

# Social Tradition



Nepal is rich in geographical diversity which makes it rich in cultural diversity as well. The culture of people living in mountains and the culture of people living in the valleys are different. People of different castes and ethnic groups live here. Brahmin, Chettri, Newar, Sherpa, etc. are some of them.

Even though there is diversity in culture, there is unity among the people. So, it is said that "Unity in diversity is our speciality". People of different castes and groups participate in each others festivals and functions. Everyone has the tradition of respecting their parents and seniors. Guests are welcomed and teachers are considered as the god of every caste and ethnic group. Everyone respects nation and nationality.



Different communities and ethnic groups have different traditions and customs, but everyone has a strong feeling of love, peace and brotherhood in common. We, Nepalese are peace loving people. We follow the peace of Buddha, who taught us non-violence. We never let the needy return empty handed from our home. Similarly, the name giving ceremony, marriage, etc are our traditions. We observe them according to our social customs which may be different from others.

# Our Religious Traditions

Nepal has been declared as a secular state. All religions have been treated equally. No religion is smaller or bigger. The main religions are Hinduism, Buddhism, Islam, and Christianity.

## Hinduism



It is the most followed religion in Nepal and also the oldest religion in the world. This religion is based on the philosophy of the Veda, which is the oldest religious epic of the world. There are four Vedas namely Rig Veda, Sama Veda, Atharva Veda and Yajur Veda. Bhagawat Gita, Mahabharat, and Ramayana are the major holy books of Hindus. Hindus worship different gods and goddesses. The main gods of the Hindus are Brahma, Vishnu, Shiva, and Durga, Laxmi, Saraswati, Hanuman, Ram, Ganesh are the other gods and goddesses worshiped by the Hindus etc.

## Buddhism



Buddhism is the second mostly followed religion in Nepal. Buddhism was founded by Gautam Buddha, who was born in Nepal in 563 BC. Even though he was a son of a king, he sacrificed all the comforts and left palace one day in search of a solution to pain and suffering. After he got enlightenment in Gaya, he found out four noble truths.

The four noble truths are:

- there is misery
- there is the cause of misery
- there is the solution to the misery
- there is the path leading to the solution to the misery

**He found a way to remove the misery by following 'Eight Fold Paths '. They are:**

- Right view
- Right determination
- Right speech
- Right conduct
- Right livelihood
- Right effort
- Right mindfulness
- Right meditation



## Islam

Islam was founded by Prophet Mohammed. He was born in Mecca in Arabia in 570 AD. The holy book of the Islam is Quran. They go to the mosque and read Namaz rather than worship idol or statue. The Id is the main festival of Islam. They give donations to the poor people which is called 'Fitra'.

## Christianity



Jesus Christ is the founder of Christianity. It is a major religion all over the world. Jesus Christ was kind, simple and religious minded since his childhood. He wanted to free people from injustice and pain. He called God as father and himself as the son of the god. He was very famous among the people. The Jewish and Romans became jealous of him and crucified him.

The holy book of the Christians is the Bible. It contains god's love for living beings and the life and teachings of Jesus Christ.

## Sikhism



The Sikh Religion was founded by Guru Nanak during the 15th century. Guru Nanak preached a message of love and understanding and criticized the blind rituals of the Hindus and Muslims. Guru Nanak passed on his enlightened leadership of this new religion to nine successive Gurus.

The Sikh religion today has a following of over 20 million people worldwide. Sikhism preaches a message of devotion and remembrance of God at all times, truthful living, equality of mankind, social justice and denounces superstitions and blind rituals. The Guru Granth Sahib is a collection of the Sikh Gurus' writings that was compiled by the 5th Sikh Guru). It is the fifth-largest organized religion in the world, with approximately 30 million adherents. Punjab of India is the only state in the world with a majority Sikh population.

# National Heritage



Wealth is of two types. One is private wealth that is owned by an individual like TV, house, gold etc. Only the owner has the rights to use them. Others cannot use them without the owner's permission. The other type of wealth is national wealth. The country's temples, monasteries, public taps, buildings, etc. are the examples of national wealth. The airports and roads of the country can be used by all. Police provide security to all the people. Schools, colleges provide education to all the people without any discrimination. Hospitals are built to take care of the health of the public. The National Museums, National Parks, Durbar Squares are the places which come under national wealth. Similarly, the temples such as Changuarayan, Pashupatinath, Budhanilkantha are also national wealth. They are the pride and glory of our country.

Nepal is a country gifted by god. There are plenty of natural resources in our country. Mountains, rivers, lands, flora and fauna are the beauty of our country. The Himalayas, with high peaks, puts our head high. The rivers like Koshi and Gandaki are also the gifts of nature.



Nepal is also a historically and religiously famous country. There are said to be the places where sages lived and meditated. They describe the culture and civilization of our country as well as attract explorers to find out new things. Nepal has a large number of forests as well. It was said 'Hariyo Ban Nepal ko Dhan'.

All the cultural features and resources which are created, protected and promoted by our ancestor and handed to future generations are called heritages.

The UNESCO has listed several sites of Nepal in the World Heritage Site. The sites are:

- Pashupatinath Temple
- Hanumandhoka Durbar Square
- Patan Durbar Square
- Bhaktapur Durbar Square
- Changuarayan temple
- Lumbini
- Bouddhanath Temple
- Swayambhunath Temple
- Chitwan National Park
- Sagarmatha National Park



# Social Harmony



Nepal is a multi-cultural, multi-racial, multi-linguistic and multi-ethnic country. Nepal has been a feudalistic society and distinctively stratified across class lines so codes of manners, dress, language, rituals, norms of behavior and faiths in various fields of life are the ways to live life. Nepal is as diverse in her inhabitants as her geography and climate. Although the climate from Mechi to Mahakali or mountains to Terai differs, one region is depending on another for various reasons. If water does not flow from mountains and hills to Terai, then there is a drought in Terai. If the food products from Terai are not supplied in mountains and hills, then there is a scarcity of food. The electricity produced in hilly area is utilized in Terai. In this way, we can say that there is feeling of social harmony in our country.

Nepal is a cultural mosaic depicting unity in diversity; while issues of ethnic and regional equity tend to dominate the agenda of the government, the Nepalese are people of tolerance and harmony. Although Nepali people practice different religions, there have never been any conflicts regarding religion. Religious respect and tolerance are very important values to Nepalese. There are more than 50 major festivals celebrated in Nepal throughout the year. Most festivals have the religious hue and are related to different Hindu and Buddhist gods and goddesses. Festivals like Vijaya Dashami, Deepawali, Buddha Purnima, Lhosar have national significance. However, there are some festivals which have historical significance and others are seasonal celebrations. For the Nepalese, festivals are not merely the annual spectacles, but also are a living part of their rich cultural heritage. Festivals have brought unity in the evident diversity that exists in Nepal.



Efforts are to be equally undertaken to preserve and promote all languages and cultures so that Nepal could be developed as a genuine mosaic of all cultures and languages. These are positive efforts that would certainly have a far-reaching impact for the equal development of all ethnic, lingual and cultural communities that exist in the country. Although the government is effortful, its efforts alone may not be sufficient. There should be equal efforts and contribution from all sectors for the preservation and promotion of this ethnic and cultural diversity.

# Unity in Diversity

Nepal is regarded as a culturally rich country. Nepal is a multi-cultural, multi-racial, multi-linguistic and multi-ethnic country. Nepal has been a home to diversified settlements in terms of ethnicity, religion, dialect and culture since its outset in civilization. Different languages and cultures exist in Nepal, which has created a rich and unique national culture. Our national identity also depends upon this cultural and ethnic diversity. This ethnic and cultural diversity, which is also known as unity in diversity, is an important national heritage, which needs to be further strengthened. Nepali society is flexible and the systems and cultural practices are blended according to the comfort of the human beings. The traditional practices could be modified for one's comfort.



After the Unification of Nepal by King Prithvi Narayan Shah of the Shah dynasty, the concept of Unity in Diversity was accepted by the state and thus put forward in his famous "Dibya Upadesh", the Divine Sermon as "Nepal Chaar Jaat Chhattis Barna Ko Shajha Fulbari Ho, Sabai Lai Chetana Bhaya" (Nepal is a home to 4 castes and 36 sub-castes, may all be aware!). With the advancement of modern society, these words have been reflected and retained in the society of Nepal as tolerance, harmony, and peace in religion and culture. Despite being a Hindu state for over 2 centuries, the state has offered equality and an inclusion of every caste, ethnic group, religion, dialect, culture, and belief.

According to the CBS 2068, about 123 languages are spoken in Nepal. Such languages are our own identity. All these languages are national languages. But all those languages are not understood by all Nepalese so Nepali is taken as the common language of Nepal. Nepal is a multi-religious country in the world so different ethnic groups live with their own way of religious practice, lifestyle, language, culture, and tradition. Nepal has number of a religious groups they which live in peace and harmony. There is not any record of religious conflict in Nepal. All Nepalese have respected the national feeling of unity in diversity, Nepali's specialty and establishing own reorganization to the world.

Diversity is our identity and unity are our specialties. Our cultures should be protected from the undue influence of foreign ones. Religious and cultural heritages should be preserved and promoted. Religious tolerance needs to be strengthened and practiced in more practicable ways. Prejudices like lingual, racial, regional, communal should be avoided. Mutual respect should be developed between all components of Nepalese population and people should march forward collectively for peace, prosperity and happiness of the nation.

