

Course Title: Ancient and Medieval History of Nepal  
 Course No: Hist. Ed. 416  
 Nature of the Course: Theory  
 Year: First  
 Level: Bachelor

Full marks: 100  
 Pass marks: 35  
 Period per week: 6  
 Total periods: 150  
 Time per period: 50 min

### 1. Course Description:

This course is designed for first year students of four year B.Ed. who specialize in history. It intends to provide the required knowledge of ancient and medieval history of Nepal. This course is divided into two parts. First part deals with the history of Gopals, Abhires, Shakyas of Kapilbastu, Bedehas of Janakpur, Kirat and Lichhavis of Kathmandu and second part deals with the history of the origin of Mallas of the Kathmandu valley and up to their fall. Besides, this it also covers the political history of Baise, Chaubise and Sen Dynasty beyond the valley.

### 2. General Objectives:

The general objectives of this course are as follows:

- To provide broader knowledge on geographical influences in the history of Nepal.
- To develop broader understanding of the early settlement and different dynasties of Nepal.
- To enable the students to describe the history of Kiratas and their downfall, achievements of Lichhivi kings and the society, economy and administration.
- To familiarize the students with the origin of Mallas of Kathmandu valley.
- To make the students able to explain the society, economy, political condition and culture of Malla period and evaluate the reforms of the Malla king of Kathmandu valley.
- To acquaint the students with the history of Baise, Chaubise, Makwanpur, Chaudandi and Bijayapur principalities.
- To enable the students to analyze the inter-state relation between Gorkha and the Malla Kings of Kathmandu Valley and relation with Tibet and India.

### 3. Specific Objectives and Contents

Specific Objectives	Content
<ul style="list-style-type: none"> <li>• Explain the origin of the name 'Nepal'.</li> <li>• Discuss the contemporary Historiography of the Nepalese history</li> <li>• Describe the geographical influence in the history of Nepal.</li> <li>• Discuss the sources of Nepalese history.</li> <li>• Explain the early settlement in the Kathmandu valley and the</li> </ul>	<p><b>Unit I : Early History of Nepal (25)</b></p> <p>1.6 Origin of the name 'Nepal'.</p> <p>1.7 Contemporary Historiography</p> <p>1.8 Geographical influence in the history of Nepal.</p> <p>1.9 Sources of Nepalese history.</p>

<p>early rulers of Nepal.</p> <ul style="list-style-type: none"> <li>Analyze the causes of the fall of Kirat dynasty.</li> </ul>	<p>1.10 Earliest settlement, rulers of early period; 1.4.1 Gopals 1.4.2 Abhira 1.4.3 Bidehas of Janakpur 1.4.4 Shakyas of Kapilvastu. 1.5 History of Kiratas. 1.6 Fall of Kirat Dynasty.</p>
<ul style="list-style-type: none"> <li>Explain the rule of Man Dev.</li> <li>Evaluate the achievements of Man Dev.</li> <li>Discuss the foreign relations of Man Dev.</li> <li>Explain the rule of Shiv Dev</li> <li>Discuss the influence of Guptas in Shiva Dev regime.</li> <li>Describe Causes of the rise of Amshuvarma.</li> <li>Explain the relation between Shiva Dev and Amshuvarma.</li> <li>Explain the socio-economic reforms of Amshuvarma.</li> <li>Evaluate the Amshuvarma's relation with Tibet and India.</li> <li>Describe the restoration of Lichhivi dynasty.</li> <li>Explain the socio-economic reforms of Lichhavi's.</li> <li>Explain the carrier and achievements of Jaya Dev II</li> <li>Explain and analyze the Lichhivi Society economy and administration</li> </ul>	<p><b>Unit II : Introduction to Lichhavi period (25)</b></p> <p>2.7 Man Dev</p> <p>2.8 Shiv Dev. 2.9 Amshuvarma 2.10 Narendra Dev. 2.11 Jaya Dev II 2.12 Carrier and achievements of Lichhavi's Society Economy and Administration</p>
<ul style="list-style-type: none"> <li>Explain the origin of the Mallas.</li> <li>Introduce Ari Malla as the first Malla King.</li> <li>Explain about Avaya Malla</li> <li>Discuss the political condition of Kathmandu valley before the rise of Jayasthiti Malla.</li> <li>Evaluate the reforms of Jayasthiti Malla.</li> </ul>	<p><b>Unit III: Introduction to Malla Period (25)</b></p> <p>3.7 Origin of Mallas 3.8 Ari Malla 3.9 Avaya Malla 3.10 Political condition of Kathmandu the valley before rise of Jayasthiti Malla. 3.11 Career and achievement of Jayasthiti Malla 3.12 Career and achievement of Yaksha Malla</p>

<ul style="list-style-type: none"> <li>Identify the conquest of Yaksha Malla.</li> </ul>	<ul style="list-style-type: none"> <li>State the cause of the division of Mallas in valley.</li> <li>Describe the relation of Raya Malls with his brothers.</li> <li>Introduce Jitamitra Malla as a Malla king of Bhaktapur.</li> <li>Describe the carrier and achievements of Bhupantindra Malla.</li> <li>Analyze the impact of Ranjit Malla's relation with Gorkha.</li> <li>Describe the contribution of Siddhinarasingha Malla in religious, social and economic sector.</li> <li>Pointout the works of Srinivas Malla and Yognarendra Malla</li> <li>State the role of six Pradhans for Political instability politics of Patan and its effects on valley politics.</li> <li>Identify Ratna Malla as a first king of divided Kantipur.</li> <li>State the remarkable works of Mahendra Malla.</li> <li>Describe the carrier and achievement of Pratap Malla.</li> <li>Explain the carrier of Jayaprakash Malla, his role and responsibility in the fall of Mallas.</li> <li>Analyze the causes of the downfall of Mallas</li> </ul>	<p>Unit IV: Three kingdoms of the Kathmandu Valley (30)</p> <p>4.1 Break up of the Malla family.</p> <p>4.2 Rulers of Bhaktapur</p> <p>4.2.1 Raya Malla</p> <p>4.2.2 Jitamitra Malla</p> <p>4.2.3 Bhupatindra Malla</p> <p>4.2.4 Ranjit Malla.</p> <p>4.3 Rulers of Lalitpur</p> <p>4.3.1 Siddhinarasingha Malla</p> <p>4.3.2 Srinivas Malla</p> <p>4.3.3 Yognarendra Malla</p> <p>4.3.4 Six Pradhans</p> <p>4.4 Rulers of Kantipur</p> <p>4.4.1 Ratna Malla</p> <p>4.4.2 Mahendra Malla</p> <p>4.4.3 Pratap Malla</p> <p>4.4.4 Jayaprakash Malla</p> <p>4.5 Downfall of the Mallas</p>
<ul style="list-style-type: none"> <li>Describe the socio, Economic and cultural condition of valley under the Mallas.</li> <li>Evaluate the art and architectural works of Malla Kings of valley.</li> <li>Give a short glimps on Nepal's relation with Tibet and India during medieval period</li> </ul>	<p>Unit V: Nepal Under the Mallas (20)</p> <p>5.5 Socio-cultural, political, economic condition.</p> <p>5.6 Art and architecture.</p> <p>5.7 Language and Literature.</p> <p>5.8 Relation with Tibet and India.</p>	

Unit VI: History of Nepal beyond the Kathmandu valley (25)

6.2 Political history

- Discuss the political history of Baise, Chaubise states.
- Discuss the political history of Makwanpur, Chaudandi and Vijayapur.
- Describe the political relation of Gorkha with the Malla kings of Kathmandu valley

6.1.1 Baise

6.1.2 Chaubise

6.1.3 Makwanpur

6.1.4 Chaudandi

6.1.5 Vijayapur

6.2 Inter state relation between Gorkha and Malla kings of Kathmandu valley.

*Note: The figures in the parentheses indicate the approximate periods for the respective units.*

4. Instructional Techniques

4.1 General Instructional Techniques

This course is a theory course, due to the theoretical nature of the course, teacher-directed, guided and instructed techniques will be mostly adopted. To impart the required knowledge of the concerned units to students in the teacher will adopt the following methods and techniques.

1. Lecture
2. Discussion – individual and group discussion
3. Project paper presentation
4. Brain storming and buzz session
5. Report writing assignment

4.2 Specific Instructional Techniques

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Units	Topic	Instructional Techniques
I	Early History of Nepal	Group Discussion
II	Introduction to Lichhavi period	Project work
III	Introduction to Malla Period	Lecture

IV	Three kingdoms of the Kathmandu Valley	Lecture
V	Nepal under the Mallas	Group work and Presentation
VI	History of Nepal beyond the Kathmandu valley	Group discussion

#### 5. Evaluation Scheme:

The achievement of the students will be evaluated finally through annual examination conducted by Office of Controller of examinations. Though, subject teacher will assess the students' performance from time to time through classroom presentation, project work, discussion and class assignment. It will be used only for feedback purpose. The number and types of Question to be asked in the annual examination are given below

Types of questions	Total questions to be asked	Number of questions to be answered and marks allotted	Total marks
Group A: Multiple choice items	20 questions	20 x 1 mark	20
Group B: Short questions	8 with 3 or questions	8 x 7 marks	56
Group C: Long questions	2 with 1 alternative questions	2 x 12 marks	24

#### 6. Recommended Books and References

##### Recommended Books

- Upadhyaya S. R. (2051), *Nepal ko prachin tatha madhyakalin Itihas* Kathmandu: Ratna Pustak Bhandar. (For Units I-V)
- Regmi, D. R. (1969) *Ancient Nepal* Calcutta: K. L. Mukhophyay. (For Units I&II)
- Gyanwali, S. B. (2019) *Nepal upatyaka ko madhyakalin itihas*, Kathmandu: Royal Nepal Academy. (For Units III to V)
- Dahal, P. (2053) *Nepal ko itihas*, Kathmandu: M. K. Publishers and Distributers. (For Units III to VI)
- Pandit, Dinanath, (2063), *Nepal ko Sanchipta Itiha*, Kathmandu: Rajkumari Acharya. (For Units I to VI)
- Munakami, Llabhakta – *Mallkalin Nepal*. (For Units I to V)
- Sharma B. (2008), *Nepal ko atihask ruprekha*, Banaras: Krishna Kumari Devi. (For Units I to VI)

## References

- Joshi, H. R., (1991); *Pages of forgotten past*, Lalitpur: Joshi Research, Institute.
- Shah, R. (1988) *Ancient and medieval Nepal*, New Delhi Manohar Lal.
- Vajracharya, D. (2030), *Lichhavi kalko avilekh* Kathmandu: CNAS, TU.
- Vaidy & Mandhar T. R. & Joshi S. L (1993) *Social history of Nepal*, New Delhi: Anmol Publications Pvt. Ltd.
- Petech, L. (1984) *Medieval history of Nepal*, Rome: Serial Oriental.
- Subedi, R. R. (2055) *Baisi raiya ko eatihasic ruprekha* Kirtipur: CNAS, TU.
- Subed, R. R. (2061) *Nepal Ko tathya etihās*, Kathmandu: Sajha Prakashan.
- Subedi, R. R. (2060), *Achham ko etihās, achham: Vaidhyānath Chhetra Prakashan Samiti.*
- Rai T. B. (2053) *Kirat bhumi ra kirat jana jivan*, Lalitpur: Uttam Kumar Chamling Rai.