpse of Ram-Janaki and perform circumambulation along the pilgrimage route of Mithila. The Janaki Temple in Janakpur is one of the most famous and significant religious sites for Hindus. In addition to the Janaki Temple, there are other sacred religious sites in this region. Sacred lakes like Dhanusha Sagar and Ratna Sagar are also considered invaluable treasures of Janakpur.

Scholars agree that the place is named Janakpur because it was the kingdom ruled by the wise King Janak. This consensus also

confirms that King Janak married his daughter, Sita, to Lord Ram in Janakpur. The fact that renowned Hindu scholars and smritikars (writers of legal, social, ethical and moral treatises), such as Yajnavalkya, were honored at King Janak's palace reveals that Janakpur has historically been known as a center of learning and research.

Janaki Temple



Janaki Temple, Janakpur

Surkishor Das from Lohagadh, Madhya Pradesh, India, who resided in the area where the Janaki Temple is now located, observed the appearance of the Ram-Janaki statue there. In response, he built a hut and transformed it into a temple. This temple is very beautiful and grand. It is also commonly known as the Nau Lakha Temple. With its marble floors and attractive spires, the temple is further adorned with statues of gods, goddesses, and sages in marble, along with a marriage pavilion. The temple stands as a vibrant example of Mithila culture, attire, lifestyle, and festivals. It is a popular gathering place for pilgrims from both Nepal and India.

Jiri

Jiri, located in the Dolakha district, is the second most important market town in the region, situated at an altitude of around 6,000 feet. Jiri is often referred to as "Nepal's Switzerland" due to its scenic beauty. From a tourism perspective, Jiri is regarded as an important rural town in Nepal.

Tansen and Srinagar

Tansen, located in the Palpa district of the central hilly region, is one of Nepal's most picturesque tourist and significant commercial centers. As the district headquarters of Palpa, Tansen is gaining increasing importance due to its breathtaking and captivating views. The town enjoys a pleasant climate and is home to the Magar and Newar communities. During the Rana era, Tansen was established as a significant political and administrative center, second only to Kathmandu. Tansen, famous for items such as Karuwa (a narrow-necked wide-bodied brass waterpot with a spout), the cap of Dhaka and brassware, serves as a major trade hub between the Terai and the hills. Before Nepal's unification, Palpa was an independent and powerful kingdom.

Shreenagar Hill, located at an altitude of 1,371 meters above sea level in Palpa district, is surrounded by natural beauty, making Tansen a place of immense scenic appeal. From the perspective of natural artistry, Tansen is prosperous and leaning towards modern civilization. Once the capital of the Sen dynasty rulers, Tansen city remains a place awaiting historical exploration and discovery.

Srinagar is considered the jewel, beauty, or crown of Palpa district. The area, initially known as Batasedanda, was a barren and unattractive high hilltop. However, after planting various trees such as fir and others, it was transformed into a beautiful garden, and the area was renamed Shreenagar. This place is home to temples, statues of Buddha, and flower gardens. Spanning nearly 1,500 ropanis, Shreenagar is a peaceful, serene jungle with favorable and healthy weather conditions, making it a habitat for animals like tigers, leopards, hares, and wild boars, as well as birds such as kalij, partridges, and cuckoos. Famous for forest retreats and picnics, this place offers splendid views of the Himalayas, including Machhapuchhre, Himalchuli, Annapurna, Kangjerowa, Manaslu, and Ganesh Himal. Additionally, visitors can enjoy stunning views of the sunrise, the Madi Valley, and, on clear days, catch a glimpse of northern India, including trains traveling from Gorakhpur.

Some of the city's main tourist attractions include the

Amarnarayana Temple built by Amar Singh Thapa in 1807 AD, the Tansen Durbar constructed by Pratap Shamsher J.B.R. in 1927 AD, the Shitalpati (Golghar) built by Khadga Shamsher, the Bhagwati Temple built in 1814 AD by Ujir Singh Thapa to commemorate the victory over the British Indian Army, and the historic Anand Bihar Buddhist Monastery. Other significant sites include the Mahachaitya Monastery, Mahabodhi Monastery, and Birendra Phoolbari. Additionally, the lotus flowers blooming in the Satyawati and Prabash lake, located around 8 kilometers south of Tansen city, continue to attract tourists visiting the town.

Tatopani

Tatopani (hot spring) is a significant tourist destination located along the Pokhara–Mustang Highway in Myagdi district and the Kodari Highway near the China border in Sindhupalchowk district. Bathing in the Tatopani (hot springs) is believed to cure ailments such as arthritis, skin diseases, and nerve-related disorders. Due to this belief, thousands of people visit various hot springs across the country every day.

Timal

Timal, a picturesque region encompassing twelve villages, including Pokhari Narayansthan, originates from the former Kanpur Village Development Committee (VDC) in Kavrepalanchok district. The Tamang community predominantly resides in this area, alongside Brahmins, Chhetris, Newars, Magars, Dalits, Thakuris, Sarkis, and Danuwars. Culturally diverse, this region is also renowned for its religious significance. The peaceful and historically rich landscape includes sites where Guru Rinpoche is believed to have meditated, now known as Gelung Odar (Cave). Other significant religious and historical sites include caves and shrines where deities are said to have meditated, monasteries, Kakkling, Narayansthan Temple, and the Mahadev Temple of Dumja.

Dipayal and Shaileshwari

Dipayal, located on the banks of the Seti River, lies near Rajpur, an elevated hill on the opposite bank, where most regional



Shaileshwari Temple, Doti

directorates are situated. Historical records suggest that Rajpur Dipayal served as the capital of the ancient Doti Kingdom.

Dipayal Silgadhi holds significant importance due to its proximity to Khaptad, a renowned tourist and religious site situated at the border of Bajhang, Bajura, Doti, and Achham districts in Sudurpashchim (Far Western) Province. It is accessible by foot within a day from Dipayal-Silgadhi. Visitors to Khaptad National Park can witness rare and beautiful flowers, medicinal herbs, wildlife, lakes, and scenic meadows, further enhancing the importance of Dipayal-Silgadhi.

The famous Shaileshwari Temple is located in Silgadhi, Doti district, Sudurpashchim (Far Western) Province. According to local folklore, during a playful moment between Lord Shiva and Goddess Parvati, Brahma and other deities arrived in search of them. To avoid being seen, Parvati transformed herself into a stone. Consequently, the local people refer to Shaileshwari as "Shila Devi" (Stone Goddess), marking its origin. It is also believed that the temple was established by the Pandavas. Shaileshwari is worshipped as Ardhanarishwar (a composite form of Shiva and Parvati). A grand fair is held at the temple on the full moon day (purnima) of the month of Kartik. Additionally, the Kumbh

Mela (Grand festival) occurs every twelve years, with an Ardha Kumbh Mela (partial grand festival) every six years. Devotees from neighboring India also visit the temple for worship and pilgrimage.

Dan Sangu

Dan Sangu is known as the confluence of the Tila River and Jawa River, located in the northeastern part of Khalanga, the headquarters of Jumla district. This place is named Dan Sangu because various forms of charity, such as donation of cows (Go-Daan), land (Bhumi-Daan), food grains (Anna-Daan), gold (Swarn-Daan), gems (Ratna-Daan), and offering refuge (Abhaya-Daan), have been made here. A grand fair is held in this location during special days and festivals like: Teej, Maha Shivaratri, Navaratri, Baishakh Purnima, Ganga Dashahara, Chandi Purnima, and Guru Purnima, etc.

Daunne Gadhi and Daunne Devi

Located on Daunne Hill along the Butwal-Narayanghat section of the Mahendra Highway, in the foothills of the Chure range of Nawalparasi district, is the sacred site of Daunne Devi. According to legend, this place was once the hermitage and meditation site of the sage Parashurama. Daunne Gadhi lies between two major regions of Nawalparasi district: Nawalpur and Parasi. It is believed that Nawalpur was founded by Nawalsingh, while Parasi derives its name from 'Parashu,' which evolved into 'Parso' and later 'Parasi,' ultimately forming 'Nawalparasi' from the combined names of both regions.

Devghat

Devghat, a sacred Hindu pilgrimage site in Devghat Rural Municipality of Tanahun district, is where the confluence of the Saptagandaki River is believed to absolve all sins when bathed in. According to the *Nepal Mahatmya*, those who pass away here attain liberation (*Kaivalya*). The convergence of the Hariganga (Kali Gandaki) and Harganga (Trishuli) rivers at this site also earns it the name 'Harihar Kshetra.' In some traditions, it is referred to as 'Adi Prayag.' A grand fair is held here on Makar

Sankranti. Recognizing its religious importance, the Devghat Area Development Committee was formed by integrating parts of Tanahun, Nawalparasi, and Chitwan districts to ensure its proper development.

Devighat

Devighat is situated near Battar in Nuwakot district, at the confluence of the Trishuli River (originating from Gosainkunda in Rasuwa) and the Tadi River (also known as the Suryamati River, originating from Suryakunda in Rasuwa). It is a revered pilgrimage site and houses the famous Jalpadevi Temple, where a grand fair is held annually on Chaitra Shukla Purnima and Haribodhini Ekadashi (the eleventh day of the full moon and the no-moon day).

Dakshinkali

Located in the Pharping area of Kathmandu, Dakshinkali Temple is dedicated to Goddess Kalika, depicted with a Mongolian facial appearance. This temple, surrounded by scenic gardens and forests, witnesses large fairs on Tuesdays and Saturdays. Situated about 17 kilometers south of Kathmandu, the Dakshinkali Temple was built by King Pratap Malla in the Medieval period. It holds historical significance and is located at the confluence of two rivers in the heart of Pharping. The temple complex also features other deities' idols. Besides its religious importance, it serves as an ideal spot for picnics and recreation. Thousands of devotees gather in this place annually, believing that worshipping the goddess fulfills their wishes.

Dhanushadham

According to legend from the *Treta Yuga* (epoch) the place where a fragment of Lord Shiva's divine bow (*Shiva Dhanush*) fell after being broken by Lord Ram during Sita's *Swayamvar* is called Dhanusha. Located 14 kilometers north of Janakpur, Dhanushadham is a site of great religious significance. During the month of *Magh*, grand fairs are held in this place every Sunday, drawing large numbers of devotees from Nepal and India.

Dhankuta

Dhankuta Municipality is located in Koshi Province within Dhankuta district. Its captivating natural scenery and pleasant climate make it a significant tourist destination. The Koshi Highway, connecting Dharan (one of the oldest and most important cities in Sunsari district) to Sankhuwasabha via Dhankuta, ensures smooth travel access.

Dhulikhel

Dhulikhel, an ancient town in Kavrepalanchok district, lies 30 kilometers east of Kathmandu. Renowned as a traditional Newar settlement, it offers breathtaking views of the eastern Keriyaolung and western Himalaya mountain ranges. The stunning panorama of the Gaurishankar Himal and other peaks, along with the confluence of the Sunkoshi and Roshi rivers, adds to its charm. The town is home to the Timaal Narayan Temple, where an idol of Lord Vishnu is enshrined.

Nepalgunj



Bageshwori Temple, Nepalgunj

Located near Kohalpur along the Mahendra Highway, Nepalgunj is the largest city in the former Mid-Western Region of Nepal and

the headquarters of Banke district. It serves as an educational, industrial, and commercial hub. Situated about 600 feet above sea level, Nepalgunj has a tropical climate. People from the former Karnali, Bheri, and Rapti zones frequently visit Nepalgunj to sell agricultural, forest, and domestic products and purchase necessities such as clothing, salt, oil, etc. As a result, it has emerged as a major commercial center, continuously expanding in importance.

Nepalgunj also holds religious significance, with the famous *Bageshwari Temple* attracting thousands of devotees, especially during *Ram Nawami* and *Nawami of Bada Dashain* (Dashain Festival). The Bageshwari Pond and Rani Talau (pond) are also well-known sites in the area. The city has well-developed transportation facilities, including air and road connectivity. Several industries, including rice mills, timber processing, matchbox production, catechu (Kattha) processing, and biscuit manufacturing, operate in Nepalgunj.

Narayangadh

Narayangadh is a major transportation hub in Nepal, connecting the capital, Kathmandu, and the picturesque tourist destinations of Pokhara and Hetauda, along with various other locations, via road networks extending from Mechi in the east to Mahakali in the west. It is situated on the banks of the Narayani River, the deepest river in Nepal. The renowned religious site, Devghat, is also located near the Narayangadh city, on the banks of the Narayani River. Additionally, the famous pilgrimage site of Triveni is not far from this city. Every day, numerous vehicles travel from Narayangadh to various parts of the country. Since vehicles traveling from Mahendranagar in the Sudurpashchim (Far western) Province to Kathmandu and those coming from Kakarvitta in the Koshi Province to Kathmandu and Pokhara pass through Narayangadh, the city's commercial significance has been increasing rapidly. Furthermore, Narayangadh is closely connected to Chitwan National Park, which is listed as a UNESCO World Heritage Site. Tourist destinations such as Sauraha, Kasara, Chandi Bhanjyang, and Tiger Tops are located only a short distance from Narayangadh.

Nyatapola Temple

Built in the five-tiered pagoda style by King Bhupatindra Malla in 1759 BS, this temple, dedicated to Goddess Laxmi, features intricately carved statues of warriors, tigers, tigresses, and lions at its entrance, while various deities are enshrined on different floors.

Naxal Bhagwati

According to legend, the same artisan who sculpted the idol of Palanchowk Bhagwati also created and installed the idol of Naxal Bhagwati during the Lichchhavi period. An inscription states that in 1839 BS, Bhim Burma Khawas, a mint master under King Rana Bahadur Shah, performed rituals and renovated the temple, while Premgiri Khawas undertook its decorative artwork.

Nagarkot

Located 32 kilometres from Kathmandu in Bhaktapur district, at an altitude of 7,200 feet (2,175 meters), Nagarkot offers breathtaking views of sunrise and sunset. From here, one can admire the scenic beauty of the Kathmandu Valley and the majestic Himalayan peaks, including Everest, Kanchenjunga, and Annapurna, making it a popular tourist destination. It is said that in Nagarkot, one can experience four seasons in a single day. Additionally, the northern part of Kathmandu and the southern part of Bhaktapur city can be seen from here. The area is home to various hotels and resorts catering to visitors.

Pashupatinath

Situated on the banks of the Bagmati River, Pashupatinath Temple is a sacred Hindu shrine dedicated to Lord Shiva. It is one of the most revered Shiva temples and has been listed as a UNESCO World Heritage Site. The grand festival of Maha Shivaratri is celebrated here with great devotion. This temple is an exceptional example of Hindu architecture, featuring a two-tiered structure with a copper roof gilded in gold. A golden statue of Shiva's mount, Nandi, is placed on the western side of the temple. To the east of Pashupatinath lies a small hill called Mrigasthali, believed



Pashupatinath Temple, Kathmandu

to be the place where Lord Shiva once took the form of a deer. This hill is considered both sacred and visually striking. At the base of this hill, along the banks of the Bagmati River, stands the temple of Guhyeshwari.

Pathibhara Devi Temple



Pathibhara Devi, Taplejung

Perched at an altitude of 3,794 meters above sea level in the eastern hill district of Taplejung, this temple sits atop the Pathibhara hill. Devotees consider Pathibhara as the embodiment of the goddess and visit the temple to seek blessings for prosperity and well-being. According to local beliefs, those with impure hearts or

pregnant women may face misfortune if they visit the temple. The temple's name, "Pathibhara," is derived from its location on a towering peak resembling a traditional "pathi" (a measuring container). It is situated about ten kos (roughly 30 km) northeast of the Taplejung district headquarters.

Pokhara

Located in the Kaski district of Gandaki Province, Pokhara is regarded as the most important tourist destination of Nepal and is often referred to as the country's tourism capital. The city is renowned for its beautiful lakes, such as Phewa Lake and Begnas Lake, as well as the breathtaking view of Mount Machhapuchhre. Other major attractions include the Bindhyabasini Temple, the deep and narrow Seti River flowing through the city, Mahendra Cave, and Devi's Falls (locally known as Patale Chhango).



Talbarahi, Kaski

Due to its high rainfall, Pokhara is often called the "Cherrapunji of Nepal." The city is well-connected by road; the Siddhartha Highway links it to Tansen and Butwal, while the Prithvi Highway connects it to Muglin and Kathmandu. Additionally, from Muglin, road access extends through Narayanghat to both the western and eastern Terai regions of Nepal. As the district headquarters of Kaski and a popular tourist hub, Pokhara is a top priority for international visitors to Nepal.

Boudhanath (Khasti)

Situated 7 kilometers northeast of central Kathmandu, the majestic Boudhanath Stupa is one of the largest and most revered Buddhist stupas in the world. Constructed in the 5th century by Lichchhavi King Manadeva, it is regarded as one of the oldest and grandest stupas in existence. Drawing both Hindu and Buddhist pilgrims, the site serves as a powerful symbol of religious harmony. Designated as a UNESCO World Heritage Site, Boudhanath



Boudhanath (Khasti), Kathmandu

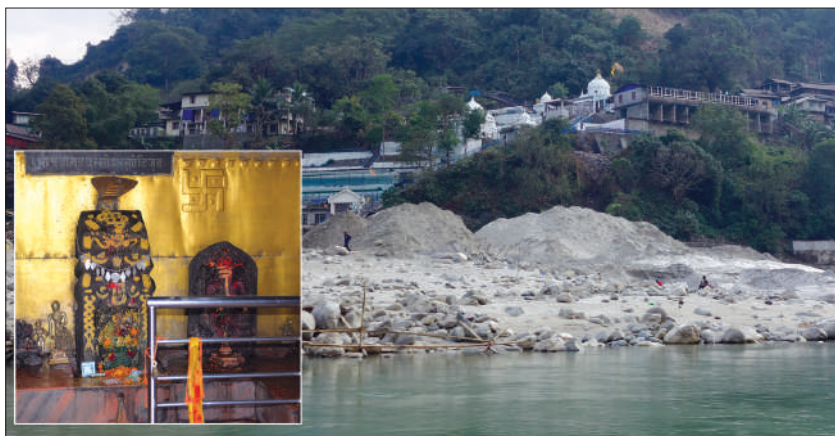
stands as a timeless testament to Nepal's profound spiritual and cultural heritage.

Phulchoki

Located 10 kilometers southeast of Lalitpur's district headquarters and 15 kilometers from central Kathmandu, Phulchoki Hill stands at an elevation of 2,765 meters. The hill derives its name from the Sanskrit term *Phuloccha Giri*, meaning "hill of abundant flowers," later evolving into *Phulchoki*. The area is known for its vibrant rhododendron blooms in shades of white and red. According to legend, in the *Treta Yuga* (epoch), a devotee performed a grand offering to Lord Swayambhu using a hundred thousand flowers from this very hill, leading to its name. Adjacent to Phulchoki is the sacred Godavari Kund, where a grand festival, *Godavari Mela*, is held every 12 years. The hill is also called the "Peak of Godavari" due to the abundance of Godavari flowers in the region. Additionally, Phulchoki holds economic significance as it contains Nepal's largest iron ore deposit, estimated at around 60 million metric tons.

Baraha Kshetra

Located at the confluence of the Koshi and Koka rivers in Sunsari district, Koshi Province, Baraha Kshetra is a sacred pilgrimage



Barah Kshetra Temple, Sunsari

site of immense religious significance. Comparable to India's Kurukshetra and Nepal's other prominent spiritual centers such as Harihar Kshetra (Devghat), Mukti Kshetra (Muktinath in Mustang), and Ruru Kshetra (Gulmi, Palpa, and Syangja junction), Baraha Kshetra is mentioned in the *Baraha Purana*, specifically in its 110th and 140th chapters. The site houses numerous temples and shrines, including those dedicated to Ganesh Baraha, Guru Baraha, Surya Baraha, Koka Baraha, Indra Baraha, as well as idols or deities such as Gayatri, Saraswati, and Narayan. Additional temples for Ganesh and Laxmi, along with guesthouses (*dharamshalas*), enhance its spiritual appeal.

Baglung Kalika Temple

Situated east of Baglung city at the confluence of the Kali Gandaki and Kathe river, the grand and picturesque Kalika Devi Temple lies within the dense Hattisude Forest. According to folklore, King Mukunda Sen of Palpa gifted the idol of Goddess Kalika as a dowry to his daughter upon her marriage to Pratap Narayan Malla, the then ruler of Parbat. This idol was later enshrined in the temple. A grand fair is held at the temple during *Chaitra Ashtami*, where *Panchabali* (fivefold animal sacrifice) is offered as part of the ritual. Today, Baglung city has been officially renamed Kalika Municipality in honor of this revered temple.

Balaju (Baisdharā)

Located in the northwestern part of Kathmandu, Balaju is a scenic and historically significant site. The area was originally named after the Budhanarayan or Balanarayan idol of Lord Bishnu enshrined in the garden. Over time, the name evolved into *Balaju*. King Pratap Malla constructed 21 stone water spouts (*dhara*) in this place, while King Rana Bahadur Shah later added a grand golden water spout, making a total of 22. This led to the site being commonly known as *Baise Dhara*, meaning 'twenty-two water spouts'.

Bandipur



Bandipur, Tanahun

Nestled in Tanahun district, Bandipur is a charming town renowned for its religious and natural beauty. The area is home to notable religious sites such as Chhimkeswari Temple and Khadga Devi Temple, as well as impressive caves. Bandipur offers breathtaking views of the Marsyangdi Valley to the north, the rolling hills, and the towering peaks of the Himalayan range, including Ganesh Himal and Machhapuchhre. Its well-preserved rural culture, along with its proximity to Devghat and Chitwan

National Park, enhances its appeal as a major tourist destination of Nepal.

Budhanilkantha



Budhanilkantha, Kathmandu

Budanilkantha, located 11 kilometers north of Kathmandu at the foothills of the Shivapuri range, is home to a sacred stone statue of Lord Bishnu reclining on the coils of Sheshnag, the cosmic serpent. This stunning idol rests in the center of a small pond. The statue, carved during the mid-5th century Lichchhavi period, is considered an outstanding example of Lichchhavi-era sculpture.

Budha Subba

In the eastern part of Dharan city in Sunsari district, there is a site where termites have raised the soil, forming a natural structure resembling an idol. This place is known as Budha Subba. The temple priests belong to the Magar community. According to legend, Budha Subba was a revered figure from the Rai or Magar community who used a slingshot (Gulaly) for hunting. While hunting, he reached this place, planted his slingshot into the ground, and placed a *Matyanggra* (a traditional item made by soil) on the ground before attaining *samadhi* (spiritual liberation). It is believed that the bamboo groves in this area sprouted from his slingshot and that the bamboo here does not have a tip. There is also a popular belief that if someone experiences stomach pain, it is due to the spirit of the hunter (Budha Subba), and grinding *Matyanggra* into medicine can cure it. A grand fair is held here on the full moon day of the month of Baisakh, where pigs and goats

are traditionally sacrificed.

Ram Mandir (Temple)

In Janakpurdham, after the Janaki Temple, the Ram Temple holds significant religious importance. Sardar Amar Singh Thapa built this magnificent temple in the *pagoda* style in 1839 BS, near the Janaki Temple, enshrining idols of Ram, Sita, and Laxman. The temple's large gilded pinnacle was later donated by Shree 3 Chandra Shamsheer. Within the temple complex, there are additional shrines dedicated to Hanuman, Shiva, Lord Vishnu, and the ten avatars (incarnation) of Lord Vishnu. A grand fair is held in this place during *Ramnavami*, accompanied by various religious rituals and celebrations.

Banglamukhi Temple

Among the various religious sites in the Kathmandu Valley, the Banglamukhi Temple in Kumbheshwar, Lalitpur, is considered highly significant. The priests of this temple belong to the Kapali community of the Newar community.

Badimalika



Badimalika Temple, Bajura

The Badimalika Temple, situated at an altitude of approximately 15,000 feet above sea level in Bajura district, is a revered pilgrimage site of Nepal. A grand fair is held in this place on the

auspicious day of *Bhadra Shukla Paksha* (the waxing phase of the moon in Bhadra month), attracting devotees from different parts of Nepal, including Achham, Doti, and Bajhang, etc.

Byauli Dharmashala

Located in Bhairavi Rural Municipality, Ward No. 7, in Dailekh district of Karnali Province, at an altitude of about 3,500 meters above sea level, Byauli *Dharmashala* (house for pilgrims) is of great historical and religious significance. Built entirely of stone, it is believed to have been constructed during the *Banavasa* (exile) period of the Pandavas for an overnight stay. This *dharmashala* is considered important from a mythological, historical, religious, and touristic perspective. Designed in a quadrangular shape, it is set in a clean, peaceful, and lush green environment. The surrounding area offers stunning views of the Himalayas, sightings of wildlife, and various medicinal herbs, making it a place of both spiritual and natural beauty.

Bhairahawa

Bhairahawa is the district headquarters of Rupandehi. This town is connected to India through a place called Sunauli. As it serves as an important trade gateway, its significance has increased greatly. The western region's import and export activities take place through this point with India. The Siddhartha Highway connects Bhairahawa with Pokhara. The city is located near Lumbini, the birthplace of Lord Gautama Buddha. Gautam Buddha International Airport is situated in Bhairahawa. Ramgram, the maternal hometown of Buddha, is also nearby. The town is officially named Siddharthanagar Municipality.

Bhadrakali Temple

In the heart of Kathmandu, in front of Singha Durbar, lies the famous Bhadrakali Temple, a significant *Shakti Peetha* (sacred power site). In the 7th century, Tantric Bajracharya Shashwat Bajra worshipped Goddess Kali at the Baishnavi Peetha, establishing the deity, after which the place came to be known as Bhadrakali. In the Newar language, it is called "Lumdi." According to the chronicles, King Gunakamadeva, after founding Kathmandu city, established the Bhadrakali shrine in the eastern part of the city for

its protection. A grand fair is held in this place on *Bijayadashami* (Bada Dashain).

Muktinath

Muktinath Temple is located in the Himalayan region of Mustang district, at 28°24' latitude and 83°30' longitude. The area experiences cold weather throughout the year and is covered with snow during winter. Muktinath is a sacred religious site for both Hindus and Buddhists. Every year, countless devotees travel from far and wide to visit this holy place. Many Hindu pilgrims from different parts of India also come to this place, making it a significant pilgrimage site for all



Muktinath, Mustang

Hindus. Due to its natural beauty, a large number of trekkers visit the area annually. It is widely believed that those who perform penance here attain salvation, which is why the region is called "Muktikshetra" (the place of liberation). The ever-burning flame at the temple, worshipped as the deity Baruna, along with the statue of Abalokiteshvara and Buddhist monasteries, adds to the spiritual significance of Muktinath.

Mahendra Cave

Located in the Pokhara Valley of Kaski district, Mahendra Cave was discovered in 1212 BS (1955 AD) when people were following a tiger that was preying on livestock. In 1616 BS (1959 AD), King Mahendra ordered its conservation, and since then,

the cave, which was once home to wild animals like tigers and jackals, has been known as Mahendra Cave.

Manakamana Temple

Situated in Gorkha district, the Manakamana Temple has the idol of Goddess Durga Bhavani. Legend has it that the Queen of King Ram Shah was a woman with divine power. After her death, Saint Lakhan Thapa established the Manakamana



Manakamana Temple, Gorkha

Temple and initiated its worship in her honor. Even today, the priests of the temple belong to the Magar community. A cable car service operates from Kurintar on the Prithvi Highway to the Manakamana temple. It is a widely held belief that worshipping at Manakamana Temple fulfills one's desires.

Mai Pokhari

Located 13 kilometres north of Ilam city, Mai Pokhari is a sacred pilgrimage site. According to the Skanda Purana, Lord Shiva and Goddess Parvati performed penance and played in the waters here. It is believed that taking a holy bath in this pond grants spiritual merit. In 1954 BS (1897 AD), Swami Someshwarananda built a Shiva temple at the site. Large fairs are held in this place during Harishayani Ekadashi and Haribodhini Ekadashi. Due to its rich biodiversity, Mai Pokhari was declared a Ramsar (wetland) site in 2008 AD.

Mai Beni

Numerous confluences of rivers in Nepal hold religious significance, such as Beni, Dobhan (the meeting point of two

rivers), Triveni (the confluence of three rivers). The confluence of the Mai and Jogmai rivers, located 4-5 kilometers east of Ilam city, is known as Mai Beni. This river is also referred to as the Kankai River.

Mai Sthan

Situated in the central part of Ilam city, this site is also known as Khalanga Khaldo and the stone in front of the temple is called Ilanga Stone. In the late 19th century (1876–1922 BS), Kaji Hemdal Thapa built the temple and enshrined a sacred stone from the Mai River as the goddess. The present-day temple is built in the pagoda style. Nearby, small temples dedicated to Lord Ganesh, Dakini, and Singhabahini can also be found.

Mahendranagar

Mahendranagar is a town located near the far western border of Nepal. It is the district headquarters of Kanchanpur and serves as a major commercial and industrial hub. Due to significant trade activities between the far western region of Nepal and India, Mahendranagar holds strategic importance.

The Mahakali River forms the border between Nepal and India, with the Sharda and Tanakpur dams located near Mahendranagar city. Brahmadev city, on the Nepalese side near the eastern embankment of the Tanakpur Dam, and Banbasa, near the Sharda Dam, are also close to Mahendranagar.

Ramaroshan

Ramaroshan is a religiously significant and picturesque location situated in the northern part of Achham district, at an altitude of approximately 9,000 feet above sea level, near the source of the Kailash River. Adorned with forests, rivers, and lakes, this area features twelve lakes and eighteen hillocks, collectively known as *Bāhra Banda Athāra Khanda* (Twelve Sections and Eighteen Hills). Among these lakes, Jilige Lake is the largest, measuring 400 meters in length and 300 meters in width. The forests of Ramaroshan are home to various bird species, including the *Danphe* (Himalayan Monal), Munāl, and Kalij (Pheasant). Above Ramroshan, there is an ancient temple dedicated to *Badimalika*

Devi, where a grand fair is held every year on the full moon day of the month of *Shrawan* (July-August).

Ramgram



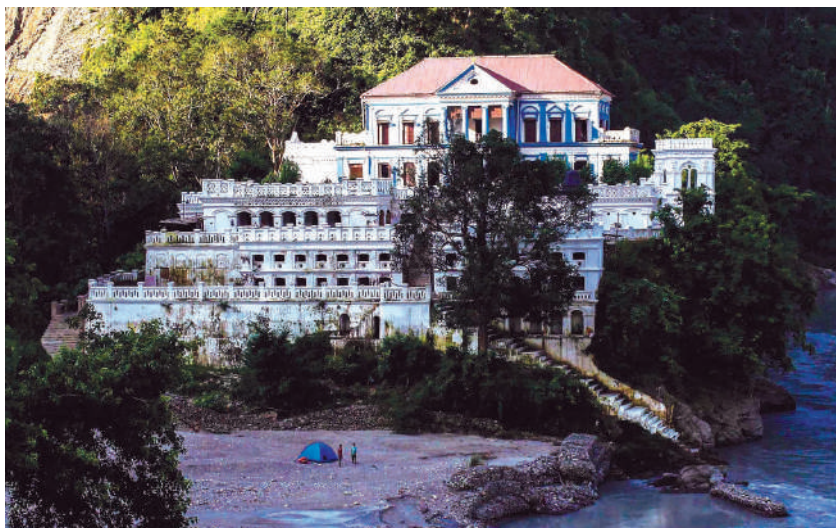
Ramgram Stupa, Nawalparasi

During the time of Shakyamuni Buddha, the Shakyas ruled over Kapilvastu, while the *Koliya* dynasty governed Ramgram. The Ramgram Stupa, standing 7 meters tall and made of bricks, is located on the banks of the Jharahi River. This sacred site is situated about 4 kilometres southeast of Parasi city, the district headquarters of Nawalparasi. After the *Mahaparinirvana* (final passing) of *Buddha*, his relics were divided into eight parts and distributed among the major contemporary states: Magadha, Vaishali, Kapilvastu, Allakappa, Koliya Nagar, Vethadwipa, Pava, Kushinagar.

Each state built a sacred *stupa* to enshrine their share of the relics. Around the 3rd century BC, Emperor Ashoka excavated all the stupas except the one at *Kolijanagar* (Ramgram Stupa), leaving it intact. For this reason, the *Ramgram Stupa* holds significant religious and archaeological importance for Buddhist devotees.

Rani Mahal

Rani Mahal is located on the banks of the Kali Gandaki River in



Ranimahal, Palpa

Ranighat, at the border of Palpa and Syangja districts, within Tansen Municipality-13 of Palpa district. During the rule of Shree Tin Bir Shumsher, Khadga Shumsher, who was serving as the supreme military commander and next in line for the Shree Tin position, was exiled from Kathmandu on charges of conspiracy against the government. He then moved to Palpa and attempted to develop it into a beautiful and prosperous town like Kathmandu. During this time, his wife Tej Kumari expressed her wish to have a Taj Mahal-like monument built in her name. Following her untimely demise, a grief-stricken Khadga Shumsher constructed a grand and artistic palace, Rani Mahal, at her burial site in Ranighat, in her memory. Construction of the palace began in 1949 BS (1892 AD), with the involvement of British engineers and technicians and was completed in 1954 BS (1897 AD). Today, the palace is popularly known as Rani Mahal or Nepal's Taj Mahal. Since Khadga Shumsher built it as a tribute to his beloved wife, it is regarded as a symbol of eternal love. It is believed that couples who visit Rani Mahal at least once in their lifetime will have everlasting love. Around 300 visitors, both domestic and international, visit Rani Mahal daily to admire its scenic beauty, lush greenery, and the serene surroundings of the Kali Gandaki River.

Rasuwagadhi

Rasuwagadhi is located at an altitude of approximately 6,000 feet above sea level, on the border between Rasuwa District in Nepal and the Tibet Autonomous Region of China. This historic fort was built by Nepalese forces during the Nepal-Tibet War. It holds historical, economic, and touristic significance as the nearest trade route from Kathmandu to Tibet. The fort serves as a gateway to Kerung City in Tibet.

Ruru Kshetra or Ruru Tirtha



Ruru Kshetra, Palpa

The Ruru Kshetra is a sacred pilgrimage site situated at the confluence of the Ruru Ganga and Kali Gandaki Rivers, on the border of Gulmi, Palpa, and Syangja districts. This area is home to several temples dedicated to various deities and is surrounded by beautiful forests. According to local legend, an orphaned girl named Rurukanya was raised by a female deer (Harini) named Ruru, who nursed her with milk. Through deep meditation and penance, Rurukanya sanctified the land, making it a sacred place of worship. A grand fair is held in this place annually during *Maghe Sankranti* (1st day of Magh month).

Resunga

The sacred pilgrimage site of Resunga is located at the summit of Resunga Hill in Gulmi District, at an altitude of 7,682 feet above

sea level. It is believed that Shringi Rishi, the son of Bibhandak Rishi and grandson of Kashyap Rishi, performed intense penance in this place. Over time, the name *Shringa* (Shringi) evolved into Resunga. Other sages, including Bhrigu Rishi, Pulastya Rishi, Pulaha Rishi, and ascetics such as Laxminarayan Swami, Swami Shashidhar, and Resunga Mahaprabhu (Yadukananda), also meditated in this place and attained spiritual enlightenment. Due to their presence, the site features numerous statues and temples. Resunga Mahaprabhu played a pivotal role in inspiring Juddha Shumsher to renounce his throne and adopt a monastic life. He passed away in 2028 BS (1971 AD). The summit of Resunga and its surrounding area is referred to as Bishnupaduka. Over the years, several large *yajnas* (Vedic rituals) have been conducted in this place. The site is now being developed as a scenic sanctuary and meditation retreat. Facilities such as a *Bhajan Mandap* (devotional music hall), a bathing pond, a gathering space for sages, and a *Dharmashala* (pilgrim rest house) have been built.

Lo Manthang (Mustang)



Lho Manthang, Mustang

Lo Manthang, situated 105 kilometres north of Jomsom, the district headquarters of Mustang, lies at an altitude of approximately 12,000 feet above sea level. It is a remote village with about 400 houses and a population of around 900. Lo Manthang is a

significant destination for rural tourism. Known as the walled city, Lo Manthang is located on a fertile plain surrounded by small barren hills. Established in the 15th century, it served as the capital of the ancient Lo Kingdom. The main attractions of Lo Manthang include its old palace and three ancient monasteries. One of the most notable is Jampa Monastery, established in 1387 AD by King Amepal. The walls of this monastery feature inscriptions in golden letters, making it an extraordinary historical and artistic site.

Lumbini

Lumbini is world-renowned as the birthplace of Lord Gautam Buddha. It is not only a sacred pilgrimage site for Nepal but also for the entire world. Although the exact dates of Gautam Buddha's birth and death are uncertain, most historians agree that he lived between 563 BC and 483 BC. The famous Chinese religious travelers, *Hun Sang* (Xuanzang) and *Fa-Hien* (Faxian), described Lumbini as a sacred place with magnificent temples, referring to it as "heaven on earth." In 1896 AD, an archaeological excavation led to the discovery of the Ashoka Pillar, erected by Emperor Ashoka, along



Ashokan Pillar, Lumbini



Marker Stone

with its inscription. This was the first concrete evidence confirming Lumbini as the birthplace of Lord Buddha. The excavation was conducted under the directive of Khadga Shumsher, the brother of Rana Prime Minister Bir Shumsher. The findings firmly established that Gautam Buddha's birthplace is in Rupandehi District, now in Lumbini Province, Nepal. During the excavation, German archaeologist Dr. Alois Anton Führer, an employee of the Indian Archaeological Survey, visited the site and documented the inscription engraved on the Ashoka Pillar. He photographed the inscription and later published his report in India. The Ashoka Pillar played a crucial role in verifying Buddha's birthplace. Emperor Ashoka visited Lumbini on the 20th anniversary of his coronation and erected this pillar, which bears an inscription in the Brahmi script.

Surrounding the birthplace of Lord Buddha there are numerous ancient ruins and structures of historical significance. The Maya Devi Temple in Lumbini enshrines a statue depicting Queen Maya holding a tree branch while giving birth to Buddha. The statue also portrays Buddha taking seven steps immediately after birth. According to legend, lotus flowers bloomed where Buddha set foot. A joint excavation by the Lumbini Development Trust and Japanese experts unearthed a marker stone placed by Emperor Ashoka, confirming the precise birthplace of Lord Buddha. Additionally, a terracotta sculpture was discovered, depicting Queen Maya Devi in a reclining posture alongside images of Rahul and Siddhartha Gautam. These findings provide substantial evidence supporting Lumbini as the birthplace of Lord Buddha. To preserve the relics and archaeological remains, the Maya Devi Temple was reconstructed while maintaining the site's original integrity. Future research in the area is expected to contribute to archaeological studies.

A picturesque pond near the birthplace of Lord Buddha, known as Puskarani, is believed to be where Queen Maya Devi took a sacred bath before giving birth. Approximately 27 kilometers west of Lumbini lies Kapilavastu, an area rich in archaeological artifacts. Historical records confirm that Kapilavastu was ruled by King Suddhodana, with Tilaurakot serving as his capital and

royal palace. Numerous ancient ruins are scattered throughout Tilaurakot, while pottery from the Kushan period has been discovered in Chatradev, indicating the existence of an ancient city. In Gotihawa, a pillar resembling the Ashoka Pillar has been found, though it is currently in a fragmented state.

Another significant archaeological site is Niglihawa, where an Ashoka Pillar with an inscription in Devanagari script, reading "Om Mani Padme Hum Dipu Malai Chiran Dayut 1234," has been discovered, further highlighting the historical importance of this site.

Former UN Secretary-General U Thant visited Lumbini during his trip to Nepal and emphasized the need to develop it as an international center for Buddhist culture. In alignment with this vision, renowned Japanese architect Kenzo Tange conceptualized the Lumbini Master Plan for its systematic development. As a result, Lumbini is gradually emerging as an international tourism center. The master plan includes the development of Lumbini Village, religious sites, and a sacred garden. The Lumbini Development Trust has been established to oversee the preservation and development of the Lumbini.

Various countries have contributed to constructing Buddhist stupas and monasteries in their unique architectural styles. Notable sites include the Chinese Monastery, the Lotus Stupa built by the Tara Foundation, the Myanmar Monastery, Manang Gumba, the Thai Monastery, the Vietnamese Monastery, the Nipponzan Myohoji Peace Pagoda built by Japan, the Korean Monastery, and the Mahabodhi Society Monastery. These structures significantly contribute to the recognition of Lumbini as a global Buddhist pilgrimage center. The establishment of the Lumbini International Research Institute within the Lumbini Master Plan area provides a centre for national and international scholars studying Buddhism and Buddhist philosophy. The institute houses a collection of valuable books, manuscripts, Compact Discs (CDs) and microfilms related to Buddhist studies.

The Second World Buddhist Conference held in Lumbini resolved to establish a Buddhist university. Additionally, the Eternal Peace

Flame is ignited in Lumbini. Development and infrastructure projects continue to enhance Lumbini as a tourist destination, with numerous guesthouses and star-rated hotels now in operation.

Every year, the birthday of Lord Buddha (Buddha Jayanti) is celebrated with grandeur on the full moon day of Baisakh (April-May). In addition to Lumbini, other historically significant Buddhist sites such as Tilaurakot (The Capital City of King Suddhodana) and Ramgram (Maternal Home of Lord Buddha) in Rupandehi, Kapilavastu, and Nawalparasi districts are integral to the life of Lord Buddha. An integrated approach to developing these heritage sites is essential.

Baijanath Dham



Baijanath Dham, Achham

Baijanath Dham is located on the banks of the Budhiganga and Safa Rivers in Achham district. A grand fair is held in this place during Shivaratri. Huge crowd of devotees gather from various parts of Nepal and even from India in this fair.

Birendranagar

Birendranagar Municipality is situated in Surkhet district, which is the capital city of Karnali Province. The main religious and tourist attractions of Birendranagar include Bulbule Lake, Kankre Bihar, Deuti Bajyai, Shiv Temple, and Ghantaghar. The



Kankre Bihar, Surkhet

scenic beauty of this city, when viewed from Gothikanda Hill, is captivating, attracting an increasing number of tourists each day.

Bikram Baba

The shrine of Bikram Baba is located inside Chitwan National Park, approximately 21 kilometers south of Narayangadh, along the riverbank in Kasara. Bikram Baba is associated with the Tharu community. A grand festival is held during Chaite Dashain in remembrance of the devout Tharus in this place. Pilgrims from various parts of the country, including Lamjung, Tanahun, Kaski, Gorkha, Makwanpur, Kathmandu, and Nawalparasi, visit this sacred site. Newly married couples especially come to seek blessings in Bikram Baba Dham.

Biratnagar

Due to the flourishing industries in this region, Biratnagar is also known as an industrial city. It serves as a major commercial and industrial place of Nepal. Given its dense population and large size, it has been classified as a metropolitan city. Located in Morang district of Koshi Province, this city is home to some of Nepal's oldest and most significant factories and industries,

including the Biratnagar Jute Mill. As a result, Biratnagar is often referred to as the industrial capital of Nepal.

Birgunj



Birgunj Border and Ghanta Ghar, Parsa

The district headquarters of Parsa, Birgunj, derives its name from the Parasnath Temple in Madhuwan. Recognized as main gateway of Nepal, Birgunj has established itself as the economic capital of the country. It is a key industrial and commercial city with a distinct identity. Birgunj has also played an important role in democratic movements Nepal of Nepal.

One of the city's famous temples, Gahawa Maithan Temple, is situated near the main market of the city. Historical and religious sites such as Simraungadh, Gadhimai, Bindhyavasini Temple, and Parasnath Monastery further enhance the significance of Birgunj. One of the notable landmarks of this city is Ghantaghar, located at its center.

At present, Birgunj has gained the status of a metropolitan city. The first road connecting Birgunj to Kathmandu was the Tribhuvan Highway. Given that a significant portion of the imports and exports of Nepal pass through Birgunj, the idea of developing it into a dry port has been gaining momentum.

Sagarmatha (Mount Everest)

Mount Everest, the highest peak on Earth, has become a center of attraction for humankind and an ultimate destination for adventurous journeys. This snow-capped mountain, located in the Mahalangur Himalayan range, stands at an elevation of 8,848.68 meters above sea level. Situated in the Solukhumbu district of Koshi Province, the Mount Everest was opened for climbing in 1949 AD. On May 29, 1953, Tenzing Norgay Sherpa of Nepal and Edmund Hillary of New Zealand successfully scaled it for the first time, bringing global recognition to the peak. In 1956 AD, renowned historian of Nepal, Baburam Acharya named the peak "Sagarmatha" in Nepali language. As British surveyor George Everest had previously mapped the Himalayan peaks of Nepal, the mountain was named "Mount Everest" in his honour in 1865 AD. Internationally, it is commonly known by this name Mount Everest. In Chinese, it is called "Zhumulangma," and in Tibetan, it is referred to as "Chomolungma." The first woman to climb Everest was Junko Tabei of Japan, while Pasang Lhamu Sherpa was the first Nepali woman to achieve this feat, bringing pride to Nepal.

Mount Everest, the world's highest peak, is truly a remarkable gift of nature. As a symbol of pride and fascination for humankind, it has played a significant role in establishing Nepal's identity as the "Land of Everest." To reach Everest, travelers pass through Namche, a famous market area known as the "Gateway to Everest." Surrounding peaks such as Lhotse, Lhotse Shar, and Nuptse further add to the grandeur of the region. Also located in the Everest region are Tengboche Monastery, the world's highest-altitude Buddhist monastery, and Syangboche Airport, the world's highest-altitude airport.

Swargadwari

Swargadwari is a famous religious site located approximately 26 kilometres west of Khalanga, the district headquarters of Pyuthan, at an altitude of 6,960 feet. According to popular belief, sages and ascetics in ancient times attained heaven through meditation and penance at this site, which is how Swargadwari got its name. Scholars believe in this legend. Swargadwari holds great



Swargadwari Temple, Pyuthan

religious and tourist significance. The site features a solid temple with a Shiva Lingam placed on white marble. Surrounding the temple, there are numerous cow sheds with hundreds of cows, beautiful caves, a Yagyashala (sacrificial hall), and ponds. Every year, grand religious fairs are held in this place on the full moon days (Purnima) of Baisakh and Kartik. Thousands of pilgrims from different parts of Nepal and even from India come to participate in these fairs. The uninterrupted fire ritual (Akhand Homa) initiated by the Mahaprabhu of Swargadwari around 120 years ago continues to this day. A Sanskrit school and Vedic study center are also in operation in Swargadwari, providing free food and accommodation for students who travel from distant places to study Vedas and religious scriptures. The monastery has large land holdings in Dang district under its trust (Guthi). Swargadwari Ashram can be reached by walking uphill for a few hours from Bhingri market. Additionally, a dirt road has been constructed connecting Bhingri market to the ashram.

Sahalesh

About 3 kilometres southwest of Lahan city in Siraha district lies a garden where, on the first day of the New Year (the first Baishakh), flowers bloom in the shape of a garland on a tree called Harm tree. At the center of the garden is the temple of Malini, which is considered an attraction for tourists. This flower is regarded as a symbol of the eternal love between King Sahalesh and Queen Malini.

The Treasure of Nepali Civilization: Sinja Valley and Kanaka Sundari Temple



Sinja Valley, Jumla

Sinja Valley, located in Jumla district, served as the capital of the Khas Malla Kingdom, established by King Nagraj in the medieval period. Because of this, Sinja Valley is recognized as the place of origin the national language of Nepal, Nepali. It is considered a center of ancient culture and heritage. Historical records confirm that the Khas Malla Kingdom, centered in Sinja Valley, extended its borders up to the Kathmandu region, making it a powerful kingdom. Mugu district, near Sinja Valley, is home to the largest lake of Nepal, Rara, highlighting the potential for tourism development of this region.

The Kanaka Sundari Temple in Sinja Valley is one of the most significant religious places, as well as a historical, cultural, and tourist site in Nepal. Situated at the top of a hillock on the banks of the Hima River, the temple is accompanied by remnants of the ancient Khas king's palace, the former state center Lamathada, the royal laundry site Dhobighat, and guardian lion statues of the goddess (Siubagh) at the temple entrance, symbolizing ancient civilization.

Although the Khas Malla Kingdom emerged and expanded in the 11th century, it is believed that Sinja Kingdom was established 3,461 years ago (1444 BC) by King Jalandhar. Since King Jalandhar was a devotee of Lord Shiva, the name 'Sinja'

is said to be derived from the first syllable of 'Shiva' (Si) and the first syllable of 'Jalandhar' (Ja). According to the Swosthani Bratakatha, King Jalandhar is mentioned as a powerful ruler, and his wife, Queen Brinda, as a devoted and ascetic woman. This is also mentioned in the Puranas. The prevalent Masto religion in the region is a reflection of nature worship. Jalpadevi, one of the deities enshrined in Kanaka Sundari Temple, is believed to be none other than Jalandhar's wife, Brinda.

According to historical accounts, King Nagraj and his successors ruled Sinja for about 300 years, extending their kingdom westward to Kumaon and Garhwal and eastward to the Sen Kingdom. Kanaka Sundari, worshiped as the clan deity of the powerful Khas kings, is considered the embodiment of Khas civilization.

The *Swosthani Bratakatha* also states that the lower lip of the Goddess Sati fell at this site, where the divine cow Kamadhenu performed penance to fulfill her wishes. The Kanaka Sundari Temple complex houses temples dedicated to Kanaka Sundari, Jalpadevi, Kalika Devi, Surya Narayan, and a Lama temple, indicating the historical presence of Buddhism and religious harmony.

A grand fair is held at the Kanaka Sundari Temple during the Bada Dashain and Chaite Dashain festivals. Animal sacrifices take place on the ninth day of Bada Dashain. Locals of the Sinja region offer the first harvest of their crops to the goddess before consuming it. Likewise, the sacred *jamara* (barley or maize sprouts) and *tika* (mixture of rice, yogurt, and vermilion powder) for Dashain are first offered to the goddess before being taken home. Even today, the tradition of lighting torches (*Diyo*) for Saune Sankranti in households begins only after lighting one at the Kanaka Sundari Temple. Furthermore, animal sacrifices at home during Dashain occur only after the ritual sacrifices at the temple.

This centuries-old tradition reflects the deep-rooted faith and significance of the Kanaka Sundari Temple. People believe that visiting the temple and seeking the goddess's blessings fulfills their wishes. Every year, thousands of devotees visit the temple. The ruins of the Khas king's palace, the panoramic view of

Sinja Valley from the temple, the winding Hima River, and the fertile fields producing *Marsy* rice make the region a captivating destination for visitors.

Shree Sthan Jwala Kshetra

The historic Shree Sthan Temple is located on the banks of the Chamghat River and Navisthan River in Dailekh District, Karnali Province. This site holds great historical, religious, and touristic significance. Situated between the district headquarters, Dailekh, and the Dullu region, this area is believed to be where Goddess Sati's head fell when Lord Shiva carried her body in mourning, as described in the *Shree Swasthani Bratakatha*. According to this ancient belief, this event led to the emergence of a perpetual flame. Since that time, the flame has continued to burn uninterrupted. Every year, a large number of tourists visit Shree Sthan and Navisthan Jwala (flame) to witness this phenomenon. This site, known for its unique ability to produce fire over water, is currently being explored by the Nepalese government with the assistance of Chinese experts for petroleum deposits.

Shahid Smarak or Nepal Smarak (Martyrs' Memorial or Nepal Memorial)



Sahid Smarak Gate, Kathmandu

To honour the contributions of individuals who played a significant role in establishing democracy in Nepal, including

King Tribhuvan, martyrs Shukraraj Shastri, Dharma Bhakta Mathema, Gangalal Shrestha, Dasharath Chand, and other known and unknown martyrs, a grand memorial has been constructed between Singha Durbar and Dharahara in the form of an artistic gate. The official name of this Smarak (memorial) is 'Nepal Memorial.' Standing 40 feet tall from the ground level, the design of the Nepal Memorial (Martyrs' Memorial Gate) was created by engineer Shankarnath Rimal, while the construction supervision was carried out by engineer Gaurinath Rimal. The statues and paintings featured in this memorial were crafted by sculptors Babu Kaji Tuladhar and Bal Krishna Tuladhar.

Siddhakali Temple

Located approximately one *kos* (about 3 kilometres) away from Chainpur city in Sankhuwasabha, this temple is believed to be an important *Shakti Peeth* (sacred power site) as it is said that Goddess Sati's right eye fell in this place. In recognition of this significance, a temple was constructed, and the idol of the goddess was installed. Near this temple, there is also a shrine dedicated to Lord Shiva.

Swayambhu Mahachaitya

The famous Buddhist pilgrimage site, Swayambhunath, is located on Padmagiri Hill (also known as Bajrakut, Goshring, or Gopuchchhagiri) in the western part of the Kathmandu Valley. The name 'Swayambhu' means self-originated, signifying that it emerged naturally. According to legend, Swayambhunath originated from the lotus flower with a thousand petals that bloomed from a seed planted by Lord Bipashwi Tathagata in the sacred waters of Kalidaha. To prevent the misuse of this sacred light, King Prachanda Dev from Gaudadesha covered it and ceremoniously established the Swayambhu Mahachaitya. After constructing the Mahachaitya, he built Shantipur Temple nearby and engaged in deep meditation, later becoming famous as Shantikarak Acharya. Swayambhunath remains a sacred site for both Buddhists and Hindus in Nepal. A grand festival is held in this place every year on the full moon day of *Baishakh Shukla Purnima*. The sacred relics (bones) of Lord Buddha are

preserved in Anandakuti Mahavihara within Swayambhu. After the original relics were stolen, new relics were brought from Sri Lanka in 2051 BS (1994 AD) and were publicly displayed for the first time during a city procession in 2055 BS (1998 AD) on Baishakh Shukla Purnima (full moon day). Visitors to Swayambhu can enjoy a panoramic view of the Kathmandu Valley.



Swayambhu Mahachaitya, Kathmandu

Suryabinayak

The temple of Lord Ganesha at Suryabinayak in Bhaktapur District is the landmark after which this place is named. From Suryabinayak, visitors can enjoy breathtaking views of Bhaktapur city and the surrounding Himalayan ranges. The site also features a beautiful forest, making it a popular destination for picnics and sightseeing among both Nepalese and international visitors.

Sarangkot

Just as Nagarkot is an important tourist destination near Kathmandu, Sarangkot holds great significance for Pokhara city. Located in Kaski District, northwest of Pokhara, Sarangkot offers stunning panoramic views of the Annapurna, Machhapuchhre, and Dhaulagiri mountain ranges, as well as Pokhara Valley, Phewa Lake, and other surrounding lakes.

Halesi Mahadev Temple and Cave

Located west of the district headquarters of Diktal in Khotang District, the Halesi Mahadev site is a natural formation resembling a *Shivalinga* on a small hill known as Kailash Parvat. The cave, with a height of 200 feet, has four entrance gates and is

completely dark inside. The cave harmoniously blends natural rock formations with deep religious significance. A grand fair is held annually in this place for 16 days during *Ram Navami* (Chaita Dasain), attracting the largest number of visitors. On *Maha Shivaratri*, the Bhote ethnic community worships Lord Shiva and Goddess Parvati in the form of *Sumnima Paruhang*. Similarly, on *Bala Chaturdashi*, devotees from distant places visit the site to scatter *Shatbiji* (sacred seeds) in this place.



Halesi Mahadev, Khotang

Hilsa

Hilsa is a border crossing in the northwestern part of Nepal, connecting Simikot, the district headquarters of Humla, with China. It is accessible via Yari Bhanjyang and serves as a transit point for travelers visiting Mount Kailash and Lake Mansarovar in China. The area has a sparse population primarily consisting of the Bhote ethnic group. With its breathtaking natural beauty, local heritage, and potential for tourism development, Hilsa holds great promise as a future tourist destination.

Tribeni Dham, Balmiki Ashram, and Gajendramokshya Dham

Located in the southeastern part of Chitwan district, in the former Gardi Village Development Committee, Triveni Dham lies at the confluence of the Swarnabhadra, Tamasa, and Narayani rivers, on the eastern bank of the Narayani River. This site is home to the ashram of the great sage and pioneer of Sanskrit literature, Maharishi Balmiki, the author of the Ramayana. It is believed that Maharishi (a great saint) Balmiki composed the Ramayana at this very place. The site also houses ancient statues of archaeological

significance, the Harihar Temple established by Maharishi Balmiki, a Yagyashala, Lav-Kush Pathshala (school), Sitakuti (hut), Sitakup (pond), and several ashrams (shelters). A grand fair is held in this place on Maghe Aunsi (the no-moon day of the month of Magh). Tribeni, the sacred confluence of three rivers, is believed to cleanse sins when one bathes in its waters, and those who pass away in this place are said to attain salvation (mokshya). Due to these religious beliefs, the site has become a significant pilgrimage center for devotees, often referred to as the 'Ashram of Kalpabasis' (those who reside there for religious purposes).

Tripurasundari Devi



Tripurasundari, Baitadi

The Tripurasundari Devi, a significant pilgrimage site in the Baitadi district, houses the idol of Goddess Bhagwati. According to mythology, the goddess earned the name Tripurasundari Devi after slaying the demon Tripurasur, who had been causing suffering to both gods and humans. The local people also refer to her as Ranashayani Bhagwati.

The Sacred Religious Site of Budhinanda

The Budhinanda Temple, a revered religious and historical site, is situated in Bajura district. It is located in the southern Himalayan range of Mount Shaipal, north of Phulaigumba and Sain Patan, and near Paduka Tribeni Dham and Kolti Airport. This divine



Budhinanda Lake, Bajura

region, rich in natural beauty, contains seven small and large lakes, all situated on rocky terrain. Among them, 'Nijar Lake,' located near the temple, is mentioned as the second-highest lake in the world (after Tilicho Lake) in the book *All Info Nepal*. The lake, situated at an altitude of 4,581 meters above sea level, is uniquely positioned between two massive mountains. A detailed study of its length, width, and depth has yet to be conducted. It takes about an hour for a young person to complete a circumambulation of the lake. Other lakes associated with Budhinanda include Mashta Lake, Kailash Lake, and Lankari (Rakshas) Lake, which is only 30-40 meters away. Lankari Lake holds a distinct identity, as local legends suggest it was once inhabited by demons. The water from Nijar Lake cascades down as a massive waterfall, creating a mesmerizing view. The waterfall, along with streams originating from nearby springs, flows in a serpentine manner like white milk, irrigating local farmlands before merging into the Karnali River at Paduka Tribeni Dham.

The origin of the name 'Budhinanda' remains unclear. According to one local belief, the name derives from the fall of Sati Devi's left thumb at this location. Another legend suggests that Budhinanda existed even before the *avatars* (incarnations) of Sati Devi and

Nawa Durga, making her the eldest sister among the nine forms of Goddess Durga. She is said to have remained unmarried throughout her life.

The Budhinanda Lake region, located at an altitude of 4,581 meters, is not only an important pilgrimage site but also holds significant tourism potential. It serves as a religious center for people from Bajura, Bajhang, Doti, Achham, Kailali, Kalikot, Mugu, and surrounding districts. Every year on Janai Purnima (to wear sacred thread on full moon day), locals undertake a barefoot journey to worship Budhinanda. There is a widespread belief that prayers and rituals dedicated to Budhinanda fulfill devotees' wishes, and bathing in Budhinanda Lake washes away all sins. The lake remains covered in snow throughout the year. During winter, the entire region is blanketed under a thick layer of snow, making human movement almost impossible. However, in the summer or monsoon season, the area sees significant activity. Herds of horses and sheep grazing in the pastures add to the region's unique charm.

Jaljala



Jaljala, Rolpa

The historic village of Thabang in Rolpa district is located 26 *kosh* (approximately 78 Kilometres) from the district headquarters, Libang. From Thabang, a three-hour trek leads to the tourist site of Jaljala. The area can also be accessed from Jelbang, Dhabang,

and Mirul. Jaljala is geographically stunning and hosts regular *Baraha Pujas* (worship of Lord Baraha) three times a year. Jaljala, located in Thabang Rural Municipality, is the highest point in the district of Rolpa. At an altitude of 3,250 meters above sea level, this picturesque location attracts visitors with its breathtaking beauty. On the full moon days of Baisakh, Jestha, and Shrawan, thousands of devotees gather in this place to offer sacrifices of sheep and chickens as part of religious ceremonies. According to local beliefs, the twelve brothers of Baraha and twenty-two Bajus (sister deities) were born in the Bhama Pup cave of Jaljala. Worship at this site is believed to grant devotees their wishes.

The soft, marshy land of Jaljala gives a unique experience, walking on it feels like stepping on cotton. Thousands of pilgrims from different districts visit this sacred site during religious fairs. Jaljala is enriched with diverse flora and fauna. The area is home to various plant species, including Dhupi, Katus, white rhododendrons, red rhododendrons, Bhojpatra, and high-altitude pines. Additionally, visitors can spot wildlife such as Danphe (The Himalayan Monal), Munal, Kalij pheasants, wild boars, red pandas, tigers, bears, ghorals, deer, and musk deer. From Jaljala, one can also enjoy a breathtaking close-up view of the Dhaulagiri and Sisne Himalayan ranges.

Chimara Malika

Chimara Malika is a renowned religious and tourist site located in Ward No. 4 of Guthichaur Rural Municipality, Jumla District. Situated approximately 15 kilometres from the district headquarters, Khalanga, this scenic location can be reached by a five-hour trek via the sacred religious site, Dan Sanghu Triveni Dham. Alternatively, from the district headquarters, one can travel about 18 kilometres on an unpaved road via Khallalwada village in Guthichaur Rural Municipality, followed by a one kilometre hike to reach the peak of Chimara Malika, which is situated at an altitude of approximately 4,200 meters.

There is a religious belief that Chimara Malika Bhagwati is one of the nine sister goddesses among the twelve Bhai (brother) Masto, the ancestral deities of the Khas people. At this site, there

is a sacred spring known as Shankar Pani, where it is customary to wash offerings for various deities, such as Ukhadi Masto, Jaganath Mahabai, and Tharpa Masto. On the fourteenth day of the waxing moon in the month of Shrawan, a grand religious fair is held to worship the goddess. Since ancient times, it has been believed that bathing in the Shankar Pani spring and offering prayers at Chimara Malika Bhagwati brings purity, merit, and the fulfillment of one's wishes. Chimara Malika is not only a sacred pilgrimage site but also a tourist attraction that offers breathtaking views of Jumla and the Chaudhabis Valley, serving as a natural viewpoint.

Guthichaur

Guthichaur, a valley rich in natural beauty, is situated at an altitude of approximately 3,500 meters above sea level, located in Ward No. 2 of Guthichaur Rural Municipality, Jumla District. It is about 24 kilometres from the district headquarters of Jumla Khalanga. It can be reached within an hour by vehicle from Khalanga or through a six-hour trek. From an eco-tourism perspective, Guthichaur is considered one of Nepal's finest tourist destinations. The region is home to high-altitude Himalayan herbs, a unique climate, lush forests, grassy meadows, glacial streams directly fed by melting snow, and a distinct local lifestyle, all of which offer visitors an almost heavenly experience.

During the monsoon season, villagers from different settlements in Jumla and neighboring districts like Jajarkot bring their local cattle for grazing and dairy production. Dairy products such as 'Kurauni' (a type of condensed milk) and rice pudding made from the indigenous Marsi rice are among the top culinary choices for visitors. Guthichaur is also home to the Sheep and Goat Research Program, operating under the High Mountain Agricultural Research Institute. In Guthichaur, both local and improved breeds of sheep and goats from Nepal and other Himalayan regions are reared for research, breeding, and distribution.

The region holds significant potential for multi-purpose projects, including large-scale hydropower, artificial lakes, and the largest airport in Karnali Province. From an eco-tourism standpoint,

Guthichaur is one of the finest and most accessible tourist destinations of Nepal. Additionally, homestays are available in nearby Kolte and the historic indigenous settlement of Chotra, where visitors can enjoy organic local delicacies.

Digre Saikumari Bhagwati Temple, Rukum West



Digre Saikumari Bhagwati Temple, Rukum West

The Digre Saikumari Bhagwati Devi Temple, located in Tharpu Digre, Ward No. 5 of Musikot Municipality, Rukum West District, Karnali Province, is a historically, religiously, and culturally significant site in Nepal. According to legend, the temple is named Digre Saikumari Bhagwati Devi because it is believed that the goddess fulfills the wishes and desires of her devotees.

Due to this belief, thousands of devotees visit the temple annually to make offerings and seek the fulfillment of their wishes. The temple conducts daily worship and rituals, with the most important ceremony taking place on the fourteenth day of the waning moon in the month of Kartik, when devotees offer male goat sacrifices. Offerings and sacrifices can also be made at other times of the year. Within the main temple complex, there are five additional temples.

Every year, from *Haribodhini Ekadashi* to *Kartik Shukla Purnima* (full moon day of Kartik month), a special religious festival is held in honour of Saikumari Bhagwati. This festival, featuring

local arts, cultural dance performances, and traditional music, attracts thousands of devotees not only from Rukum but also from neighboring districts such as Rolpa, Dolpa, Salyan, Jajarkot, Pyuthan, Dang, Surkhet, Banke, etc.



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