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Punyawati Journal

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Editorial

We are pleased to share the first volume of the Punyawati Journal after the accomplishment of the Panauti Journal. The first volume of Punyawati Journal was published to make the campus the place to generate knowledge.

Indreshwor Campus, Panauti has been established as the district's leading educational and academic center. Indreshwor Campus is the first center of higher education established in 2058 BS with the community financial participation of Panauti. Bachelor and Master level courses in management, humanities, and education faculties are being conducted on the campus.

Recently, Indreshwor Campus Research Management Committee has completed the survey on its funding and resources on the topics of utilizing scholarships in higher education provided by Panauti Municipality, Factors Influencing the Dropout Ratio of Bachelor's Degrees in Indreshwor Campus, and the Study of the cultural heritage of Panauti. We are sure to conduct this kind of survey/research in the days to come about educational and community issues.

We thank all the authors for their contributions and the reviewers for their valuable feedback. We thank all contributors for their efforts and commitment to produce quality research. We hope this volume will stimulate further research and contribute to the academic discourse in Nepal and beyond.

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Extrinsic Motivation and Job Performance in Health Sector

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Abstract

This paper aims to analyze the state of extrinsic motivation in relation to organizational policies, work environment, pay and benefits, and job security, as well as the effects of these factors on the job performance of employees in Nepali healthcare institutions. Data was gathered from a sample of 155 nurses working in different medical facilities in Lalitpur and Kathmandu using a questionnaire survey. Regression analysis's empirical results showed that organizational policies and the workplace had a favorable and significant impact on employees' job performance. However, there was no apparent impact of job security on performance, and salary & benefits had a negative (albeit not statistically significant) effect on work performance. The results could help academics do studies in a broader context and help health institution policymakers improve their current HR policies.

Keywords: Extrinsic motivation, Job performance, Recognition, Organizational policies, Work environment, Salary & benefits, Job security,

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1. Introduction

Motivation is the process that initiates, guides and maintains goal-oriented behaviors. It is a psychological force that drives individuals to act toward achieving their goals. Motivation arises due to the internal or external factors that stimulate an individual's desire and energy to be interested and committed to performing their tasks. A motivated workforce is likelier to put in extra effort, exhibit creativity, and demonstrate loyalty to their organization. As defined by Luthans (1998), motivation is a process that starts with a psychological and emotional state leading to behavioral actions. In his view, motivation is not merely about getting people to perform; it encompasses understanding what drives employees to engage, persist, and contribute to organizational goals.

According to Luthans (2010), motivation is influenced by various factors, including personal characteristics, the specific work environment, and social context. Understanding these dynamics allows leaders to create strategies that enhance employee motivation and engagement within organizations. By understanding and improving these multifaceted dimensions of motivation, organizations can improve employee performance, increase job satisfaction, and reduce turnover rates, ultimately driving overall success. It is possible because when someone is motivated, they voluntarily work their behavior toward a goal (Middlesmist & Hitt, 1981). Similarly, employee motivation is the main element affecting the direction, tenacity, and consistency of an employee's behavior (Pinder, 2008). Grant (2007) has declared that motivation has a direct and immediate positive effect on staff productivity and job performance. In addition, Makki (2017) has stressed the importance of paying great attention to motivating employees with intrinsic and extrinsic rewards to improve employee performance and organizational efficiency.

Motivation has two forms: intrinsic and extrinsic. Intrinsic motivation is the self-drive to engage in activities for their own sake, due to inherent satisfaction or enjoyment. In contrast, extrinsic motivation involves performing a task or engaging in an activity to achieve external rewards or avoid negative outcomes. It is rewards-oriented and leads employees to temporary engagement at work. Both motivation techniques are equally essential in the workplace as they significantly impact worker engagement, productivity, and job performance. Extrinsic motivation can influence employee job satisfaction and performance substantially. Extrinsic motivation is defined as the performance of an activity in response to external rewards or pressures, such as a pay increase, bonuses, or commendation, rather than intrinsic enjoyment or fulfillment from the task itself (Hennessey & Amabile, 2010).

Past studies have established a substantial association between employee motivation and work performance. According to Grant (2007), motivation has a direct and immediate positive effect on staff productivity and job performance. To improve employee performance and organizational efficiency, management must pay greater attention to engaging employees internally or extrinsically (Makki, 2017). Similarly, according to Vroom (1964), extrinsic motivation is the motivation driven by the desire to achieve specific outcomes through rewards or recognition. It emphasizes that individual choices and efforts are influenced by the anticipated results of their actions. Thus, extrinsic motivation can effectively enhance job performance, and it is essential for management to understand a variety of extrinsic rewards suitable to satisfy the needs of the employees.

Many researchers have studied the issue of extrinsic motivation in relation to job satisfaction and job performance. In the Nepalese context, this issue is still not well uncovered, even though researchers have put effort into the link between motivation and satisfaction. Therefore, this paper aims to reveal the status of various extrinsic motivational tools adopted by organizations and the effect of extrinsic motivation on employee job performance.

2. Literature review

2.1. Conceptualization of Extrinsic Motivation

Employee motivation can be distinguished as intrinsic and extrinsic based on Herzberg's Two-Factor Theory (Staw, 1976). Tangible rewards are called extrinsic rewards. Therefore, rewards such as salary, pay, incentives, and bonuses are called extrinsic rewards. The rewards that are intangible in nature, such as appreciation, job relations, and favorable attitudes from employees, are called intrinsic rewards (Zafar et al., 2014). Extrinsic motivation is the desire to act to receive benefits, recognition, or compensation from outside sources.

Extrinsic motivation can be generally divided into several types. Monetary rewards are common extrinsic motivators, which include financial incentives such as salaries, bonuses, raises, and commissions. Recognition and praise involve acknowledgment and positive reinforcement from others, such as awards, certificates, or verbal commendations. Similarly, promotions and career advancement, including promotions or job titles that come with increased responsibilities and status, serve as significant extrinsic motivators. Job security is also a powerful extrinsic motivator leading employees to perform well to avoid layoffs. Similarly, the quality of the work environment indicates a positive work environment supported by factors such as comfortable office space, access to

resources, and a supportive team, which can motivate employees extrinsically. Extrinsic motivation can be derived from social interactions and relationships at work. Incentives for learning and development are also extrinsic motivators in which opportunities for professional development are provided. However, the fear of punishment as the act of avoidance of negative outcomes can also serve as an extrinsic motivator.

2.2. Conceptualization of Job Performance

The execution of activities connected to one's job and actions that enhance the work environment are both included in the broad idea of job performance. Job performance involves what employees do rather than what they create or the results of their labor. It is a multidimensional term (Sonnentag & Frese, 2002; Shrestha, Parajuli, & Thapa, 2024). In order to maximize productivity and employee engagement, managers and organizations must comprehend and accurately evaluate job performance. A job's performance is evaluated based on the quality of the work completed, the time and resources required, and the final product. According to Ai-Omari and Okasheh (2017), job performance is determined by an employee's drive, aptitude, and ability to adjust to unfavorable surroundings and situational limitations. Rotundo and Sackett (2002) emphasize the outcomes from employees' observable behaviors and state that "job performance is defined as an individual's level of profitability, overall production, and effectiveness at a certain position." Thus, job performance is the expected outcome from employees from their assigned tasks and jobs. A higher level of performance is rewarded by more compensation, promotion, and other recognitions.

2.3. Effect of Extrinsic Motivation on Job Performance

Vroom's expectation theory (1964) of motivation contends that people are driven to take particular actions by the anticipated results, and according to him, sufficient extrinsic rewards greatly impact jobs when employees perceive the value of rewards as higher. Many previous studies have attempted to examine the association of different extrinsic motivators with job performance. Studies show that job performance and extrinsic motivators—such as incentives, promotions, and recognition—are positively correlated. The study result of Zhang et al. (2021) has shown that performance-based incentives greatly increased worker productivity, especially in settings where competition was fierce. According to Van Loon et al. (2018), motivation has a favorable impact on both job performance and the achievement of organizational goals. Jenkins (2021) found that financial incentives significantly enhance employee performance. Gupta and Singh (2019), from a

meta-analysis, revealed a positive correlation between reward systems and job performance, indicating that tangible rewards are highly effective for better job performance. In addition, extrinsic motivators such as bonuses and promotions improve engagement and job performance, particularly in competitive environments (Allen & Meyer, 2020).

The comprehensive review of Roberts (2022) indicates that well-designed incentive systems positively correlate with enhanced employee performance and organizational outcomes. In relation to policy and work environment, the findings of Kluger and Nir (2018) revealed that regular feedback amplifies the effects of extrinsic motivation, leading to sustained performance improvements and goal achievement. Extrinsic motivators should be valued by the employees for effective performance. Extrinsic motivations such as salary and job security can reduce turnover intention, but their effectiveness diminishes if employees feel unvalued (Steel & Konig, 2021). According to Luthans and Youssef (2017), managers who utilize extrinsic motivational strategies appropriately see significant improvements in employee job performance and productivity. However, the findings of Morrison (2018) indicated that extrinsic motivation influences job satisfaction positively, but excessive focus on rewards may lead to burnout and dissatisfaction over time.

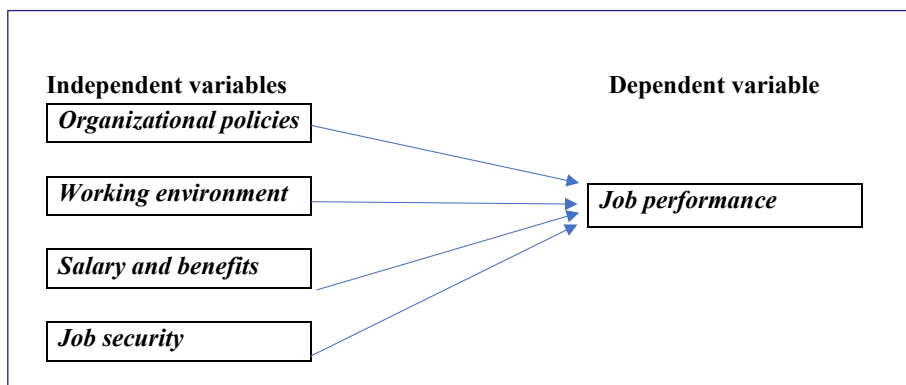
Hidayati and Saimi (2024) found that nurses' motivation and pay had a significant influence on their performance. Adhikari (2023) concluded that both intrinsic and extrinsic motivation had a favorable and significant impact on employee performance. According to the Cajurao et al. (2023) study, extrinsic motivation had a non-significant impact on job performance, but intrinsic motivation had a substantial one. Nonetheless, Djunaid's (2023) research findings indicated that employee performance was significantly correlated with both intrinsic and extrinsic motivation. Shrestha (2022) discovered compensation, advancement, and recognition as driving components of performance. Employees who have greater levels of both intrinsic and extrinsic drive perform better on tasks, according to Makki and Abid (2017). Kuranchie et al. (2016) found that employees were motivated by both internal and external factors, with compensation or money attracting particular focus.

2.4. Research Framework and Hypotheses

The behaviorism framework of Skinner (1953) focuses on how external rewards and punishments can shape behavior. According to the principles, positive reinforcement (rewards) increases the likelihood of a behavior being repeated, while negative reinforcement or punishment decreases it. Skinner's theory emphasizes the role of external stimuli in motivating behavior (Skinner, 1953). The

expectancy theory of Vroom (1964) posits that individuals are motivated to act based on their expectations of the outcome. It suggests that motivation is influenced by three key components: expectancy, instrumentality, and valence. Thus, an attractive reward can enhance extrinsic motivation (Vroom, 1964). Extrinsic motivational techniques are positive reinforcements and attractive rewards as well as those that lead to better job satisfaction and performance. Based on the literature, this study explores the influence of worker motivation, especially the intrinsic kind, on employee job performance. Based on the listed empirical evidence, the conceptual framework of the study and hypotheses have been developed.

Figure 1: Conceptual framework of the study



The current study has employed four extrinsic motivation variables, respectively: organizational policies, working environment, salary and benefits, and job security to predict the effect on job performance. Based on the literature discussed in previous sections, the following study hypotheses were developed:

H1: Organizational policies have a positive and significant effect on job performance.

H2: Working environment has a positive and significant effect on job performance.

H3: Salary and benefits have a positive and significant effect on job performance.

H4: Job security has a positive and significant effect on job performance.

3. Research Methods

The descriptive designs have been applied to examine the status of job performance and extrinsic motivations in the sample institutions. Furthermore, casual comparative design is used to predict the effect of motivational variables on job performance. The sample of respondents includes female nurses working in public and private health institutions in Kathmandu. Convenient and purposive sampling techniques

were applied to reach competent respondents. The primary data of the study variables were gathered using a structured questionnaire through an online survey using Google Forms from August to September 2024. The research questionnaire included three sections: respondents' demographics, items of extrinsic motivation variables, and job performance after an intense review of the literature to ensure validity. The demographic section used multiple-choice questions, and study variables of 31 items were administered in five-point Likert scale statements ranging from (1) strongly disagree to (5) strongly agree. Out of 80 requests, a total of 155 usable responses were received and processed.

Table 1 depicts items of the questionnaire used for each variable with a score of Cronbach's alpha in regards to the reliability test.

Table 1: Cronbach's Alpha for reliability statistics

Items	No. of Items	Cronbach's Alpha
Job performance	15	0.920
Organizational policies	4	0.685
Working environment	4	0.602
Salary and benefits	4	0.807
Job security	4	0.841

Source: Survey 2024

The result has indicated that three study variables, namely job performance, job security, and salary & benefits, have strong reliability. However, organization policies and the working environment were found to be reliable at an acceptable range. In relation to analysis, both descriptive and inferential statistics are used to reveal answers to research issues. The descriptive analysis answers the intensity of the variables, and correlation determines the association among the study variables. The research hypotheses have been tested using linear regression analysis. The data processing and analysis were done with the use of SPSS.

4. Results and Analysis

4.1. Demographic Analysis

Table 2 reports the demographic characteristics of the respondents who participated in the survey.

Table 2: Type of organization used for the survey (Total sample=155, Total frequency=100%)

	Number of Respondent	Percentage (%)
Type of Organization		
Governmental Organization	37	24
Private Organization	118	76
Age of respondent		
20-30 years	135	87.09
30-40 years	18	11.61
40-50 years	2	1.29
50 years and above	-	-
Marital status		
Married	61	39
Unmarried	94	61
Academic background		
PCL Nursing	105	68
GNM Nursing	5	3
BSC Nursing	42	27
MSC Nursing	3	2
Total	155	100

According to Table 2, 76% of respondents were employed by private hospitals, while 24% were employed by public ones. The great majority of respondents (87%) are between the ages of 20 and 30. On the other hand, 12% of respondents were between the ages of 30 and 40, and only 1% of the population was beyond 40. The findings showed that 61% of all respondents were unmarried, whereas 39% of respondents were married. Five percent of the participants had GNM and MSC nursing, whereas sixty-eight percent had PCL nursing and forty-two percent had BSC nursing.

4.2. Descriptive Analysis

Table 3 indicates basic descriptive statistics of the study variables.

Table 3: Descriptive statistics of the study variables (N=155)

	Organizational policy	Working environment	Salary and benefits	Job security	Job performance
Mean	3.315	3.689	2.408	3.202	4.139
Std. Deviation	0.787	0.606	0.926	0.874	0.586
Shapiro-Wilk	0.976	0.959	0.961	0.958	0.822
P-value of Shapiro-Wilk	0.008	< .001	< .001	< .001	< .001
Minimum	1.250	2.000	1.000	1.000	1.000
Maximum	5.000	5.000	5.000	5.000	5.000

The descriptive analysis of the study variables has depicted the status of extrinsic motivation and job performance in sample institutions as perceived by the respondents. The mean score of organizational policy (Mean=3.315, S.D. = 0.787) and working environment (Mean = 3.689, S.D.= 0.606) have relatively higher scores stating the good existence of these variables. However, job security has moderate status and salary and benefits are found to be below than satisfactory level. The respondents were confident to state their higher job performance. The Shapiro-Wilk statistics of all variables found to be statistically significant indicating no presence of normality of data.

4.3. Effect of Motivation Factors on Job Performance

This section reports regression output indicating the effect of extrinsic motivation variables on job performance along with test parameters.

Table 4: Regression outputs representing the effect of intrinsic motivational variables on employee job performance

	β	Standard Error	t	p	Hypotheses result
(Intercept)	3.995	0.298	13.428	< .001	
Organizational policies	0.425	0.068	2.119	0.038	Accepted

	β	Standard Error	t	p	Hypotheses result
Work environment	0.545	0.094	2.263	0.027	Accepted
Salary and benefits	-0.359	0.072	-3.147	0.002	Rejected
Job security	0.152	0.077	1.331	0.185	Rejected
R Square =0.32, Adjusted R square=0.29., F value = 2.831, P value = 0.027, Durbin Watson=1.805					

The results of 4 have shown that the regression model is statistically significant in explaining the effect of independent variables. The Durbin-Watson statistic indicated no autocorrelation detected in the study variables, and the test parameter, R square, is average. The regression analysis depicted mixed results in predicting the effect of the extrinsic motivation variable on job performance. Out of four variables, organizational policy ($\beta = 0.425$, $p = 0.038$) and work environment ($\beta = 0.545$, $p = 0.027$) have positive and significant effects on employee job performance. Salary and benefits produced a negative and significant influence on job performance ($\beta = -0.359$, $p = 0.002$). Based on the result, the first and second hypotheses were accepted, declaring that organizational policies and the work environment have a positive and significant impact on job performance. Instead, the third and fourth hypotheses were rejected, as salary & benefits and job security produced no significant effect on job performance.

5. Discussion

The main purpose of this study was to determine how female nurses' job performance is affected by extrinsic motivation variables, including organizational policies, work environment, salary & benefits, and job security. The results have shown a mixed influence of these variables on employee job performance. The first extrinsic motivator—organizational policies—has a moderate positive and significant impact on job satisfaction. The respondents perceive existing company policies as favorable in terms of recruitment, working climate, and basic facilities. However, refinement and enhancement of this may induce more motivation. Similarly, the second motivator, work environment, also has a moderate and positive impact on job satisfaction. The work environment, including physical and social aspects, is satisfactory in the institutions, and respondents favor a better work environment for creative performance. The finding is consistent with Vroom's expectancy theory and the findings of many other studies (Kluger & Nir, 2018; Hidayati & Saimi,

2024; Adhikari, 2023; Shrestha, 2022; Makki & Abid, 2017; Kuranchie et al., 2016) that investigated the positive effect of extrinsic motivators on job performance.

Salary and benefits are more important motivation techniques applied, and it's more significant in developing economies like Nepal. The result has shown a negative and significant effect on job satisfaction, which is a warning signal to health institution management. This result is inconsistent with the findings of Zhang et al. (2021), who reported that performance-based incentives greatly increased worker productivity; Jenkins's (2021) findings indicated financial incentives significantly enhance employee performance; and the results of Gupta and Singh (2019), which revealed a positive correlation between reward systems and job performance. Due to a lack of reasonable compensation, employees feel inequity, thus demotivation and dissatisfaction induce poor job performance. Similarly, the final variable, job security, has a weak and statistically insignificant impact on job performance. Even though the Nepalese Labor Act mentions many provisions regarding job security, in real practice, absolute job security does not prevail, which is a major determinant of motivation and performance. These results are not consistent with previous findings (Allen & Meyer, 2020; Roberts, 2022; Steel & Konig, 2021; Youssef, 2017; Morrison, 2018) that found a positive effect of well-designed incentive systems, such as bonuses, promotions, and job security, on improving job performance. However, these results are consistent with the findings of Cajurao et al. (2023) which revealed a non-significant effect of extrinsic motivation on job performance.

6. Conclusion

Employee motivation, job satisfaction, and employee job performance are common issues in both academia and management. This study aimed to analyze the effect of extrinsic motivational variables and employee job satisfaction. The empirical results show that the intrinsic motivation in health institutions has been perceived by employees as average. Out of four variables, organizational policies, and work environment are at an average level, but job security and salary & benefits are not proper. The regression results showed a positive and significant impact of organizational policies and work environment on job performance. Job security produced no significant effect on job performance. However, salary & benefits were found to have a negative effect on job performance. These findings may be helpful to the managers in redesigning their existing policies regarding human resources, particularly in enhancing compensation, job security, and work environment issues to achieve higher employee and organizational performance.

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Assessing the Efficiency of Fama-French Five-Factor Model in Nepal

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Abstract

This paper aimed to assess the superiority and efficiency of Fama-French five-factor model compared to its competing subset asset pricing models in Nepal Stock Exchange (NEPSE) using descriptive, correlational and analytical research design. Sixty five companies were selected based on purposive sampling design among 228 companies listed in NEPSE. Secondary source was used for collecting panel data covering six years from 16 July, 2016 till 16 July 16, 2022. Similarly, stock prices and dividends were attained from NEPSE. Accounting data were attained from annual financial reports of sample companies. 28 days Treasury bill rates were used as risk-free rate which was attained from Nepal Rastra Bank. The 32 Size-BM-ROE portfolios were constructed to determine dependent variable. Factor returns were computed by using 2×2 and 2×3 sorting for creating independent variables such as size, value, profitability and investment premium. Results are based on Gibbons, Ross, and Shanken test and regression analysis. Though not perfect, Fama-French five-factor model is efficient to explain the volatility in cross-sectional stock returns in NEPSE. Furthermore, four-factor model without value premium is equally efficient to five-factor model because HML is found as a redundant factor. Market risk is revealed as the most prominent factor affecting security returns.

Keywords: Asset pricing model, Fama-French five-factor model, Cross-section stock returns, Portfolio returns

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1. Introduction

Stock returns have always been the most intriguing research area in finance literature. The pioneer study was conducted by Markowitz (1952) that innovated Modern Portfolio theory. It was the groundwork of several concepts and theories later developed in the sector of risk and return. This theory is based on mean-variance relationship which searches for trade-off between portfolios' returns and variance. Later, Sharpe (1964), Lintner (1965) and Black (1972) established Capital Asset Pricing Model (CAPM). Also known as single factor model, it advocates that the market beta is the sole factor responsible for variation in stock returns.

However, Ross (1976) explored that the volatility in security returns are affected by market risk only upto the range of 40%. Critisizing single factor model, Ross (1976) innovated Arbitrage Pricing Theory (APT). It explains that security returns are better clarified by multi-factor model which is in contrast of single factor model such as CAPM. As a result, there is mounting consent among finance scholars that market risk alone is insufficient to explain the volatility in security returns. Later, CAPM was criticized by the value premium of Stattman (1980), the size premium of Banz (1981), the earnings-price factor of Basu (1983) and the leverage factor of Bhandari (1988).

In addition, Fama and French (1992) discovered that the variation in security returns is described by market, size and value premium. As a result, Fama and French (1993) formed a three-factor model which solved the anomalies included in the CAPM. Later, Carhart (1997) established a four-factor model. It added one more factor i.e. momentum factor to the Fama-French three-factor model. Momentum factor explains that stocks which have outperformed in the past, would continue to outperform in the future and stocks which have underperformed in the past, would continue to underperform in the future.

To address the shortcomings of three-factor model, Fama and French (2015) established five-factor asset pricing model. This model claimed that variation in security returns is explained by five factors namely market risk, size, value, profitability and investment premium. However, this model also describes that value premium (HML) is a redundant factor. Hence, four-factor model without HML is equally competent to five-factor model in explaining the variation in security returns.

Fama-French five-factor model is still in infant stage which has just been in finance literature since 2015. Hence, more researches should be conducted to test its validity in emerging market like NEPSE. An important cause to conduct this research is that empirical evidences have leaned towards inconsistent findings. Hence, conducting

research on this topic gives more light to the literature of multi-factor asset pricing models. Hence, this paper tries to fill the gap by conducting research in the context of NEPSE. Therefore, this paper aims to assess the superiority and efficiency of Fama-French five-factor model to explain volatility in security returns in NEPSE. In this course, this study has formulated following research questions.

- Is Fama-French five factor model efficient to explain volatility in stock returns in NEPSE?
- Whether Fama-French five factor model is better than its competing models in explaining the variation in cross section stock returns?

The remaining section of this paper are outlined as: second section addresses theoretical and empirical reviews. Third section includes research methodology. Fourth section comprehends results and discussion. Finally, fifth section covers conclusion and implication of the research.

2. Review of Literature

Valuation theory is considered as the base for Fama-French five-factor model (Fama & French, 2015). The model reveals that market value of stock is the sum of expected dividend discounted by the appropriate discount rate. This proposition is explained in model (1).

$$m_t = \sum_{\tau} \frac{E(d_{t+\tau})}{(1+r)^\tau} \dots \dots \dots (1)$$

In model (1), m_t represent the stock price at time t , $E(d_{t+\tau})$ is the expected dividend at time $t+\tau$, r is the long-term stock return. Model (1) implies that if two stocks have similar dividends, the stock with low price tends to have higher return and the stock with higher price tends to have lower return.

By small manipulation, the model (1) can further be extracted including the relationship between expected return and profitability, investment and book to market equity ratio in model (2).

$$m_t = \sum_{\tau} \frac{E(Y_{t+\tau} - dB_{t+\tau})}{(1+r)^\tau} \dots \dots \dots (2)$$

In the model (2), $Y_{t+\tau}$ is the total equity earnings for the period $t+\tau$ and $dB_{t+\tau} = B_{t+\tau} - B_{t+\tau-1}$ is the change in the total book equity. Dividing by book value of equity at time t gives model (3).

$$\frac{m_t}{B_t} = \sum_{\tau=1}^{\infty} \frac{E(Y_{t+\tau} - dB_{t+\tau})/(1+r)^\tau}{B_t} \dots \dots \dots (3)$$

Model (3) reveals three propositions about stock returns. First, if everything remains constant except value of the stock M_t and expected stock return r , higher book-to-market equity (B_t/M_t) produces higher stock returns. Second, if everything remains constant except earnings on stock and stock returns, higher equity earning results in higher stock returns. Third, if everything remains constant except investment and stock returns, there is inverse relationship between investment and stock returns. Hence, value, profitability and investment premium are the natural choices to be included as third, fourth and fifth factors in Fama-French five-factor model beside market and size premium.

Various empirical evidences acknowledged the reign of Fama-French five-factor model. For illustration, Acaravci and Karaomer (2017) showed that Fama-French five-factor didn't demonstrated any pricing error and hence, seems to be valid in the Turkish stock market. Similarly, Ishtiaq et al. (2019) suggested that Fama-French five-factor model is more efficient than three-factor model to explain the variation in portfolio returns in Pakistani stock market. Furthermore, Paliienko and Naumenkova (2020) acknowledged the superior performance of the five-factor model over single factor model.

However, some studies rejected the dominance of Fama-French five-factor model. For instance, Kubota and Takehara (2017) found that investment and profitability premium are not statistically significant and hence, concluded that the Fama-French five-factor model is not the superior pricing model in Japanese stock market. Similarly, Lin (2017) concluded that Fama-French five factor model is less competent to capture both extreme high and low stock returns. Mosoeu and Kodongo (2020) found that even-though, the profitability is considered as significant factor, the five-factor model performs below par on country-specific portfolios.

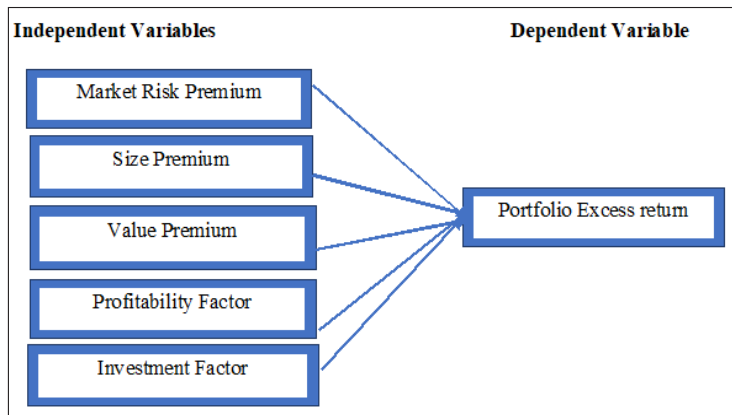
2.1. Theoretical Framework

Figure 1 explains the theoretical framework of Fama-French five-factor model. Dependent variable in the model is portfolio excess returns. Similarly, market risk, value, size, profitability and investment premium are the five components which are assumed to explain the volatility in portfolio excess returns.

Fama and French (1993) developed three-factor asset pricing model which explains that portfolio returns are explained by three factors namely market risk, size and value premium. Market risk premium is defined as the excess of market returns

over risk-free returns. Similarly, size premium is considered as the firm size. Furthermore, value premium is the ratio of book value of equity to market value of equity. Fama and French (1993) found that portfolio returns are positively affected by market risk premium and value premium. In contrast, portfolio returns are negatively affected by size premium. In other words, small-sized firms tend to yield more returns than big-sized firms. Fama and French (2015) augmented two additional factors namely profitability factor and investment factor to the original three-factor model. Profitability factor is the fourth augmented factor which positively affected the portfolio returns (Fama & French, 2015). Similarly, investment factor is the growth rate in total assets in year $t-1$ compared to year $t-2$ (Fama & French, 2015).

Figure 1: Theoretical Framework



Source: Fama and French (2015)

3. Methodology

This study was based on descriptive, correlational and analytical research designs. Purposive sampling design was applied to choose samples from companies actively traded in NEPSE as on July 5, 2023. Certain criteria were considered to select sample companies (See Table 1 & Appendix A).

Table 1: Sampling Criteria

SN	Sampling Criteria
1	Delisted and suspended companies in NEPSE are excluded in the study.
2	NEPSE had reached its peak at 1881.88 in 27 July, 2016. Then, it plunged to the index of 1102.02 in March 03, 2019. Then, it again reached to the peak

SN	Sampling Criteria
	of 3132.87 on August 15, 2021. Thus, NEPSE had completed bull and bear cycle during that period. Hence, the researcher took six years of study period from July 16, 2016 to July 16, 2022. Hence, companies which were listed in NEPSE before July 16, 2016 are selected as sample companies.
3	Financial institutions declared as crisis-ridden by NRB are excluded in the study due to lack of regular trading.
4	Companies which published annual reports duly and completely are chosen as sample.

Among 228 companies listed in NEPSE as on July 5, 2023, 65 companies were selected which met the criteria set in table 1. In this process, 20 commercial banks, 7 finance companies, 8 development banks, 11 micro-finance companies, 7 non life insurance companies, 4 life insurance companies, 1 manufacturing company, 4 hydropower companies, 1 company from investment, 1 company from hotel and tourism, and 1 company from other sector were selected as sample. Secondary source was used to collect panel data for six years from July 16, 2016 till July 16, 2022. Stock prices and dividends were attained from NEPSE. Accounting data of each companies were obtained from annual audited reports. Total 28-days weighted average rates of Treasury bill rates were used as risk-free rates which were attained from NRB.

3.1. Factor sorting

Building blocks were formed through factor sorting. Summary statistics of building blocks are presented in appendix. Then, building blocks were used to construct factors such as value premium (HML), size premium (SMB), investment premium (CMA) and profitability premium (RMW) by using 2×2 and 2×3 sorting (see Table 2 & Appendix A).

Table 2: Factor construction by 2×2 and 2×3 sorting

Sort	Breakpoint	Factors and their components
2×2 sorts Size and B/M, or Size and ROE, or Size and Inv.	Median	$SMB = (SH+SL+SR+SW+SC+SA)/6 - (BH+BL+BR+BW+BC+BA)/6$ $HML = (SH+BH)/2 - (SL+BL)/2$ $RMW = (SR+BR)/2 - (SW+BW)/2$ $CMA = (SC+BC)/2 - (SA+BA)/2$

Sort	Breakpoint	Factors and their components
2 × 3 sorts Size and B/M, Size and ROE, Size and Inv.	Size: Median B/M, ROE and Investment: 30 th and 70 th percentiles	$SMB_{B/M} = (SH+SN+SL)/3 - (BH+BN+BL)/3$ $SMB_{ROE} = (SR+SN+SW)/3 - (BR+BN+BW)/3$ $SMB_{Inv} = (SC+SN+SA)/3 - (BC+BN+BA)/3$ $SMB = (SMB_{B/M} + SMB_{ROE} + SMB_{Inv})/3$ $HML = (SH+BH)/2 - (SL+BL)/2$ $RMW = (SR+BR)/2 - (SW+BW)/2$ $CMA = (SC+BC)/2 - (SA+BA)/2$

Source: Fama and French (2015)

2 × 2 Sorting: Building blocks were constructed using 2 × 2 sorting based on Size-BM, Size-Investment and Size-ROE at the end of year $t-1$. In 2 × 2 Size-BM sorting, companies were arranged in ascending order by market equity (size). Then, 65 companies were grouped into two categories divided by median of firm size. One company which lied on median point was excluded and remaining 64 companies were grouped into two categories: small-sized (S) group and big-sized (B) group each with 32 companies. Further, companies in each size category was again arranged in ascending order by book-to-market equity (BM) ratio. Each group was further subdivided into two BM groups using median of BM ratio: low B/M ratio (L) and high B/M ratio (H) each with 16 companies. In this process, four building blocks were constructed, i.e., SL, SH, BL and BH including 16 companies in each block. The procedure of 2 × 2 Size-ROE sorting and 2 × 2 Size-Investment sorting were similar with 2 × 2 Size-BM sorting except the case that included ROE and Investment instead of BM ratio. Four building blocks were constructed in 2 × 2 Size-ROE sorting which SW, SR, BW and BR with 16 companies in each blocks. Similarly, four building blocks were constructed in 2 × 2 Size-Investment sorting which are SC, SA, BC and BA with 16 companies in each block (See Table 2).

2 × 3 Sorting: Building blocks were constructed using 2 × 3 sorting based on Size-BM, Size-ROE and Size-Investment at the end of year $t-1$. Under 2 × 3 Size-BM sorting, companies were arranged and sorted by market equity (firm size) same as 2 × 2 sorting including 32 companies in each size category. Companies in each size category were again arranged in ascending order by BM ratio. Each category was further subdivided into three BM categories using 30th and 70th percentiles of BM ratio: low B/M category (L) with 10 companies, neutral group (N) with 12 companies and high B/M group (H) with 10 companies. Hence, six building blocks were created, i.e., SH, SN, SL, BH, BN and BL. The procedure of 2 × 3 Size-ROE sorting and 2 × 3 Size-Investment sorting were same with 2 × 3 Size-BM sorting except the case that included ROE and Investment in place of BM ratio. Six building blocks

were created in 2×3 Size-ROE sorting which are SR, SN, SW, BR, BN and BW. Similarly, six building blocks were created in 2×3 Size- Investment sorting which are SC, SN, SA, BC, BN and BA (See Table 2).

32 Size-BM-ROE portfolios were constructed according to size, BM and profitability with the help of MS Excel to construct excess portfolio returns (dependent variables). Mean and standard deviation of each risk premium (independent variable) are presented in the table. Furthermore, correlation coefficient between different sorts of same factors and between different factors within same sorts were presented to examine whether there is exist any relationship among them.

3.2. Empirical Model

The empirical model adopted by this study is described in model (4):

$$E(R_p) = \alpha + b_i \text{MKT} + s_i \text{SMB} + h_i \text{HML} + r_i \text{RMW} + c_i \text{CMA} + e_i \dots\dots\dots (4)$$

Which indicates,

$E(R_p)$ = Excess portfolio returns

α = Intercept

b_i, s_i, h_i, r_i and c_i = Regression Coefficients

MKT = Market Risk Premium

SMB = Small minus Big (Size Premium)

HML = High minus Low (Value Premium)

RMW = Robust minus Weak (Profitability Premium)

CMA = Conservative minus Weak (Investment Premium)

3.3. Hypotheses

This section is divided into two sub-sections: Gibbons, Ross and Shanken (GRS) test hypothesis and Regression hypotheses.

3.4. Gibbons, Ross and Shanken (GRS) Hypothesis

Gibbons et al. (1989) proposed a specific test to examine the efficiency of asset pricing models to explain variation in cross-section portfolio returns. They argued that if an asset pricing model completely captures the portfolio return, the intercept is equal to zero in the regression of portfolios' excess return on the factor returns. This study used GRS test to assess the supremacy of Fama-French five factor model among its competing models. Hence, alternative hypothesis of GRS test can be established as model (5).

H_{11} : Average absolute value of intercept of portfolios returns are not zero.....(5)

For GRS test, GRS values and average absolute values of intercept, was obtained from Stata.

3.5. Regression Hypotheses

This study tested five alternative hypotheses by means of Ordinary Least Square (OLS) regressions to examine whether or not five factors capture the portfolio excess returns. Thirty two regression models were examined through SPSS to examine the prominent factors to describe the volatility in portfolio excess returns.

H_{12} : Market risk premium impacts the volatility in portfolio excess returns.

H_{13} : Size premium explains the volatility in portfolio excess returns.

H_{14} : Value premium explains the fluctuation in portfolio excess returns.

H_{15} : Profitability pattern explains the variation in portfolio excess returns.

H_{16} : Investment factor influences the volatility in portfolio excess returns.

3.6. Operational Definition of Variables

3.6.1. Definition and formulation process of dependent and independent variables are explained in this section.

Portfolio Excess Returns: In this study, portfolio excess returns were employed as dependent variable. Monthly returns of 65 stocks each were calculated as the difference of stock price at the end of month t and stock price at the end of month $t-1$ plus dividend at the end of month t whole divided by stock price at the end of month $t-1$. Then, monthly excess stock returns were calculated as difference between each stock's monthly returns and risk-free returns. After that, monthly excess security returns were used to form 32 VW Size-BM-ROE portfolios. Firm size (market equity) at the end of year $t-1$ was used as value weight to each portfolios. Portfolio excess return is explained with the help of model 6, 7 and 8.

$$\text{Stock Return } (r_s) = \frac{(P_t - P_{t-1}) + D_t}{P_{t-1}} \dots \dots \dots (6)$$

$$\text{Excess Stock Return} = r_s - r_f \dots \dots \dots (7)$$

$$\text{Excess Portfolio Return } (r_p) = \sum_{i=1}^n w_i \cdot r_i \dots \dots \dots (8)$$

Where,

P_t = Closing price of each security at month t

P_{t-1} = Closing price of each security at month $t-1$

D_t = Dividend of each security at the close of month t

r_f = Risk-free rate (28-days rate of Treasury bill)

w_i = Value weight of security i in each portfolio (calculated from market equity)

r_i = Monthly excess return of security i in each portfolio

Market Risk Premium: The first predictor in the model is market risk premium which is expected to capture the volatility in portfolio returns. It was defined as monthly market returns minus risk-free returns. Market returns were calculated as closing NEPSE index at month t divided by closing NEPSE index at $t-1$ minus 1. Furthermore, risk-free return was defined as 28-days Treasury bill rates.

$$R_{mt} = \frac{NEPSE_t}{NEPSE_{t-1}} - 1 \dots \dots \dots (9)$$

$$MKT = \text{Market Risk Premium} = R_{mt} - R_{ft} \dots \dots \dots (10)$$

Where,

$NEPSE_t$ = Closing NEPSE Index at month t

$NEPSE_{t-1}$ = Closing NEPSE Index at month $t-1$

R_{mt} = Market return at the end of time t

R_{ft} = Risk free return at the end of time t

Size Premium: Size premium is the second predictor of portfolio excess returns. Market equity was considered as the proxy for firm size. Market equity was calculated as number of shares outstanding multiplied by stock prices of each company at the end of year $t-1$. Size premium was defined as the difference between returns of portfolio of small companies and returns of portfolio of big companies. SMB was used as a proxy for size premium which was constructed by 2×2 and 2×3 sorting using different building blocks (See Table 2).

Value Premium: Value premium is the third independent variable of portfolio returns. Book-to-market equity was considered as a proxy for value premium. It was calculated as book equity divided by market equity. Book equity was defined as shareholder's fund invested in the company which included equity share, preference share, share premium, reserve and other fund related to stockholders.

Value premium was defined as the difference between returns of portfolio of companies with high book-to-market equity and returns of portfolio of companies with low book-to-market equity. HML was used as a proxy for value premium which was constructed by 2×2 and 2×3 sorting using different building blocks (See Table 2).

Profitability Factor (Premium): Profitability premium is the fourth predictor of portfolio returns. Return on Equity (ROE) was used for profitability premium. ROE was defined as net profit after tax divided by book equity. Profitability premium was defined as the difference between returns of portfolio of companies with high ROE and returns of portfolio of companies with low ROE. RMW was used as a proxy for profitability premium which was constructed by 2×2 and 2×3 sorting using different building blocks (Table 2).

Investment Factor (Premium): Investment premium is the fifth predictor of portfolio returns in Fama-French five-factor model. It was defined as growth rate of total assets which is algebraically expressed as total assets at the end of year $t-1$ divided by total assets at the end of year $t-2$ minus 1. Investment premium was defined as the difference between returns of portfolio of companies with conservative investment and returns of portfolio of companies with aggressive profitability. CMA was used as a proxy for investment premium which was constructed by 2×2 and 2×3 sorting using different building blocks (See Table 2).

4. RESULTS AND DISCUSSIONS

This section presents the results of the study in three sections: descriptive statistics of variables, GRS test results and regression results.

4.1. Descriptive Results

This section is further divided into two subgroups – portfolio analysis and factor returns. Portfolio analysis is concerned with summary statistics of dependent variables, i.e. average monthly excess returns of 32 Size-BM-ROE portfolios. Similarly, summary statistics of factor returns are concerned with VW portfolios excess returns used as proxy for independent variables.

4.2. Portfolio Analysis of Dependent Variable

At first, it is to examine the impact of size, B/M, investment and profitability on 32 Size-B/M-ROE portfolios excess returns.

Table 3: Size-B/M-ROE Portfolios (Monthly returns in %)

	Small				Large			
BM/ROE	Low	2	3	High	Low	2	3	High
Low	-1.83	-0.19	-0.57	-4.19	-1.25	-1.26	-1.52	-0.68
2	-0.04	0.67	-0.15	0.47	-1.91	-2.21	-1.01	-0.62
3	2.17	0.08	0.43	1.33	-1.12	-0.51	-0.94	-1.01
High	0.99	3.36	1.81	1.19	-0.01	-0.29	0.64	0.09

Source: SPSS Output

Table 3 displays average monthly returns for 32 VW Size-B/M-ROE portfolios. In small-sized stocks, average portfolio returns rise from low ROE category to high ROE category except first row. The profitability effect seems to be weak. However, value effect is stronger as average excess portfolio returns increase from low B/M stocks to high B/M stocks. Large-sized stocks shows that average portfolio returns rise from low ROE category to high ROE category though the effect is weak. However, value effect seems stronger because average returns tend to surge from low B/M category to high B/M category with monotonic effect in the third column. However, it can be inferred that value effect is stronger in small-sized stocks compared to large-sized stocks.

4.3. Summary Statistics of the Factor Returns (Independent Variables)

Four factors i.e. SMB, HML, CMA and RMW were created as a proxy for predictors such as value, size, investment and profitability premium through 2×2 and 2×3 sorting. Table 4 demonstrates mean and standard deviation of each factor returns. Mean and standard deviation of market risk premium are 0.3% and 3.42% respectively which are identical for both sorting. It is because market risk premium is mutual for all portfolios.

Table 4: Mean and Standard Deviation of Factor Returns (Figure in %)

	Rm-Rf	SMB	HML	RMW	CMA
Panel A: 2×2 Factors					
Mean	0.30	1.36	1.2	-0.39	-0.08
Standard Deviation	3.42	1.97	1.27	0.97	1.12
Panel B: 2×3 Factors					

	Rm-Rf	SMB	HML	RMW	CMA
	Rm-Rf	SMB	HML	RMW	CMA
Mean	0.30	1.42	1.55	-0.56	-0.17
Standard Deviation	3.42	2.00	2.04	1.02	1.26

Source: SPSS Output

Mean SMB factors varies from 1.36% to 1.42% for two versions of sorting. Standard deviations between two versions of SMB are similar and ranges between 1.97% to 2.00%. It is obvious because all stocks are incorporated by both versions of SMB. Similarly, mean HML returns varies from 1.2% to 1.55% and standard deviation varies from 1.27% to 2.04% in two versions of sorting. Both mean returns and standard deviation is higher in 2×3 sorting. It is predictable because 2×3 sorting excludes central 40% stocks and therefore, does not contain all stocks. 2×3 sorting focuses more on the extreme values of the factors and produces larger mean returns. Hence, it results in poor diversification to create portfolios.

Mean RMW is negative in both versions of sorting which is quite shocking which claims that weak profitable stocks produce more average returns than robust profitable stock. Similarly, negative mean of CMA in both versions of sorting indicates that returns of aggressive stocks are more than those of conservative stocks. Standard deviation is higher in 2×3 sorting in both RMW and CMA which proves that 2×3 sorting results in poor diversification compared to 2×2 sorting.

Table 5: Correlation between different versions of the factor returns

	SMB		HML		RMW		CMA	
	2×2	2×3	2×2	2×3	2×2	2×3	2×2	2×3
2×2	1	.995**	1	.935**	1	.817*	1	.894*
2×3	.995**	1	.935**	1	.817*	1	.894*	1
**. Correlation is significant at the 0.01 level (2-tailed).								
*. Correlation is significant at the 0.05 level (2-tailed).								

Source: SPSS Output

Table 5 shows the correlation between 2×2 and 2×3 versions of factor returns. The relationship between two versions of SMB sorting is significant ($p < .01$). High correlation is not surprising because SMB sorting includes all sample stocks. Similarly, the relationship between two versions of HML sorting is significant

($p < .01$). Similarly is the case in RMW and CMA ($p < .05$) level. Significant correlation implies that joint control has little effect on HML, RMW and CMA.

Table 6: Correlation between different factors in 2×2 and 2×3 Sorting

Panel A: 2×2 Factor sorting	$R_m - R_f$	SMB	HML	RMW	CMA
$R_m - R_f$	1	.644	.288	-.475	-.739
SMB	.644	1	-.021	-.708	-.307
HML	.288	-.021	1	-.576	.285
RMW	-.475	-.708	-.576	1	-.158
CMA	-.739	-.307	.285	-.158	1
Panel B: 2×3 Factor sorting	$R_m - R_f$	SMB	HML	RMW	CMA
$R_m - R_f$	1	.694	.440	.036	-.805
SMB	.694	1	.162	-.256	-.498
HML	.440	.162	1	-.565	.106
RMW	.036	-.256	-.565	1	-.413
CMA	-.805	-.498	.106	-.413	1

Source: SPSS Output

Table 6 shows the correlation among independent variables (factors) in 2×2 and 2×3 sorting separately. None of the correlation coefficient among the factors are significant. It implies that the linear relationship among the independent variables (factors) are insignificant. Hence, the problem of multicollinearity is not severe in the study.

4.4. Gibbons, Ross and Shanken (GRS) Test Results

This section provides details on GRS (1989) test results on 32 VW Size-BM-ROE portfolios on 2×2 and 2×3 sorting. GRS test explains that competing models are said to be efficient to capture cross-section excess portfolio return if average absolute intercept is equal to zero. is defined as average absolute intercept of GRS test. Speaking precisely, the competing models with GRS and near to zero and p-value greater than 0.05 is considered efficient model. In other words, the model whose GRS and are the lowest are considered as the most efficient model among its competing counterparts.

The study considers five asset pricing models: i) one three-factor model that combine $R_m - R_f$ and SMB with HML, ii) three four-factor models that combine $R_m - R_f$ and SMB with pairs of HML, RMW or CML. iii) one five-factor model comprising all factors $R_m - R_f$, SMB, HML, RMW and CML. Since, $R_m - R_f$ and SMB are common for all competing models, these factors are not shown in the table due to lack of space. In fact, the table shows the augmented factors besides $R_m - R_f$ and SMB.

Table 7 shows the GRS values, average absolute values and corresponding p-values of 32 Size-BM-ROE portfolios for competing factor models in different versions of sorting. Five-factor model outperforms in 2×2 sorting with lowest value of GRS and average absolute value of intercept. Four-factor model without HML is equally efficient to five-factor model in 2×2 sorting which supports the findings of Fam and French (2015) that HML is a redundant factor. However, four-factor model with HML outperforms in 2×3 sorting. It is because it does not include all stocks rather extreme low stock below 30th percentile and extreme high stocks above 70th percentile.

GRS test suggests that five-factor model outperforms three-factor model. However, four-factor model with RMW and CMA is equally good compared to five-factor model and even better in most of the cases. It also reinforces that HML is a redundant factor and elimination of HML factor improves the efficiency of asset pricing models.

Table 7: GRS Results of 32 Size-BM-ROE Portfolios

Factors	2 × 2 Sorting			2 × 3 Sorting		
	GRS	A α_i	p-value	GRS	A α_i	p-value
HML	1.54	1.27	.106	1.34	1.06	.199
HML RMW	1.48	1.29	.132	1.34	1.08	.199
HML CMA	1.52	1.24	.116	1.69	1.02	.068
RMW CMA	1.48	1.07	.133	1.73	1.08	.058
HML RMW CMA	1.44	1.07	.149	1.64	1.08	.081

Source: SPSS Output

4.5. Regression Results

The regression result of portfolio returns on factor returns in 32 Size-BM-ROE portfolios are explained in this section. Results under 2×2 and 2×3 sorting are similar. Therefore, the result are shown in only 2×3 sorting.

Table 8 displays the ordinary least square regression of portfolios returns on factor returns run in 32 Size-BM-ROE portfolios. Portfolios are organized by size in ascending order from P1 to P32. Though GRS test rejects the superiority of five factor model, regression result shows that five factor model is significant ($p < .05$). This implies that though may not be 100 percent, five-factor model is efficient to describe majority of volatility in portfolio returns.

Factor-wise analysis reveals that market risk premium is significant in all portfolios ($p < .05$). Size premium is prominent factor in small-sized portfolios from P1 to P21 ($p < .05$). Profitability and investment premium are significant in almost half of the portfolios ($p < .05$). However, value premium is almost insignificant in almost all cases ($p > .05$). It indicates that size premium, market risk premium, profitability and investment premium are significant in describing the variation in cross section stock returns while value premium, HML fails to describe in most cases and reinforces its redundancy in this case too. Negative sign of RMW, HML and CMA is quite amazing because it shows the dominance of less profitable, low valued and aggressive stocks over more profitable, high valued and conservative stocks. R^2 is less spread over the portfolios. It indicates that 32 Size-BM-ROE portfolios are better in diversifying the factor risk.

Table 8: Regression results on 32 VW Size-BM-ROE portfolios

P1	-0.741 (0.502)	0.41* (0.023)	1.243** (0.000)	-0.43** (0.003)	-0.02 (0.950)	0.88** (0.002)	.54	8.66	14.81	.000
P2	-1.955 (0.106)	0.59** (0.003)	0.83** (0.004)	-0.24 (0.119)	0.385 (0.157)	0.71* (0.021)	.47	9.39	11.53	.000
P3	-1.035 (0.354)	0.38* (0.038)	1.61** (0.000)	-0.53** (0.000)	0.75** (0.004)	0.065 (0.816)	.71	8.75	31.16	.000
P4	-2.587* (0.047)	0.285 (0.169)	1.17** (0.000)	-0.27 (0.096)	0.884** (0.003)	-0.05 (0.878)	.53	10.09	14.55	.000
P5	-1.369 (0.267)	0.62** (0.002)	0.831** (0.005)	-0.38* (0.016)	0.08 (0.778)	0.65* (0.037)	.47	9.63	11.32	.000

P6	-1.355 (0.086)	0.69** (0.000)	0.92** (0.000)	-0.16 (0.109)	0.112 (0.525)	-0.035 (0.857)	.72	6.12	33.25	.000
P7	-1.544 (0.259)	0.49* (0.026)	1.41** (0.000)	-0.12 (0.479)	-0.63* (0.045)	0.29 (0.394)	.53	10.69	14.52	.000
P8	-2.157* (0.048)	0.623** (0.001)	1.373** (0.000)	-0.286* (0.039)	-0.02 (0.935)	0.49 (0.071)	.63	8.43	21.77	.000
P9	-1.146 (0.377)	0.47* (0.026)	1.301** (0.000)	-0.12 (0.482)	-0.62* (0.036)	-0.35 (0.279)	.52	10.16	13.74	.000
P10	-2.249 (0.063)	0.38 (0.053)	1.25** (0.000)	0.09 (0.572)	-0.52 (0.057)	-0.17 (0.582)	.49	9.39	12.47	.000
P11	-1.491 (0.190)	0.63** (0.001)	1.35** (0.000)	-0.10 (0.480)	-0.833** (0.002)	-1.23** (0.000)	.72	8.87	33.17	.000
P12	-1.363 (0.271)	0.42* (0.034)	0.97** (0.001)	-0.08 (0.592)	-0.55 (0.052)	-0.74* (0.02)	.49	9.67	12.43	.000
P13	-1.024 (0.363)	0.52** (0.005)	1.04** (0.000)	-0.15 (0.311)	-0.92** (0.001)	-1.31** (0.000)	.66	8.81	25.15	.000
P14	-0.653 (0.708)	0.381 (0.174)	1.68** (0.000)	-0.34 (0.130)	-1.254** (0.002)	-1.563** (0.001)	.58	13.68	17.54	.000
P15	-0.884 (0.522)	0.56* (0.013)	1.04** (0.002)	-0.19 (0.276)	-1.19** (0.000)	-2.09** (0.000)	.67	10.82	26.28	.000
P16	0.975 (0.634)	0.51** (0.004)	0.48 (0.056)	-0.27 (0.054)	-0.73** (0.003)	-1.63** (0.000)	.63	8.41	22.02	.000
P17	-1.014 (0.127)	0.21 (0.053)	0.28 (0.071)	-0.13 (0.116)	0.06 (0.671)	0.14 (0.42)	.27	5.17	4.82	.001
P18	-2.752** (0.009)	0.568** (0.001)	0.563* (0.021)	-0.196 (0.135)	0.32 (0.170)	0.65* (0.015)	.46	8.08	11.01	.009
P19	-1.576 (0.186)	0.5** (0.009)	0.71* (0.012)	-0.19 (0.214)	0.13 (0.618)	0.15 (0.614)	.39	9.29	9.24	.000
P20	-1.820 (0.176)	0.59** (0.007)	0.44 (0.163)	-0.03 (0.849)	0.59* (0.05)	0.05 (0.876)	.35	10.48	7.02	.000
P21	-2.65* (0.032)	0.6** (0.003)	0.65* (0.023)	-0.11 (0.494)	0.095 (0.727)	0.29 (0.343)	.38	9.51	7.77	.002

P22	-1.902* (0.016)	0.67** (0.000)	-0.18 (0.322)	0.14 (0.145)	-0.16 (0.372)	0.27 (0.171)	.36	6.05	7.05	.000
P23	-1.317 (0.216)	0.57** (0.001)	0.28 (0.257)	0.14 (0.286)	0.66** (0.008)	0.39 (0.143)	.39	8.32	8.10	.000
P24	-2.718* (0.011)	0.52** (0.002)	0.81** (0.001)	-0.18 (0.168)	0.35 (0.137)	0.03 (0.906)	.53	8.14	14.48	.000
P25	-1.495 (0.159)	0.54** (0.002)	0.13 (0.605)	0.01 (0.935)	0.36 (0.129)	-0.27 (0.319)	.34	8.26	6.62	.000
P26	-2.127** (0.003)	0.548** (0.000)	0.14 (0.398)	-0.004 (0.960)	-0.054 (0.728)	-0.197 (0.260)	.47	5.43	11.19	.000
P27	-1.81* (0.05)	0.51** (0.001)	0.21 (0.323)	0.11 (0.36)	-0.10 (0.626)	-0.44 (0.061)	.37	7.15	7.63	.001
P28	-1.29 (0.113)	0.68** (0.000)	-0.09 (0.634)	0.08 (0.455)	-0.152 (0.407)	-0.496 (0.017)	.45	6.34	10.36	.000
P29	0.112 (0.928)	0.48* (0.018)	0.22 (0.445)	-0.181 (0.254)	-0.08 (0.776)	0.174 (0.580)	.19	9.76	3.18	.000
P30	-0.126 (0.895)	0.46** (0.004)	-0.38 (0.088)	-0.05 (0.695)	-0.29 (0.173)	-0.37 (0.129)	.16	7.53	2.51	.039
P31	-0.3111 (0.666)	0.594** (0.000)	0.01 (0.949)	0.15 (0.112)	-0.08 (0.064)	-0.24 (0.189)	.43	5.66	9.58	.000
P32	-0.190 (0.806)	0.39** (0.002)	0.03 (0.863)	-0.08 (0.414)	-0.152 (0.386)	-0.397* (0.045)	.31	6.08	5.8	.002

*. Results are significant at the 0.05 level (2-tailed). **. Results are significant at the 0.01 level (2-tailed).

Figure in parenthesis indicates p-values of regression statistics.

5. Conclusion

Though not perfect, Fama-French five-factor model is efficient to describe the volatility in stock returns in NEPSE. Moreover, four factor model without value premium is similar to five factor model because HML is redundant factor. However, the impact of RMW, HML and CMA is quite astonishing because it shows the dominance of less profitable, low valued and aggressive stocks over more profitable, high valued and conservative stocks. Furthermore, market risk is revealed as the most prominent factor affecting security returns.

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Appendix

Appendix A: Building Blocks for Factors

Table A1: Building Blocks for Factors based on 2×2 Sorting

	Small Size		Large Size	
Size-B/M	SL	SH	BL	BH
Mean	-0.0012	0.0119	-0.0144	-0.0035
Standard Deviation	0.0411	0.0470	0.0317	0.0301

Size-ROE	SW	SR	BW	BR
Mean	0.0064	0.0018	-0.0079	-0.0111
Standard Deviation	0.0485	0.0409	0.0319	0.0306
Size-Investment	SC	SA	BC	BA
Mean	0.0032	0.0037	-0.0101	-0.0089
Standard Deviation	0.0376	0.0494	0.0285	0.0344

Table A2: Building Blocks for Factors based on 2 × 3 Sorting

	Small Size			Large Size		
Size-B/M	SL	SN	SH	BL	BN	BH
Mean	-0.0027	0.0089	0.0134	-0.0148	-0.0130	0.0001
Standard Deviation	0.0415	0.0459	0.0611	0.0378	0.0284	0.0319
Size-ROE	SW	SN	SR	BW	BN	BR
Mean	0.0090	0.0015	0.0008	-0.0083	-0.0104	-0.0113
Standard Deviation	0.0479	0.0424	0.0429	0.0292	0.0325	0.0345
Size-Investment	SC	SN	SA	BC	BN	BA
Mean	0.0015	0.0041	0.0043	-0.0085	-0.0126	-0.0079
Standard Deviation	0.0339	0.0486	0.0500	0.0266	0.0368	0.0317



Narrating Legends and Beliefs: The Panauti Temple as Living Cultural Heritage from Constructivist Lens

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Abstract

This article explores legendary fables, Indra (King of heaven) and Ahilya (Gautama Rishi's wife), and beliefs that make Panauti as a heritage place. For the last many centuries, it has been a historic place of Newari culture and tradition like Kathmandu Valley. It is an important religious site with temples and the confluence of three holy rivers: Punyawati, Rudrawati, and Lilavati. One of the oldest monuments is Indreshwar Mahadev temple. Every twelve years, a month-long religious function happens known as Makar Mela. In this Mela thousands of pilgrims visit to take a holy bath on the confluence of three rivers to rinse the sin of their hopeful life. The required data/information are generated through observation and interviews with the main adorer of Indreshwar Mahadev temple and informal conversations with a few schoolteachers. The study concludes that the place is naturally beautiful, socio-culturally rich, religiously holy, and historically an important place for wayfarers and researchers. Lots of sources of knowledge that the Panauti civilization has. Therefore, it is inevitable to preserve Panauti as one of the cultural heritage sites of Nepal.

Keywords: heritage, legendary, Makar-Mela, observation, religious, cultural heritage

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1. Introduction

Being a school teacher of social studies (first author), my thirst for knowledge allows me to roam around unknown facts related to social science following known pieces of evidence. There was a house of traditional healers nearby my house who used to heal the illnesses of infants chanting the names of many gods/goddesses. In this regard, Paudel et al. (2018) have mentioned that the impact of religious belief and its effect on health is defined in two different ways individual belief and people's social capital or connectedness and empowerment to understand the relationship with resources its proper utilization for their health and wellbeing (p. 2). Listening, more often, to those chanting I asked him why summoning names of the gods and goddesses, he replied that the power of the god and goddesses located at the eastern side of the village caused health problems to the infants known as *Purvia*. According to Manandhar (2009), many Nepalese people think that the problem (sickness) is created by a dissatisfied spirit (divine or demon). To cure such an illness the enchanter would offer *Akshata* (rice with red power to worship the god/goddesses) to the east side and burn the *Batekodhup* (handmade incense) to pray those gods and goddesses twice a day (morning and evening) at least three days. For a trial, I also learned such a praying called *Purvia Bakhanne* (praying the gods and goddesses existed at the eastern site). To process the chanting, the enchanter has to summon the names of the gods and goddesses in a sequence. For this, Soyambhu Nath (calling it *Purvia Raja*) is summoned at the first including many temples located in the Kathmandu valley and Dhaneshwar, Chandeshwar, and Indreshwar situated near Banepa, Kavreplanchwok District. The traditional healer who follows such a religious and cultural belief system was there, even still in practice, to heal the illness of infants known as *Jhankri*. For this, Paudel et al. (2018) stated that there are different cadres of faith healers locally known as Dhami-Jhankri (p. 7). As Bastola (2021), these two terms are often used interchangeably (p.2). However, I had never visited such a religious site (Panauti) where the Indreshwar Mahadev temple existed for centuries.

1.1. Background of Study

Panauti temple is one of the 15th sites of tentative UNESCO heritage sites of the country (UNESCO, 2023). This temple is an adjoining cultural sites of Kathmandu Valley located just 35 km far in the southeast direction from Kathmandu. It is situated at the confluence area of Rudrawati (Roshmati), Punyawati (Padmavati) and Lilavati Rivers. Stunning mountain views can be observed from different places in Panauti. The place is naturally beautiful and culturally rich. It is a historical place of the Newar community. According to Ghimire and Shrestha (2014), the Maneshwar

temple was built as a mark of gratitude to the famous king Mandev during the Lichhavi period (p. 6). Newari culture has continuously been practiced, promoted, and conserved for centuries. Several ancient evidences like Nepal Mahatmya and Himawat Khanda prove the historicity of the place. Panauti survived in the form of legends and fables before written history. There are many temples like Brahmayani, Bhadrakali, Pashupati, Tula Naraya, Unmatta Bhairav, and Indreshwar Mahadev temple including Layakhu Durbar and Panauti Museum. The museum in which locally made oldest goods and books have been preserved which evidences how the civilization of the Panauti was in the past.

The Indreshwar Mahadev temple with the richest crafts and artifacts is one of the oldest well-conserved Hindu temples in Nepal where thousands of devotees come to visit from different parts of the country including India every year. The place is full of old-style houses, Patis and Satals (public rest-house), courtyards, monuments, and temples designed and created with the guidance of Gupta and Kushan artists, scrolls and mural paintings are the main features that can still be observed in Brahmayani temple. The Indreshwar Mahadev temple was rebuilt by Virammadevi, widow of Jayaditya Malla (1238-1293), with old scripts in 1295. Several evidences show that it was established during the Malla regime, some argue that it was built in 1028 BS. The history is attributed to Ananta Malla (1274-1307), it is because during this period the place was well-protected and developed. Even it is believed that the place was given as a dowry by King Bhupatindra Malla to his sister. Therefore, it is known as an ancestral place of Newar like Kathmandu Valley. So, the Newar community is still dominant and occupies more than 99 percent of the Panupati population. It was established during the kingship of Ananda Dev Malla, King of Bhadgaun (Bhaktapur) establishing 300 houses with 900 windows and 8 chowks.

Panauti has very fertile land with an agro-suits climate, the best place for farmers including tourists, wayfarers, and pilgrims. Most of the households are involved in year-round agro-activities including different businesses and jobs. The religious visitors and nature lovers who visit there are the source of income for business people of Panauti.

2. Techniques and Tools for Generating Data/Information

The data was generated during the field trip as a part of training exposure provided by the teacher training center, Dhulikhel, Kavre. Some information are also collected during the religious visit with the teachers associating in Kathmandu University High School. Behrendt and Franklin (2014) stated that once teachers are empowered and learn how to develop and orchestrate a successful field trip, they will enable

students to develop an interest in learning through firsthand experience (p.1). Before a day, four groups, out of all trainees, were formed by the course facilitator for this field trip who suggested preparing a reflexive field report by each group which has to be presented in the next-day session. Dori and Herscovitz (2005) mentioned that professional development is necessary to train teachers on how to present a new curriculum, professional development focusing on field trips would help teachers understand the necessity of preplanning, participation, and student reflection.

Being MPhil graduates, teachers and researchers, thought that this opportunity could be helpful to develop an academic research paper that unpacks historical, religious and cultural attractions of Panauti temple. We then carefully collected data for making reflexive reports to present in training sessions and religious visits. We captured some essential, as much as possible, data beyond the requirement of making field notes. In so doing, we maintained a diary note for recording textual data, and mobile was used for capturing visual data (photos and videos). The recording of the narration made by adorer Ramesh Jung Pradhan was used as a descriptive data source. Similarly, a few teachers were asked, during the informal conversation, who teach at the school located near Indreshwar Mahadev temple, Panauti. Narratives are the main source of data including the information board hung on the wall of the museum. For this, insights were derived from the individual narratives of people, as well as the larger narratives embedded in the socio-cultural context. The temple premises and a mini museum were closely observed which also enriched the data.

2.1. Opening Narratives

It was the second last week of June 2024. I was, as a trainee, in a training session for a week. We (30 teachers from 5 different districts: Dhading, Kathmandu, Lalitpur, Sinduli, and Sindhupalchok) were informed by the training facilitator to visit Panauti as a part of the training provided by the teacher training center, Dhulikhel, Kavre. The training was for those teachers who teach social studies and human value education for grades 6-8. The notice made me so excited remembering my childhood days of listening to Enchanter's healing approach and later myself as a practitioner of those praying processes.

We all were divided into five groups for that field trip and advised to prepare the field notes and present them in the next day's session. I had the responsibility to present the overall learning from the field trip, I did accordingly. The purpose of the field trip was to develop knowledge and skills in reflexive report writing and presenting relating and connecting

values of the natural, historical, religious, and socio-culturally important places with pedagogical process while teaching social studies and human value education.

It was the sunny morning of 23rd June 2024. We were informed by the training facilitator about the field trip to Panauti. It was just 10:30 am when the bus arrived at the training center and picked up us for Panauti at 10:50 am. It took less than one hour to reach Panauti. We all got down from the bus at 11:20 and visited Indreshwar Manadev temple premises. Because of my first visit, I was so excited to observe all the monuments perceiving Panauti as a religious and cultural site. At the same time, thinking of capturing some photos and videos to show school children where I teach. For that, my Samsung Galaxy mobile captured some photos and recorded short videos as well. We also visited the Chandeshwar temple while returning training center. The purpose of the field trip was to enhance the knowledge and skill of the participant trainees for arranging short trips to their students around their local area as a part of a constructive pedagogical approach. This trip also allowed us to polish the ideas that we teachers have to value the different places near school making short trips with students.

2.2. Legendary Narratives

Based on information generation from a main adorer, Ramesh Jungam Pradhan, of Indreshwar Mahadev temple, and different sources of knowledge we would say Panauti is a legendary town with facts and fiction. It has its history that tells us the religious belief systems that people follow. Panauti was named by Rishis/Munis when they found nine new sprouts on a dried bamboo pillared at the land somewhere at Panauti. Therefore, a literal meaning of Panauti relates to the Newari language like Pa means bamboo, Nau means nine new sprouts, and Ti for Tirtha (place for pilgrimage). The ancient name of Panauti was Asmanagar until the date of Taleju Bhawani brought from Simraun Gardh. Later on, it got different names like Panati, Panchali, Panawati, Punyawati and finally Panauti. It is also believed that the name Panauti was a distorted form of the river Punyawati. However, it is not only a cultural site but also an immeasurable religious importance..

The appearance of Lord Shiva in Panauti is a mythical belief that has been found in ancient Vedic scripts. It was a meditation place for Gautam Rishi with his wife Ahilya. She was so charmingly beautiful and her beauty captivated the King of heaven, Indra. A wicked thought was born in his

mind and one day Indra was enthralled by Ahilya and thought to lose into lust with Ahilya and disguised himself as Gautam Rishi when Rishi left the hut to have a bath at the river. At that moment the disguised Indra went to Ahilya and purposed to have sex. Ahilya was surprised and rejected it, but Indra disclosed his Identity I am not Gautam, I am Indra, and if you go against my intention, I curse you. Being afraid Ahilya agreed. But unfortunately, Rishi had forgotten to take sesame and barley with him for bathing which made him come back to the hut, at the moment he found Ahilya and Indra in sexual climax. Seeing such an unexpected moment made him immeasurable angry Rishi cursed both of them and as a result, Ahilya's physique turned into hard rock and Indra's body was covered with many yonis (vagina). For this Ghimire, Shrestha, and Singh (2014) have mentioned.

The story of the incident and Gautam's curse "Who is this man that you are having a romantic time with in my absence, you slut. You are a woman lacking in moral values such as shame, fidelity, and virtue. You are heartless like a. I hereby put a hex on you that you become a rock."

After that Indra went to heaven with an ugly physical appearance. Indra was asked by his wife Indrayani about the incident, and he replied the reality that he did. Being worried about such a strange but shameful problem for Indra, the Indrayani asked his Guru Brihaspati to find out the way to remove the Yoni-marked on Indra's body. And then Guru Brihaspati suggested Indrayani to have penance of Lord Shiva by Indra and penance of Parvati by Indrayani for twelve thousand years. To do penance they (Indra and his wife Indrayani) met at the confluence of three (Roshmati, Punyamati, and Lilavati) rivers. After that penance, Lord Shiva and his wife decided to free Indra from such a shameful blemish on his body. For this Shiva appeared in Panauti as a great Lingam while Indra had been bathing in the river created by flow of the milk produced from the breast of Parvati. After a while, all the Yonis had disappeared from the body of Indra but one remained in the form of an eye on the head of Indra, known as the third eye. Then a Shiva Lingam stood at a place of temple and at the same time an invisible river, Lilavati, was created. Thereafter, the Lilavati is believed as an auspicious place, Sassi Tirtha, for the purifying bath to make the body holy.

Therefore, the people who come to visit Panauti as devotees on the occasion of religious/cultural events held in the month of Jesth (May/June) known as

Rathyatra (chariot street procession) and Makar Mela, like Kumbha Mela in India, celebrated in every twelve years at the confluence of the rivers with a main aim of having a holy bathe. This month Makar Mela (cultural fair) is celebrated from the beginning day to the end of Magh (the 10th month of the Nepali calendar). During this celebration the devotee of Indreshwar Mahadev who takes a bath on the full moon day can easily access heaven and get salvation, people still follow such a belief. It is believed that the devotee who takes a bath in this river following an auspicious day could get relief from his un/knowingly sinful activities. Such inscription has been written in Chapter 98 of Himawat Khanda and its seventeenth stanza of Chapter 5 in Nepal Mahatmya. And another interesting thing is that the Panauti area is on a single stone. To construct any house in this area the foundation of the house has to be dug until touching this gigantic stone. Still, our belief is this big stone is rounded by Basuki Naga and the people have to carefully dig the foundation of the house to save Naga from making any hurt.

For a few decades, we (Panauti people and leaders) have seriously been trying to collect more pieces of evidence/documents to fulfill the requirements to apply for this place on the world heritage list but have not had success yet. In the past Indreshwar Mahadev temple had its trusty land but the government confiscated it, as a result, it is being hard to organize feasts and festivals due to financial constraints. No local government has given monetary support as their responsibility to this temple.

Besides the narration revealed by the adorer, we interacted with a few teachers of the school located near Indreshwar Mahadev temple premises. One of the teachers said that;

Panauti is a place of temples like Kathmandu Valley. Most of the visitors are supposed to know only a few temples along with Indreshwar Mahadev temple. But there are found number of temples namely Dhaneshwar Mahadev temple, Mukteshwar Mahadev temple, Jaleshwar Mahadev temple, Panchamukhi Mahadev temple, Badrinarayan temple, Ram temple, Maneshowari temple, Kedarnath temple, Gorakhnath temple, Mahadevnarayan temple, Sankatnarayan temple, Matyanarayan temple, Sitalamai temple, Batsaladevi temple, Basukinag temple, Bhagawati temple, Kaathganesh temple, Dharmadhaatu Mahabihar around Panauti area. The people who live in Panauti feel proud of having these temples and feel secure in being safe from any sort of disaster. Even a teacher said

that in this area the loss of people during the earthquake in 2015 did not happen except few battered. This place has its own historical, religious, cultural, socio-economical, and natural importance that we love and feel lucky to be here.

3. Conclusion

The study concludes that Panauti is a historically important place with Newari culture and traditions, still about 100 percent of households are of Newar. It is not only the best place for farmers because of fertile farmland but also a religious site for pilgrims, an important hub for religious wayfarers and nature lovers. On the other hand, Panauti is famous as a historic place of legends and fables before written history began. It is because the legendary tales followed by local people and some religious scripts like Nepal Mahatmya and Himawat Khanda prove its historicity. Similarly, the Maneshwar, Indreshwar Mahadev, and many other temples, Satals and Paties, courtyards, and a museum also proved the historical civilization of Panauti. Out of many, the Indreshwar Mahadev is the main feature of belief that makes known the Panauti a religious site among Hindu people. The Makar Mela is celebrated once every 12 years as the main religious event. In this Mela thousands of pilgrims come to visit Panauti which supports generating income for the Panauti people promoting harmonious get-togethers and showing humanity with new faces.

This might be reason concerned government and non-government agencies have enlisted this place as tentative UNESCO cultural heritage site. Besides, local development stakeholders are thoughtfully preserving and conserving this area as an important religious and historic place for running and coming generations. Finally, visiting such an important heritage site the teachers, students, academicians, and researchers may widen their knowledge and positive thoughts that could be meaningful for their respective life and hopeful living. The field trip could be a part of a constructive pedagogical approach to enhance students' knowledge and skills with first-hand experiences and connect their way of thinking to historically, religiously socio-culturally, and naturally important places, as a part of human civilization and their lives, how the importance of these valuable things are.

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Exploring the Effect of Climate Change in Mountain Livelihoods: The Case of Sindhupalchowk

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Abstract

Mountain livelihood in Nepal becoming more vulnerable day by day. Climate change has also brought glacial lake outburst floods (GLOFs) problem in the mountain region. In this background, this study explores effect of climate change in the lives of mountain communities residing in Sindhupalchowk. The study used library method in which required data are generated from secondary sources. The published reports related to climate change, agriculture production and flow of tourists have been reviewed. The study found that impact of climate change has reduced agriculture production trend. Climate change has equally impacted the tourism sector negatively, particularly through the increased frequency of GLOFs and unpredictable weather conditions. The GLOFs has also increasing danger of glacial lake outburst floods, which threaten both community settlements and their lives. The communities are migrating to the destinations and sending remittance to support their families. Such migration based adaptation strategies can lead to the loss of skilled workers, impacting long-term community resilience. These findings highlight the importance of developing local adaptation strategies. The farming methods that can withstand climate changes, better disaster preparedness, promoting sustainable farming practices and strengthening community resilience. The study stresses the need for improved support for families unable to migrate, ensuring no one is left behind in adaptation efforts. The study also emphasizes the importance of strengthening preparedness for GLOFs through infrastructure reinforcement and early warning systems. Therefore, empirical findings of the study serves as an evidence for policymakers and organizations working to address the impacts of climate change in mountainous regions. Hence, it is better to develop and implement community based adaptation policies in high-altitude areas, focusing on alternative livelihoods.

Keywords: Keywords: Climate change impact, mountain livelihood, agriculture productivity, adventure tourism, migration

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1. Introduction

Climate change is becoming one of the biggest environmental problems. Because of anthropogenic activities, there is a huge increment in greenhouse gases, like carbon dioxide, methane, and nitrous oxide, in our atmosphere, which is warming the planet. Since the Industrial Revolution, the average temperature of Earth has gone up by around 1.2°C leading to serious effects on ecosystems worldwide (IPCC, 2021; NASA, 2021). This increase in temperature has caused issues like rising sea levels, more extreme weather events, and changes in the environment. For instance, mountainous areas are getting more rain, which makes them prone to disasters. These effects aren't felt evenly everywhere; they're especially severe in vulnerable places like mountain regions that are very sensitive to shifts in temperature and rainfall.

Mountain areas, often called the “Water towers of the world” and the “Roof of the world,” play a key part in the water cycle on Earth. Most of the major rivers start in these mountains. They supply a large amount of the freshwater that half of the world's population depends on, especially in dry areas (Immerzel et al., 2010). This fresh water comes from glaciers, melting snow, and lakes found at higher elevations. These sources feed into rivers, which are vital for farming, natural habitats, and the people living downstream. Unfortunately, the effects of global warming are causing glaciers worldwide to shrink at an alarming speed. Studies show that glaciers in high mountain regions are losing more quickly in this century than they did in earlier years, which affects water supplies, increases disasters, and impacts local economies (Zemp et al., 2019).

The Himalayas stand out as one of the areas most impacted by environmental changes, stretching over several countries, including Nepal. Often referred to as the “Third Pole” because of the large ice reserves found there, this mountain range is facing swift changes brought on by climate change. Nepal, which boasts eight of the fourteen highest peaks in the world, is especially at risk from these shifts. The Sindhupalchok District, home to places like Helambu and the Jugal Himal range in central Nepal, reflects the wider difficulties that communities in the Himalayas are encountering. This area is noted for its high-altitude scenery and reliance on agriculture, yet it is undergoing significant changes because of rising temperatures and shifts in rainfall patterns. The average yearly temperature in Nepal is rising by about 0.06°C each year, with the most substantial increases happening at higher altitudes.

In the Sindhupalchok, one of the biggest worries related to climate change is the melting of glaciers. The glaciers in the Himalayas play a vital role in providing

water for the communities below and in controlling the flow of important rivers like the Ganges, Indus, and Brahmaputra. Unfortunately, these glaciers are melting quickly, which is changing when and how much water is available. This leads to sudden bursts of more water but, over time, less water as the glaciers shrink (Bajracharya et al, 2014). This situation is alarming for farming, drinking water, and energy needs in the area. Moreover, there's the threat of glacial lake outburst floods (GLOFs). This happens when lakes created by melting ice break their natural barriers, causing massive floods that can release millions of cubic meters of water in just hours, bringing destruction to communities and infrastructure below (ICIMOD, 2011).

The people living in Sindhupalchok are very aware of the dangers posed by changing weather. This area has already seen major shifts in how much food it can produce due to unpredictable weather, which impacts both crop health and the timing of planting. Farmers here depend a lot on the monsoon rains and the water from rivers that come from melting glaciers. When the rains don't come as expected or are too unpredictable, it results in lower crop production, which puts local food supplies at risk (Gentle & Maraseni, 2012). Additionally, rising temperatures are helping pests and diseases to spread, making the situation even worse for farmers. For those who depend on farming just to get by, these changes can lead to serious problems like rising poverty, hunger, and even the need to move away.

The effects of climate change in Sindhupalchok are not just felt in farming; they are also showing a clear impact on people's lives and their family economies. As farming becomes harder and natural disasters strike more often, many individuals find themselves needing to move away to seek work elsewhere. This movement, whether within the country or to other nations, has become a common way for families to cope with the changes brought on by climate change. Foreign remittance sent back home by these migrants plays a crucial role for families in rural areas, helping them to stay financially afloat and allowing them to prepare for disasters and recover from them (Bhandari, 2014). On the downside, this migration can lead to problems like a shortage of workers in the community, family disruptions, and a decline in traditional farming methods.

The communities in Sindhupalchok are also facing many challenges, and their ability to adapt is still quite limited. The development of infrastructure in this area often falls short in dealing with the growing dangers brought on by climate change. It's clear that government policies and actions sometimes lack the necessary timing or effectiveness. A lot of communities don't have access to early warning systems for natural disasters like GLOFs and landslides, which makes them even more vulnerable (UNDP, 2019). Moreover, the local knowledge and strategies that have

been passed down through generations are often overwhelmed by the rapid changes in the environment, leaving these communities unprepared for what lies ahead.

Mountain region of Sindhupalchok play a crucial role for sustaining local economy by supporting tourism, particularly adventure tourism and maintaining the ecosystem. The region becomes the destination for tourists because of trekking routes, natural beauty and culture. The sectors because of climate change are having increase risk such as the glacial retreat, increased chance of GLOFs and lack of predictability on weather situations which influence tourism on how adjacent the outdoor activities would be safe or not. Research by Scott et al. (2019) examines the effect of climate change on tourism in a wider context, focusing on how climate instabilities influence seasonality trends and tourist behavior. Climate change has heavily affected the adventure tourism sector in Nepal. Hikers show greater anxiety on trial viability after landslides, floods and GLOFs occurring (Nepal & Chipeniuk, 2005). These disruptions leave a ripple effect on local businesses that rely heavily on seasonal tourist arrivals as it is quite hard for Nepal to standardize in the term of tourist economy.

Climate change is deeply affecting the fragile ecosystems and communities in the Sindhupalchok. The glaciers are quickly melting, the threat of GLOFs increasing, and crops becoming harder to grow. All these changes hit hard at the livelihoods of those who rely on the area's natural resources. Therefore, this study identifies key research gaps, including the limited focus on the specific impacts of climate change on mountain regions. While much research addresses glacier melt and water supply issues, few studies explore how these environmental changes affect agriculture, migration, and the role of remittances in adaptation. Additionally, the effects of climate change on the tourism industry, particularly in terms of seasonal trends and tourist safety in adventure tourism, remain underexplored, leaving a critical gap in understanding the broader socio-economic impacts on mountain communities.

2. Objectives and Methodology

This study aims to explore the impacts of climate change on mountain communities in Sindhupalchok, focusing on three main objectives: 1) how rising temperatures and changing rainfall affect farming livelihoods, 2) how communities are adapting through migration and remittances, and 3) the influence of climate change on local tourism and the economy. The research seeks to provide insights into the challenges faced by these communities and their coping mechanisms. This study used the library method to explore the above research objectives. The required data and information were collected from secondary sources such as annual reports published by government and non-government agencies and empirical studies. Secondary

data can be very helpful for exploring these kinds of social and environmental issues (Bajracharya et al., 2014). Additionally, the study also collected information from geographic information systems (Shrestha et al., 2016), which helped to understand how far glaciers have retreated and the risks of GLOF. Tourism flow statistical data from NTB also helped to understand how climate change has been affecting adventure tourism development activities in the study area.

3. Results and Discussions

Results and discussions of the study have been highlighted into four section such as agriculture productivity, effects on trekking seasons, community strength and weakness and migration as a livelihood adaptation strategy.

3.1. Agriculture Productivity

Over the last twenty years, agricultural productivity has dropped significantly. This decline is mainly due to unpredictable weather, rising temperatures, and changes in rainfall. Traditional crops such as rice, wheat, and maize are struggling as their growing seasons have become hard to predict. There has also been a rise in pest problems and plant diseases, making crop losses even worse. Warmer temperatures and inconsistent rainfall have allowed pests that once couldn't survive in this area to thrive. Increasing water shortages are another issue, as melting glaciers are causing a decline in water flow from mountain streams, which are essential for irrigation. This situation is leading to more crop failures and a decline in food security.

Climate change is seriously affecting farming in the Sindhupalchok District. As a result, traditional ways of farming are becoming less common. This situation puts food security and people's incomes at risk in the area.

Table 1: Decline in Agricultural Productivity over Time

Year	Average Crop Yield (Tonnes)	Percipitation Changes (%)	Temperature Increase (°C)
2000	3.5	-15	+0.8
2010	3.0	-18	+1.0
2020	2.5	-20	+1.2

3.2. Effect of GLOFs on Tourism Income

Weather changes have made trekking seasons shorter. As a result, the number of tourists during these times has decreased, which means less income for guides,

porters, and lodges that depend on trekking visitors. So for the betterment of the livelihood local communities migrate to an adaptation strategy as tourists are very low in number and production from agriculture declines the economic stability. The relationship between the increase in GLOF events, decline in tourist numbers during peak trekking seasons, and the impact on tourism income.

Table 2: GLOFs Events Frequency

Year Range	GLOFs Events (Frequency)	During Peak Season	Impact on Tourism Income	Source
2000-2005	Low	High	Stable income for tourism operators and local businesses.	Ministry of Tourism Nepal (2006)
2006-2010	Moderate	Moderate	Minor income decline due to rising safety concerns among tourists	ICIMOD Report on Climate Risks (2011)
2011-2015	High	Decreased	Noticeable reduction in income as trekking concerns increased.	Department of Hydrology and Meteorology Nepal (2016)
2016-2020	Very High	Low	Significant income loss for tourism operators and local businesses.	Ministry of Forests and Environment, GLOF Impact Study (2021)

This table provides a correlation between GLOFs frequency and tourist numbers in Sindhupalchok. It shows the declining income of tourism operators and local businesses due to increased safety concerns in the region.

3.3. Community Strength and Weakness

In Sindhupalchok, where many high-altitude communities reside, the effects of climate change are becoming very clear. Temperatures are going up, which is causing glaciers to melt faster. This shift leads to changes in how much water is available and brings more natural disasters, like glacial lake outburst floods, to the area. The altered weather patterns are making it hard for locals to farm, which is their main way to earn a living and secure food. This study aims to explore how climate change is affecting the social, economic, and environmental aspects of these mountain communities in Sindhupalchok District and what it means for their future

wellbeing. Climate change poses a crisis regarding the environment and also tourism in Sindhupalchok district. More GLOFs events increasingly put trekking paths and tourist facilities at risk. At the same time, a localized drop in agricultural output (due to adverse weather) has also reduced the food available for tourists increasing costs for both guest and hosts. The consequences of such challenges are economic instability in a region incredibly reliant on tourism-based jobs and income.

Migration and the money sent back home can help communities, but they also bring challenges for their future. As more people, especially the youth, leave for other places, the local knowledge and traditional ways of looking after the environment may fade away. Communities that receive a lot of money from family members working away can adjust better to the impacts of climate change. They can improve their farming methods, strengthen their homes against disasters, and create small businesses for extra income. But for those who can't migrate, the risk of climate change remains high. GLOFs are a serious threat to both infrastructure and agriculture in the area. As glaciers continue to melt, the danger is likely to grow, putting already fragile communities in even more jeopardy.

3.4. Migration as Livelihood Adaption Strategy

The research findings indicates that climate change is pushing people from the mountain communities of Sindhupalchok to move, whether inside the country or to other places. Families struggling with lower farming income are sending their members to cities or even overseas to find work. The money sent back home by these migrants has become really important, helping to make up for the lost farming income and strengthening family stability. This extra money allows families to improve their farming methods, build better infrastructure, and get ready for possible disasters. Migration is increasingly seen as a way to cope with these changes, with money sent home becoming an important source of support. However, there's worry about how this could affect the community in the long run, especially since it leads to fewer workers available locally.

Table 3: Migration Patterns and Remittance Flows

Year	Households with Migrants (%)	Average Annual Remittance (US\$)
2005	30	800
2015	45	1,500
2020	60	2,200

The ability to handle the effects of climate change varies across the district. Households that receive remittances tend to be better equipped to face these

challenges, while those who cannot migrate find themselves in a more vulnerable position.

3.5. Critical Reflections

This research critically examines the profound impacts of climate change on the economic, social, and environmental systems in the high-altitude areas of Sindhupalchok, particularly focusing on agriculture, migration, and tourism. The study highlights how rising temperatures and changing rainfall patterns have led to reduced crop yields, forcing many people to migrate in search of alternative livelihoods. While migration provides a temporary solution, it results in the depletion of the local workforce and the erosion of traditional farming knowledge, which is vital for managing mountain ecosystems.

The findings also underscore the growing threats posed by climate change to the tourism sector in Sindhupalchok. Increasing occurrences of GLOFs and erratic weather patterns are making trekking more hazardous and shortening the tourist season, adversely affecting businesses dependent on tourism revenue. The study further reveals that the rise in GLOFs exacerbates the challenges faced by local communities, threatening lives, infrastructure, and agricultural land, thus increasing the reliance on remittances from family members working abroad. This shift signifies a profound change in the region's economic structure, with remittances playing an increasingly central role in sustaining livelihoods.

The results of this study align with previous research, such as that by Bajracharya et al. (2014), which highlighted the adverse effects of glacier melt on water supplies and agriculture, and Gentle and Maraseni (2012), who identified migration as a common adaptive strategy in rural Nepal. However, this research extends the understanding of climate change impacts by focusing on the tourism sector, which has been less explored in prior studies. By concentrating on Sindhupalchok, this study reveals the unique challenges of the region, including agriculture decline, GLOF risks, and migration, and provides new insights into local adaptation strategies, particularly the uneven distribution of resources and opportunities among households.

4. Conclusion

This research looks into how climate change affects the mountain areas of Sindhupalchok District, especially in terms of farming, moving away, and how communities cope. The results show that farming is struggling a lot because of shifts in temperature and rainfall, more pests, and a lack of water as glaciers melt.

The study also finds that many families are choosing to migrate as a way to adjust, with the money they send back home helping their families and strengthening the community. Yet, the threat of floods from melting glaciers and the uneven chances for migration are making it harder for some communities to adapt to the changes brought on by climate issues. The research shows that climate change is rapidly altering the environment in Sindhupalchok, with serious consequences for the tourism industry. The increase in GLOFs and changes in weather patterns are reducing the safety and appeal of trekking, which directly affects local livelihoods. Overall, this research emphasizes the importance of developing effective climate adaptation plans that cater to the specific needs of mountain communities in Sindhupalchok blending immediate actions with long-term strategies. The study suggested to develop and implement community based adaptation policies in high-altitude areas, focusing on alternative livelihoods.

5. Implications

This research contributes valuable knowledge for developing more effective adaptation strategies for mountain communities. It emphasizes the need for promoting sustainable farming practices, disaster preparedness, and strengthening community resilience. The study highlights the need for climate-friendly farming practices in Sindhupalchok, such as drought-resistant crops and improved irrigation. It also emphasizes the importance of strengthening preparedness for GLOFs through infrastructure reinforcement and early warning systems. Migration based adaptation strategies of the communities can lead to the loss of skilled workers, impacting long-term community resilience. The research calls for targeted climate policies in high-altitude areas, focusing on alternative livelihoods to reduce reliance on farming and migration. Additionally, it stresses the need for improved support for families unable to migrate, ensuring no one is left behind in adaptation efforts. Therefore, the empirical findings of the study serves as an evidence for policymakers and organizations working to address the impacts of climate change in mountain livelihood.

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Gender Empowerment Measure in Nepal: An Appraisal from Intersectional Viewpoints

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Abstract

Gender Empowerment Measure (GEM) serves as a critical tool for assessing women’s empowerment, particularly in political participation. However, its effectiveness in the context of Nepal raises significant concerns. This paper examines the limitations of GEM, arguing that it inadequately captures the complexities of women’s political engagement in Nepal. Internationally, GEM has faced critiques for its reliance on quantitative indicators that fail to account for qualitative aspects of empowerment, such as women’s agency and autonomy. In the case of Nepal, despite constitutional mandates for gender representation, women’s political participation remains hindered by socio-cultural barriers, such as patriarchy and caste based discrimination. The GEM framework’s emphasis on national averages obscures the significant disparities experienced by marginalized women belonging to low-caste backgrounds. This paper highlights inevitability to incorporate intersectional perspective for upgrading gender empowerment measures in Nepal.

Keywords: GEM, Women’s political participation, socio-cultural barriers, systemic inequalities

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1. Introduction

GEM is a critical tool designed to evaluate women's empowerment and gender equality, particularly in the realms of political participation and economic decision-making (UNDP, 2019). However, effectiveness of GEM in capturing the complexities of women's political participation has been widely debated among international scholars. For instance, Kabeer (2005) emphasizes that GEM's reliance on quantitative indicators often overlooks the refinement socio-cultural and economic barriers that women face, especially in developing countries. This critique resonates particularly in the context of Nepal, where despite constitutional guarantees for women's representation, significant barriers persist.

In Nepal, the constitutional mandate of a minimum of 33 percent representation of women in legislative bodies has not translated into equitable political assignment. According to Jha (2020), women, particularly from marginalized groups such as the Dalits and the Madhesi community, continue to encounter systemic discrimination and cultural norms that hinder their political participation. Scholars such as Rai (2018) argue that GEM's framework does not adequately address the intersectionality of gender, caste, and class, which are critical factors influencing women's political agency in Nepal. This gap is further highlighted by Choudhary (2019), who points out that GEM's focus on macro-level indicators fails to capture the lived experiences and agency of women at the grassroots level.

The limited scope of GEM raises essential questions about its applicability and relevance in contexts characterized by diverse socio-political realities. As international feminist scholars advocate for a more comprehensive understanding of empowerment, there is a pressing need to critically assess the limitations of GEM in the context of women's political participation in Nepal. This article thus aims to appraise GEM issues in Nepalese context.

2. Methodology

This study employs a cross-sectional approach to analyze the effectiveness of GEM in Nepalese context. A cross-sectional approach is suitable for examining the status of women's empowerment at a specific point in time, providing a snapshot of how various factors such as caste, ethnicity, and socio-economic status influence political participation. The required data were collected from a combination of secondary sources, including government reports, UNDP data, and scholarly articles (UNDP, 2019; Jha, 2020). The intersectionality of gender, caste, and class including socio-cultural barriers, allowing for a more comprehensive understanding of the factors

that hinder women's political engagement in Nepal (Kabeer, 2005; Crenshaw, 1989).

More so, an appraisal focus on how GEM fails to account for intersectional inequalities that impact women's political participation. By comparing national-level GEM data with micro-level qualitative studies, the study uncovered the disparities that marginalized groups—such as Dalits and indigenous women—experience in political settings (Rai, 2018; Bhandari, 2021). Additionally, the study critically explored existing policy interventions that has been emphasizing both quantitative outcomes and the qualitative dimensions of women empowerment, such as agency and autonomy (Collins, 2000; Acharya & Luitel, 2019).

3. Discussions and Findings

3.1. GEM in Global Context

GEM was a pioneering step toward evaluating gender equality globally. GEM's reliance on quantitative data—focusing on income, parliamentary representation, and employment—often fails to account for the nuanced social and cultural factors that influence women's empowerment across different contexts (Klasen, 2020). That is why Crenshaw (1989) developed intersectional approach in understanding the systems of oppression that affect marginalized groups, including women. This approach suggests that gender alone cannot explain women's experiences, but that the intersections of gender with other social categories like race, class, caste, and ethnicity profoundly shape their empowerment.

Recent studies emphasize the necessity of intersectionality in measuring gender empowerment across different global contexts. Kabeer (2016) points out that in many countries, including India and South Africa, the GEM framework fails to capture the compounded barriers faced by women who belong to marginalized racial, ethnic, or socio-economic groups. Women from lower castes, indigenous groups, and impoverished backgrounds often have less access to resources, lower representation in politics, and diminished decision-making power, despite constitutional or legislative reforms that aim to promote gender equality. Thus, applying intersectional lens of GEM provides a more detailed picture of the structural inequalities that continue to impede women's progress in different global contexts. For example, in Brazil, women of African descent face far more significant challenges in attaining economic independence and political representation than their white counterparts. This disparity is not reflected in the country's overall GEM score, which averages gender inequality at the national level without considering intra-group differences (Melo et al., 2021). Similarly, indigenous women in Canada

continue to face systemic discrimination in both economic and political domains, which remains invisible when focusing on broad, national GEM indicators (Fiske & Browne, 2021).

The Women's Empowerment in Agriculture Index (WEAI), for instance, is a multidimensional tool that measures women's control over agricultural resources, decision-making power, and autonomy. This index goes beyond income or employment data by incorporating qualitative measures that assess women's agency and capacity to make choices, a critical component missing in GEM (Alkire et al., 2013). Other scholars have proposed using a combination of quantitative and qualitative data to capture the holistic picture of gender empowerment. Klasen (2020) argues that focusing exclusively on numerical indicators, such as political representation or income levels, ignores the "lived experiences" of women, which are essential for understanding the broader context of empowerment. By incorporating qualitative data—such as women's perceptions of their own agency, their participation in household decision-making, and the socio-cultural norms that restrict them—researchers can gain a more comprehensive understanding of gender disparities.

Furthermore, the Global Gender Gap Index (GGGI) has been presented as an alternative to GEM. The GGGI measures gender disparities across four key areas: economic participation, educational attainment, health and survival, and political empowerment. Unlike GEM, the GGGI allows for a more nuanced understanding of gender inequalities and is more flexible in capturing diverse global contexts. However, like GEM, the GGGI still faces criticisms for its lack of intersectional focus and reliance on national averages, which can obscure disparities within marginalized groups (World Economic Forum, 2021).

Therefore, the measurement of gender empowerment at the global level requires a more intersectional and nuanced approach. Incorporating an intersectional approach and exploring alternative frameworks, such as WEAI and the GGGI, can provide a more accurate and comprehensive understanding of women's empowerment. These changes will allow for more targeted policy interventions that address the specific needs of diverse groups of women, fostering more equitable outcomes globally.

3.2. GEM in Nepalese Context

The scholars argue that GEM failed to capture the complex realities of women's empowerment, Caste, ethnicity, and socio-economic status of the women heavily influence gender relations. These limitations highlight the need for alternative approaches to better assess the empowerment of marginalized women, particularly

Dalits and indigenous communities, in political and economic spheres (Acharya & Luitel, 2019; Dahal, 2021).

The intersectional approach, as pioneered by Crenshaw (1989), focuses on how various axes of identity—such as caste, ethnicity, and socio-economic status—interact to create unique forms of discrimination. In Nepal, women from marginalized groups such as Dalits, Madhesi, and indigenous communities face compounded barriers that hinder their political and economic participation. Studies show that while women from these communities may achieve representation in legislative bodies due to constitutional mandates, their ability to effect policy changes or make decisions is severely constrained by patriarchal norms, caste discrimination, and political marginalization (Jha, 2020).

In this regard, GEM, which relies primarily on national averages, obscures the disparities experienced by women from different backgrounds. For instance, Bhandari (2021) notes that Dalit women face higher levels of exclusion from political participation and leadership roles compared to their upper-caste counterparts. This discrepancy highlights the need for intersectional measures that can account for the specific socio-cultural and economic barriers of women. By integrating intersectionality into the measurement framework, policymakers can better understand and address the systemic inequalities that hinder true empowerment (Shrestha & Lama, 2020). According to Kabeer (2005), empowerment cannot be fully understood through quantitative indicators alone; qualitative measures are needed to capture women's lived experiences and agency. In Nepal, socio-cultural barriers are deeply entrenched, quantitative measures such as income or political representation may not accurately reflect the level of empowerment. Woman holding a political office might still be constrained by patriarchal attitudes that prevent her from exercising her decision-making power (Acharya & Luitel, 2019).

For Nepal, incorporating qualitative insights such as women's perceptions of their own agency, their access to resources, and the socio-cultural constraints they face would offer a more holistic understanding of empowerment (Garbuja & Pasa, 2020). Hence, GEM in Nepal must move beyond the traditional framework. By accounting for the unique barriers that marginalized women face and integrating qualitative data on agency and autonomy, a more comprehensive understanding of women's empowerment can be achieved. This shift would not only reflect the complex realities of women in Nepal but also inform more effective policy interventions aimed at promoting gender equality across all segments of society.

By overlooking factors such as caste, ethnicity, and socio-economic status, these measurement tools fail to capture the systemic barriers that shape women's political

participation and empowerment (Shrestha & Lama, 2020). In the context of Nepal, women from marginalized groups—such as Dalits and indigenous communities—face compounded challenges that hinder their political engagement and empowerment. These challenges are not merely additive; they interact in ways that exacerbate inequalities, limiting the capacity of these women to influence political processes (Jha, 2020).

Women may occupy positions of power, but their ability to advocate for policies that reflect their needs can be severely limited by prevailing social norms and structural inequalities (Dahal, 2021). For instance, while Nepal has made strides in increasing women's representation in local governments, the actual decision-making power of these women often remains constrained by patriarchal attitudes and discriminatory practices (Acharya & Luitel, 2019). Furthermore, by understanding the unique barriers faced by different groups of women, policymakers can craft targeted interventions that address specific challenges rather than applying a one-size-fits-all solution (Mahmood, 2019). This tailored approach fosters inclusivity, ensuring that policies not only promote gender equality but also consider the diverse identities and experiences of women.

By integrating the complexities of gender, caste, ethnicity, and socio-economic status into measurement frameworks, we can gain a more accurate understanding of the realities faced by women. This approach not only enriches the discourse on women's empowerment but also informs the development of policies that address the issues of women empowerment. Crenshaw (1989) posits that understanding the interactions between various forms of discrimination—such as those based on race, gender, and class—is essential for developing effective policies that address the unique challenges faced by marginalized groups. The women may be legally represented in political structures, their ability to influence decision-making is often curtailed by systemic inequalities and cultural norms (Jha, 2020).

Additionally, an intersectional approach allows for a more crucial exploration of women's agency and participation. For example, Collins (2000) argues that measuring empowerment should extend beyond numerical representation to include the qualitative dimensions of women's political experiences. This perspective highlights that many women, especially those from marginalized backgrounds, encounter barriers that limit their participation, including lack of access to resources, societal stigma, and political marginalization (Acharya & Luitel, 2019). By incorporating intersectional frameworks, policymakers can better understand the distinct barriers faced by different groups of women and, consequently, design more targeted interventions that enhance their political participation (Dahal, 2021). This comprehensive approach not only promotes inclusivity but also enriches the

discourse on women's empowerment, ensuring that the voices of all women, particularly from marginalized communities.

4. Critical Reflection

This study reveals that GEM on national averages, fails to address the systemic inequalities that marginalized groups such as Dalits, indigenous women, and those from rural areas face. These findings align with prior critiques, including those by Kabeer (2005), who argue that GEM's reliance on quantitative metrics cannot adequately capture the socio-cultural barriers that affect women's political empowerment, such as patriarchy and caste-based discrimination (Jha, 2020).

The constitutional provisions for representing 33 percent women in legislative bodies remains challenging. Women from the Dalit and Madhesi communities continue to face caste-based and socio-cultural discrimination, which restricts their political participation and decision-making power (Rai, 2018). This study's cross-sectional analysis confirms that while GEM provides a macro-level understanding of gender disparity, it overlooks the micro-level experiences of women in different socio-cultural contexts. Bhandari (2021) also highlights this discrepancy, noting that GEM's inability to incorporate intersectionality limits its effectiveness in addressing the specific needs of disadvantaged women in Nepal.

A significant observation from the analysis is the role of entrenched gender stereotypes, which further inhibit women's empowerment in Nepal. As noted by K.C., Pasa, and Khatri (2022), gender stereotypes that define Nepali women's roles as primarily domestic and caregiving reinforce systemic inequalities. Women in Nepal often face expectations to prioritize household duties over public and political roles, a factor not adequately captured by GEM. These gender norms contribute to the limited agency and autonomy of women, especially those from marginalized communities. More so, the research highlights that vocational education and training play a critical role in empowering women, particularly in rural areas. Garbuja and Pasa (2020) emphasize that access to vocational skills enable women to participate in economic and political spheres. The study indicates that incorporating such qualitative dimensions—education, skills, and agency—into alternative measurement frameworks would offer a more meticulous understanding of women's empowerment beyond GEM's quantitative focus.

The intersectional approach employed in this study allows for the simultaneous analysis of various intersecting factors, shedding light on the diverse challenges facing by Nepalese women. Therefore, importance of incorporating intersectionality and addressing socio-cultural barriers to develop more inclusive policies helped to

empower women. In doing so, it helps to raise voices of women, including those from disadvantaged communities (Crenshaw, 1989; Collins, 2000).

5. Conclusion

This study advocates for a shift from traditional frameworks like the GEM to intersectional approaches in assessing women's empowerment in Nepal. By combining both quantitative and qualitative data, the research highlights how caste, ethnicity, and socio-economic status intersect to shape women's political participation. It underscores that while GEM provides useful national averages, it fails to capture the unique challenges faced by marginalized groups, such as Dalits and indigenous communities. An intersectional perspective is essential for crafting targeted, inclusive policies that address the compounded discrimination these women face, ultimately fostering more equitable political engagement and empowerment.

6. Policy Implications

This study highlights the need for a shift from the traditional GEM to intersectional frameworks in assessing women's political empowerment. Policymakers should adopt cross-sectional approaches that capture both quantitative and qualitative data to understand the specific barriers faced by marginalized women, particularly Dalits and indigenous communities. Alternative frameworks like the Women's Empowerment in Agriculture Index (WEAI) or the Gender Inequality Index (GII) provide a more comprehensive view of empowerment. Integrating an intersectional approach may help create inclusive policies that address the unique challenges and promote the active political participation of women in Nepal.

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Building Bridges, Not Silos: Fostering Collaboration between Social Innovators and Extension Workers for Inclusive Agriculture Transformation

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Abstract

Social innovators offer people-centered solutions that empower underrepresented communities, while extension agents have access to institutional resources and deep local experience. This research paper explores how collaboration between social innovators and extension agents can transform agricultural systems. The paper examines several barriers to collaboration, including a lack of communication, organizational silos, and inconsistent performance criteria. It proposes strategies to overcome these obstacles, such as fostering cross-sector partnerships, establishing knowledge-sharing platforms, and conducting group workshops that promote collaboration and understanding.

The research underscores that social innovation can help extension services become more responsive to the needs of the community whereas extension agents sustain social innovation by fostering community engagement, and establishing institutional networks. Moreover, by working together, social innovators and extension agents can develop more flexible and effective solutions to pressing global challenges, including food security, sustainable agriculture, and climate resilience. Beyond enhancing creativity and resource efficiency, collaboration ensures equitable and inclusive outcomes, involving marginalized populations and advancing sustainable development. The partnership between social innovators and extension agents strengthens mutual understanding, builds capacity, and drives meaningful, long-term change for the global and local communities including Nepal. Therefore, the findings can be a reference material to the policy makers and planners working for transforming Nepalese agriculture system.

Keywords: Social innovation, extension, collaboration, inclusive, agriculture transformation

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1. Introduction

In this changing social innovative context, it is more important than ever to build bridges across conventional divides and encourage cooperation. At the heart of this lies a dynamic relationship between social innovators and extension workers, for fostering agriculture transformation in global to local context. It takes a varied group of stakeholders working together effectively to address difficult societal issues and promote inclusive development. In particular, social innovators and extension agents have resources and experience that complement each other well and can be used to produce solutions that have a lasting effect (Hung et al., 2021). Implementing of synergistic strategy that capitalizes on each group's distinct strengths arises by bridging the gap between these two groups is inevitable.

Social innovation's emphasis on people-centered solutions and the empowerment of diverse stakeholders. It is promising approach for enhancing the impact of extension services as the world struggles with issues like poverty, inequality, and environmental degradation (Millard & Fucci, 2023). Designing beyond traditional solutions- is a fundamental tenet of social innovation (Steen, 2016). In order to do this, traditional top-down, expert-driven methods of extension must give way to more collaborative, participatory strategies that include communities as active participants in the innovation process.

Social innovation can assist in making sure that extension programs are more in line with the needs and goals of the communities (Steen, 2016). Thus, social innovators serve by bringing beneficiaries into the process directly and utilizing their life experiences. While extension workers have profound knowledge of local contexts, longstanding contacts with community people, and access to institutional resources, social innovators are frequently agile, experimental, and sensitive to the needs of marginalized populations (Diamond & Fisher, 1995). According to Rice et al. (2017) social innovators can result in solutions that are more responsive and holistic in nature. Social innovators could create new strategies to deal with urgent social issues like poverty, and extension workers can help by facilitating community involvement, offering vital on-the-ground support, and making sure these efforts are sustained.

The efficacy and efficiency of extension services can be increased by social innovators through the integration of cutting-edge technologies and creative techniques. For example, real-time information sharing and training for educators, farmers, and health workers can be facilitated by digital platforms (Chowdhury et al, 2014). By offering innovative and revolutionary answers to challenging social problems, social innovation has the power to completely change extension

procedures. Social innovators can improve the efficacy and reach of conventional extension services by bringing new ideas and approaches. In order to address today's issues in agriculture, health, education, and other areas, these innovations frequently involve using technology, encouraging community involvement, and advancing sustainable development methods (Mulgan, 2006). Therefore, it takes cooperation amongst various stakeholders to realize social innovation's potential advantages. Extension agents and social innovators each bring special talents and viewpoints and when they work together, they can forge synergies that will increase the effectiveness of their combined efforts. Cooperation that works may take use of different areas of expertise, make the best use of resources at hand, and create a culture that welcomes experimentation and idea sharing (Neumeier, 2012; Hartley et al., 2013). Stakeholders may minimize effort duplication and increase the effectiveness and reach of their activities by cooperating. By include a wide range of stakeholders, including underprivileged and marginalized populations, collaboration also guarantees that interventions are inclusive and equitable (Kania & Kramer, 2011). Thus, creating connections between extension agents and social innovators is crucial to attaining sustained and inclusive transformation, driving meaningful and lasting change in communities worldwide (Baker & Mehmood, 2015).

2. Methodology

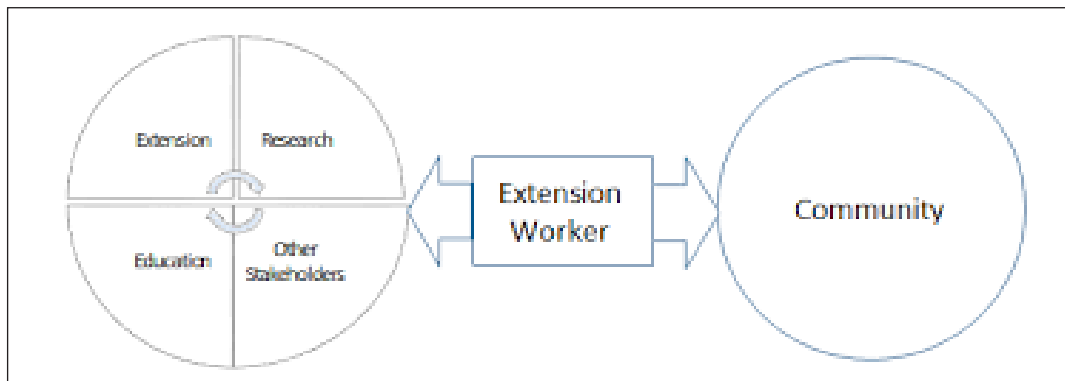
In order to examine collaborative tactics between extension workers and social innovators, this review paper's methodology consists of a theme analysis and a methodical literature evaluation. With a focus on concepts like "social innovation," "extension collaboration", "inclusive transformation", and "community engagement", a selection of relevant academic publications, books, and policy papers were analyzed using databases including JSTOR, Science Direct, and Google Scholar. To ensure comprehensive coverage, theoretical and empirical studies that address the benefits, challenges, and frameworks of collaboration were highlighted using inclusion criteria.

3. An Appraisal of Research Issue

3.1. Social Innovation

Soil innovation refers to the development and implementation of new methods, technologies, or practices aimed at improving soil health, fertility, and productivity. These innovations can include techniques for better soil management, sustainable agricultural practices, and the use of advanced technologies to monitor and enhance

soil conditions. Soil innovation aims to increase agricultural efficiency while minimizing environmental impact (Borrelli et al., 2020). A new approach to a social issue that is more just, sustainable, efficient, or effective than current ones and for which the value gained largely benefits society as a whole rather than specific people is known as social innovation (Phills et al., 2008). Extension workers, with their extensive community ties and hands-on experience, and social innovators, with their distinct viewpoints and creative methods, are ideally positioned to work together and make a long-lasting difference (Zuchowski et al., 2018). By creating connections between these complimentary fields, we can use the potential of cooperative efforts to address long-standing issues and promote long-lasting transformation. Research already conducted emphasizes the importance of these kinds of partnerships, stressing the possibility of revolutionary learning, the creation of fresh perspectives, and the spread of creative models (Enfield & Owens, 2009).



3.2. Extension Program

The front-line extension worker, sometimes known as an “agricultural advisor” or an “extension educator” in other contexts, is the main agent of change within agricultural extension services (Suvedi & Kaplowitz, 2016). The duties assigned to extension agents include creating, implementing, and assessing educational initiatives that meet the unique requirements of a wide range of clients (Hamisu, Umar, Isma’il & Gona, 2020). They collaborate as equal partners with farmers to achieve good improvements, playing a crucial role in agricultural and community development (Triastuti & Damanik, 2022). Extension workers, often referred to as agricultural extension agents or rural development officers, play a vital role in bridging the gap between agricultural research and the practical application of new technologies, techniques, and best practices by farmers and rural communities. They are the key link in the agricultural extension system, responsible for

empowering and supporting farmers to improve their knowledge, skills, and self-reliance (Rosnita et al., 2017).

4. Challenges and Barriers

Communication gaps and organizational silos frequently impede social innovators and extension workers' ability to collaborate. These silos are ingrained in organizational structures and are supported by different funding sources and operational missions. There is often little interaction between social innovators and extension workers because they work in different fields, which prevents them from knowing about and comprehending one another's work. For example, social innovators might be more concerned with developing novel approaches and utilizing state-of-the-art technology, whereas extension workers are more likely to be involved in sharing useful information and offering communities hands-on assistance (Mulgan, 2006). Different performance measures and reporting requirements might further worsen this alienation by encouraging competition rather than collaboration for scarce resources (Hartley et al., 2013). Ineffective communication can also be a major obstacle to productive teamwork. These disparities result from variations in terminology, vernacular, and modes of communication. Extension workers may misunderstand and misinterpret social innovators' use of language and concepts because they are unfamiliar with them (Neumeier, 2012).

Collaboration is further hampered by the disparate viewpoints and methods of social innovators and extension agents. Social innovators frequently place a high value on creative, scalable solutions that deal with systemic problems. They usually take chances, are adventurous, and want to have a large societal influence. However, extension agents typically take a more modest and pragmatic approach, focusing on the pressing needs of local populations and implementing tried-and-true methods (Westley et al., 2006). Tensions may arise from these divergent viewpoints because social innovators may consider extension workers to be change-resistant, while extension workers may consider social innovators to be unduly idealistic and detached from the actual world (Cajaiba-Santana, 2014).

These divergent strategies may also result in conflicts between objectives and moral principles. While extension workers may concentrate on short-term, attainable changes and the practical application of information, social innovators may emphasize long-term, revolutionary change and the employment of modern technologies (Pol & Ville, 2009). It may be challenging to create shared goals and cooperative plans as a result of this misalignment, which can lead to competing priorities and tactics. Furthermore, mistrust and perception problems can impede

cooperation even more since they can obstruct the development of mutual respect and understanding by fostering prejudices and predetermined beliefs about one another's responsibilities and skills (Ansell & Gash, 2008).

Paudel et al. (2023) highlighted both "social innovations" and "inclusive transformation" which are important in agrifood system. The factors enabling social innovation and barriers to social innovation developed the authors have inserted in below table:

Table 1: Motivating and Barriers to social innovation

Factors enabling/motivating social innovation	Barriers to social innovation
Conditioned by policy/ political factors	
Policy awareness about social innovation	Administrative and bureaucratic barriers to authorize and execute social initiatives
Policy awareness about social needs	
Government effectiveness	
Press freedom	
Political stability and democracy	
Economic/ resource factors	
Public social infrastructure	Economic situation doesn't allow generation of profit
Private spending	Over dependence on external donor/grant
ICT and overall infrastructure	Lack of technical efficiency
	Lack of financing structures
	Lack of access to information
Institutional/ Social/Cultural factors	
Gender equality	Lack of clear definition on social innovation
Human rights institution	Lack of confidence in social innovation building
Intersectoral collaboration	Passivity in society
Social impact	Risk aversion
Scalability and replicability of innovation	Lack of organizational learning and culture
Social learning	
Individual factors	
Interest in shared social needs	Resistance to change
Citizen's openness in risk taking	Distrust to innovators
Willingness towards change	Poorly developed skills
Leadership and training	Minds; Risk aversion
Membership in civil society	Lack of knowledge

4.1. Fostering Collaboration

In order to facilitate cooperation between extension workers and social innovators, strategies that support good communication, common objectives, and mutual understanding must be put into practice. Collaborative workshops and training initiatives can offer a forum for various parties to share insights, learn from one another's experiences, and establish mutual comprehension of their respective

responsibilities and methodologies (Lonsdale et al., 2017). According to Tenywa et al. (2011), the creation of online knowledge-sharing platforms can enhance ongoing communication and cooperation by enabling the exchange of case studies, best practices, and resources between the two groups. Encouraging cross-sector collaborations can also offer a complete support framework for joint activities, bringing together government agencies, non-governmental organizations, academic institutions, and business sector actors (Rodriguez-Pose & Wilkie, 2016). Sustaining these initiatives requires creating integrated policy frameworks that reward collaborations and offer funds for joint ventures (Baker & Mehmood, 2015). Participatory techniques to community engagement also guarantee that interventions are pertinent and sensitive to local needs, which increases the sense of ownership and sustainability (Sharma et al., 2014).

There are many advantages to working together between social innovators and extension workers to achieve inclusive transformation in the agriculture sector. These cooperative efforts can result in the development of more effective and flexible solutions, addressing complex challenges like food security, sustainable agriculture, and climate resilience. Social innovators' inventiveness and creativity are combined with extension workers' practical knowledge and local expertise (Westley et al., 2017). Furthermore, by combining financial, human, and technological resources, collaborative initiatives can maximize resource utilization and achieve higher levels of efficiency and effectiveness. Reaching more clients and addressing a wider range of issues may be possible as a result of cost savings and increased impact (Hartley et al., 2013).

All parties engaged in the production, processing, distribution, and consumption of food are included in the comprehensive transformation of an agrifood system. Comparable to social innovation, inclusive transformation is required to eliminate discrimination and inequality in all spheres of life, from production to consumption. Change is required in the agrifood system's revenue level, involvement level in the field, institution, market, and other sectors. One of the key issues that is drawing attention from academics, decision-makers, practitioners, governments and nongovernmental organizations, as well as other professionals and citizens, is social innovation. It is a novel idea that has to be explored and advanced. It is clear to take into account the power of farmer-led roles that drive inclusive transformation in order to narrow all kinds of divides in Nepal when social innovation is linked to the inclusive transformation of the agri-food system. This review attempts to determine how social innovations address inequality in the agri-food system with regard to income, gender, ethnicity, and land holding in the provincial contexts and through a variety of conceptual lenses. The state can reduce the disparities that currently exist

in the agri-food system with regard to income, gender, ethnicity, and land holding by implementing appropriate social innovation policies (Poudel et al., 2023).

5. Conclusion

Encouraging cooperation between extension agents and social entrepreneurs is crucial to transforming the agriculture system in a way that is inclusive. By combining collaborative workshops, knowledge-sharing networks, cross-sector alliances, and community-based participatory methods, it is possible to overcome current communication gaps and organizational silos and improve stakeholder collaboration. With the cooperation of extension agents and social innovators, there is a great opportunity to perform transformation in agriculture sector. If we can bridge the divide between these two groups, we can leverage innovation to address challenging societal concerns like food security, poverty, and climate change.

With their creative and disruptive strategies, social innovators can bring new life to traditional extension practices. However, because of their close relationships to local communities, extension agents can provide the on-the-ground support needed for social innovations to thrive. The benefits of such collaboration extend beyond enhanced innovation and resource utilization. Collaborative projects can ensure that interventions are inclusive and equitable, engaging marginalized and underserved communities and promoting sustainable development. By building capacities and fostering mutual understanding, collaboration can drive meaningful and lasting change, ultimately improving the well-being of communities worldwide. Therefore, deliberate efforts to promote and sustain collaboration between social innovators and extension workers are crucial for realizing the full potential of social innovation in transforming the agriculture system.

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पनौती भालेश्वर महादेव मन्दिर : एक अध्ययन एवं विश्लेषण

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१. सहायक प्राध्यापक, इन्द्रेश्वर क्याम्पस
२. शिक्षक, काठमाडौं युनिभर्सिटी हाइ स्कूल

सार

काभ्रेपलाञ्चोक जिल्ला अन्तर्गत पर्ने पनौती धार्मिक महत्व बोकेको तपोभूमि हो । पनौती कलाँती भूमिडाँडामा अवस्थित भालेश्वर महादेव मन्दिर पनि एक महत्वपूर्ण शक्तिपीठ हो । त्यसैले यस लेखमा भालेश्वर मन्दिरको वर्तमान अवस्था, मन्दिरको ऐतिहासिक धार्मिक सांस्कृतिक एवम् आर्थिक पक्षलाई केलाउने प्रयास गरिएको छ । यसका अतिरिक्त मन्दिरको संरक्षणमा स्थानीय व्यक्ति र सरोकारवाला निकायहरूको भूमिकालाई समेत प्रस्ट्याउने कोसिस गरिएको छ । यसका लागि गुणात्मक अध्ययन विधिको प्रयोग गरिएको छ । आवश्यक तथ्याङ्कहरू प्राथमिक तथा द्वितीय स्रोतहरूबाट सङ्कलन गरिएको छ । प्राथमिक स्रोत अन्तर्गत सम्बन्धित क्षेत्रको स्थलगत अवलोकन र सरोकारवाला स्थानीय जानकारहरू लगायत तीर्थालु भक्तजनसँग अन्तर्वार्ता लिइएको छ । द्वितीय स्रोतका रूपमा विभिन्न सन्दर्भ पुस्तक, पत्रपत्रिकालाई उपयोग गरिएको छ, संकलित तथ्याङ्कलाई केलाउँदा भण्डै २०० वर्षभन्दा पुरानो पौराणिक महत्व बोकेको वास्तविक भालेश्वर मन्दिर यही नै हो भन्न सकिन्छ । त्यसैले यस मन्दिर परिसरमा गरिने धार्मिक तथा सांस्कृतिक गतिविधिहरूलाई स्थानीय जीविकोपार्जनसँग जोड्नु आवश्यक छ । मन्दिरको संरक्षण र प्रचारप्रसारका लागि भालेश्वर संरक्षण एवं विकास समिति बनाई मन्दिरको व्यवस्थापनमा लाग्नुपर्ने देखिन्छ । त्यस्तै स्थानीय सरोकारवाला निकायहरूले समेत उल्लेखनीय भूमिका निर्वाह गर्नु आवश्यक छ ।

शब्दकुञ्जी: पनौती, भालेश्वर, रोशी, धार्मिक पक्ष, सांस्कृतिक पक्ष, आर्थिक पक्ष

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१०. विषय प्रवेश

काठमाडौं उपत्यकाबाट करिव ३५ कि.मि को दूरीमा अवस्थित पनौती भौगोलिक रुपमा सानो उपत्यकाको रुपमा रहेको छ । पनौती धार्मिक एवं पौराणिक महत्व बोकेको एउटै ठुङ्गामाथि अवस्थित स्थानका रुपमा परिचित छ । महाभारत कालमा पनौती क्षेत्रमा पाँच पाण्डवहरूले वनवास बसेको किंवदन्ती पाइन्छ भने पाँचपाण्डव पत्नी द्रौपदीको नाममा द्रोपदा मन्दिर यसै क्षेत्रमा रहेको छ (लाकोजू, २०६५) । त्यस्तै नमोबुद्धको जन्म पनि पनौतीमै भएको थियो । समग्रमा पनौती जात्रा, पर्व, कलाकौशल, किंवदन्ती, ऐतिहासिकता प्राचीनता र संस्कृतिले सुसम्पन्न प्रसिद्ध पावन तपोभूमि हो । पौराणिक महत्व बोकेको पवित्र तपोभूमि पनौती देवी देवताको वास रहेको पावन क्षेत्र पनि हो । प्राचीन नाम पाञ्चाल रहेको प्राचीनता बोकेको पनौतीमा लिच्छवीकालीन राजा मानदेवदेखि आधुनिक नेपालका निर्माता पृथ्वीनारायण शाहले यात्रा गरेको कुरा इतिहासमा उल्लेख गरेको भेटिन्छ । देवमाला वंशावलीमा उल्लेख भएअनुसार राजा आनन्ददेवले छरिएका ससाना गाउँहरूलाई जोडेर पनौती निर्माण गरेको कुरा उल्लेख गरिएको पाइन्छ । नेपालको एकीकरणकर्ता राजा पृथ्वीनारायण शाहले वि.सं १८२० कार्तिक ११ गते सोमबार पनौतीलाई आफ्नो कब्जामा लिएका थिए (भण्डारी, २०२६) । यहाँ प्राचीन र मध्यकालीन काष्ठकला र मूर्तिकलाले सजिएका मठमन्दिरहरू समेत प्रशस्तै रहेका छन् ।

हाल विश्वसम्पदा सूचीमा सूचीकृत हुने प्रक्रियामा रहेको पनौती सांस्कृतिक स्मारक क्षेत्रका रुपमा पनि चिनिन्छ । प्रशासनिक रुपमा गाउँ पञ्चायत, गाउँ विकास समिति हुँदै २०५३ सालमा पनौती आसपासका ६ ओटा गा.वि.स. लाई मिलाएर पनौती नगरपालिका बनेको थियो । त्यस्तै २०७२ सालको संविधान जारी भएपछि रयाले, कुशादेवी, कलाँती भूमिडाँडा, बल्थली, शारदा बतासेको ३,४,९ र शंखुपाटी चौरको ४ नं वडा समेत जोडेर पनौती नगरपालिका पुनसंरचित भएको थियो । पनौती समुद्रसतहबाट करिव १४०० मिटरको उचाइमा रहेको छ । महाभारत पर्वत शृङ्खलाको काखमा रहेको पनौतीमा समशीतोष्ण हावापानी पाइन्छ । प्राकृतिक स्रोत साधनले सम्पन्न मानिने पनौती क्षेत्र उर्वर खेतीयोग्य जमिन, जल र जङ्गलले सुशोभित छ । धार्मिक सांस्कृतिक र पर्यटकीय सम्भावनाले भरिएको पनौतीमा रोशी खोलाको पानीबाट २०२१ सालमा पनौती जलविद्युत् गृहको निर्माण भई २४०० किलोवाट क्षमताको विद्युत्समेत उत्पादन भईरहेको छ । हाल पनौतीले सानो पुरानो सहरलाई मात्र नबुझाएर ग्रामीण वस्तीले समेटेको ठूलो भूगोललाई बुझाउँछ तर पुण्यमाता र रोशी खोलाको नदीकिनारको दोभानमा रहेको पुरानो वस्तीलाई खास पनौतीका रुपमा चिनिन्छ ।

ग्रामीण क्षेत्र अधिक भएकोले पनौती नगरपालिकामा घना जनसङ्ख्या छैन । २०७८ सालको जनगणनाअनुसार पनौती नगरपालिकामा ५६,३२९ जनसङ्ख्या रहेको छ । यस नगरपालिकाभित्र अन्य जातिको सङ्ख्या कम भए पनि ब्राम्हण, क्षेत्री, नेवार र तामाङ जातिको बाहुल्यता रहेको छ । पनौती खासगरी यहाँको प्राचीनता, कलाकौशल, ऐतिहासिकता, जात्रापर्व र संस्कृतिले प्रसिद्ध छ । १२ वर्षे मकरमेला जस्ता मेला र देवनाच जस्ता अनेकौँ नाचले प्रसिद्ध छ । यहाँका मानिसहरू जीवन निर्वाहाका लागि कृषि, व्यापार, सरकारी तथा गैरसरकारी क्षेत्रहरू लगयत वैदेशिक रोजगारलगायत नोकरीमा आवद्ध छन् ।

२ स्थानीय मन्दिरहरू

पनौती नगरपालिकाका १२ ओटै वडाहरूमा विभिन्न मठ मन्दिरहरू रहेका छन् (पनौती नगरपालिका, ०८०/०८१) । यहाँको वडा नं १ मा फुल्चोकी मन्दिर, वाघभैरव मन्दिर, छुयोलिङ गुम्बा रहेका छन् । त्यस्तै वडा नं २ मा कुशादेवी मन्दिर, बैरामहादेव मन्दिर, कृष्ण मन्दिर र उत्पतेश्वर महादेव मन्दिर रहेका छन् । त्यस्तै वडा नं ३ को पुछारीमा पशुपति मन्दिर र गौखुरेश्वर मन्दिर छन् । यसैगरी वडा नं ४ मा भीमसेन मन्दिर, पशुपति मन्दिर, संसारीदेवी मन्दिर, इच्छेश्वर महादेव मन्दिर, महाकाल मन्दिर रहेका छन् । त्यस्तै वडा नं ५ मा प्रसिद्ध धनेश्वर महादेव मन्दिर, धनेश्वर, श्वेत गणेश मन्दिर, चौकोट, जलेश्वर मन्दिर, चौकोट, कालीदेवी मन्दिर, चौकोट, विन्धवासिनी धाम मन्दिर, नैकिन्टार, मुक्तिनाथ मन्दिर, बाँसघारी, सेतीदेवी मन्दिर, बाँसघारी, महाकाली मन्दिर नैकिन्टार रहेका छन् । त्यस्तै वडा नं ६ मा गोरखनाथ मन्दिर, ब्रह्मायणी मन्दिर र सप्तऋषि मन्दिर रहेका छन् ।

यसैगरी ७ नं वडा प्राचीन पनौती सहर भएको वडा हो । यस वडामा स्मारक क्षेत्रसमेत पर्दछ भने काष्ठकला, मूर्तिकला र वास्तुकलाको त्रिवेणीसमेत रहेको छ । यस वडामा प्राचीनता बोकेका अनेक मन्दिरहरू रहेका छन् । इन्द्रेश्वर महादेव मन्दिर यस वडाको सबैभन्दा आकर्षक र ठूलो मन्दिर हो भने अन्य मन्दिरहरूमा उन्मत्त भैरव, सूर्यनारायण, उमामहेश्वर, कृष्णनारायण, वंशगोपाल, विश्वेश्वर, लक्ष्मीनारायण, माधवनारायण, सत्यनारायण, पूर्णागिरिमहादेव, विश्वरूप, मत्स्यनारायण, सङ्कटा, केदारनाथ, बद्रीनाथ, मुक्तेश्वर, वासुकीनागराज, काठगणेश, कार्यविनायक, जलविनायक, सूर्यविनायक, ब्रह्मायणी, मानेश्वरी, शीतलामाई, मच्छैनारायण, वत्सलादेवी लगायतका अन्य मन्दिरहरू रहेका छन् । यसैगरी वडा नं ८ मा महाकाल मन्दिर, कालीदेवी मन्दिर, महालक्ष्मी मन्दिर, ज्वालामुखी मन्दिर, राधाकृष्ण मन्दिर, सिकारीदेवी र संसारीदेवी मन्दिर रहेका छन् ।

यस्तै वडा नं ९ मा शारदादेवी मन्दिर, भीमसेन मन्दिर, भैरव मन्दिर, श्रीकृष्ण मन्दिर, संकटा मन्दिर, दुर्गा मन्दिर, जागेश्वर महादेव मन्दिर, बुढा माँहाकाल, पलाञ्चोक भगवती मन्दिर आदि महत्वपूर्ण मन्दिर रहेका छन् । यसैगरी वडा नं १० मा फडकेश्वर महादेव मन्दिर, डोलेश्वर महादेव मन्दिर, कमलादेवी, द्रौपदादेवी, कालिकादेवी, सहकाली, भुटनदेवी, कृष्ण मन्दिर, द्रोपदेश्वर महादेव मन्दिर, उर्गेन गुम्बा र मठहरू रहेका छन् । यस्तै वडा नं ११ बल्यलीमा १०८ फिट अग्लो त्रिशुल रहेको लङ्केश्वर महादेव मन्दिर, कमलादेवी मन्दिर, काशी विश्वेश्वर मन्दिर, गणेशस्थान मन्दिर रहेका छन् । त्यस्तै वडा नं १२ कलाँती भूमिडाँडामा भालेश्वर महादेव मन्दिर र इन्द्रादेवी मन्दिर रहेका छन् ।

स्थानीय मन्दिरहरूमध्ये धनेश्वर महादेव मन्दिर धनेश्वर, इन्द्रेश्वर महादेव मन्दिर पनौती, भालेश्वर महादेव मन्दिर कलाँती भूमेडाँडा रोशी बजार, लङ्केश्वर महादेव मन्दिर बल्यलीले विशेष महत्व बोकेका छन् । खासखास जात्र पर्वहरूमा यी मन्दिरहरूमा धर्मावलम्बीहरूको विशेष घुइँचो लाग्ने गर्दछ । खास गरी तीज, धान्य पूर्णिमा, शिवरात्रि, हरिवोधनी एकादशी, बालाचतुर्दशी आदि पर्वहरूमा लाग्ने मेलाले यी मन्दिरहरूलाई विशेष बनाएको देखिन्छ । त्यसैले यस लेखमा यिनै विशेष मन्दिरहरूमध्ये भालेश्वर महादेव मन्दिरको ऐतिहासिक, धार्मिक, सांस्कृतिक तथा आर्थिकपक्षको अध्ययन एवं विश्लेषण गरिएको छ ।

३ भालेश्वर महादेव मन्दिर

भालेश्वर महादेव मन्दिर पनौती बजारबाट साँढे २ कि.मि. को दूरीमा रहेको छ। यो मन्दिर महाभारत पर्वत श्रृङ्खलाको फुलचोकीको दायाँ र बायाँबाट आरम्भ हुने रोशी (रोस्मती) र लीलावती नदीको संगमस्थल साँगैको पहराबाट निस्कने सुखसरावती नदीको संगमस्थल त्रिवेणीमा अवस्थित छ। शास्त्रानुसार दक्षप्रजापतिले आयोजना गरेको यज्ञमा आफ्ना पति महादेवलाई नबोलाएकोमा अपमानित महसुस गरी दक्षप्रजापतिकी छोरी सतीदेवीले यज्ञकुण्डमा हामफाली देह त्याग गरेपछि पत्नी वियोगमा विह्वल भएका महादेवले पत्नीलाई काँधमा बोकेर हिँड्ने क्रममा रोस्मती, लीलावती र सुखसरावती नदीको संगमस्थलमा पुग्दा सतीदेवीको निधार (भाल) पतन भएको भन्ने तथ्य हिमवत् खण्डको अध्याय ९८ र ९९ मा उल्लेख भएको छ (माधव जंगम, पुजारी)। यसै स्थानमा सतीदेवीको भाल पतन भएकोले भालेश्वर महादेव उत्पत्ति भएको चर्चा हिमवत् खण्डमा गरिएको छ।

किंवदन्तीअनुसार स्वर्गकी अप्सरा रम्भालाई सुमुख नामको गन्धर्भले कामवासनाले हेरेपछि रम्भा क्रोधित भई श्राप दिएपछि सुमुख श्रापका कारण स्वर्गबाट पृथ्वीमा खस्यो। सुमुख गन्धर्भ रोस्मती, लीलावती र सुखसरावती नदीको संगममा तपस्या गरिरहेका बेला गालव नामका ऋषिलाई भेटी श्रापबाट मुक्तिको याचना गर्‍यो। ऋषिले केही माथि थुम्कोमा भालेश्वर महादेवको शिवलिङ्गमा भक्तिपूर्वक नित्य पूजा गर्‍यौ भने महादेव प्रशन्न भई वरदान दिनुहुन्छ भनेपछि महादेवले दर्शन दिएर मुक्त गरेको चर्चा हिमवत् खण्डमा गरिएको पाइन्छ। यसरी सुमुख गन्धर्भले स्वच्छ भावले महादेवको तपस्या गरी आफ्नो इच्छा पूरा गरेको आधारमा भालेश्वर महादेवलाई स्वच्छ मनले निष्ठापूर्वक कामना गरेपछि मनले चिताएको पुग्छ भन्ने जनविश्वास आज पनि रहेको छ।

त्यस्तै जनश्रुति अनुसार एकदिन कुनै बटुवा भग्नावशेषमा पुरिएको शिवलिङ्गमाथि आगो बालेर खाना पकाउने क्रममा बटुवाको खाना पकाउन बसालेको भाँडो पटकपटक घोटिएपछि रिसले भात चलाउने पन्युँले भुईँमा हिराउँदा त्यस स्थानबाट रगत बगेपछि खनेर हेर्दा भालेश्वर महादेवको शिवलिङ्ग पत्ता लागेको भन्ने भनाइ रहेको छ। बटुवाले पन्युँले हानेकोले शिवलिङ्गको एकातिरको भाग काटिएको जस्तो देखिन्छ।

भालेश्वर महादेव मन्दिर शिखर शैलीमा निर्माण गरिएको छ। पुरानो भई भत्किएको भालेश्वर महादेव मन्दिर २०५६ सालमा इँटाबाट पुननिर्माण गरिएको छ। मन्दिरमा सेतो रङ पोतिएको छ भने मन्दिरको दुई भागमा सुनौलो रङ लगाइएको छ। तामाको गजुरमा सुनौलो रङ लगाइएको छ। तामाको छाना लगाइएको यस मन्दिरमा छानाको चार सुरबाट चार ओटा नाग जमिनतिर फर्काएर राखिएको छ। मन्दिरको पूर्वदिशामा हनुमान्को छाता ओढेको (अर्धकद) बसेको मूर्ति राखिएको छ। महादेव मन्दिरभित्र भालेश्वर महादेवको शिवलिङ्गका साथै तामाको चतुर्मुख पनि रहेको छ। साथमा गणेश, सरस्वती र हनुमानका मूर्तिहरू पनि मन्दिरभित्र रहेका छन्। मन्दिरका भित्तामा विष्णु र भैरवका आकृति देख्न सकिन्छ। मन्दिरको वरिपरि बत्ती बाल्न ढलोटका पाला राखिएको छ भने मन्दिरको मूलढोका अगाडि दुवैतिर सिंहका प्रस्तर मूर्ति राखिएका छन्।

भालेश्वर महादेव मन्दिरको मूल प्रवेशद्वार २०५७ सालमा निर्माण भएको हो । यो मूलद्वारबाट भित्र गएपछि भालेश्वर महादेव मन्दिर परिसरमा प्रवेश गरिन्छ । मन्दिरको प्राङ्गणमा पुगेपछि २०५६ सालमा पुनः निर्माण भएको भालेश्वर महादेव मन्दिर देखिन्छ । मन्दिरको प्राङ्गणमा ढुङ्गा छापिएको छ । मन्दिरको पूर्वपट्टी खरीको ठूलो वृक्ष छ भने यसै दिशामा पारिजात र रुद्राक्षका वृक्ष पनि रहेका छन् । मन्दिरको पूर्वी दिशामा तीर्थालुहरूले विश्राम लिनका लागि तीन ओटा प्रतीक्षालय निर्माण गरिएका छन् । मन्दिरको दक्षिण पश्चिम भागमा चार ओटा धर्मशाला र भजनपाटी रहेका छन् ।

भालेश्वर महादेव मन्दिरको उत्तर पश्चिम दिशामा गणेश र सरस्वतीको मन्दिर निर्माण गरिएको छ । मन्दिरको पश्चिमतर्फ कुण्ड छेवैमा ६४ ओटा शिवलिङ्ग स्थापना गरिएको छ । त्यसको नजिकै बृहानिलकण्ठ विष्णु भगवान्को मूर्ति पनि रहेको छ । भालेश्वर महादेव मन्दिरको पश्चिमतर्फ नै शिला र पित्तलको वसाहा मन्दिरतर्फ फर्की बसेका छन् । मन्दिरको यसै दिशामा २०७३ सालमा स्थानीय समाजसेवीबाट राधाकृष्णको मन्दिरसहित मूर्ति स्थापना गरिएको छ । मन्दिरको दक्षिण दिशामा भालेश्वर महादेव गुठी सञ्चालन गर्ने (जयन्त सिङ्ग र हेमन्त सिङ्ग) भक्तहरूको शिला राखिएको छ ।

४. अध्ययनको उद्देश्य

भालेश्वर महादेव मन्दिरको वर्तमान अवस्था लगायत ऐतिहासिक, धार्मिक, सांस्कृतिक एवम् आर्थिक पक्षमा यस मन्दिरले पुर्‍याएको योगदान उजागर गर्नु यस लेखको मुख्य उद्देश्य हो । त्यस्तै यस मन्दिरको व्यवस्थापनमा रहँदै आएको स्थानीय समाजसेवी लगायत सरोकार पक्षको भूमिका विश्लेषण गर्नु पनि अध्ययनको उद्देश्य रहेको छ ।

५. अध्ययन विधि

प्रस्तुत लेखका लागि आवश्यक पर्ने सामग्रीको स्रोतका लागि गुणात्मक विधि अवलम्बन गरिएको छ (श्रेष्ठ, २०२२) । यस अन्तर्गत प्राथमिक स्रोतका रूपमा सम्बन्धित क्षेत्रको स्थलगत अवलोकन (Creswell & Creswell, 2018) र मन्दिरसँग सरोकार राख्ने व्यक्तिहरूसँग अन्तर्वार्ता लिइएको छ (Mason, 2018) । त्यस्तै द्वितीय स्रोतका रूपमा पुस्तकहरू पत्रपत्रिकालगायतका सामग्रीहरू उपयोगमा ल्याइएको छ । यिनै उपलब्ध सामग्रीहरूका आधारमा लेखलाई वर्णनात्मक ढाँचामा विश्लेषण गरिएको छ ।

६. अध्ययनको नतिजा

६.१. ऐतिहासिक पक्ष

भालेश्वर महादेवको शिवलिङ्गाले पौराणिक कालकै इतिहास बोकेको अनुमान गर्न सकिन्छ । दक्ष प्रजापतिको अपमान सहन नसकेर देह त्याग गरेकी सतीदेवीको शरीर बोकेर पृथ्वी भ्रमण गर्दा सतीदेवीको भाल अर्थात् निधार पतन भई भालेश्वर महादेव उत्पन्न भएको तथ्य हिमवत् खण्डमा उल्लेख भएको आधारमा भालेश्वर महादेवको ऐतिहासिकता बुझ्न सकिन्छ । त्यस्तै यात्राका क्रममा

यस स्थानमा बास बस्न पुगेका बटुवाहरूले खाना पकाउने क्रममा खाना बसालेको भाँडो घोटिएपछि रिसले पन्युँले हिकार्उँदा रगत निस्की सो पश्चात खनेर हेर्दा शिवालङ्ग काटिएको जस्तो देखिएको भन्ने जनश्रुतिका आधारमा पनि प्राचीन र एकमात्र भालेश्वर महादेव यही नै हो भन्ने आधार पुग्छ । त्यस्तै मन्दिरको पुरानो संरचना हेर्दा मन्दिर करिव २ सय वर्ष पुरानो भएको अनुमान लगाउन सकिन्छ । स्वामी प्रपन्नाचार्य, माधव भट्ट जस्ता धार्मिक र आध्यात्मिक व्यक्तिहरूले दर्शन र पूजाआजा गरेको आधारमा पनि वास्तविक भालेश्वर मन्दिरको ऐतिहासिकता पुष्टि हुन्छ । भालेश्वर मन्दिर अन्यत्र पनि हुन सक्छन् तर १८१४ ताका निर्माण भएको आधारमा वास्तविक भालेश्वर मन्दिरको ऐतिहासिकतालाई पुष्टि गर्ने अर्को आधार हुन सक्छ । त्यसै गरी यस मन्दिरमा २०१५ सालदेखि निरन्तर साँभबिहानको नित्य पूजा गर्दै आएका पुजारीले वि.सं १८७१-०७९ तिर भालेश्वर महादेव मन्दिरको निर्माण भएको हुन सक्ने तर्क प्रस्तुत गरेका आधारमा पनि यो मन्दिरको प्राचीन ऐतिहासिकता भल्किन्छ ।

हाल भालेश्वर महादेव मन्दिरको नाउँमा करिव ४५ रोपनी जग्गाको गुठी व्यवस्था गरी नित्य पूजा चलाईदै आएको छ । २०५४ सालमा पुरानो भएर भत्किएको यो मन्दिर २ वर्षपछि २०५६ सालमा स्थानीयवासीको अगुवाईमा सप्ताह लगाई सडकलित दान दक्षिणाका आधारमा मन्दिरमा तामाको छाना राखी रङरोगन गरेपछि आजको स्वरूपमा भालेश्वर महादेव मन्दिर रहेको छ । यसरी उल्लिखित किंवदन्ती, जनश्रुती र तिथिमितिका आधारमा भालेश्वर महादेव मन्दिर प्राचीन मन्दिर हो भन्ने आधार प्रस्तुत गर्न सकिन्छ ।

६.२ धार्मिक पक्ष

भालेश्वर महादेव एक पावन शक्तिपीठ हो । त्यसैले यहाँ पुग्ने हरेक तीर्थयात्री आफूले चाहेको इच्छा पूरा भएको धारणा व्यक्त गर्दछन् (Jain, 2016) । यस मन्दिरमा दर्शन र पूजाआजा गरेपछि मनले चाहेको इच्छा पूरा हुन्छ (Smith, 2016) भन्ने जनविश्वास समेत रहँदै आएको छ ।

धेरै ठाउँमा उपचार गर्दा पनि निको नभएको रोग भालेश्वर महादेवको दर्शन गरेपछि निको भएको कुरा अन्तर्वार्ताका क्रममा एकजना भक्तले बताए । त्यस्तै अचानक बोली बन्द भएर अनेक उपाय गर्दा पनि बोली नआपछि यस मन्दिरको दर्शन गरेको ३५ औं दिनमा अचानक बोली आएको र ६५ औं दिनदेखि निरन्तर पूर्ववत् बोल्न सकिरहेको भनेर अर्का भक्तले बताए । यसैगरी अन्तर्वार्ताकै क्रममा काठमाडौंका हिँड्न नसक्ने एक वृद्धले अरुको सहारामा यस मन्दिरको दर्शन गर्न आएको र मन्दिरभित्र प्रवेश गरेर अरुकै भरमा तीन पाइला हिँडेपछि विना साहारा पूर्ववत् हालसम्म आफैं हिँड्न सकेको कुरा अर्का तीर्थयात्रीले बताए ।

यसरी उल्लिखित घटनाका आधारमा भालेश्वर महादेव एक शक्तिपीठ हो । स्वच्छ मनले दर्शन पूजाआजा गरेपछि आफ्नो मनोकांक्षा पूरा हुन्छ भन्ने धार्मिक विश्वास आज पनि जीवन्त बनेर जनमानसमा रहेको छ ।

६.३ सांस्कृतिक पक्ष

त्रिवेणी गन्दर्भघाटसँगै भालेश्वर महादेव मन्दिर रहेकोले यसको सांस्कृतिक महत्व अझ ठूलो छ । सुखसरावती, रोशमती र लीलावती तीन वेणीको संगम स्थलमा त्रिवेणी घाट रहेको छ । सुमुख नामको गन्दर्भले तपस्या गरेको स्थान भएकोले यसलाई गन्दर्भ घाट पनि भनिन्छ । धार्मिक र सांस्कृतिक एकता वृद्धिमा भालेश्वर मन्दिरले योगदान गरेको छ । यहाँ सबैजात र धर्म सम्प्रदायका मानिसहरू दर्शनका लागि पुग्ने गरेको पाइन्छ । यस मन्दिरमा विशेषगरी शिवरात्रि, बालाचर्तुदशी, तीजमा भक्तजनको घुइँचो लाग्ने गर्दछ । माघ महिनामा त्रिवेणीमा मकर नुहाउने र भालेश्वर महादेवको पुजाआजा गर्ने कार्यमा महिनाभरी नै मानिसहरूको आवतजावत भइरहन्छ ।

यसै गरी श्रावण महिनामा पनि बोलबम तीर्थाटन गर्नेहरूको भिड लाग्ने गर्दछ भने श्रद्धालु भक्तजनहरू महिनाभरी नै मन्दिर धाइरहेका देखिन्छन् । आफ्ना पितृहरूका नाममा लाखबती बाल्ने, रुद्री लगाउने जस्ता कार्य पनि मन्दिरमा हुने गरेको छ । कहिलेकाहीँ तीर्थ श्राद्ध गर्नेहरू पनि भेटिन्छन् । विवाह, व्रतबन्ध जस्ता संस्कारका लागि पनि मन्दिरमा भक्तजनहरू आउने गर्छन् । समग्रमा महिनामा चार पाँच ओटासम्म धार्मिक सांस्कृतिक अनुष्ठान हुने गरेको भनाइ मन्दिरका मुख्य पुजारीश्री माधव जंगमको रहेको छ । तसर्थ प्राचीन मठमन्दिरको अध्ययन गर्न चाहनेहरूका लागि भालेश्वर महादेव मन्दिर अध्ययनको विषयवस्तु पनि हुन सक्दछ ।

६.४ आर्थिक पक्ष

जहाँ मानिसहरूको आवागमन बढी हुन्छ त्यस ठाउँमा आर्थिक क्रियाकलाप पनि बढी नै हुने गर्दछन् । भालेश्वर महादेव मन्दिरमा पनि सांस्कृतिक, धार्मिक मेलापर्वहरूमा तीर्थालुहरूको भिडलाग्दा आर्थिक कारोवार र आर्थिक क्रियाकलापमा वृद्धि हुँदै गैरहेको देखिन्छ । तीर्थालुको विशेष आवागमन बढी हुने पर्वहरू जस्तो शिवरात्रि, तीज, श्रावण, माघ महिनामा लाग्ने मेलामा मन्दिर वरिपरि पुष्प व्यापारी र पूजासामग्री बेच्नेहरू भेटिन्छन् । बाहिरी मानिसहरूको आवतजावतले स्थानीय पसल तथा खाजाघरहरूमा आर्थिक क्रियाकलाप क्रमशः वृद्धि हुँदै गइरहेको छ । यस क्षेत्रमा हुने धार्मिक सांस्कृतिक पर्व केन्द्रित व्यापारलाई बढ्दा दिन मन्दिर नजिक व्यापारिक स्थलहरू निर्धारण गरेर स्थानीय व्यापारलाई प्रोत्साहन गर्नु पर्ने धारणा स्थानीय व्यापारीहरूको रहेको छ ।

मन्दिर वरिपरि धर्मशाला बनाएर तीर्थालुहरूलाई राख्न सकेमा अर्थ सङ्कलन गर्न सकिन्छ । आन्तरिक तीर्थपर्यटनलाई प्रवर्द्धन गर्न भालेश्वर महादेव मन्दिरलाई गन्तव्य स्थल बनाउन सकिन्छ । भालेश्वरलाई धार्मिक पर्यटन र योग पर्यटनसँग जोड्न सकेमा राम्रो आर्थिक उपार्जन गर्न सकिन्छ । भालेश्वर मन्दिर परिसरमा ध्यान केन्द्र स्थापना गर्ने हो भने साँझ विहान अझ धेरै भक्तहरूलाई मन्दिरसम्म ल्याउन सकिने विचार एक स्थानीय महिलाको रहेको छ । ध्यान पर्यटन, तीर्थ पर्यटन र योग पर्यटनले एकसाथ भालेश्वर मन्दिरलाई जोड्न सकियो भने स्थानीयको आर्थिक अवस्थामा सुधार ल्याउन सकिन्छ । स्थानीय उत्पादन कला र सिपलाई समेत विस्तार गर्न सकिन्छ । भालेश्वर मन्दिरमा आउने भक्तजनका

लागि अन्य पर्यटकीय पदमार्ग पहिल्याई प्राकृतिक सुन्दरताको समेत अवलोकन गराउन सकियो भने स्थानीयवासीको आर्थिक अवस्थामा सुधार ल्याउन सकिने विचार स्थानीय समाजसेवीहरूको रहेको छ । समग्रमा देवीदेवताले पाइला टेकेका धार्मिकस्थानहरूमा धार्मिक पर्यटन हुने गरेको (खतिवडा र दाहाल, २०६७) यस मन्दिरलाई पनि तीर्थयात्रीहरूको गन्तव्यस्थल बनाउन सकिन्छ ।

६.५. मन्दिर व्यवस्थापनमा स्थानीयको भूमिका

स्थानीय स्तरमा रहेका धार्मिक सम्पदाहरूको संरक्षण गर्ने दायित्व स्थानीयहरूकै हो (Bhandari, 2012) । भालेश्वर महादेव मन्दिर आजसम्म स्थानीय नागरिकहरूकै रेखदेखमा संरक्षित छ । मन्दिरको पुनः निर्माणमा स्थानीयहरूकै सहभागितामूलक योगदान रहेको थियो । मन्दिर परिसरलाई थप आकर्षक बनाउन मन्दिर वरिपरि पाटी, धर्मशाला बनाउन २०६३, २०६७ र २०७५ सालमा मन्दिर परिसरमा सप्ताह महापुराण लगाइएको थियो । सो सप्ताह महापुराणमा सङ्कलित रकमबाट मन्दिर परिसरमा ढुङ्गा छाप्ने, रङ्दोगन गर्ने, पाटी धर्मशाला र प्रतीक्षालय बनाउने कार्य गरिएको थियो ।

जम्मा ३ जना गुठियारबाट १७ रुपैयाँ सङ्कलन गरी सुरु गरेको शिवरात्रि पर्व मनाउने परम्परा हाल ४५ सय रुपैयाँबाट शिवरात्रि पर्वसँग सम्बन्धित कार्य हुने गरेको छ । यो रकम एउटा पर्व चलाउन पनि अपुग छ । दैनिक पूजाआजाबाट मन्दिरमा खासै दक्षिणा सङ्कलन नहुने र सङ्कलन भएको दक्षिणाबाट दैनिक पूजासामग्री किन्न मात्र पुग्ने भएकाले मन्दिर संरक्षण र पूजापर्व चलाउन एउटा दिगो आम्दानीको स्रोत खोजी गर्नुपर्छ भन्ने धारणा एक स्थानीय शिक्षकको रहेको छ । गुठीको आम्दानीबाट मन्दिरको पूजापर्व चालाईदै आएकोमा वर्तमान अवस्थामा यो रकम निकै अपुग भएको र भविष्यका लागि दिगो स्रोतको व्यवस्था गर्नुपर्ने धारणा एक गुठियारको रहेको छ । मन्दिरमा खानेपानी र व्यवस्थित शौचालयको अभाव रहेकोले तत्काल सो कार्यका लागि स्थानीयहरूले पहलकदमी लिनुपर्ने धारणा एक स्थानीय बौद्धिक व्यक्तिको रहेको छ ।

मन्दिर परिसरको सरसफाइमा स्थानीय महिलाहरूले योगदान गर्न सक्छन् भने मन्दिरको पूजापर्व सञ्चालनमा मुठीदानको परम्परा सुरु गरी मन्दिरको आम्दानी बढाउन पनि स्थानीय महिलाहरूले योगदान दिन सक्छन् भन्ने विचार एक स्थानीय महिला शिक्षिकाको रहेको छ । मन्दिर नजिक रहेको कुण्ड र पुरातात्विक पाटीको पुनः निर्माणका लागि तथा समग्र भालेश्वर मन्दिरको सौन्दर्यीकरणका लागि जनश्रमदान एवं धार्मिक अनुष्ठानको आयोजना मार्फत आर्थिक स्रोत जुटाई मन्दिरको संरक्षण गर्न सकिने विचार निर्वाचित जनप्रतिनिधिको रहेको छ ।

६.६. मन्दिर व्यवस्थापनमा सरोकार पक्षको भूमिका

मन्दिरको व्यवस्थापन र संरक्षणको जिम्मेवारी मुख्यतया स्थानीयहरूकै हो । तथापि स्थानीयहरूको योगदानले मात्र महादेव मन्दिरको समग्र व्यवस्थापन र संरक्षण सम्भव देखिँदैन । स्थानीय वडा कार्यालयले खास पर्व मेला चलाउन र सामान्य भौतिक संरचना निर्माणमा निरन्तर रुपमा योगदान गर्दै आएको छ । त्यसमा पनि वडा कार्यालयले वार्षिक रुपमा निश्चित बजेट छुट्याएर नै मन्दिर

व्यवस्थापनमा लाग्नु पर्ने विचार पुजारीको रहेको छ । मन्दिरको समग्र व्यवस्थापनका लागि एउटा समिति बनाई समिति मार्फत कार्य गर्नु पर्ने विचारस्थानीय एक शिक्षकको रहेको छ । पनौती नगरपालिकाले आफ्नो क्षेत्रभित्रका धार्मिक, सांस्कृतिक, पुरातात्विक हिसावले महत्वपूर्ण क्षेत्रलाई संरक्षणको दायरामा ल्यान थालेको भएता पनि भालेश्वर मन्दिरलाई विशेष प्राथमिकतामा राख्नु पर्ने देखिन्छ । मन्दिर वरिपरि पाटी, धर्मशाला निर्माण र व्यवस्थापन गर्ने र मन्दिरको प्रचार प्रसार गरी धार्मिक पर्यटन प्रवर्द्धन गर्नु स्थानीय सरकारको दायित्व हो । वडा कार्यालयले मन्दिरका प्रचार प्रसारमा आर्थिक सहयोग गर्नुपर्ने विचार स्थानीय एक महिलाको रहेको छ । मन्दिर संरक्षण र व्यवस्थापनमा गुरुयोजना बनाउनु पर्ने विचार स्थानीय एक बुद्धिजीवीको रहेको छ । मन्दिर परिसरको पर्यावरणीय र भौतिक पूर्वाधारको निर्माण र संरक्षणमा स्थानीय सरकारले पहलकदमी लिनु पर्दछ । यसका अतिरिक्त भालेश्वर महादेव मन्दिरको ऐतिहासिक तथा पौराणिक पक्षलाई देशभर प्रचारप्रसार गर्न पुरातत्वविभाग, पर्यटन मन्त्रालय जस्ता निकायहरूले समेत चासो दिनु आवश्यक छ ।

अतः भालेश्वर महादेव मन्दिरको संरक्षण र व्यवस्थापनमा भालेश्वर संरक्षण एवं विकास समिति बनाई सो मार्फत स्थानीय नागरिक, नगरपालिका, वडा कार्यालय र राज्यका सम्बन्धित सरोकारवाला निकायहरू आआफ्नो ठाउँबाट लाग्नु पर्ने देखिन्छ ।

७ छलफल तथा निष्कर्ष

धार्मिक, पुरातात्विक, सांस्कृतिक र ऐतिहासिक महत्व बोकेको पनौती हाल विश्वसम्पदा सूचिमा समावेश हुने प्रक्रियामा छ । पनौती पुण्यमाता खोला र रोशी खोलाको नदीकिनारमा एउटै चट्टानमाथि अवस्थित रहेको छ । धार्मिक युगका अनेक किंवदन्ती, जनश्रुतिका गाथा बोकेको पनौती आफैँमा पावन क्षेत्र पनि हो । माघ महिनाभर चल्ने १२ वर्षे मकरमेला, नमोबुद्धको जन्मस्थल, अनेक नाच,मठमन्दिर, कलासंस्कृतिले सम्पन्न पनौती अनेकौँ देवीदेवताको वासस्थान भएको पवित्र भूमि हो ।

पनौती आसपासका स्थानीय मन्दिरहरू इन्द्रेश्वर महादेव, धनेश्वर महादेव, बाघ भैरव मन्दिर, कुशादेवी मन्दिर, गौखुरेश्वर मन्दिर, पशुपति मन्दिर, गोरखनाथ मन्दिर, फड्केश्वर महादेव मन्दिर, ज्वालमुखी मन्दिर, शारदादेवी मन्दिर, लङ्केश्वर महादेव मन्दिर र भालेश्वर महादेव मन्दिर जस्ता अनेकौँ मन्दिरले पनौतीको धार्मिक गरिमालाई बढाएको छ ।

यी मन्दिरहरूमध्ये महादेवको पाइला परेको भालेश्वर मन्दिर पनौती नगरपालिका वडा नं १२ रोसमती, लीलावती र सुखसरावती नदीको संगममा अवस्थित छ । सतीदेवीको भाल पतन भएर भालेश्वर भएको भन्ने चर्चा हिमवत् खण्डमा गरिएको छ । विभिन्न ऐतिहासिक तथ्य, किंवदन्ती र जनश्रुतीका आधारमा पुरानो र पौराणिक गाथा बोकेको भालेश्वर मन्दिर यसैलाई मान्न सकिन्छ । १८७१- १८७९ तिर निर्माण भई अस्तित्वमा आएको भालेश्वर मन्दिरमा शुद्ध र पवित्र मनले भक्ति गर्दा मनोकांक्षा पूरा भएका अनेक भनाइहरू पाइन्छन् ।

भालेश्वर मन्दिरमा विभिन्न धार्मिक सांस्कृतिक अनुष्ठानहरू लगाएर स्थानीयवासीको आर्थिक क्रियाकलापमा वृद्धि गर्नुका साथै मन्दिरको आम्दानीमा समेत बढोत्तरी गर्न सकिन्छ । मन्दिरको जात्रा

पर्व चलाउन र मन्दिरको संरक्षणका लागि दिगो आर्थिक स्रोतको खोजी गर्नुपर्ने देखिन्छ भने तत्काल भालेश्वर संरक्षण एवं विकास समिति बनाई कार्य सञ्चालन गर्नुपर्ने देखिन्छ । मन्दिरको प्रचारप्रसार र संरक्षणका लागि गुरुयोजना बनाई भावी पुस्तालाई हस्तान्तरण गर्नु आजका पुस्ताको कर्तव्य हो । यति मात्र होइन यहाँको ऐतिहासिक, पौराणिक र पुरातात्विक महत्वका संरचनाहरूको संरक्षणमा संस्कृति तथा पर्यटन मन्त्रालय,पुरातत्व विभाग लगायत स्थानीय सरोकारवालाहरूका विचमा सहकार्य हुन नितान्त आवश्यक छ ।

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कक्षा पाँचका विद्यार्थीहरूलाई मौखिक अभिव्यक्ति सिप विकासमा प्रयुक्त प्रविधि

दुर्गाप्रसाद दाहाल^{1*}

१. उपप्राध्यापक, महेन्द्ररत्न क्याम्पस, ताहाचल

सार

यो अध्ययन कक्षा पाँचका विद्यार्थीहरूको मौखिक अभिव्यक्ति सिप विकासमा के कस्ता प्रविधिहरू प्रयोग भएका छन् भन्ने विषयमा केन्द्रित रहेको छ। यस अध्ययनमा कक्षा पाँचका विद्यार्थी र शिक्षक एवम् विद्यार्थी विद्यार्थीका बिच कक्षाकोठाभित्र र कक्षाकोठाबाहिर नेपाली भाषाको प्रयोगावस्थाका साथै विद्यार्थीलाई स्वतन्त्रतापूर्वक आत्माभिव्यक्तिको अवसर र मौखिक अभिव्यक्तिलाई प्रोत्साहन गर्ने कार्यकलापको प्रयोगावस्था पत्ता लगाई मौखिक अभिव्यक्तिका क्रममा देखिने उच्चारणगत र व्याकरणिक त्रुटि निराकरणको अवस्था विश्लेषण गर्नु उद्देश्य निर्धारण गरिएको छ। यसका लागि प्रश्नावलीमार्फत् तथ्याङ्क सङ्कलन गरिएको छ। यस अध्ययनबाट कक्षाकोठाभित्र र कक्षाकोठा बाहिर दुवै परिवेशमा विद्यार्थी र शिक्षक बिच नेपालीमा कुराकानी पर्याप्त रूपमा हुने गरेको देखियो। विद्यार्थी विद्यार्थीका बिच नेपालीमा कुराकानी हुने परिवेश पनि पाइयो। शिक्षकले पाठको सारांश विद्यार्थीलाई मौखिक रूपमा भन्न लगाउने कार्यकलाप भने पर्याप्त र नियमित रूपमा हुने गरेको पाइएन। शिक्षकले विद्यार्थीहरूलाई कक्षाकोठामा नेपाली भाषा बोल्न प्रोत्साहन गरेको पाइयो। शिक्षकले विद्यार्थीलाई कुनै हिचकिचाहट नभई आफ्नो विचार र आत्माभिव्यक्ति स्वतन्त्रतापूर्वक अभिव्यक्ति गर्ने सुअवसर प्रदान गरेको पाइयो। अधिकांश शिक्षकले मौखिक अभिव्यक्तिका क्रममा गर्ने उच्चारणगत त्रुटि निराकरणका लागि तत्काल पृष्ठपोषण दिने गरेको पाइयो। विद्यार्थीले उक्त पृष्ठपोषणको उपयोग गरी आफ्नो मौखिक अभिव्यक्तिमा सुधार गर्नुपर्ने अवस्था देखियो।

शब्दकुञ्जी: उच्चारणगत त्रुटि, त्रुटि निराकरण, पृष्ठपोषण, मातृभाषा, लक्ष्य भाषा, वाक्यविन्यास, व्याकरणिक त्रुटि, शब्दभण्डार, सस्वर वाचन।

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१०. विषय प्रवेश

कुनै पनि व्यक्तिले आफ्नो विचार लिखित र मौखिक रूपमा अभिव्यक्त गर्दछ। भाषाको मौखिक रूपले माध्यम सामग्रीको रूपमा ध्वनि प्रतीकलाई अपनाउँछ (श्रीवास्तव, २००८, पृ. २४)। मौखिक अर्थात् मुखबाट निक्लिएको र अभिव्यक्ति अर्थात् बोल्नु। कुनै पनि विषयमा मौखिक अभिव्यक्ति हुन सक्छ। सम्प्रेषण व्यवस्थामा जुन सरणीको प्रयोग मानव भाषामा हुन्छ त्यसको प्रकृति मूलतः मौखिक श्रव्य हुन्छ (श्रीवास्तव, १९९२, पृ. २२)। कुनै व्यक्तिले मौखिक रूपमा आफ्नो कुरालाई भन्न समर्थ हुनु नै मौखिक अभिव्यक्तिमा कुशल हुनु हो। भाषण मौखिक अभिव्यक्तिको चरम अथवा परिमार्जित रूप हो जबकि मौखिक अभिव्यक्तिका माध्यमले भाषणको विभिन्न चरणमा अधिकार स्थापित गराइन्छ। मौखिक अभिव्यक्तिलाई मान्छेका आफ्ना आवश्यकता र इच्छा व्यक्त गर्ने भाषाको सरलतम उपाय मानिन्छ (अधिकारी, २०६९, पृ. ४४)। तिवारी र भाटिया (सन् १९८०) ले यसमा अधिकार पाउनका लागि भाषिक संरचनाहरूका अतिरिक्त सही उच्चारण गराउनु पहिलो आवश्यकता भनेभैँ भाषिक सिपका दृष्टिले मौखिक अभिव्यक्ति प्रक्रिया सबैभन्दा जटिल मानिन्छ किनकि एकातर्फ यसको सम्बन्ध ध्वनि व्यवस्थासँग छ भने अर्कातर्फ विचारको अभिव्यक्तिसँग रहेको छ। मौखिक अभिव्यक्तिको मुख्य क्षेत्र वार्तालाप, विचार विमर्श, वादविवाद एवम् भाषण हुन् (राठी र कुमार, २०१७, पृ. ११८)। मौखिक अभिव्यक्तिमा नेपाली भाषाका सबै ध्वनिहरूलाई अलग अलग र स्पष्ट मानक शब्दहरूमा उच्चारण गर्न सक्नु, संयुक्ताक्षर भएका शब्दहरूलाई शुद्ध उच्चारण गर्न सक्नु, बोल्दा सही बलाघात र अनुतानको प्रयोग गर्नुका साथै व्याकरणात्मक वाक्य बोल्न सक्नु, सरल विषयहरूमा आधारित सामान्य स्तरको कुराकानीमा भाग लिन सक्नु, नेपाली भाषामा सरल कथा, कविता सुनाउन सक्नु, साथीभाइ तथा अपरिचितहरूलाई नेपाली कुराकानी बुझ्न सक्नु, नेपाली भाषाको सरल संवादहरूमा अभिनयमा भाग लिन सक्नु, स्वाभाविक ढङ्गले वार्तालाप गर्ने क्षमता विकास गराउनु, तथ्यहरूलाई स्पष्ट रूपबाट प्रस्तुत गर्ने क्षमताको विकास गराउनु, मौखिक रूपले आफ्नो कुराकानीलाई प्रस्तुत गर्ने क्षमता विकास गराउनु, प्रभावोत्पादक स्वर एवम् भाषामा उत्तर दिने क्षमताको विकास गराउनु, वाक्यमा शब्दहरूलाई यथोचित स्थानमा प्रयोग गर्न सिकाउनु मौखिक अभिव्यक्ति सिपका अभीष्ट हुन्। आधारभूत शिक्षा पाठ्यक्रम, २०७६ मा कक्षा पाँचका लागि बोलाइ सिपका कक्षागत सिकाइ उपलब्धि यस प्रकार निर्धारण गरिएको छ:

१. सामान्य विषयमा सोधपुछ, कुराकानी र अन्तरक्रिया गर्न
२. वस्तु, व्यक्ति, चित्र, अनुभव, स्थान र घटनाको वर्णन गर्न
३. निर्देशन पालना तथा अनुरोध गर्न
४. विषयवस्तु सुनी प्रतिक्रिया दिन
५. आफूले देखेका, सुनेका र अनुभव गरेका विषयवस्तु आफ्नै शैलीमा व्यक्त गर्न
६. कुराकानी, प्रश्नोत्तर र संवादमा सक्रियतापूर्वक भाग लिन
७. पाठगत सन्दर्भका आधारमा विषयवस्तुको बोध र तार्किक अभिव्यक्ति दिन

८. आफ्नो परिवेशमा मनाइने चाडपर्वका विषयमा जानकारी लिन र दिन

स्रोत: आधारभूत तह, २०७६ (कक्षा ४-५) नेपाली

मौखिक अभिव्यक्ति कुशलताको शिक्षणका क्रममा विद्यार्थीहरूमा लक्ष्य भाषाको ध्वनि व्यवस्था, शब्दभण्डार, शब्दको अर्थ तथा वाक्यसंरचनामा पर्याप्त अभ्यास गराउनुपर्छ। भाषा शिक्षणका लागि शिक्षणको सबै स्तरहरूमा मौखिक अभिव्यक्ति शिक्षण महत्वपूर्ण हुन्छ। प्रारम्भिक कक्षाहरूमा यसतर्फ अझ बढी ध्यान पुऱ्याउनुपर्छ। प्रारम्भिक कक्षामा बालकहरू सामाजिक, आर्थिक, धार्मिक तथा बौद्धिक दृष्टिले भिन्न भिन्न परिवारबाट आउँछन्। अतः पठन तथा लेखनभन्दा पूर्व विद्यार्थीहरूको शब्दभण्डार, वाक्यविन्यास तथा उच्चारण आदि यदि मौखिक अभिव्यक्तिद्वारा केही समान भए भने मानक नेपाली शिक्षणमा सुगमता हुन्छ। यसको अतिरिक्त नेपाली बाहेकका अन्य मातृभाषी विद्यार्थीहरूलाई पनि मौखिक अभिव्यक्ति सिपमा सक्षम बन्न अत्यन्त आवश्यक छ। यसका माध्यमबाट वाणीमा स्पष्टता, मधुरता, पटुता, प्रभावोत्पादकता, व्यावहारिकता आदि गुणको विकास गरी तिनीहरूलाई नेपाली भाषाको व्यवहारमा सक्षम बनाउन सकिन्छ। यहाँ कक्षा पाँचका विद्यार्थीहरूको मौखिक अभिव्यक्ति सिप विकासमा प्रयुक्त प्रविधिको अध्ययन गरिएको छ।

२. समस्याकथन

मौखिक अभिव्यक्तिगत कमजोरी ध्वनि, शब्द तथा वाक्य तीनै स्तरमा देख्न सकिन्छ। ध्वनि स्तरमा उच्चारण स्थान र उच्चारण प्रयत्नको ज्ञानको कमीका कारण मौखिक अभिव्यक्तिमा गल्ती हुन्छ। शब्द स्तरमा ध्वनि संयोगहरूको गलत उच्चारण, ठीक स्थानमा बलाघातको प्रयोग नगर्नाले कारण गल्ती हुन्छ। वाक्यस्तरमा मुख्य रूपमा विराम चिह्नहरूको उचित प्रयोग नगर्नाले तथा अनुतानको गलत प्रयोग गर्नाले यस प्रकारको गल्ती हुन्छ।

मौखिक अभिव्यक्ति शिक्षणको सर्वोपयुक्त स्तर आधारभूत तह नै हो। त्यही समयमा नै समुचित शिक्षणद्वारा विद्यार्थीहरूमा मौखिक अभिव्यक्तिको बानी बनाउन सकिन्छ तर देखिन्छ कि प्राथमिक स्तरबाट उत्तीर्ण भएर आउने विद्यार्थीहरूमा पनि मौखिक अभिव्यक्तिगत कमजोरी पाइन्छ।

त्रिभुवन विश्वविद्यालय शिक्षाशास्त्र सङ्काय अन्तर्गत स्नातकोत्तर तहमा पठनबोध, श्रुतिबोध, शब्दभण्डार, लिखित अभिव्यक्ति क्षमताका विषयमा प्रशस्त शोधकार्य भएका छन्। भट्टराई (२०५९) द्वारा निम्नमाध्यमिक तह पूरा गरेका विद्यार्थीहरूको आधारभूत नेपाली शब्दावलीको अध्ययन शीर्षकमा कक्षा आठ पूरा गरेका विद्यार्थीका लागि आधारभूत पाठ्य शब्दावली पहिचान, छनोट गरिएका शब्दहरूको पदवर्गका दृष्टिले वर्गीकरण, तिनीहरूको कठिनाई स्तरका आधारमा वर्गीकरण गर्ने जस्ता उद्देश्य राखेर अध्ययन गरिएको पाइन्छ (पृ. ५)। यस्तै गरी भण्डारी (२०६०) द्वारा प्राथमिक तह (कक्षा १-३) का विद्यार्थीहरूको आधारभूत नेपाली शब्दभण्डारको निरूपण शीर्षकमा प्राथमिक तहका विद्यार्थीहरूको आधारभूत नेपाली शब्दभण्डारका जम्मा शब्दसङ्ख्या, अपेक्षित आधारभूत शब्द सङ्ख्या निर्धारण गरी तिनलाई अक्षरसङ्ख्या, पदवर्ग र विषय क्षेत्रका दृष्टिले वर्गीकरण र विश्लेषण गर्ने उद्देश्य राखिएको छ

(पृ. २) । यसरी कक्षा पाँचका विद्यार्थीहरूलाई मौखिक अभिव्यक्ति सिप विकासमा प्रयुक्त प्रविधिको अध्ययन शीर्षकमा अध्ययन गरिएको नपाइएकाले यो अध्ययन गरिएको हो । यस अध्ययनका लागि निम्नानुसार समस्या निर्धारण गरिएको छ :

- (क) विद्यार्थी र शिक्षक एवम् विद्यार्थी विद्यार्थीका बिच कक्षाकोठाभित्र र कक्षाकोठा बाहिर नेपाली भाषाको प्रयोगको अवस्था कस्तो छ ?
- (ख) विद्यार्थीलाई स्वतन्त्रतापूर्वक आत्माभिव्यक्तिको अवसर र मौखिक अभिव्यक्तिलाई प्रोत्साहन गर्ने कार्यकलाप छ कि छैन ?
- (ग) मौखिक अभिव्यक्तिका क्रममा देखिने उच्चारणगत र व्याकरणिक त्रुटि निराकरणको अवस्था कस्तो छ ?

३. उद्देश्य

यस अध्ययनका लागि निम्नानुसार उद्देश्य निर्धारण गरिएको छ :

- (क) विद्यार्थी र शिक्षक एवम् विद्यार्थी विद्यार्थीका बिच कक्षाकोठाभित्र र कक्षाकोठा बाहिर नेपाली भाषाको प्रयोगका अवस्था पहिचान गर्नु
- (ख) विद्यार्थीलाई स्वतन्त्रतापूर्वक आत्माभिव्यक्तिको अवसर र मौखिक अभिव्यक्तिलाई प्रोत्साहन गर्ने कार्यकलापको प्रयोगावस्था पत्ता लगाउनु र
- (ग) मौखिक अभिव्यक्तिका क्रममा देखिने उच्चारणगत र व्याकरणिक त्रुटि निराकरणको अवस्था विश्लेषण गर्नु ।

४. औचित्य

अधिकारी (२०६९) का अनुसार वक्ता र बोद्धा बिचको हार्दिकता तथा निकटता स्थापित गर्ने कतिपय विशेषता - हाउभाउ, मुखमुद्रा, लय, आघात आदि) लेख्य भाषामा अङ्कित हुन सक्दैन (पृ. ४५) । यसबाट पनि मौखिक अभिव्यक्ति सामाजिक सम्पर्कका लागि लेख्य अभिव्यक्तिभन्दा प्रभावकारी रहेको स्पष्ट हुन्छ । यस कुरालाई शुक्ल (सन् १९७५) ले यसरी प्रस्तुत गरेका छन्: सामाजिक कार्य अधिकतर मौखिक रूपमा हुन्छ । सभा, सम्मेलन, गोष्ठी इत्यादिमा मौखिक प्रकार्य नै बढी हुन्छ । भजन, कीर्तन, प्रवचन आदि मौखिक नै हुन्छ । व्यावहारिक जीवनमा विचारहरूको आदान प्रदान मौखिक हुन्छ । क्रय विक्रय, खेलकूद, ख्यालठट्टा, मनोरञ्जन आदिमा अभिव्यक्ति मौखिक हुन्छ (पृ. १२३) । मौखिक अभिव्यक्ति सिप अर्कालाई केही कुरा वा कुनै काम गर्न उक्साउने वा प्रोत्साहन गर्ने, निर्देशन दिने, उपदेश दिने अथवा कुनै कुराको विश्वास दिलाउने, आश्वासन दिने र खास जानकारीका लागि प्रश्न गर्ने वा उत्सुकता व्यक्त गर्ने आदि उद्देश्यका लागि यसको प्रशस्त उपयोग गर्न सकिन्छ (अधिकारी, २०६९, पृ. ४४) । यस अध्ययनबाट पाठ्यक्रमबाट निर्धारित बोलाइ सिपगत उद्देश्य पूरा गर्नका लागि शिक्षकलाई आवश्यक प्रविधिको जानकारी हुनेछ ।

कक्षा पाँचमा अध्यापनरत नेपाली शिक्षकहरूलाई तालिम दिने व्यक्ति वा संस्थाका लागि पनि मौखिक अभिव्यक्ति सिप विकासका लागि कुन कुन पक्षमा सुधार आवश्यक छ भन्ने जानकारी प्राप्त भई ती पक्षमा सुधार गर्न यो अध्ययन उपयोगी हुनेछ।

५. विधि

यो अध्ययन परिमाणात्मक ढाँचामा रहेको छ। यसमा मूलतः प्रतिशत गणना अर्थात् सामान्य साङ्ख्यिकीको मात्र प्रयोग गरिएको छ। यस अध्ययनका लागि काठमाडौँ जिल्लाका २५ ओटा विद्यालयका नेपाली शिक्षक र त्यस विद्यालयहरूमा अध्ययनरत १० जना (पाँच जना छात्र र पाँच जना छात्रा गरी) लाई नमुनाका रूपमा लिइएको छ। २५ जना शिक्षक र २५० जना विद्यार्थीलाई प्रश्नावली भराएर त्यसका आधारमा विभिन्न उपशीर्षकमा व्याख्या गरी कक्षा पाँचका विद्यार्थीहरूलाई मौखिक अभिव्यक्ति सिप विकासमा प्रयुक्त प्रविधिको अवस्था अध्ययन गरिएको छ।

६. सीमा

यस अध्ययनमा काठमाडौँ जिल्लाका २५ ओटा विद्यालयका नेपाली भाषा शिक्षक र प्रत्येक विद्यालयबाट पाँच जना छात्र र पाँच जना छात्रालाई प्रश्न सोधी त्यसका आधारमा मात्र व्याख्या विश्लेषण गरिएको छ।

७. सैद्धान्तिक अवधारणा

मौखिक अभिव्यक्ति शिक्षणको अर्थ विद्यार्थीलाई लक्ष्य भाषाका माध्यमबाट आफ्ना भाव विचारलाई सन्दर्भानुसार धारा प्रवाह तथा प्रभावशाली ढंगमा अभिव्यक्त गर्न सिकनु हो। सन्दर्भानुसार शब्दहरूको चयन र त्यसको प्रयोगको कुशलताको विकास यस शिक्षणको प्रारम्भिक आवश्यकता हो। साथै लक्ष्य भाषाको व्याकरणिक संरचनाका अनुरूप शब्दहरूको विशेष क्रममा संयोजित गर्ने क्षमतालाई विकास गर्नु यस सिपको उद्देश्य हो।

मौखिक अभिव्यक्तिमा उच्चारण, विवृति तथा अनुतानको कुशलताका साथ साथै वक्ताको मनमा उत्पन्न भावहरू तथा विचारहरूको अभिव्यक्ति पनि सामिल हुन्छ। यसको लागि अध्येय भाषाको शाब्दी, आर्थी र व्याकरणिक संरचनामा पर्याप्त अधिकार हुनु आवश्यक छ। शिक्षणका सन्दर्भमा यसलाई मौखिक अभिव्यक्तिका तीन घटकहरूको रूपमा विभाजित गर्न सकिन्छः शाब्दी संरचना, आर्थी संरचना र व्याकरणिक संरचना।

शाब्दी संरचनाअन्तर्गत विद्यार्थीहरूको शब्दभण्डारको विकास गरिन्छ। मुख्यतः शब्दको दुई प्रकारको हुन्छः कोशीय शब्द र व्याकरणिक शब्द। कोशीय शब्दको सम्बन्ध बाह्य जगत् तथा मानव मनको मनोभावहरू एवम् विचारहरूसँग हुन्छ। अतः भाषा शिक्षणमा यिनको विकासको समुचित ध्यान दिन आवश्यक छ जसद्वारा विद्यार्थी भाषाको संरचना र व्यवहारमा पर्याप्त अधिकार पाउन सकून्।

व्याकरणिक शब्दहरूमा मुख्य तथा सहायक क्रियाहरू, पूर्व प्रत्यय तथा परसर्ग, संयोजक तथा प्रश्नसूचक शब्द आदि समावेश हुन्छन् । यसको अभ्यास आवश्यक छ ।

मौखिक अभिव्यक्तिमा छात्रहरूको शब्दहरूको विकासका साथसाथै ती शब्दहरूको अर्थहरूसँग पनि परिचित गराउन आवश्यक छ । कहिले काहीँ मातृभाषा र अन्य भाषामा प्राप्त समान शब्द अर्थका दृष्टिले पूर्णतः समान हुँदैनन् । यी शब्दको सूची बनाएर त्यसको अभ्यास गराउनुका लागि विद्यार्थीहरूलाई त्यो भाषाभाषीको जनसमुदायको संस्कृतिसँग पनि परिचित गराउन आवश्यक छ ।

मौखिक अभिव्यक्ति शिक्षणका स्वरूप केवल शब्दसंरचना र अर्थसंरचनाको संयोजनबाट बन्दैन बरू व्याकरणिक संरचना अनुरूप शब्दहरूलाई वाक्यको विशेष क्रमबाट संयोजित गराउँदै विचारहरू एवम् भावहरूको अभिव्यक्ति गराउन सिकाइन्छ । अन्य भाषाका रूपमा नेपालीको व्याकरणिक संरचनाको अभ्यास गराउने समय भाषाको व्याकरणिक अनुरूप कारक, लिंग, वचन, पुरुष, काल, पक्ष, भाव, वाच्य तथा पदसङ्गति, पदक्रम आदिको प्रयोगको अभ्यास गराउन आवश्यक छ ।

७१. मौखिक अभिव्यक्ति सिप शिक्षणका प्रविधिहरू

प्राथमिक तहका विद्यार्थीहरूको भावाभिव्यक्तिका शक्ति, शब्दावली, अर्थबोधको क्षमता अपेक्षाकृत कम हुन्छ । अतः अतिपरिचित विषयहरू जस्तै पठित विषयहरूसँग सम्बन्धित प्रकरणहरूमा प्रश्नोत्तर एवम् कुराकानीद्वारा मौखिक अभिव्यक्तितर्फ विद्यार्थीहरूलाई प्रवृत्त गर्न सकिन्छ । यस स्तरमा वाक्यगठन एवम् सङ्क्षिप्त वर्णन, सस्वर वाचन, अन्त्याक्षरी, वार्तालाप, कहानी जीवनी, चित्र रचना आदिको सहायताबाट विद्यार्थीहरूमा मौखिक अभिव्यक्तिको कुशलताको विकास गर्न सकिन्छ ।

प्राथमिक स्तरमा मौखिक अभिव्यक्ति कुशलताको विकासका लागि व्यवहृत प्रविधिहरूमा अधिकांश माध्यमिक तहमा पनि उपयोगी सिद्ध हुन्छन् । केवल तिनको विषय सामग्री, भाषा एवम् शैलीमा उत्तरोत्तर परिष्कार एवम् गम्भीरता तथा विषय क्षेत्रमा पनि व्यापकता ल्याउन सकिन्छ । यसको अतिरिक्त निम्नलिखित प्रविधिहरू तथा साधनहरूको उपयोग पनि गर्न सकिन्छ:

(क) वार्तालाप: कुराकानी र वार्तालाप बिच रहेको अन्तर शुक्ल (सन् १९७५) मा यसरी प्रस्तुत गर्दछन् - कुराकानी सामान्य विषयमा गरिन्छ । वार्तालापको स्तर कुराकानीको अपेक्षा उच्च हुन्छ (पृ. १२७) । पाठ्य विषय पढाउँदा वा अन्य अवसरमा विद्यार्थीहरूको साथ अध्यापकको वार्तालाप मौखिक अभिव्यक्ति कौशललाई विकसित गर्नका लागि सहयोगी हुन्छ । प्रत्येक विद्यार्थीलाई वार्तालापमा भाग लिनका लागि प्रोत्साहित गर्नुपर्छ । वार्तालापका विषय विद्यार्थीको ज्ञान एवम् अनुभवको परिधिभित्र हुनुपर्छ । जस्तै : पारिवारिक वातावरणका घटनाहरू, विद्यालयमा हुने घटनाहरू, यात्रावर्णन, समाचारपत्रहरूमा पढेका प्रमुख घटनाहरू, पठित पुस्तकको रोचक प्रसङ्ग आदि । अध्यापकद्वारा विद्यार्थीहरूको सामुन्ने कुनै विषयलाई प्रस्तुत गरी कुराकानी वा विचार विनिमयका लागि उचित क्रियाविधि सम्बन्धी निर्देश दिनुपर्छ र यो ध्यान राख्नुपर्छ कि विद्यार्थी विषयसँग सम्बन्धित तर्क सङ्गत वार्तालाप गरिरहेको छ कि छैन ।

(ख) कथोपकथन र कथा: आधारभूत तहको कक्षा पाँचमा कथोपकथन र कथा भन्नु मौखिक अभिव्यक्तिका प्रमुख साधन हुन्। शुक्ल (सन् १९७५) का अनुसार बालकलाई कुनै कथा वा नाटकको पात्रको भूमिका दिएर उनीहरूलाई एक अर्कासँग कुराकानी गराउँदा उनीहरूले त्यस कार्यमा धेरै रूचि लिन्छन् (पृ.१२७)। यस कक्षामा प्रयोग गरिने कथा सरल, सङ्क्षिप्त र मनोरञ्जक हुनुपर्छ। कथा १५ देखि २० मिनेटको हुनुपर्छ। कथाको आरम्भ भनेर विद्यार्थीहरूबाट बाँकी कथा भन्न लगाएर वा कथाको अन्त भनेर त्यसको पूर्वांश भन्न लगाएर वा सङ्केतका रूपमा केही वाक्य वा रूपरेखा दिएर कथा भन्न लगाउन सकिन्छ। कक्षा पाँचका लागि मौखिक कथा प्रतियोगिताको पनि आयोजना गर्न सकिन्छ।

(ग) पठन एवम् कविता पाठ: यस स्तरमा पठन एवम् कविता पाठ मौखिक अभिव्यक्तिको प्रधान अङ्ग हो। सस्वर पठनबाट उच्चारणको शुद्धता, ध्वनिको आरोह अवरोह, गति, विराम, प्रवाह आदिको अभ्यास हुन्छ। जुन मौखिक अभिव्यक्तिको लागि आवश्यक गुण हो। कक्षा पाँचसम्म आइपुग्दा नपुग्दै विद्यार्थीहरूको अनेक कविताहरू कण्ठस्थ हुनजान्छ। अतः विद्यालयहरूमा कविता सम्मेलन, कविता पाठ प्रतियोगिता आदि राखेर सृजनात्मक प्रतिभावाला छात्रहरूलाई मौलिक रचनाहरूलाई लेख्नु तथा साहित्यिक रूचि पैदा गर्न सकिन्छ।

(घ) भाषण: भाषणको प्रारम्भ शिक्षणको आधारभूत तहबाट गर्नुपर्छ। यसले विद्यार्थीलाई निर्भीकता, आत्मविश्वास, विषयका ज्ञान, उपस्थित श्रोताहरूको उचित रीतिसँग सम्बोधन, हाउभाउ आदिमा अभ्यस्त बनाउँछ। पाँच कक्षाका विद्यार्थीका लागि भाषणमा सीमित शब्दावलीको प्रयोगमा जोड दिए पुग्छ। विस्तारै विस्तार माथिल्ला कक्षाहरूमा अधिकाधिक शब्दावलीको प्रयोगमा विद्यार्थीहरूको प्रोत्साहित गरिन्छ। कक्षा पाँचका विद्यार्थीहरूका लागि तीन मिनेटका समय दिएर सरल र रोचक भाषामा प्रवचनको आयोजन गर्न सकिन्छ।

(ङ) वादविवाद प्रतियोगिता: यसमा विद्यार्थी पूर्वनिर्धारित विषयहरूमा विचारहरूको आदानप्रदान गर्दछन्। यो विधिको प्रारम्भ कक्षा पाँचबाट हुन्छ। सुरुमा वादविवादको विषय दैनिक जीवनसँग सम्बन्धित हुनुपर्छ। उच्च कक्षाहरूका लागि अपनाइन्छ। यसमा प्रतिपक्षी वक्ता वा वक्ताहरूद्वारा प्रस्तुत तर्कहरूको खण्डनको लागि उसमा तत्काल उचित तर्क सोच्नु, उचित भाषाको प्रयोग गर्नुपर्छ। विद्यार्थीहरूमा यो क्षमता विकास गर्नुपर्छ कि जसद्वारा आफ्नो प्रतिपक्षीहरूद्वारा प्रस्तुत तर्कहरूका पूर्वानुमान गरी त्यसको उत्तरका लागि प्रस्तुत हुन्छन्। विद्यार्थीलाई आफ्ना भाव तथा विचारहरूलाई तार्किक क्रममा प्रस्तुत गर्नमा निपुण बनाउन वादविवाद प्रतियोगिता अत्यन्त उपयोगी हुन्छ।

(च) अभिनय, नाटक मञ्चन: अभिनय सामाजिक मनोविनोद तथा मौखिक अभिव्यक्ति दुवैको सुन्दर माध्यम हो। अभिनयका लागि सङ्क्षिप्त नाटक, एकाङ्की तथा प्रहसन अधिक उपयोगी सिद्ध हुन्छ। पाठ्यपुस्तकमा दिएका नाटकीय पाठ तथा कथामा आधारित भएर नाटकको आयोजना गर्न सकिन्छ। नाटकमा भाग लिने विद्यार्थीहरूलाई पात्रको चरित्र अनुसार उतार चढाव एवम् प्रवाहका साथ संवाद प्रस्तुत गर्नुपर्छ। अतः उचित नाटकको छनोट गरेर अध्यापकद्वारा विद्यार्थीहरूलाई नाटक मञ्चनमा पूर्ण सहयोग गर्नुपर्छ। यसबाट विद्यार्थीले लगनशीलताका साथ मौखिक अभिव्यक्तिको विविध शैलीहरूलाई सिक्ने तथा त्यसको अभ्यास गर्दछन्।

(छ) समाचार पठन: कक्षा पाँचमा हप्तामा एक दिन विद्यार्थीहरूलाई समाचारपत्रमा प्रकाशित प्रमुख घटनाहरू उल्लेख गर्दै आफ्नो विचार प्रकट गर्न लगाउन सकिन्छ। यसबाट उनीहरूमा समाचार पत्र पढ्ने रूचि पनि विकसित हुन्छ तथा समाचारहरूलाई सङ्क्षेपमा भन्ने प्रयत्नबाट भाषामा उनीहरूको अधिकार पनि बढ्छ।

द. व्याख्या विश्लेषण

यहाँ विद्यार्थी र शिक्षक बिच कक्षाकोठामा हुने नेपाली भाषामा कुराकानीको अवस्था, विद्यार्थी र शिक्षक बिच कक्षाकोठाबाहेक नेपाली भाषामा हुने कुराकानीको अवस्था, विद्यार्थी र विद्यार्थी बिच नेपाली भाषामा हुने कुराकानीको अवस्था, विद्यार्थीलाई पाठको सारांश मौखिक रूपमा बताउन लगाउने क्रियालापको अवस्था, विद्यार्थीलाई परस्परमा नेपाली भाषामा कुराकानी गर्न प्रोत्साहनको अवस्था, कक्षामा नेपाली भाषामा बोल्दा शिक्षकको ध्यानाकर्षणको अवस्था, स्वतन्त्रतापूर्वक आत्माभिव्यक्तिको अवसर, नेपाली मौखिक अभिव्यक्तिमा विद्यार्थीको समस्या, विद्यार्थीको उच्चारणगत त्रुटि, विद्यार्थीको नेपाली भाषाको मौखिक अभिव्यक्तिमा व्याकरणिक त्रुटि र त्रुटि निराकरणका लागि शिक्षकको पृष्ठपोषणको अवस्थाका आधारमा व्याख्या विश्लेषण गरिएको छ।

(क) विद्यार्थी र शिक्षक बिच कक्षाकोठामा हुने नेपाली भाषामा कुराकानीको अवस्था: आरम्भिक कक्षामा बालकसँग उनीहरूको दिनचर्याका विषयमा कुराकानी गर्नुपर्छ (शुक्ल, सन् १९७५, पृ.१२५)। कक्षामा विद्यार्थी र शिक्षक बिचको नेपालीमा कुराकानीको अवस्थाका सम्बन्धमा शिक्षक र विद्यार्थीबाट प्राप्त तथ्याङ्कलाई निम्नानुसार तालिकामा प्रस्तुत गरिएको छ :

तालिका सङ्ख्या १: विद्यार्थी र शिक्षक बिच कक्षामा हुने कुराकानीको अवस्थाका सम्बन्धमा शिक्षक तथा विद्यार्थीहरूबाट प्राप्त उत्तरको विवरण

प्रश्न	उत्तरदाता	हुन्छ	कहिलेकाहीँ	हुँदैन
कक्षामा शिक्षकले विद्यार्थीसँग नेपालीमा कुराकानी हुन्छ ?	शिक्षक	१९(७६%)	६(२४%)	०(०%)
	विद्यार्थी	१७०(६८%)	७० (२८%)	१०(४%)

स्रोत: स्थलगत अध्ययन, २०८०

माथिको प्रश्न कक्षामा विद्यार्थीहरूका साथ शिक्षकहरूको नेपालीमा कुराकानीसँग सम्बन्धित छ, जसको उत्तरमा ७६% शिक्षक तथा ६८% विद्यार्थी कक्षामा शिक्षकले विद्यार्थीहरूसँग परिचित वस्तु, कार्य, घटनाहरू र अनुभव आदिका विषयमा नेपालीमा कुराकानी हुने स्वीकार गर्दछन्। यसले गर्दा विद्यार्थीहरूमा सरल भाषामा आफ्ना विचार व्यक्त गर्ने क्षमताका साथै आफ्ना अनुभवलाई (देखेका, दृश्य, वस्तु, घटनाहरूलाई) आफ्ना शब्दमा व्यक्त गर्ने योग्यता, भावानुकूल आरोह अवरोहका साथ

वार्तालाप गर्ने क्षमताका साथै शब्दभण्डार वृद्धि गर्न मदत गर्नुका साथै शिष्ट भाषा प्रयोगमा समेत प्रोत्साहन हुन्छ ।

(ख) विद्यार्थी र शिक्षक बिच कक्षाकोठाबाहेक नेपाली भाषामा हुने कुराकानीको अवस्था: कक्षाकोठा बाहेक विद्यार्थी र शिक्षक बिचको नेपाली भाषामा हुने कुराकानीको अवस्थाका सम्बन्धमा शिक्षक र विद्यार्थीबाट प्राप्त तथ्याङ्कलाई निम्नानुसार तालिकामा प्रस्तुत गरिएको छ :

तालिका सङ्ख्या २: विद्यार्थी र शिक्षक बिच कक्षाकोठाबाहेक नेपाली भाषामा हुने कुराकानीको अवस्थाका सम्बन्धमा शिक्षक तथा विद्यार्थीहरूबाट प्राप्त उत्तरको विवरण

प्रश्न	उत्तरदाता	हुन्छ	कहिलेकाहीँ	हुँदैन
कक्षाबाहेक बाहिर शिक्षकले विद्यार्थीसँग नेपालीमा कुराकानी गर्नुहुन्छ ?	शिक्षक	१५ (६०%)	९ (३९%)	१ (२%)
	विद्यार्थी	१२० (४८%)	१०० (४० %)	३० (१२%)

स्रोत: स्थलगत अध्ययन, २०८०

कक्षाको बाहिर विद्यार्थीहरूका साथ शिक्षकले नेपालीमा कुराकानी गर्दछन् भन्ने उत्तरमा ६०% शिक्षक एवम् ४८% विद्यार्थीले मान्दछन् कि शिक्षकले विद्यार्थीका साथ कक्षाबाहिर पनि नेपालीमा कुराकानी गर्छन् । यस्तो कुराकानी बनावटीपूर्ण हुँदैन । यस किसिमको कुराकानी अनौपचारिक हुने भएकाले विद्यार्थीले शिक्षकसँग हृदय खोलेर कुरा गर्ने क्षमता विकास हुन्छ । यहाँ शिक्षकहरूको प्रतिशत बढी छ र ४८% विद्यार्थीहरूले पनि यसको पुष्टि गरेका छन् । तर ४०% विद्यार्थीले स्वीकार गरेका छन् कि शिक्षकले कक्षाबाहिर विद्यार्थीहरूसँग कहिलेकाहीँ मात्र नेपालीमा कुराकानी गर्छन् । यसबाट यो स्पष्ट हुन्छ कि विद्यार्थीहरूलाई विद्यालयीय परिवेशमा नेपाली बोल्ने र सुन्ने अवसर कम प्राप्त हुन्छ ।

(ग) विद्यार्थी र विद्यार्थी बिच नेपाली भाषामा हुने कुराकानीको अवस्था: औपचारिक शिक्षणमा अर्थात् कक्षा शिक्षणमा अध्येता भाषामा बोल्ने बाध्यता छ, तर कक्षाबाहिर तथा विद्यार्थीहरूको परस्पर कुराकानीका सन्दर्भमा नेपाली भाषाका अतिरिक्त अन्य भाषालाई प्राथमिकता दिन्छन् । नेपाली विषय पढ्नु एउटा कुरा हो र नेपाली भाषाको भाषिक वातावरणमा रहनु र नेपालीमा कुराकानी गर्नु अर्को कुरा हो । अक्सर नेपालका नेपाली मातृभाषाबाहेकका विद्यार्थीहरूले नेपाली विषयमा कुनै प्रकारले अड्कत त प्राप्त गर्दछन् तर औपचारिक शिक्षाबाट हटनासाथ उनका अध्येय भाषामा अधिकार जमाउन सक्दैनन्, उनीहरू शब्दावलीमा सीमित हुन्छन् । उनीहरूले नयाँ परिस्थितिहरूमा नयाँ वाक्यको निर्माण गर्न जान्दैनन् । यही स्थिति नेपालका नेपाली इतर मातृभाषी विद्यार्थीहरूको पनि छ । जो नेपालीलाई पढ्ने र लेख्ने भाषा मात्र सम्झन्छन् ।

विद्यार्थी विद्यार्थी बिचको कुराकानीले स्वाभाविकता, आत्मीयता र उनीहरूमा निर्भीकताका साथै शुद्ध भाषिक प्रयोगमा अभ्यस्त बन्न जान्छन् । विद्यार्थी र विद्यार्थी बिचको नेपालीमा कुराकानीको अवस्थाका सम्बन्धमा शिक्षक र विद्यार्थीबाट प्राप्त तथ्याङ्कलाई निम्नानुसार तालिकामा प्रस्तुत गरिएको छ :

तालिका सङ्ख्या ३: विद्यार्थी र विद्यार्थीका बिच नेपालीमा हुने कुराकानीको अवस्थाका सम्बन्धमा शिक्षक तथा विद्यार्थीहरूबाट प्राप्त उत्तरको विवरण

प्रश्न	उत्तरदाता	हुन्छ	कहिलेकाहीँ	हुँदैन
कक्षामा विद्यार्थीले आफ्ना सहपाठीहरूका साथ नेपाली भाषामा कुराकानी गर्छन् ?	शिक्षक	१९ (७६%)	५ (२०%)	१ (४%)
	विद्यार्थी	४८ (१९.२%)	१५० (६०%)	५२ (२०.८%)

स्रोत: स्थलगत अध्ययन, २०८०

विद्यार्थीहरू एक आपसमा नेपाली भाषामा कुराकानी गर्ने कतिको अवसर प्राप्त हुन्छ भन्ने प्रश्नको उत्तरमा ७६% शिक्षकहरूले विद्यार्थीहरूले एक आपसमा नेपालीमा कुराकानी गर्ने अवसर प्राप्त हुन्छ भनी स्वीकारेका छन् । तर ६०% विद्यार्थीहरूले मात्र उनीहरू कहिलेकाहीँ नेपालीमा कुराकानी गर्दछन् भनेर भनेका छन् ।

(घ) विद्यार्थीलाई पाठको सारांश मौखिक रूपमा बताउने लगाउने क्रियालापको अवस्था: कक्षामा शिक्षकले पाठको सारांश मौखिक रूपमा बताउने लगाउने क्रियाकलाप कतिको सञ्चालन गर्दछन् भन्ने विषयमा शिक्षक र विद्यार्थीबाट प्राप्त तथ्याङ्कलाई निम्नानुसार तालिकामा प्रस्तुत गरिएको छ :

तालिका सङ्ख्या ४: विद्यार्थीलाई पाठको सारांश मौखिक रूपमा बताउने लगाउने क्रियाकलापका सम्बन्धमा शिक्षक र विद्यार्थीहरूबाट प्राप्त उत्तरको विवरण

प्रश्न	उत्तरदाता	हुन्छ	कहिलेकाहीँ	हुँदैन
शिक्षकले गद्यांश वा पद्यांशको सारांश विद्यार्थीहरूलाई मौखिक रूपमा सोध्छन् ?	शिक्षक	१८ (७२%)	६ (२४%)	१ (४%)
	विद्यार्थी	५० (२०%)	१६० (६४%)	४० (१६%)

स्रोत: स्थलगत अध्ययन, २०८०

कक्षा शिक्षणमा विद्यार्थीहरूलाई गद्यांश वा पद्यांशको सारांश मौखिक रूपबाट सोधिन्छ कि सोधिँदैन भन्ने कुरासँग सम्बन्धित प्रश्नको उत्तरमा ७२% शिक्षकहरूले कक्षामा पढाएका विषयवस्तुलाई विद्यार्थीहरूसँग मौखिक रूपबाट सारांश बताउने लगाउने कुरा बताएका छन् भने ६४% विद्यार्थीहरूले शिक्षकद्वारा कहिलेकाहीँ मात्र गद्यांश वा पद्यांशको सारांशलाई मौखिक रूपबाट सुन्ने कुरा स्वीकार गरेका छन् ।

(ड) **विद्यार्थीलाई परस्परमा नेपाली भाषामा कुराकानी गर्न प्रोत्साहनको अवस्था:** विद्यार्थीलाई परस्परमा नेपाली भाषामा कुराकानी गर्न प्रोत्साहनका सम्बन्धमा शिक्षक र विद्यार्थीबाट प्राप्त तथ्याङ्कलाई निम्नानुसार तालिकामा प्रस्तुत गरिएको छ :

तालिका सङ्ख्या ५: विद्यार्थीलाई परस्परमा नेपाली भाषामा कुराकानी गर्न प्रोत्साहनका सम्बन्धमा शिक्षक तथा विद्यार्थीहरूबाट प्राप्त उत्तरको विवरण

प्रश्न	उत्तरदाता	हुन्छ	कहिलेकाहीँ	हुँदैन
शिक्षकले विद्यार्थीलाई परस्पर नेपालीमा कुराकानी गर्नका लागि प्रोत्साहित गर्दछन् ?	शिक्षक	१७ (६८ %)	८ (३२ %)	० (०%)
	विद्यार्थी	१४५ (५८%)	७० (२८%)	३५ (१४%)

स्रोत: स्थलगत अध्ययन, २०८०

शिक्षकहरूको विद्यार्थीलाई परस्परमा नेपालीमा बोल्नका लागि प्रोत्साहन गरिएको छ भन्ने प्रश्नमा ६८% शिक्षक एवम् ५८% विद्यार्थीले शिक्षकले विद्यार्थीहरूलाई नेपाली भाषामा बोल्नका लागि प्रोत्साहित गरेको कुरा स्वीकार गरेका छन् ।

(च) **कक्षामा नेपाली भाषामा बोल्दा शिक्षकको ध्यानाकर्षणको अवस्था:** कक्षामा नेपाली भाषामा बोल्दा शिक्षकले ध्यानपूर्वक सुन्छन कि सुन्दैनन् भन्ने सम्बन्धमा शिक्षक र विद्यार्थीबाट प्राप्त तथ्याङ्कलाई निम्नानुसार तालिकामा प्रस्तुत गरिएको छ :

तालिका सङ्ख्या ६: कक्षामा नेपाली भाषामा बोल्दा शिक्षकको ध्यानाकर्षणका सम्बन्धमा शिक्षक तथा विद्यार्थीहरूबाट प्राप्त उत्तरको विवरण

प्रश्न	उत्तरदाता	हुन्छ	कहिलेकाहीँ	हुँदैन
कक्षामा विद्यार्थीले नेपाली बोल्दा शिक्षकले उसको कुरालाई ध्यानपूर्वक सुन्छन् ?	शिक्षक	१९ (७६%)	४ (१८%)	२ (६%)
	विद्यार्थी	१६० (६४%)	७० (२८%)	२० (८%)

स्रोत: स्थलगत अध्ययन, २०८०

अधिकतम ७६% शिक्षक तथा ६४% विद्यार्थीले कक्षामा विद्यार्थीले नेपाली भाषामा बोल्दा शिक्षकले विद्यार्थीको कुरा ध्यानपूर्वक नै सुन्ने गरेको स्वीकार गरेका छन् ।

माथिको अध्ययनका आधारमा शिक्षकहरू र विद्यार्थीहरूको राम्रो सम्बन्ध रहेको छ । कुनै पनि भाषा सिक्नका लागि शिक्षकको प्रोत्साहन धेरै आवश्यक छ । यस्तो गर्नाले विद्यार्थी स्वतः त्यो भाषाको प्रयोग अधिकाधिक गर्दछन् । त्यस भाषामा आफ्ना कुरा भन्नमा पनि सक्षम हुन्छन् । यसका विपरीत शिक्षकले ध्यानपूर्वक नसुन्नाले शब्द शब्दमा जिस्काइदिनाले विद्यार्थीले आफूलाई अपमानित महसूस गर्दछ र त्यो भाषा बोल्न डराउँछ । फलस्वरूप सङ्कोचका कारण उसको अभिव्यक्ति हुन पाउँदैन र ऊ त्यो भाषाको प्रयोग कुशलतापूर्वक गर्न सक्दैन ।

(छ) स्वतन्त्रतापूर्वक आत्माभिव्यक्तिको अवसर: मौखिक कार्यको उद्देश्य बालकलाई शुद्ध बोल्न सिकाउनु हो त्यसले ऊ आफ्ना विचार सरल, रूचिपूर्ण एवम् स्पष्टतापूर्वक अर्का सामु राख्न सकोस् (लहरी, सन् १९६६, पृ. ५२) । विद्यार्थीलाई स्वतन्त्रतापूर्वक आत्माभिव्यक्तिको अवसर उपलब्ध गराउनु भएको छ भनेर शिक्षकलाई सोधिएको प्रश्नबाट प्राप्त विवरण निम्नानुसार तालिकामा प्रस्तुत गरिएको छ :

तालिका सङ्ख्या ७: विद्यार्थीलाई स्वतन्त्रतापूर्वक आत्माभिव्यक्तिको अवसरको अवस्था

प्रश्न	उत्तरदाता	हुन्छ	कहिलेकाहीँ	हुँदैन
तपाईंले विद्यार्थीलाई स्वतन्त्रतापूर्वक आत्माभिव्यक्तिको अवसर दिनुहुन्छ ?	शिक्षक	१९ (७६%)	६ (२४%)	० (०%)

स्रोत: स्थलगत अध्ययन, २०८०

तपाईंले विद्यार्थीहरूलाई स्वतन्त्र आत्माभिव्यक्तिको अवसर प्रदान गर्नुभएको छ भनी सोध्दा ७६% शिक्षकहरूले आफ्ना विद्यार्थीहरूलाई स्वतन्त्र आत्माभिव्यक्तिको अवसर प्रदान गरेको बताएका छन् । यसले लहरी (सन् १९६६) ले पृ. ५३ मा भनेभैँ बालकलाई आत्माभिव्यक्तिको अवसर पाएमा उसमा हिचकिचाहट उत्पन्न नै हुँदैन यदि उत्पन्न भएमा पनि त्यो तुरुन्तै हट्छ । यसरी विद्यार्थीको सङ्कोचलाई अन्त्य गरी आफ्नो विचार बिना हिचकिचाहट अरूका सामु प्रस्तुत गर्ने क्षमता विकास गराउन आत्माभिव्यक्तिको अवसर प्रदान गर्नु उपयुक्त हुन्छ ।

(ज) नेपाली मौखिक अभिव्यक्तिमा विद्यार्थीको समस्या: विद्यार्थीलाई नेपाली भाषाको मौखिक अभिव्यक्ति गर्दा समस्या हुन्छ भनेर सोधिएको प्रश्नबाट प्राप्त विवरण निम्नानुसार तालिकामा प्रस्तुत गरिएको छ :

तालिका सङ्ख्या ८: विद्यार्थीलाई नेपाली भाषाको मौखिक अभिव्यक्तिमा पर्ने समस्याको अवस्था

प्रश्न	उत्तरदाता	हुन्छ	कहिलेकाहीँ	हुँदैन
तपाईंका विद्यार्थीलाई नेपाली भाषामा बोल्नका लागि समस्या हुन्छ ?	शिक्षक	७ (२८%)	१४ (५६%)	४ (१६%)

स्रोत: स्थलगत अध्ययन, २०८०

अधिकतम ५६% शिक्षकले आफ्ना विद्यार्थीहरूलाई नेपाली भाषाको मौखिक अभिव्यक्तिका क्रममा कहिलेकाहीँ समस्या हुन्छ भन्ने कुरा स्वीकार गरेका छन् । १६% शिक्षकले मात्र आफ्ना विद्यार्थीहरूलाई नेपाली भाषाको मौखिक अभिव्यक्तिमा कुनै प्रकारको समस्या नभएको बताएका छन् ।

(झ) विद्यार्थीको उच्चारणगत त्रुटि: उच्चारणको अर्थ हो लक्ष्य भाषाका ध्वनिहरूलाई शुद्ध तथा स्पष्ट उच्चारण गर्नु हो । उच्चारण शिक्षणमा यो ध्यान दिइन्छ कि विद्यार्थीले लक्ष्य भाषाको ध्वनि व्यवस्था

अनुरूप शब्दहरूको उच्चारण गर्न सिकोस् । ध्वनि संयोगहरूको उच्चारणमा ध्वनिहरूको स्पष्ट उच्चारण गर्न सिकोस् । साथै अनुतान, बलाघात आदिको प्रयोग पनि पर्याप्त रूपमा सिकोस् । मातृभाषामा अनुकरण एवम् सहज प्रयोगद्वारा शुद्ध उच्चारणको आदत विकसित हुन जान्छ, तर अन्य भाषा सिकने तथा सिकाउने प्रक्रियामा यो अत्यन्त कठिन कार्य हो जसलाई सप्रयास सकिन्छ । बोलाइ (वाचन) मा ध्वनिहरूको उच्चारण, मुखर अभिव्यञ्जना, शब्दावली तथा त्यसको सन्दर्भगत अर्थको अभ्यासलाई लिइन्छ (भाटिया र तिवारी, सन् १९८०, पृ. ३२) । घर, परिवार, अध्यापकको असावधानी, भय, सङ्कोचका साथै उच्चारण अवस्थाको विकृतिका कारण उच्चारणगत त्रुटि हुने गर्छ । मौखिक अभिव्यक्तिले राठी र कुमार (सन् २०१७-१८) ले भनेभै विद्यार्थीहरूको स्पष्ट अक्षरोच्चारण, शुद्ध शब्दोच्चारण, उचित ध्वनि निर्गम, बल, प्रवाह र उचित शैलीका साथ बोलनमा निपुण बनाउनु पर्छ (पृ. ११९) । विद्यार्थीले मौखिक नेपाली अभिव्यक्ति गर्दा उच्चारणगत त्रुटि गर्छन भनेर सोधिएको प्रश्नबाट प्राप्त विवरण निम्नानुसार तालिकामा प्रस्तुत गरिएको छ :

तालिका सङ्ख्या ९: विद्यार्थीले नेपाली भाषाको मौखिक अभिव्यक्तिमा गर्ने त्रुटिको पूर्वानुमान

प्रश्न	उत्तरदाता	हुन्छ	कहिलेकाहीँ	हुँदैन
विद्यार्थीको बोलाइमा उच्चारणगत त्रुटि हुन्छ ?	शिक्षक	१० (४०%)	१० (४०%)	५ (२०%)

स्रोत: स्थलगत अध्ययन, २०८०

उच्चारण त्रुटिका सन्दर्भमा ४०% शिक्षक उनीहरूका विद्यार्थीहरूले सधैं उच्चारणगत त्रुटि गर्छन् भनेर भन्छन् भने ४०% शिक्षक आफ्ना विद्यार्थीहरूले यस्तो त्रुटि कहिलेकाहीँ गर्दछन् भनेर भन्छन् । २०% शिक्षकले आफ्ना विद्यार्थीहरूले मौखिक अभिव्यक्तिका क्रममा कुनै त्रुटि नगर्ने गरेको बताएका छन् ।

(ब) विद्यार्थीले नेपाली भाषाको मौखिक अभिव्यक्तिमा गर्ने व्याकरणिक त्रुटि: विद्यार्थीले मौखिक नेपाली अभिव्यक्ति गर्दा व्याकरणगत त्रुटि गर्छन भनेर शिक्षकलाई सोधिएको प्रश्नबाट प्राप्त विवरण निम्नानुसार तालिकामा प्रस्तुत गरिएको छ :

तालिका सङ्ख्या १०: विद्यार्थीले नेपाली भाषाको मौखिक अभिव्यक्तिमा गर्ने व्याकरणिक त्रुटिको पूर्वानुमान

प्रश्न	उत्तरदाता	हुन्छ	कहिलेकाहीँ	हुँदैन
विद्यार्थीले बोल्दा व्याकरणिक त्रुटि गर्छन् ?	शिक्षक	४ (१६%)	१३ (५२%)	८ (३२%)

स्रोत: स्थलगत अध्ययन, २०८०

जम्मा १६% शिक्षकहरूले विद्यार्थीले बोल्दा सधैं व्याकरणिक त्रुटि गर्छन् भनेका छन् भने ५२% शिक्षक उनीहरूका विद्यार्थीहरूले मौखिक अभिव्यक्तिका क्रममा कहिल्यै पनि व्याकरणिक त्रुटि नगर्ने बताउँछन् ।

(ट) त्रुटि निराकरणका लागि शिक्षकको पृष्ठपोषणको अवस्था: विद्यार्थीले नेपाली भाषाको मौखिक अभिव्यक्ति गर्दा देखिएका त्रुटि निराकरण गर्नका लागि तपाईंको भूमिका कस्तो छ भनेर शिक्षकलाई सोधिएको प्रश्नबाट प्राप्त विवरण निम्नानुसार तालिकामा प्रस्तुत गरिएको छ:

तालिका सङ्ख्या ११: नेपाली भाषाको मौखिक अभिव्यक्तिमा विद्यार्थीको त्रुटि निराकरणका लागि पृष्ठपोषणको अवस्था

प्रश्न	उत्तरदाता	हुन्छ	कहिलेकाहीँ	हुँदैन
विद्यार्थीहरूले अशुद्ध बोलेका खण्डमा तपाईं तिनीहरूको त्रुटिलाई तत्काल सुधार गर्नुहुन्छ ?	शिक्षक	२० (८०%)	३ (१२%)	२ (८%)

स्रोत: स्थलगत अध्ययन, २०८०

विद्यार्थीले गल्ती गर्नासाथ शिक्षकका दुई किसिमका प्रतिक्रियाहरू हुन्छन् । पहिले प्रतिक्रियाका रूपमा अक्सर विद्यार्थीलाई हप्काइन्छ, अथवा उनीहरूको उत्तर काटिदिइन्छ, जसको असर विद्यार्थीहरूमा ज्यादै नकारात्मक हुन्छ र विस्तारै विस्तारै उसले मान्न लाग्छ कि उसलाई त बोल्न नै आउँदैन । ८०% शिक्षकहरूले स्वीकार गरेका छन् कि उनीहरूद्वारा विद्यार्थीहरूको बोलाइ सम्बन्धी त्रुटि हुन गएमा उनीहरूलाई हप्काउनु हुँदैन जसले विद्यार्थीको आत्मविश्वासलाई कमजोर बनाउँछ बरू तिनीहरूको गल्ती औँल्याएर त्यही समयमा सुधार गरिदिनुपर्छ जसले विद्यार्थीको आत्मविश्वास बढ्छ र उनीहरू आफ्नो त्रुटिप्रति सजग हुन्छन् तथा त्यसलाई उनीहरूले फेरि दोहोर्‍याउँदैनन् ।

९. निष्कर्ष

यस अध्ययनको निष्कर्षलाई निम्नानुसार प्रस्तुत गर्न सकिन्छ :

- विद्यालयीय परिवेश वा कक्षामा विद्यार्थीहरूलाई नेपाली बोल्ने र सुन्नेका अवसर आंशिक देखिएको छ । यसलाई बढाएर विद्यार्थीहरूका लागि बढीभन्दा बढी अवसर सिर्जना गर्नुपर्छ ।
- कक्षा पाँचका विद्यार्थीहरूले नेपालीमा कुराकानी गर्दा विद्यार्थीहरूलाई शिक्षकले प्रोत्साहित गरेको देखिन्छ । यसलाई अभि सुधार गरेमा विद्यार्थीहरूको मौखिक अभिव्यक्ति कौशलमा सुधार आउनेछ ।
- कक्षा पाँचका विद्यार्थीका मौखिक अभिव्यक्तिसम्बन्धी गल्तीहरूलाई अधिकांश शिक्षकले तत्काल सुधार गर्ने गरेको देखिन्छ । अरू शिक्षकमा पनि यस प्रकारको सोच विकास भएमा विद्यार्थीले आफ्नो गल्तीहरूप्रति सजग भई मौखिक अभिव्यक्तिमा सशक्त बन्न सक्नेछन् ।

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