**Nepal**

**Capital:** Kathmandu  
**Population:** Approximately 30 million  
**Official Language:** Nepali  
**Currency:** Nepalese Rupee (NPR)

**Geography:**  
Nepal is a landlocked country in South Asia, situated primarily in the Himalayas between China to the north and India to the south, east, and west. It features some of the world's highest peaks, including Mount Everest (8,848 meters), the tallest point on Earth. Nepal’s terrain ranges from the Terai lowlands in the south to the rugged Himalayan mountains in the north. This geographic diversity results in a wide range of climates and biodiversity.

**History:**  
Nepal has an ancient history, with evidence of civilization dating back thousands of years. The region saw the rise of the Licchavi dynasty, followed by the Malla kingdoms. In the 18th century, King Prithvi Narayan Shah unified the country. Nepal remained an independent monarchy until the 21st century, avoiding colonization unlike many South Asian neighbors. After a decade-long civil war, the monarchy was abolished in 2008, making way for a federal democratic republic.

**Culture:**  
Nepal's culture is deeply rooted in its ethnic diversity. More than 100 ethnic groups live here, each with their own traditions, languages, and rituals. Hinduism is the majority religion, followed by Buddhism. Key festivals include Dashain, Tihar, and Buddha Jayanti. Nepal is also known for traditional art, music, dance, and architecture, especially in the Kathmandu Valley.

**Economy:**  
Agriculture employs a significant portion of the population, but remittances form a major part of GDP. Tourism is vital, driven by trekking, mountaineering, and religious sites. Hydroelectric power is a growing sector. However, Nepal faces challenges like political instability, infrastructure deficits, and vulnerability to natural disasters.