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welcome Early ages Kingdom of Nepal Federal Democratic Republic

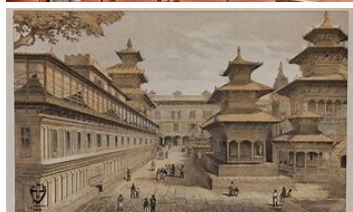


INTRODUCTION

The history of Nepal is intertwined with the history of the broader Indian subcontinent and the surrounding regions, comprising the areas of South Asia and East Asia.

It is a multi-ethnic, multiracial, multicultural, multi-religious, and multilingual country. The most spoken language of Nepal is Nepali followed by several other ethnic languages.

Nepal experienced a struggle for democracy at times in the 20th century and early 21st century. During the 1990s and until 2008, the country was in a civil strife. A peace treaty was signed in 2006 and elections were held in the same year. In a historical vote for the election of the constituent assembly, Nepalese parliament voted to oust the monarchy in June 2006. Nepal became a federal republic and was formally renamed the 'Federal Democratic Republic of Nepal' ending the 200 year old Shah dynasty.



Toponymy

- In a Licchavi-era inscription found in Tistung, the local people have been addressed as the 'Nepals'. Experts are of the opinion that some or all of the inhabitants of Nepal in the ancient period were likely called 'Nepals', which meant that the word 'Nepal' was used to refer to both the land and its population. These Nepals are considered the progenitors of modern-day Newars. The terms 'Nepal' and 'Newar' are variations of the same term. Other variants found in medieval texts are 'Nepar' and 'Newal'.

The derivation of the word Nepal is also the subject of a number of other theories:

- *Nep* are the people that used to be cow herders (*gopal*) who came to the Nepal valley from the Ganges Plain of modern-day India. Combining the two words yields *Nepal*.
- The Sanskrit word *nepalaya* means "at the foot of the mountains" or "abode at the foot"; *Nepal* may be derived from this.
- The Tibetan word *niyampal* means "holy land". *Nepal* may be derived from it.
- Some inhabitants of northern Nepal came from Tibet, where they herded sheep and produced wool. In Tibetan, *ne* means "wool" and *pal* means "house". Thus, *Nepal* is "house of wool".
- A popular theory is that Lepcha people used the words *ne* ("holy") and *pal* ("cave") and thus *Nepal* to describe a "holy cave".
- According to Buddhist legend, the deity Manjusri drained the water from Nagadaha (a mythical lake that is believed to have filled the Kathmandu Valley). The valley became inhabitable and was ruled by Bhumigupta, a cow-herder, who took advice from a sage named "Ne". *Pāla* means "protector" or "taking care", so *Nepal* reflected the name of the sage who took care of the place, according to Nepali scholar Rishikesh Shaha.



Nepal नेपाल

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