

School = Milan Dharmasthali School

Class = 8

Subject = Social studies

Unit = 2 Our Traditions, Norms and Values

Period = 5th

1. Specific objective

After reading this chapter the students will be able to

a. Know our social practices and the way of life

2. Teaching materials : Book

3. Teaching learning method : Describe the different types of social practices that is observed in Nepali society by Nepalese people.

4. Evaluation : Ask questions relating to chapter

5. Homework : read chapter and do exercise

Our social practices

Due to diversity in geography we have diversity in ways of life, traditions and cultures. Some of the typical cultures, customs, traditions and practices we practice are Guthi, Bheja, Parma, Paincho, Dhikuti, Badghar, Rodhi, Jankhu, Bel Bibaha, Sapati etc.

A. Guthi : Guthi is a social trust established to help each other and to do some social cultural or religious works in time of need. It is a social organization of Newar community.

B. Bheja : Bheja is a social and cultural practice of collecting contributions from each household in cash or kinds for performing social functions. It is mostly found among the people of Magar community.

C. Parma : Parma is a social practice of giving and taking help in labour turn by turn while carrying out social, cultural and agricultural activities.

D. Paincho : Paincho means giving and taking something. Paincho is related with goods. Parma means providing and taking help during labour.

E. Dhikuti : The literal meaning of Dhikuti is a storage room. As a social practice this concept is meant to collect money or fund for specific purpose periodical or one time contributions from it's members.

F. Badghar : Badghar literally means a senior citizen of a community. As a social practice, member of the community either choose or agree to pass on leadership according to age or seniority in the community. It is mostly practiced in Tharu community.

G. Rodhi : Rodhi is like a social club mostly prevalent in the Gurung community. At Rodhi normally young people of the same community having the same interest get together in a fixed place called Rodhighar to discuss or to undertake the events of their interest.