

Dr Poonam Rana { Poonam R L Rana }

Professor

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SUMMARY/SYNOPSIS

Dr Poonam Rajya Laxmi Rana was an Associate Professor in the Dept of Nepalese History, Culture & Archaeology until February 15, 2025. **She resigned after being appointed as a Professor at Swamy Vevekananda Subharati University in India on February 11th 2025.** She holds a **Doctoral Degree in Nepalese History, Culture & Archaeology, a Master's Degree in Sociology (Vidhya Bhusan Padak , Gold Medal from His Majesty King Birendra) from Tribhuvan University, Master's Degree in Environment & Ecology from Delhi. Master's degree in Nepalese History, Culture & Archaeology.** She holds a **Bachelor's Degree in Fine Arts** from Lalit Kala Campus. **She is Deputy General Secretary of Nepal Heritage Society and was a member of the Active Women Organisation.** In the year **2016,** she was a '**Visiting Scholar**' to **Sichuan University, Chengdu, China,** where she presented a paper on the Lumbini birthplace of Buddha. & Princess Bhrikuti of Nepal and her contributions in Lhasa". In the year **2017** she was '**Visiting Project Scholar**' at **Yunnan Minzo University, Kunming China .** In **2018 July** she was at the **Tibetan University in Lhasa** as a **Visiting Presenter & Researcher and she** did her research on Princess Bhrikuti. **In 1997 she won scholarship to Germany for her story.** She was presenter at **Malasia in 2012** In **2020,** she was invited by the **National University of Singapore NUS, as Visiting Scholar.** She is involved in teaching Mountaineers, trekking guides, as well as enlightening **Foreign Road Scholar groups** on Nepalese History, Culture, Himalayan Heritage (Himalayan Buddhism) /Studies, Ethnic groups, Religion, Art, Architecture, Mysteries & Histories behind Historical wars in Nepal. She was involved in lecturing Ph.D candidates on Research writing/methodology, and culture concept. She has participated in international Seminars & Conferences, presented papers related to cultural and social researches and has published numerous articles and books such as: 1. **NEPALESE ETHNIC COSTUMES & ORNAMENTS** and published in **2017/18,** 2. Toni Hagens, Photos of Kathmandu Valley,1950s- 1960s in **2019/2020 .:** 3 **Cast Hierarchy & Livelihood of Baji Ethnic Group & Animistic practices among Tharus of Dang & Deokhuri (Terai of Southern Nepal),** 4. **Ancient Polity Book 1,** 5. **Historical Political Study of Licchavis Ancient polity Book 2 2024.** 6. **Culture & Heritage 2026 .** Books to be published, **Costumes & Ornaments of Ranas of Nepal. The Healing Goddesses of The Valley (A Case Study).** Has been involved as Chief Investigator in UGC funded research related to **Bauddhanath.** And involved in research funded by the Rector's office TU.

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Detail/ CV

An Associate Professor, with more than 21 years of teaching experience and research work, she resigned in 2025 from Tribhuvan University and in 2026 she joined Swamy Vevekananda Subharati University as a professor at Samrat Ashok, Subharti school of Buddhist studies. Teaching is not my profession but my **dream job**. I am involved in motivating and transmitting ethical values and knowledge to students both undergraduates and Graduates and PhD level candidates. I also present papers to the '**Mountaineers students' on Himalayan Heritages and Foreign Visitors or Road scholars on Nepali Society, Culture & Religion & Tourism, Heritage Management**. As a Deputy-General Secretary of **Nepal Heritage Society**, I have been actively working for the conservation and preservation of the heritages. I hold Doctoral Degree in Nepalese History Culture & Archaeology, my research topic was '*An Analytical study of Costumes & Ornaments in Nepalese Art { 3rd c BC to 12th c AD*)', beside it, I hold Master's Degree in Nepalese History Culture & Archaeology, Master's degree in Sociology with Vidhya Bhusan Padak from His Majesty King Birendra, and Master's Degree in Environment & Ecology from Delhi. I have conducted numerous research using multi-disciplinary tools and published numerous articles and books. I am involved in guiding Master's as well as PhD thesis and impart lectures on 'research writing' to Doctoral candidates of Fine Arts. I have been invited as a 'Visiting scholar' to universities in Sichuan University, Chendgu in Sept 2016 completed TWO research projects reports: "*Poverty Study at Sino-Nepal Border finding common solutions*" & "*Cross-Cultural Study on the Ethnic Community Yi of China with Tharu Ethnic community of Dang/Deokhuri of Nepal, Similarities & differences*", Yunan Minzo Univ, Kunming in 2017 '*Seven Sisters of India*', Tibet University in Lhasa in 2018 and in 2020 Oct, I was invited to National University of Singapore NUS, unfortunately it was cancelled due to covid19. Recent research paper submitted to NRA for International conference 2021 '*Post Earthquake Reconstruction, Livelihoods and Economic Recovery in the WHS Historical Area of Dolagiri (Changu Narayan) Bhaktapur*'. Is a life-member & Deputy General Secretary of Nepal Heritage Society, which works for the conservation and preservation of heritages & also a Life Member of Nepal Britain Society. I also hold Diploma in Fine Arts, write short stories and translate Nepali books to English and help in proposal writing, related to any field of study. .

HIGHLIGHTS

- Impart knowledge on Nepali Society & Culture, Himalayan Heritage (Himalayan Buddhism) , Ancient Polity , Art Architecture, Research writing , Sociology & Environment & Ecology, Heritage management, etc.
- Has been teaching Research methodology to the Ph.D. candidates of Fine arts.
- Guide thesis, conduct research
- Innovative thinker & speaker
- Involved in organizing seminars, table talks and fund raising programs
- Organizes Field trips to study Historical places and rural communities study.
- Formulates examination questions and examines papers

- Is the member of Research Committee in the Central Department of Nepalese History Culture & Archaeology
- Involved in motivating and counseling students and others
- Diploma holder in Art.
- Works for conservation & preservation of heritages & culture as Deputy General Secretary(Nepal Heritage Society)
- Artist who has conducted Two Solo Exhibitions and participated in numerous competitions.
- Story writer, Book Writer & Translator

ACCOMPLISHMENT

- **Visiting Scholar to Sichuan University**, China on Oct 14th to December 28th 2016 (3mths) program { imparted knowledge on our Culture, participated in Himalayan Conference, **completed Two Projects**
 - Poverty Study at Sino-Nepal Border finding common solutions
 - Cross Cultural study on the Ethnic community Yi of China with the Tharu Ethnic community of Dang / Deokhuri of Nepal & Some similar rituals of Nepal Similarities & Differences’
- **Visiting Project Scholar to Yunnan Minzo University (Research Centre)** Sept 23rd to Nov 23rd 2017 (2 months program) research project on the Seven Sisters of India.
- **Visiting Scholar Presenter at Tibetan University** on Birthplace of Buddha(Lumbini) & Personal Research at Lasha on Princess Bhrikuti ---- From July 11th 2018 to July 23rd 2018
- **Special Scholarship to Deutsche Land (Germany)** in 1997
- **Associate Professor.** Dept Of Nepalese History Culture & Archaeology, Tribhuvan University, Kathmandu, Nepal. (www.tribhuvanuniversity.com.np)
- **Invitation from National University of Singapore Oct 2020, but was cancelled due Covid-19 { Project on Family Studies }**
- **Vidhya Bhushan Padak { Gold Medal }** in Sociology from His Majesty King Birendra.
- **Députy General Secretary & Life-member**, Nepal Heritage Society. www.nepalheritagesociety.com.np
nheritage@gmail.com
- **Member** of Active Women Organization. www.awonnepal.com (Social Work)
- **Member** of United Nation Women’s Organization (Nepal)
- **Life Member** of Nepal Britain Society
- 6 week's Fellowship to Deutsche land for her story on German Nepal Tourism
- Short-listed twice by Asian Fellowship (interview at Delhi)
- **Special Scholarship to Germany.**

EXPERIENCE

- 1995 Assistant Lecturer at Tribhuvan University (Central Dept of Culture)1997 Lecturer
- 2015 Associate Professor till 2025 (resigned), involved in teaching Research methodology, History/Culture/Ancient Polity/Himalayan Heritage/Buddhism
- 1990 Involved in teaching primary, secondary & higher secondary levels
- 2003 Involved in Teaching Cambridge 'O' 'AS' & 'A' Levels Sociology & Environment /Ecology
- 2012 Worked as English facilitator
- 1995 -1999 worked as Editor and manager of 'The Rising Sun" students paper (Self developed)
- 2000 - to this day .Deputy General Secretary and works for the preservation conservation & promotions of Ancient Heritages & Cultures under **Nepal Heritage Society**
- 2016 - Involved in Guest Lecturing Social Work students from Kadambari College & Foreign Visiting students on Nepali Society & Culture and Sociology promote discussions on it.
- 2014 up to now - Involved in presenting paper on Nepali Society & Culture to Foreigners & Mountaineers.
- 2018 lectures to the Doctorate Candidates on 'Research Writing'.
- 1995 to 2026 involved in various research.
- 2019 March 27th Paper Presentation at Army Staff College on Nepali Culture & Heritages, Shivapuri.
- 2018 – 2020 was a coordinator at Rupy’s International School A-Levels

Education

- Kirtipur Campus, Tribhuvan University, Nepal. **Doctorate Degree in Nepalese History Culture & Archaeology April 24th 2014**
- **Indian Institute of Ecology & Environment, New Delhi. Master’s in Environment & Ecology , (1996/ 1998, First Division, 63%).**
- Kirtipur Campus, Tribhuvan University, Kathmandu, Nepal, **Masters in Nepalese History Culture & Archaeology, 1995 (First Division)**
- Kirtipur Campus, Tribhuvan University, Kathmandu, Nepal, **Master’s in Sociology**, 1992/1993 , (77% First Division, Received ‘**Vidhya Bhushan’ Gold Medal from His Majesty King Birendra** for outstanding performance).
- Lalit Kala Campus , Tribhuvan University, Kathmandu, Nepal, **Bachelor’s Degree** in Fine Arts, Humanities & Social Sciences. (BA) ,(62%) (2 years)
- Lalit Kala Campus, Tribhuvan University, Kathmandu, Nepal, **Fine Arts Certificate of Humanities & Social Science.) .DIPLOMA 1990 (Course)**

- Mater Dei Convent, Girls School, Tilak Lane ,New Delhi. Examination from the University of **Oxford & Cambridge U.K.** Local Examination syndicate (Senior Cambridge) Today's 'O / AS/ A Levels'. (Second Division, 55%) (www.materdeischool.com.in) 1989
- Diploma in Fine Arts.

Publications authored or co-authored:

BOOKS

- Culture & Heritage (A compilation of articles) 2026
- Caste Hierarchy & livelihood of Baji Ethnic group & An Ethnographical study of Tharus of Dang & Deokhuri of Terai Nepal. 2024
- Ancient Polity & Political History of Ancient Nepal Book -1.2024
- The Foundation of Organized Political System in Nepal & History of the Lichhavid (Ancient Polity) Book 2. 2024
- Toni Hagen's Photos of the Valley (1950s - 1960s) 2019
- Nepalese Ethnic Costumes & Ornaments (**published**) August 2017
- Translated into English book on Narayanhiti Royal Palace Museum
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Books to be Published

- Case Studies on Healing Goddesses of the valley of Kingdom of Nepal.(To be published)
- Cross Cultural study on the Ethnic community Yi of China with the Tharu Ethnic community of Dang / Deokhuri of Nepal & Some similar rituals of Nepal Similarities & Differences' and introduction to 56 Ethnic communalities of China (Title need revision)
- Beliefs & Reality
- Reminiscence of Early Nepal; Photo study (17th century to early 19th century A.D)
- Shree Tin Rana's Costumes and Ornaments (Article Published)

Mini -Research Funded by UGC / and Rector's Office & Department of Culture

- An Exploratory /Mythographical research on the intangible aspects with focus on historicity, myth, legend, local unknown tales, and the attitude of locals on such beliefs of the Baudghanath Area (Kathmandu). 2023
- Female Gender their Traditional Roles and Discriminations Among Tharu Ethnic Community of Dang and Deoukhuri of Nepal 2024
- Exploratory research on intangible and tangible heritages to promote village tourism for sustainability at Chitrapur (Chittlang) Makwanpur).

PUBLISHED ARTICLES/ National International Magazines/ Journals/Peer-Reviewed Articles

- Papers on Family sizes and child development. 1995
- Mythography study of mythical creatures and their role in Nepali culture (People's Livelihood) 2022
- Oral tradition and intangible tales on temples of Kantipur/Kathmandu
- A synopsis study of dress and ornaments of Rana Dynasty of Nepal
- Functionalism and Psychological analysis in understanding Superstitious beliefs, a part of Nepalese culture
- Dialectics in worshipping Samai Mai Temple at Tilaurakot (Kapilvastu)
- Intangible aspects attached to Mahakala worship in Hindu and Buddhist texts.
- Dzongsanya (Jomsom) and its surrounding places including Muktichetra of Northern Himalayan region of Nepal (Tourism Promotion)
- The mineral kingdom (Focus on Jewellery) and its symbolic values in Nepal.
- The interpretive study of Narayanhiti Palace Museum (Kathmandu)Nepal.
- The dialectics in celebration of Fagu Purnima (Holi) in the valley of Kathmandu, Nepal.
- Similarities of costumes and Ornaments in Indus Civilization and Ethnic communities of Nepal.
- Colours its symbols and beliefs behind Lungta Buddhist Prayer flags
- Champadevi and its legends
- Cross-cultural study of Yama, the God of death(In the Rigveda, the Buddhist text and the Chinese texts.)
- Rudra deva in Rigveda and forms of Rudra Shiva in Hinduism
- Myth &Reality study of the Himalayan Biodiversity Associated with the myth of Treta-Yuga
- Symbolic values behind art in the animistic Practices among Tharus of Dang & Deokhuri
- Purity & Pollution of the Environment , Who is responsible?(Buddha world 1998)
- Amenistic Practices among Tharus of Dang and Deokhuri (1999) (Ancient Nepal published by Archaeological Department.)
- Advancement of Art through the century published in Rising Nepal..
- Tharu women and their traditional craftsmanship in their society. Published in Nepal Travellers. 2000
- Paper presentation at an Youth organization ' Counseling and its impact on Young people's Psychology' 2005
- Paper presentation at Forum for Eco system management at CNAS (T.U.) on 'Purity and pollution : The Sighs of the Sacred bagmati River. 2006
- Paper publication in IUCN
- Wetlands and Culture (Forum Ecosystem management) 'Purity & pollution the sighs of the Holy Bagmati river. 2006
- Many other minor articles published in Cultural Bulletin, Students paper.
- Origin of Holy Gaya Chetra & associated stories, Nepalese Cultures,(Dept NeHCA) 2009
- Pancha Dhyani Buddha & their Shaktis ,their importance in the lives of Bajracharyas of Patan, Ancient Nepal, Archaeological Department, 2009
- Numerous Travel & Tours article in RNAC (Flight Magazine) Nepal, 2010, 2011
- Nepali Culture, The Himalayan People.
- A Cultural Tour to Panauti
- An Ancient Image at your doorstep
- Study of Champadevi.
- Dzongsanya (Jomsom) and its surrounding places.
- The Legend of the Valley.

- The Sacred in the contemporary Culture among Tharus of Dang & Deokhuri.
 - Purity & pollution of Bagmati River.
 - Chitrapur, Chittlang.
 - Water Quality studies
 - Beliefs associated with ornaments worn in Nepal, 2013. (In Nepali)

Other Published Articles in various Magazines

- The Himalayan Adventure (that won me Scholarship to Deutschland published in International Magazine)
- Nepali Culture The Himalayan people 2010
- Cultural Tour to Panauti a Nostalgic Experience (Shangirla Flight Magazine RNAC) April/June 2010.
- An Ancient Image at your Doorstep (Flight Magazine RNAC) Jan /March 2011
- Jomsom & its Surrounding places (“ “ “) April 2011
- Chitrapur/Chittlang (“ “) Sept /Oct 2011
- The Legend of the Valley (“ “) April/ June 2012
- Jomsom & Muktichetra (Adventure Nepal) April /May 2012
- German Yatra yek Samsaran & other Nepali Articles in ‘Jayanti Magazine’ (2067/698/69)
- Many other articles related to various subjects on Social Sciences, Environment and Culture
Many ordinary articles have not been mentioned

RESEARCH ORIENTED STUDIES’ ARTICLES IN JOURNALS

- Participated in the Online Presentation Conference By National Reconstruction Authority (NRA) **Sept 2020** on the topic “Post Earthquake Reconstruction, Livelihoods and Economic Recovery in the Historical Area of Dolagiri (Changu Narayan) Bhaktapur, Nepal “.
- Art & Heritage: An Ancient Image at our Door Step { Sept 18th 2016 } Srijana Journal on Arts . Vol 3
- Role of Princess Bhrikuti in spread of Buddhism { Oct 15th 2017 } “ “ Vol 4
- Symbolism behind Art & the colours denoted on Buddhist Prayer Flags. { Sept 18th 2019 } “ “ Vol 5
- * Symbolic values behind art in the animistic practices among Tharus of Dang & Deokhuri {Feb 2021 **Peer-Reviewed** Vol 7}
- Panchyan the Holy Place of Kunwar Rana { Sept 2017 } Nepalese Culture Vol XII, Central Dept.
- The Sacred Mahakala in the Hindu & Buddhist texts. {Nov 2019 **Peer Reviewed** }XIII. “ “
- Environment is Mother of Creation Development of Traditional Craftsmanship & Art, Among Tharus of Dang & Deokhuri , Terai region of Nepal. { 2019 }
- The Holy Muktichetra { VS 2073 }Nepal Heritage Society No 26
- Cross Cultural study on Yama the God of Death { 18th April 2017 } NHS No 27
- The Manifestation of Durga in synopsis { 21st Sept 2019 } NHS No 32
- The Indigenous Traditional grinders used in Nepal { 18 April 2019 WHD } NHS
- Lord Buddha, Excavation Around his domain & Role of Princess Bhrikuti in Spread of Buddhism in Himalayas. { 2016 Nov 13th } Sichuan University Academic Conference Manual, China.
- Research at Lhasa on Contribution of Nepali Princess Bhrikuti married to 33rd King of Tibet(2018)
- Research study on Deumajus of the Valley 2017 July { Nepal Heritage Society }
- Cultural study of Champadevi temple & its festivities 2017 July { Research for Ministry of Culture, Tourism & Civil Aviation { 2074 VS } through Nepal Heritage Society
- Belief & Reality (Logitudinal Research continues since last 7 years)
- Folklore, studies on witchcraft world and Nepal with true Case studies
- Reminiscences of the Past Photo study of the Rana's 18th 19th century. {On its way }

- Study on cross regional ritualistic Marriages of Polyandry in the North and Child-marriages in the South of Nepal
- Family Sizes and its effects on Child Development in Kathmandu 1988/89 . Research works for fulfillment of Master's. in Sociology.
- Attitudinal Study of Lepers and their Children, 1988/89 Research conducted for National Development Research Center.
- Religion Culture and Change in the Nepalese Society, 1994/95 . Research work for fulfillment of Master's In Culture.
- Purity and pollution the Sighs of the Holy Bagmati River in Kathmandu. 1998/99 . Research work for fulfillment of Master's in Environment and Ecology.
- Anthropological study of Tharus of Dang and Deokhuri (Terai region of Nepal) 1996
- Ethnographical study of the Bajis of Nawalparasi (Terai region of Nepal) 2009
- Many other minor researches on artifacts, monuments, historical sites, environmental studies, youth of today etc
- Study of Holy Gaya Chetra a study on its origin and associated stories. 2009
- Environment is mother of creation.
- Hamro Samskriti ma Bagamati yek Sarbekchyan (2066)

RESEARCH ON THE WAY

- Studies on Beliefs & Reality a research study (4 years Self- Research) an article published)
- Legends & Beliefs associated with the three Durbar squares of the valley (article & presentation conducted)
- Studies on Bokshis & Faith healers. (7 years of research) (Presentations conducted)
- **Research on Beliefs and Reality** where more then 300 samples of different age groups varying from 15-19 years, 20 to 39, 40 to 70 are being questioned since 2010 & a research book is yet to be published. (7 years of research)

Seminars / Conference/ Resource Person/Presentation

2021 – 2026 – online and physical participation in various seminars both national & International.

- SSEASR
- Udaipur (Mohanlal Sukadia University) (Physical participation) 3 times (2022- 2023)
- Banaras Hindu University (BHU) Resource person (2023)
- Asian Studies Center (NY) Online presentation (2025)
- Subharati University Presentation Physical (Dehradun/ Meerut) (**2024**)
- University of Kerala (Online presentation (2025)
- IRAF Delhi (2026) online

Participated in the Online Presentation Conference by the National Reconstruction Authority (NRA) **Sept 2020**, on the topic “Post Earthquake Reconstruction, Livelihoods and Economic Recovery in the Historical Area of Dolagiri (Changu Narayan) Bhaktapur, Nepal

Presentation at Mid Rotary 2019, February 'Cross-cultural study of Yi ethnic minority of China and Tharus of Southern Nepal, Similarities & differences'

Seminar on Wetlands and their importance, February 2018, Dept of Reconstruction, Singha Durbar. Kthmandu, Nepal.

Conference Nov 2017 (presentation on) Caste Hierarchy & Livelihood of Bajis of Southern Nepal at Yunnan Minzo University Minzo(China)

Conference Nov 2017 (presentation on) North East India & its people.

Conference: July 2017 (paper presentation on) Earthquake and Heritage

Reconstructions & structural changes at Kadambari College of Social work

Presentation on the Birthplace of Buddha and recent happenings, July 2018 at Tibetan University, Lhasa, China

Presentation at Yunnan Minzo University, Kunming , China, "Caste Hierarchy & Livelihood of Bajis of Southern Nepal" 2017 Sept

Conference:Paper Presentation on Spread of Buddhism in China Role of Princess Bhrikuti," 2016, Nov, Sichuan University, Chengdu, China.

Conference: Paper Presentation 'Learning Lessons from the Earthquake', Water Resource Centre, 2015

Conference: Lessons Learned for Better Resilience, Nepal Water Conservation Foundation. Topic presented: Learning Lessons from the earthquake, Reconstruction & Resilience ' (July 21st 2016)

Conference: Paper Presentation and Session Moderator 'Learning Lessons from the Earthquake, Reconstruction through Community Services', International Conference by Kadambari Social Work & Apuchen, 2016

Paper presentation 'Youth and Women Counselling " Youth organisation 2005. Martin Chautari.

Imparted counselling to the orphan children at Shri Shradhanand Bal Vanita Ashram, Dehradun, 2006

Seminar Presentation 'The Sacred in the contemporary culture of the Tharus of Dang & Deokhuri' Folklore Society August 2012

Paper presentation on 'Purity & Pollution of the Bagmati River, Management of the river Bagmati', IUCN, Nepal.

Participation at a seminar of ICMOD on wetlands & Culture.

Paper presentation on 'Development of Nepali Art & Architecture' at Nepal Britain Society & Nepal Heritage Society, British Embassy, Sterling Committee, 2013.

Paper Presentation on "'Study on Beliefs (Witches/Bokshis/Faith-healers) with true citations termed as 'Believe it or Not'" at Rotary Club (Hotel Annapurna) Kathmandu, 2014, AWON, ROTARY

Paper Presentation on " Tharu Life & Culture & Women's involvement in producing artistic artefacts", soon to take place at Hotel Dwarika organised by Nepal Heritage Society or Paper Presentation on Indigenous Ethnic costumes and ornaments.

Hobby: Painting landscapes, still life, portraits, sketching, etc. Also have an interest in writing short stories, poems, and novels. Work for the conservation of our Heritage.

Participated: Has participated in numerous Painting Exhibitions. Has conducted two solo paintings Exhibition

“Once we begin to sow the seed of hard work, the fruits of success will surely come one's way”

‘Intelligence will make you reach somewhere, but diligence will make you reach the apex.’