Contents

Preface 7
Foreword 9

1. People of Nepal 13
2. Palaeo-Environment and Pre-history of Nepal 38
3. Some Historical Lores of Ancient Nepal 56
4. Ancient Nepal 75
5. Historical Perspectives of Nepal–India Border Relations 102
6. Lumbini: The Birth-place of Lord Buddha 132
7. Why Tilaurakot is Kapilvastu? 153
8. An Introduction to the History and Art Traditions of Mithila 170
9. Cultural Heritage of Nepal 183
10. Religion and King as Unifying Force in the Kathmandu Valley 208
11. Nepalese Society during Malla and Early Shah Periods 221
12. Some Reflections on the Culture of Western Development Sector 236
13. Religious Traditions and Beliefs of the People of Western Nepal 251
12 *Nepal: Through the Ages*

14. Some Aspects of Religion and Art of Nepal  265
15. A Short Prolegomenon to the Archaeology of Bheri Zone, Mid-Western Nepal  290
16. Temple Architecture of Kapilvastu  297
17. Architective of Kapilvastu  310
18. The Art of Kapilvastu  340
19. The Structure of the Mandala Paintings of Nepal  364
20. Painted Scrolls of Nepal  370
21. The Manuscript Paintings of Nepal  383
22. The Art of Simaraungarh, Narayani Zone  401
23. Iconography of the Lokeśvara Images in the Swayambhunāth Museum of Nepal  411
24. Buddhist Monuments of Western Nepal  422
25. Development of Theatre Art in Nepal  434

*Index*  447