

NeHCA - 570

Himalayan Heritage

Semester: 4th

Paper II

Credit hour:3

Teaching hours: 48

Objectives

This course is designed to provide the students with the basic concepts of heritage of Himalayan region in terms of prehistory, history, culture, tradition, religious belief, art, architecture, pilgrimage, monastic order, semiotics and cultural aesthetic values. At the end of the semester the students will be able to assess the importance of cultural heritage of the Himalayan region.

Unit I The Himalayas: Natural and Sacred Landscape

4 hrs

A Brief Introduction to Hindukush Himalayas, with reference to Religious Significance of Himalayas from Hindus and Buddhists' Perspectives.

Unit II Historical Development of Buddhism in Northern Nepal

10 hrs

Brief Study of Bon religion in Northern Nepal, Evolution and Expansion of Buddhism in Northern Nepal and Tibet, Major Schools of Himalayan Buddhism Nyingmapa, Kagyupa, Sakyapa and Gelugpa.

Unit III Monastic Institutions

8 hrs

Typology of monastery, Religious significance of monastery, Monastery as an integral part of Buddhist Community of Northern Nepal.

Unit IV Tangible Heritage of Himalayan Region

8 hrs

Caves, Forts, Palaces, Stupas, Mani walls, Prayer wheels, Sacred poles, Sacred flags, Typology of flags: Rooftop sacred flags, Five colourful flags and white plain flags. Wall paintings, Thangka paintings, Secular buildings, Village entrance gate, and Concept of serpent deity

Unit V Himalayan Pilgrimages

8 hrs

Concept of pilgrimage, Pilgrimage to Pathivara Gosaikunda, Muktinath, , Badimalika and Khaptad Lubrak.

Unit VI A Study of Important Monasteries and Nunneries of Northern Nepal

6 hrs

Tyangboche Monastery of Khumbu, The Nunnery of Bigu – Dolakha, Monastery of Mustang, Braga Gumba of Manang, Gumpas of Dolpa, and Olanchungola,.

The Major Festivals like Loshar, Dumdje, Manirimdu, Nyungne, Yertong, Tijee .

References

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