

Nepal

By Isaac B-McD



Position of Nepal in Asia



Nepal is situated between China and India and is around 147,200 square kilometers.

Map of Nepal



Nepal has 7 provinces and 77 districts.

On average, that's 11 districts per province!



Terrain/Weather

Nepal's terrain is made up of Terai (Terai is a low land region containing some hill ranges), the flat river plains of the Ganges in the south and hills, like the rugged Himalayas in north. Climate: Nepal's weather varies from cool summers and severe winters in the north to subtropical summers and mild winters in the south.



History





According to legends and ancient records, the ancient Hindu religion was important in ancient Nepal. The first dynasty to rule over Nepal was the Gopal dynasty and it lasted 500 years. After the Malla dynasty (1100-1700) the kingdom split into many pieces until the Shah dynasty reunified Nepal in 1775. After a long time of unification (approx. 100 years), revolutions, battles and a civil war occurred, resulting in a constitutional monarchy, leading up to today.



Cuisine



MOMOS



Momos are usually referred to as Tibetan dumplings, but in reality, Nepali people eat them all the time and it is officially part of their cuisine.

YOMARI



Yomari is such a special food that it has its own festival, usually celebrated in December, called Yomari Punhi. The Newari festival marks the end of the rice harvest and sweet yomari are made and eaten on this day. The pointed, fish-shaped dumplings are made from rice flour and stuffed either with a sweet molasses mixture or a coconut one. Either is delicious.

DAL BHAT



To call this rice and lentil dish a staple of Nepali cuisine would be an understatement – it's so much more than just rice and lentils. When served in a restaurant or at home, the rice and lentil curry is accompanied by a variety of vegetable and meat curries (spinach, potato, mushroom, chicken, buffalo, etc), as well as a salad, pickles, papad and curd. It's not just a dish, it's a full meal



Sports





People in Nepal play:

Football (Soccer), cricket, swimming, volleyball, tennis, martial arts, boxing, wrestling, running, weightlifting, basketball, shooting, archery, dandi biyo, badminton and golf. No weird sports here!

Dandi Biyo



Dandi Biyo is a traditional Nepali sport whose rules change from region to region. How Dandi Biyo is played: One player puts one end of the stick inside the hole and holds the other end. The player jerks the stick against the pin to launch the pin into the air while other players called 'fielders' try to catch the pin. If one of the fielders catch the pin in the air, the turn is over and the catcher takes the stick.

**Thank you for your
attention!**

