

# Diplomacy and Foreign Policy of Nepal: Perception of the Members of the House of Representatives of Nepal



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## Abstract

The purpose of this paper is to explore and analyze the perception of the House of Representatives of Government of Nepal (GoN) 2023 to 2025 AD on the diplomacy and foreign policy of Nepal. Further, the research issue concerns the question of what is the understanding of diplomacy and foreign policy of Nepal by the respondents in a discipline for the smooth growth and development of Nepal's international relations in international political practice. The research is based on quantitative research method that reflects the understanding and perception of the House of Representatives regarding political awareness in respect to diplomacy and foreign policy and its implementation in international political understandings. In this regard, primary data has been collected, analyzed and interpreted using SPSS. The analysis is made on Nepal's diplomatic relations on two variables – diplomacy and foreign policies within the geo-political and international political environment, particularly in relation to its foreign policy development and execution. Understanding of these variables are fundamental for acquisitive how Nepal navigates its relationships and influences in a complex global environment. The research is based on the soft and smart power strategy based on liberal and constructive theory of International Relations (IR) and foreign policy mechanism.

**Keywords** - Diplomacy, Foreign policy, International relations, Member of the House of Representatives, Perception

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## 1. Introduction

In contemporary political state of affairs, Nepal is in a precarious phase regarding its foreign relations and foreign policy (Dahal, 2018). A significant factor contributing to this situation is the country's sudden departure from the foundational principles established by its historical leaders, which has hindered the development of a coherent national policy strategy in foreign relations (Thapa, 2024). In the process of nation building, Nepal adopted the realist theory of international relations (IR). In contrast, the contemporary political landscape has been shifting towards soft and smart power strategy based on liberal and constructive theory of IR. The history of Nepal reflects, IR can provide valuable insights into the "Prithvi School of Thought" in reflection to "Nepal School of Thought" in the form of "Divya Upadesh" the importance of a robust national security policy as a cornerstone for successful further engagements in term of diplomacy and foreign policy. Likewise, the foreign relations of Nepal also based on the various forms of political alliance based on the liberal theory and human alliance based on constructivist theory. The research article aims to explore and analyze the core principle of IR through the diplomacy and foreign policy to draw the foreign relations of Nepal in contemporary international political strategies.

The perception on foreign policy is how state perceives foreign nation and how these perceptions can affect decision-making. Foreign policy is the exercise of how a state interacts with other states and non-state actors in the global political arena for the effective execution of interconnectivity and diplomatic friendly in international political understanding based on the Nepal perspective of IR. It involves formulating, implementing and evaluating a state's strategy to achieve its national interests. Hence, the perception of the respondents of the House of Representatives, GoN, or the leader toward other states is never set in diplomatic stoned. Instead, there is still the possibility of changes when leaders absorb new information regarding the political dynamics and other state partners' and this perception is influenced by several major factors, notably external factors, such as the development in the international political system and domestic politics, as happened in the international world order.

The behavioral position of the diplomacy and foreign policy of Nepal in its political standing in the last government's international engagement seeks to explore and analyze in this study. The research core perception of the House of Representatives, GoN, 2023 to 2025 AD, emphasizes its impact on Nepal's foreign reputation. The study explores how diplomacy and foreign policy of Nepal's involvement in global practice influence its diplomatic relations and role in international political attachment. In addition, the INGOs or the development sector often addresses social problems through technical projects and training programs in Nepal, and the foreign donor-funded inclusion programs (about 76%) focus on improving individuals' skills and capacities instead of promoting broader changes in policies, institutions, and social systems (Mijar & Giri, 2024) which leads to build a foreign relations. A significant issue is that Nepal's involvement in global influence stems from the adequate execution of its diplomatic policy strategies, leading to its capacity to navigate complex international relations. Hence, the objective of the research study is to explore and analyze the perception of the House of Representatives, GoN, 2023 to 2025 AD on the diplomacy and foreign policy of Nepal based IR in the contemporary political understanding in international political milieu.

## 2. Literature Review

Diplomacy and foreign policy are the preliminary operational variables of the IR and international political system, holding significant influence and responsibility in shaping the interactions between sovereign states (Tandul, 2025). From every corner of the global politics, independent nations actively engage in diplomatic relations and foreign policy endeavors, each tailoring their approach to suit their distinctive state of affairs. In a globe political understanding by an absence of central authority (Waltz, 2018) and characterized by anarchy, states are compelled to protect and advocate diplomatically for their interests through peaceful and constructive means. Thus, diplomacy, as put into practice, serves as a mechanism for resolving misunderstandings, mitigating potential escalations and fostering harmonious relations among nations. Its fundamental role lies in the facilitation of dialogue, negotiation and mediation, thereby ensuring that conflicts are managed and resolved through peaceful strait.

In addition, diplomacy acts as a means of expression for the spreading of information, establish reciprocal understanding and the nurturing two-way relationships between the states (Kanwar, 2025). This versatile process of diplomatic engagement involves the participation of representatives from states and the relevant international actors, collectively contributing to maintain stability and peace in international affairs even

though there is no such stable testimony in international political practices. On the other hand, the researcher of the research study emphasizes, 'foreign policy encompasses the comprehensive strategic plans and initiatives that a nation state employs to engage with other actors, with the goal of defense based on national interests and enhancing its will of the state'. It encompasses a spectrum of activities, all designed to serve the broader objectives of the state in this research study.

The importance of diplomats, who serve as official representatives on the international forum, is immense. Whether appointed by the head of state or through established diplomatic channels, these individuals are crucial in promoting their national interests, building constructive relationships and skillfully navigating the complexities of global diplomacy. In most of the occasions, the head of state assumes the layer of chief diplomat or ambassador, ensuring that the appointed diplomats are not only competent but also aligned with the nation's strategic objectives and priorities (Mwale, 2022). The interplay between diplomacy and foreign policy is fundamental to the framework of IR. Through diplomatic efforts, countries seek to manage the intricacies of global interactions, amicably settle conflicts and build lasting alliances (Tandul, 2025). In parallel, foreign policy acts as a strategic guide for a nation's participation in the world, directing its actions and initiatives toward achieving key national goals. Together, these elements are crucial in fostering peace, addressing disputes and promoting the shared interests of nations on the international platforms (Gautam, 2025).

Since its establishment as a federal democratic republic in 2008, Nepal's foreign policy has been centered on preserving its sovereignty, territorial integrity and economic growth through a non-aligned and balanced approach. The guiding principles outlined in the Constitution emphasize the importance of the principles of Panchasheel and the UN Charter clearly states in Article 5, 50(4), 51, 51(m) of the Constitution of Nepal 2015, while striving to maintain equidistance from neighboring powers the Elephant (India) and the Dragon (China). This strategy also includes diversifying international relationships to enhance national interests, promote defense and economy, justice and foster political and human development. Key elements of this policy include a commitment to sovereign equality and non-alignment, a focus on economic diplomacy to harness foreign aid and investment by active participation in regional and multilateral organizations to advocate for the needs of developing the landlocked Nepal. However, challenges persist, such as managing the influence of major powers and strengthening diplomatic institutions to ensure policy consistency amid domestic political changes, alongside a commitment to development diplomacy. Regional collaboration is essential for revitalizing SAARC, BBIN and enhancing BIMSTEC to unlock economic opportunities. In the republican government 2008 to till the date, Nepal's diplomatic efforts have shifted from the primary focus on security to actively fostering economic partnerships and promoting regional development, all while smoothly managing the complex geopolitical landscape.

In the wake of 2025 protests led by Gen-Z, Nepal is undergoing a significant transformation in its foreign policy and diplomacy, embracing a more transparent and technocratic framework. This shift aims to address the intense scrutiny from both the Dragon and the Elephant while managing the complexities of increased diplomatic engagement. The focus of post-revolution diplomacy is on fostering economic stability, ensuring digital sovereignty and minimizing foreign interference, all driven by a strong demand for accountability and anti-corruption measures. Activists are pushing for greater transparency in foreign agreements, challenging the historically opaque negotiations with neighboring powers. The failed attempt to impose a social media ban in 2025 underscored the necessity for a foreign policy that champions digital freedoms and economic opportunities for the youth, with an emphasis on cyber security and the responsible use of technology. There is a pressing need for foreign missions to prioritize economic diplomacy, aiming to attract foreign direct investment (FDI), enhance trade and effectively manage foreign aid to combat domestic unemployment and corruption. Despite external pressures, Nepal continues to navigate its delicate position between the two neighbors, striving for a balanced approach that emphasizes non-alignment and non-interference. The protests have also drawn increased international attention, necessitating careful diplomatic direction to avoid becoming entangled in the rivalries of major powers. Furthermore, the uprising has strengthened Nepal's ties with democratic allies, fostering expectations that its foreign policy will increasingly reflect democratic values, human rights, and the rule of law.

Nepal has built relations not only with its immediate neighbors but also with the UN and major global powers like the US and the former Soviet Union (Khanal, 2000) along with EU, UK and Japan. Rose (1971) examines foreign policy of Nepal and its geopolitics from a historical perspective, highlighting the internal and external challenges faced by Nepal. Nepal's most formidable challenges in formulating and implementing its

foreign policy stemmed from neighboring powers and the rising Chinese presence in Tibet (Rose, 1971). The fundamental descriptions of Nepal's foreign policy, which aims to maintain equal and friendly relations with its two immediate neighbors, trace back to King Prithvi Narayan Shah, the unifier of contemporary Nepal, even though Bahadur Shah's role was significant in the unification of Nepal's history. He advised that Nepal should prioritize safeguarding its sovereignty and independence, maintaining friendly relations with the Chinese emperor and fostering great friendship with the British Raj in the South (Acharya & Yogi, 2061; Baral, 2020). The Ministry of Foreign Affairs of Nepal articulates that the core aim of Nepal's foreign policy is to uphold the nation's dignity by protecting its sovereignty, territorial integrity and independence (MoFA, 2026; Nepal's Foreign Policy, 2020). The Ministry outlines several guiding principles, including mutual respect for sovereignty, non-interference in domestic matters, equality among nations, non-aggression, peaceful dispute resolution and a commitment to the UN Charter, all underpinned by the philosophy of Buddha diplomacy. In this context, the Dragon has adopted a supportive stance towards Nepal, characterized by three key policy elements: adherence to the Five Principles of Panchsheel, a commitment to non-intervention in Nepal's internal affairs and an expectation for Nepal to align with China's positions on issues related to its sovereignty and national interests.

Nepal maintained diplomatic relations with 183 countries till January 2026 (MoFA, 2026). Nepal became the member of Afro-Asian community and participated in Bandung conference (Acharya, 2070). Along with China, India and Malaysia, twenty nine countries of Agro-Asian adopt the principles of Panshsheel and coexistence. The palace in Kathmandu sought to strengthen its ties with the Dragon as a strategic move to mitigate the Elephant and the Western influence, particularly given the West along with Elephant's perceived alignment with Nepal's politico-democratic forces. During the 1950s and 1960s, King Mahendra, who was known for his anti-Indian stance, effectively utilized the "China card" to diminish West and the Elephant influence in the region. King Gyanendra's regime endorsement of the Dragon's participation as an observer at the thirteenth SAARC summit in Dhaka further underscored the Palace's growing affinity with China.

#### *Theoretical Review*

Theories of diplomacy and foreign policy encompass Realism, Liberalism, and Constructivism, each offering distinct insights into its State behavior. Realism or Neo-realism, posits that 'States operate within an anarchic international system, prioritizing power, self-interest and national security, with diplomacy serving as a means to navigate these power dynamics' (Waltz, 1979). In contrast, Liberalism or Neo-liberalism highlights the importance of international cooperation, trade and institutions such as the UN in reducing conflict and fostering mutual interests, often advocating for diplomatic solutions over military action. Constructivism further enriches this discourse by asserting that 'foreign policy is influenced by ideas, identities and norms, rather than being solely determined by material power' (Leander, 2006). Together, these theories and decision-making models, including the Rational Actor Model (RAM), Organizational Process Model (OPM), and Bureaucratic Politics Model (BPM) (Allison, 1971) Graham T. Allison provide a comprehensive framework for understanding how foreign policies are developed and implemented. The RAM posits that States behave as rational entities, striving to achieve their national objectives in a calculated manner. In contrast, the OPM emphasizes that decisions emerge from established routines and standard operating procedures within governmental bodies. Finally, the BPM highlights that policy outcomes are often the result of negotiations and compromises among various competing agencies and leaders within the government.

Diplomatic theories can be categorized into several frameworks. Functionalism perceives diplomacy as a specialized and technical endeavor aimed at managing the complexities of interdependence among states (Scholte, 2001). In contrast, structuralism examines how the overarching structure of the international system, including factors like polarization, influences the range of diplomatic options available. Meanwhile, institutionalism emphasizes the role of the diplomatic corps as a vital institution within the international community, which upholds stability through established protocols and norms (Waltz, 2000)

Foreign Policy Analysis (FPA) encompasses various approaches that seek to understand the complexities of IR. Beach States, 'the Individual Psychological Approach (IPA) emphasizes the significance of leaders' perceptions, beliefs and personalities, highlighting how these personal factors influence foreign policy decision-making. In contrast, the Domestic Politics Approach (DPA) posits, domestic elements, such as public opinion, political parties and interest groups, play a crucial role in shaping foreign policy. Lastly, the Systemic Approach (SA) examines the overarching structure of the international system, including dynamics like multi-polarity and bi-polarity, as fundamental determinants of a nation's foreign policy actions' (Beach, 2012).

### *Conceptualizing Diplomacy and Foreign Policy of Nepal*

Due to Nepal's strategic geographical location foreign policy of Nepal aims are shaped by its unique positioning. The necessities to protect its sovereignty, advance political growth and security in term of military alliance uphold regional peace and stability serves as the country's fundamental driving force behind its foreign policy. The study also examines the main goals of Nepal's diplomacy and foreign policy considering strategic interests. The core objectives of Nepal's Foreign Policy are as follows:

#### *Preservation of sovereignty and territorial integrity by upholding*

(a) *Geopolitical Balance:* Preserving its sovereignty and territorial integrity is the main goal of Nepal's foreign policy. In order to stay out of regional disputes, Nepal has always adopted a policy of non-alignment due to its placement between two strong economic and muscles neighbors. By keeping a careful balance, this tactic seeks to prevent the Dragon or the Elephant from becoming the dominant nation. Nepal's efforts to maintain cordial but autonomous relations with both countries are shown in the 1950 Indo-Nepal Treaty of Peace and Friendship and later accords with China, such as the 1960 Boundary Treaty (Upadhya, 2012). (b) *Border Management:* Nepal's sovereignty depends on efficient border control. Relationship tensions with India have occasionally resulted from disputes over areas like Kalapani and Susta. Nepal prioritizes the peaceful resolution of such conflicts through diplomacy and international legal frameworks. Preventing intrusions and preserving national security depend on having safe and distinct borders (Shrestha, 2020).

#### *Historical Context of Nepal's Foreign Policy*

a) *Pre-Modern Era:* The foreign policy of Nepal has a long history. Because of its rugged topography and strict monarchical government, Nepal was relatively isolated from the outside world during the pre-modern era. The main diplomatic contacts were with Tibet and the bordering states of the Indian subcontinent. Nepal became a more unified state after Prithvi Narayan Shah united the country in the middle of the eighteenth century and this had an impact on its foreign policy from the beginning as illustrated in 'Divya Upadesh'. The famous statement of Prithvi Narayan Shah that Nepal should be seen as a "yam between two stones" captured the core of Nepal's geopolitical strategy, which is to maintain a balance between relations with its two major neighbors (Rose, 1971).

b) *Rana Regime and British India:* British India and the Rana dynasty (1846–1951) were closely associated. By supporting British colonial goals, the Ranas were able to maintain both external and domestic security and preserve their rule. Modernization was scarce during this time, and nothing was done internationally outside of the British Empire. Nepal's territorial and diplomatic limits were greatly impacted by the Treaty of Sugauli (1816), which put an end to the Anglo-Nepal's War. While it curtailed Nepal's ambitions, it did secure some autonomy under British patronage (Joshi & Rose, 1966).

c) *Foreign policy during the period of 1951 to 1955:* Nepal's foreign policy entered a new chapter with the overthrow of the Rana regime in 1951 and the installation of a democratic government. The foreign policy of Nepal was dominated and directed by Government of India. In fact, there was no official formal foreign policy of Nepal. Rose and Dayal (1969) stated ahead that Nepal had no foreign policy during the period of 1951 to 1955; Delhi used to represent Nepal in international forum (Khanal, 2019). When Nepal and India signed the treaty of Peace and Friendship on April 1950, Indian Prime Minister Nehru presented this treaty as an evidence of Special Relationship between Nepal and India. The two countries were described as having had Special Relation with each other (Muni, 2016). The four years of the post revolution period were characterized to have an excessive influence of India on both the internal and external fronts of Nepal. The period witnessed the Special Relationship with Nepal (Adhikari, 2000; Khanal, 2019). In an effort to broaden its foreign policy, Nepal joined the UN in 1955 (MoFA, 2026). During this time, Nepal pursued the non-alignment foreign policy, interacting with other countries and international organizations while attempting to maintain a balance in its ties with China and India. One of the main tenets of Nepal's diplomatic initiatives is the fivepoint set of principles known as 'Panchsheel' (Baral, 2010).

#### *Foreign Policy of Nepal 2020*

Nepal's Foreign Policy 2020 provides additional details regarding the nation's strategic goals within the current international environment. The MoFA developed this policy document, which offers thorough foundation for Nepal's diplomatic activities.

(i) *Strategic Autonomy:* The significance of strategic autonomy, which enables Nepal to autonomously pursue its national interests, is emphasized in the Foreign Policy of Nepal 2020. This entails expanding alliances with other nations and areas while preserving a balanced relationship with neighbors' powers like the Dragon and the Elephant. The policy emphasizes the importance of avoiding playing second fiddle in international conflicts

(MoFA, 2020).

(ii) *Enhanced Regional Cooperation*: Priority should be given to regional collaboration, especially within South Asia, along with Gulf, North and East Asia. The policy promotes active participation in BIMSTEC, BBIN, SCO, BRI, RCEP, APEC and other regional forums, as well as the revitalization of SAARC. For regional stability and prosperity, it is believed that enhancing cultural interaction, economic integration and security cooperation are essential (MoFA, 2020).

(iii) *Multilateralism and Global Governance*: Nepal's dedication to multilateralism and active involvement in global governance is emphasized in the 2020 policy. It emphasizes how crucial it is to work with the World Trade Organization (WTO), the UN and other international organizations to handle issues like pandemics, terrorism and climate change. Nepal wants to be a part of and gain from the international system of rules (MoFA, 2020).

(iv) *Economic and Development Diplomacy*: Economic diplomacy is still a primary concern. The policy delineates tactics aimed at drawing in FDI, augmenting tourism and improving trade. It encourages the pursuit of foreign aid and technical support for development initiatives through diplomatic channels. The significance of environmental preservation and sustainable development is also emphasized by the policy (MoFA, 2020). As a vital trade corridor nestled between the economic powerhouses of the Dragon and the Elephant, Nepal has the potential to facilitate commerce, attract foreign investment and drive its own economic growth. This strategic position of Nepal allows serving as a bridge for trade routes, promoting not only its own exports but also acting as a conduit for goods moving between its larger neighbors.

(v) *Soft Power and Cultural Diplomacy*: Nepal's 2020 Foreign Policy emphasizes the use of soft power to improve Nepal's standing abroad. It is believed that promoting Nepal's heritage, culture and the arts internationally will increase goodwill and fortify diplomatic relations. Facilitating educational exchanges, international cultural events and exhibiting Nepal's historical and natural resources are all examples of cultural diplomacy (MoFA, 2020).

(vi) *Diaspora Engagement*: The policy includes steps to more effectively engage Nepal's expatriate groups in recognition of their significance. This entails safeguarding their rights, promoting investment in Nepal and motivating them to take part in the country's development programs. The goal of the policy is to deepen Nepal's relationship with its international community (MoFA, 2020).

(vii) *Integration of Constitutional Directives and Policy Framework*: A cogent and strategic approach to IR is produced by integrating the instructions given in Constitution of Nepal 2015 with the goals outlined in Nepal's 2020 Foreign Policy. When combined, they provide a strong basis for foreign policy of Nepal, helping the nation to protect its national interests while navigating the challenges of international diplomacy.

(viii) *Harmonizing Sovereignty and Development*: In order to ensure that Nepal retains control over its destiny while forming advantageous foreign connections, the strategic autonomy highlighted in the 2020 policy and the constitutional duty to protect sovereignty operate in concert (MoFA, 2020).

(ix) *Balancing Non-Alignment and Strategic Partnerships*: The 2020 policy's initiatives for regional cooperation and strategic alliances operationalize the clear position that the constitution establishes by reinforcing nonalignment. Nepal is able to effectively handle both regional dynamics and global power structures and equilibrium (MoFA, 2020).

(x) *Promoting Peace and Regional Stability*: The policy's emphasis on multilateralism and regional cooperation reflects the constitution's emphasis on friendship and peace. Nepal is a nation that promotes peace, as seen by its active participation in peacekeeping and regional stability programs, which is a practical execution of its constitutional directives (Constitution of Nepal, 2015; MoFA, 2020). Likewise, Article 51(m) states, foreign and international policy: This article directs the state to pursue an independent foreign policy based on the UN Charter, Non-Alignment, 'Panchasheel', international law and the value of world peace. Article 51(m) (4) and (5) states, to promoting peace, stability and mutual benefit in relations with neighboring countries and for their broader international community. Article 50(4) directs the state to conduct IR on the basis of sovereign equality to enhance the dignity of the nation, protecting national interest and promoting peace. As well, the Article 5 states, based on national interest, while focused on sovereignty and territorial integrity, it provides the foundation for safeguarding national security as a prerequisite for peace (Constitution of Nepal, 2015).

## 2.1 Hypotheses

*Perception of the international relations committee members of the House of Representative GoN, 2023 to 2025 AD on diplomacy and foreign policy of Nepal*

The core of this research study is to explore and analyze the perceptions apprehended by the members of the international committee of the House of Representatives, GoN regarding diplomacy and foreign policy of Nepal. Understanding these perspectives is essential for assessing how effectively Nepal engages with the international political community and plot a route of Nepal along with its objective in international relations and international political arena. By probing the views of these respondents' representation, the study can gain insights into the strategic priorities and challenges that shape Nepal's diplomatic efforts on the international political landscape. In the context of this study, the dependent variables are 'diplomacy' and 'foreign policy of Nepal' on the other hand independent variable is 'perception of the Member of the House of the Representatives, GoN 2023 to 2025 AD'.

Hypothesis (H1): *Perception of international relations committee members' of the House of Representatives, GoN influence the diplomacy.*

The term diplomacy spread after the Vienna conference in 1815, where the emergence of distinguished diplomatic carders in the government and spread the phenomenon of permanent and resident diplomatic representation. The concept of diplomacy has evolved significantly over time, particularly in the modern era, where it encompasses the management of Nepal's foreign relations and the orchestration of IR. It involves reconciling the interests of nations within the framework of international laws and treaties, aiming to resolve conflicts through peaceful means to mitigate the risk of armed confrontation. 'A particularly insightful definition by Philip Kaye describes diplomacy as the method employed by individuals in international law to navigate foreign affairs through peaceful negotiations' (Thayer, 1960; Tayie & Dashti, 2018). Thus, diplomacy is a mode of action in which, Nepal chooses the most appropriate means of communication in order to achieve the objectives of diplomatic friendly States. In addition, it is the process of representation and negotiation among state actors in the conduct of its foreign relations. American diplomat John Kennan states, 'diplomacy as the process of communication between governments' (Thayer, 1960; Tayie & Dashti, 2018).

Hypothesis (H2): *Perception of international relations committee members' of the House of Representatives, GoN influence on the foreign policy of Nepal.*

Members of the international relations committee of the House of Representatives, GoN generally view foreign policy through the lens of non-alignment, national sovereignty, and economic pragmatism. Despite ideological differences, 'there is a consensus on maintaining a balanced, equidistant approach often adapting the "yam theory" into proactive hedging' (Baral, 2026). Though Nepal is the oldest civilization country, it has always remained cautious about its security and survival, mainly because of the geostrategic position that survival has remained pivotal amid power asymmetry with immediate neighbors and global (K.C., 2024; Baral, 2026). Nepal is one of the seventeen oldest states in the world (Kanwar, 2025). Thus, the perception of international relations committee members of the House of Representative, GoN plays a crucial role to formulate the policy based on 'diplomacy' and 'foreign policy of Nepal' to sustain and execution of its foreign relations in international political milieu.

## 3. Research Method

The study is mainly concerned with the perception exhibited by members of House of the Representatives, GoN, 2023 to 2025 on diplomacy and foreign policy of Nepal. Hence, the research is grounded on pragmatist philosophy. The study adopted quantitative research method specifically through a survey research design. The purposive sampling technique was used for the data collection. The total population size was (N= 27) of international relations committee member of the House of Representatives, GoN, and the sample size (n=26) was considered for the data collection and analysis. N =27 was the Cluster of eleven different political parties' representation from the House of Representatives, GoN 2023-2025 AD. This committee was one of the important thematic committee of the House i.e. the international relations committee which worked as umbrella organization of the Ministry of Foreign Affairs (MoFA) to plan, act and evaluate the daily execution assignment and feedback to the MoFA for further strengthening and discussion in the Parliament house session.

*Measurement Instruments*

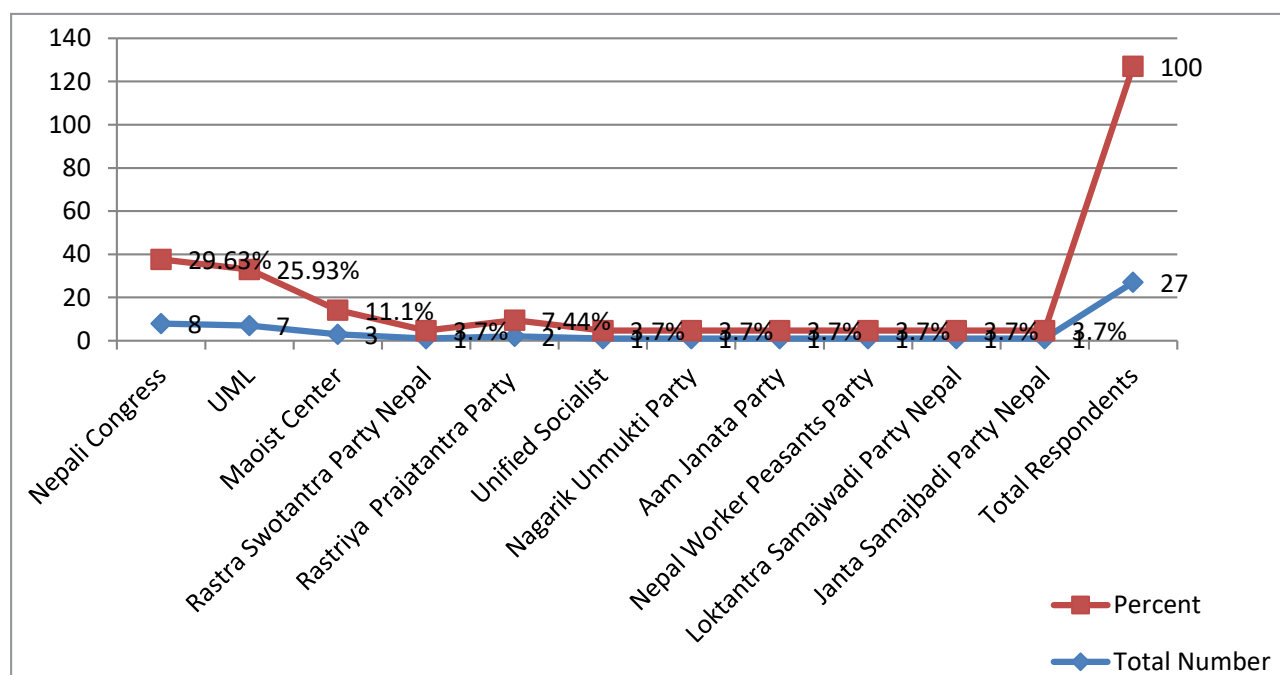
A structural close-ended questionnaire consisting of two contrasting questions were undertaken for the research purpose to measure the perception of the international relations committee member of the House of Representatives, GoN, 2023- 2025 AD. Two variables – diplomacy and foreign policy were taken for the study. The variables were rated on a 5-point Likert scale ranging from 1 (Strongly Disagree) to 5 (Strongly Agree). The Likert scale is widely used in the psycho-behavioral research to quantify subjective attitudes, perceptions and behavioral experience (Likert, 1932). It provides a reliable means to assess the degree of agreement or disagreement with variable related statements. The questionnaire was self-administered and the respondents were compiled to ensure ethical integrity.

#### 4. Data Analysis and Results

The perceptions of international relations committee member of the House of Representatives, GoN, 2023-2025 on diplomacy and foreign policy of Nepal emphasize a strong commitment to safeguarding the nation’s sovereignty and independence. Respondents prioritize a diplomatic approach that not only protects Nepal’s national interests but also minimizes reliance on any single nation, particularly the Dragon and the Elephant, as well as other overseas countries. This analysis reveals critical insights into the strategic direction of Nepal’s international relations, underscoring the importance of establishing bilateral, regional and multilateral partnerships. The findings indicate a shared recognition among representatives of the necessity for a balanced strategy that harmonizes national priorities with global responsibilities based on diplomacy and foreign policy of Nepal, thereby defining Nepal’s position in the international arena.

**Figure 1**

*Demographic traits of International Relations Committee Members (2023 to 2025AD)*



The observed demographic traits of international relations committee members of the years 2023 to 2025AD shows that the Nepali Congress holds eight members, which occupies 29.63%; UML with seven members occupies 25.93%; the Maoist Center with three members occupies 11.1%; the Rastriya Swotantra Party with one member occupies 3.7%; the Rastriya Prajatantra Party with two members occupies 7.44%; likewise, the Unified Socialist, Nagarik Unmukti Party, Aam Janata Party, Nepal Worker Peasant Party, Loktantra Samajwadi Party Nepal and Janta Samajbadi Party Nepal occupy 3.7% respectively (Kunwar, 2025).

**Table 1**

Frequency table on Diplomacy

		Frequency	Percent
	Worse	2	7.4
	Poor	4	14.8
	Fair	3	11.1
	Good	10	37.0
	Excellent	1	3.7
	Total	20	74.1
Missing	System	7	25.9
Total		27	100.0

Note. Field Survey 2024 on International Relations Committee Members of House of Representatives, GoN

Table 1 shows the frequency rate on the diplomacy in Nepal in terms of foreign policy. The finding shows that 3.7% excellent, 37% good, 11.1% fair, 14.8% poor, and 7.4% worse, respectively. The statistical tool to measure the chi-square test, SPSS, is used. The 55 cells (100%) have an expected count less than 5. In which the minimum expected count is 2.142, likewise, the standardized statistic count value is less than 0.05. Hence, the expected count is greater than the standardized statistic value, which means the null hypothesis ( $H_0$ ) is accepted and the alternative hypothesis ( $H_1$ ) is rejected. Thus, the respondent perceptions' rate on diplomacy is comparatively good in terms of international relations and foreign policy of Nepal in contemporary international politics.

**Table 2**

Frequency Table on Foreign Policy

		Frequency	Percent
	Poor	1	3.7
	Fair	10	37.0
	Good	7	25.9
	Excellent	2	7.4
	Total	20	74.1
Missing	System	7	25.9
Total		27	100.0

Note. Field Survey 2024 on International Relations Committee Members of House of Representatives, GoN

Table 2 shows the observed demographic characteristic of the respondent's rate of foreign policy in Nepal in terms of foreign policy shows that 7.4% rated it excellent, 25.9% rated it good, 37% rated it fair, and 3.7% rated it poor, respectively.

The statistic tool to measure the chi-square test, SPSS, is used. The 44 cells (100%) have an expected count less than 5. In which the minimum expected count is 1.043, likewise, the standardized statistic count value is 0.05. Hence, the expected count is greater than the standardized statistic value, which means the null hypothesis ( $H_0$ ) is accepted and the alternative hypothesis ( $H_1$ ) is rejected. Thus, the respondent perceptions' rate on foreign policy is comparatively good in terms of international relations and foreign policy of Nepal in contemporary international politics. Therefore, foreign policy is a fundamental factor in Nepal's international relations in international politics, driving its diplomatic strategies, economic engagement, and regional cooperation. By prioritizing sovereignty, balancing relationships, and focusing on economic and socio-cultural issues, Nepal aims to navigate the complexities of the geopolitical landscape effectively.

## 5. Discussions

The foundation of state power in contemporary political government governance is derived from the will of the people, with the essence of the Constitution of Nepal 2015 emphasizing that sovereignty is exercised through elected representatives. In a parliamentary system, in contest of Nepal, the government is directly

accountable to parliament, leading to regular discussion about its operations and activities. Given the anxiety on parliament, including session time and the challenge of conducting thorough examinations of all respective issues and matters, the various thematic committees has been established. These committees composed of the House of Representatives to facilitate the ongoing functions of parliament, ensuring that its essential role is maintained while addressing both routine and emerging issues. The Constitution of Nepal 2015 grants Parliament the authority to establish the thematic committees for significant and essential matters, ensuring the effective and efficient functioning of parliamentary task while facilitating the resolution of recurring issues. Thus, the Article 83 states, 'the federal legislature is composed of two Houses that is the House of Representatives and the National Assembly, collectively referred to as the "Federal Parliament." Additionally, Article 97 Clause (1) stipulates that both the House of Representatives and the National Assembly have the power to form committees in accordance with federal law'(Constitution of Nepal, 2015, p. 68). The 2018 Rules of the House of Representatives outline the formation of parliamentary committees aimed at supporting the regular functions of the House and ensuring accountability from the GoN. These committees serve as a mini parliament, tasked with providing guidance, opinions and advice based on their monitoring and evaluation of the respective ministries activities and actions in accordance with Article 97 of the Constitution. Among the ten thematic committees, the international relations committee holds significant importance.

Diplomacy is a crucial factor in shaping Nepal's foreign policy and international relations. Here's an assessment of its significance, such as Nepal's diplomacy aims to balance its relationships with major diplomatic friendly nations in the global concerns, with special focus on neighbors along with the political global world. This balancing act is essential for maintaining sovereignty and avoiding undue influence from either diplomatic friendly nation. Diplomatic efforts are focused on strengthening bilateral ties, particularly with southern bloc, given their historical, cultural and economic connections. Regular dialogues and high-level visits are instrumental in addressing mutual concerns and fostering cooperation along with Nepal's active participation in regional and IOs such as the UN, WTO, SAARC, SCO, BBIN, MCC, BRI, BIMSTEC, Boao Forum for Asia (BFA) and Asia-Pacific Strategy as well Indo-Pacific Strategy and many more. This multilateral diplomacy helps amplify Nepal's voice on global issues, such as security, 'zones of peace', trade and sustainable development. Therefore, diplomacy is a fundamental factor in foreign policy of Nepal, guiding its efforts to balance relationships, engage in multilateral platforms, promote economic interests and manage crises. By prioritizing effective diplomatic strategies, Nepal aims to navigate the complexities of regional and global politics while safeguarding its sovereignty and national interests.

Foreign policy is a critical factor in shaping Nepal's IR and overall strategic positioning. Here's how it can be assessed: The foreign policy of Nepal emphasizes a careful balancing act between China, India, UK, US and so on. This approach is crucial for maintaining sovereignty and ensuring that Nepal does not become overly dependent on either neighbors or diplomatic friendly nations. On the other hand, Nepal has traditionally pursued non-aligned foreign policy, allowing it to engage with multiple countries without committing to political, human and military alliances. This flexibility is a key feature of its diplomatic strategy, enabling it to advocate for national interests while fostering international cooperation and engagement. In respect to regional integration, Nepal actively participates in regional organizations such as SAARC, BIMSTEC, BBIN, SCO, Boao Forum for Asia (BFA), Bandung Conference ( Officially the Asian-African Conference) etc. focusing on collective development and security. This engagement reflects its commitment to regional stability and cooperation, which is vital for its economic and political interests. Nepal's rich cultural heritage and historical ties with the southern bloc in respect to the lifestyle of Hinduism and Buddhism and the northern bloc in respect to the lifestyle of Buddhism influence its foreign policy. Cultural diplomacy helps strengthen bilateral relations and fosters goodwill, which can be advantageous in times of political tension. In light of global issues and their challenges, Nepal has increasingly incorporated environmental change and sustainability into its foreign policy. This focus aligns with international norms and helps greater support for its development initiatives.

## 6. Conclusion

Diplomacy and foreign policy plays a crucial role in shaping how states interact within the international political arena. The research article on this subject explores the intricate factors that influence state's behavior and decision-making processes. By examining various conceptual and theoretical perspectives, the research study offers valuable insights into the understanding of IR and international politics, particularly among international relations committee members of the House of Representatives, GoN, 2023 to 2025 in Nepal regarding the country's diplomacy and foreign policy of Nepal. The perception of respondents regarding

diplomacy is comparatively good whereas foreign policy is comparatively not bad within the framework of IR and foreign policy of Nepal in international political forum. The landlocked countries like Nepal show the complicated relationship between diplomacy and foreign policy. Its geopolitical positioning between powerful neighbors Nepal faces unique challenges and opportunities. The need for a nuanced political understanding is paramount, as the country navigates its foreign relations while balancing the economic influences and strategic interests of the larger nations. This delicate interplay requires adept diplomatic engagement to ensure that Nepal can assert its sovereignty and pursue sustainable development amidst the competing interests of its more powerful counterparts.

The researcher aims to assess the respondents' grasp diplomacy and foreign policy of Nepal, raising critical questions about what constitutes acceptable perception in this field to facilitate its effective development. Utilizing primary data, the research reflects the respondents' political awareness and attitudes toward diplomacy and foreign policy, addressing moral and ethical considerations while exploring the neutrality of research questions in relation to the objectives of the study. The insight of the respondents regarding the diplomacy and foreign policy of Nepal reflects the sophisticated grasp of the intricate dynamics within the country's geopolitical context. These respondents recognize the critical importance of maintaining a delicate balance in relationships with neighboring powers, particularly those to the North and South, simultaneously upholding national sovereignty and advancing national interests. This indicates the political leaders are not only responsible for legislation but also for the effective implementation of policies that strengthen the national interests of Nepal. However, it appears to be a gap in political reflection, most of the members lacks a comprehensive understanding of the execution and political dimensions of diplomacy and foreign policy of Nepal. The evolving landscape of global politics underscores the necessity of diplomacy and foreign policy that forges a cohesive link between diplomatic efforts and national development. This approach integrates national priorities into diplomacy and foreign policy objectives and utilizes various diplomatic tools available to the Government, aiming to enhance bilateral cooperation and transform challenges into opportunities for the nations' benefit despite the respondents tending to be more engaged in domestic politics than in regional or international affairs.

## **7. Implications**

The study emphasizes how perception of the international relations committee members of the House of Representatives, GoN, 2023-2025 AD on diplomacy and foreign policy of Nepal intricate to understand the sensitive issues of IR and international political landscape. The strategic planning and farsighted understanding of the respective political representatives in the thematic committee enable to foster the national interests to safeguard its sovereignty. The contemporary development of domestic politics in Nepal, coupled with the emergence of a new global order, necessitates a reconfiguration of the country's diplomacy and foreign policy. This transformation aims to align Nepal's international engagement with the shifting dynamics of world politics, allowing for a more strategic and responsive approach to both regional and global challenges. Due to the lack of capable and highly expertise international relations committee members of the House of Representatives, Nepal has been seemed faced challenges in strategic planning and policy formulation, particularly in the realms of diplomacy and foreign relations, This deficiency has resulted in a somewhat ineffective approach to IR, particularly in the context of the evolving dynamics of global geopolitics and the pressures associated with the Indo-Pacific strategy, MCC, Asia-Pacific region and BRI which seems the far west global power and the northern and southern neighbors respectively seek to hold and control the existing stakeholder on their behalf by which it may help to develop the proxy control on the existing governance system.

## **8. Limitations and Directions for the Future Research**

The research was conducted among the members of the thematic committee of the international relations committee members of the House of Representatives, GoN, 2023 to 2025 AD, to determine their perception on diplomacy and foreign policy of Nepal in IR and international political landscape. The research study aimed to assess the effectiveness of Nepal's diplomatic efforts and foreign policy implication and implementation on the global stage, with a keen interest on enhancing both bilateral and multilateral relations to promote stronger foreign ties. Future research could expand the study to include the variables such as equal relation with neighbors (Balance Act), strategic hedging verses neutrality, sovereignty as paramount, the Buffer verses Bridge concept, economic and military diplomacy and world order politics to shape Nepal's foreign policy along with geopolitical challenges among the forth coming House of Representatives, GoN, 2026 AD

onwards with the fresh political parties' representation in the international relations committee to evaluate the same variable i.e. diplomacy and foreign policy and its executive part in the MoFA and implementation in international political milieu how contemporary Nepal's politics move ahead along to meet neck to neck with multi-polar world order.

### Author's Contribution

I declare that the primary data manuscript is originally collected and produce by me.

### Conflict of Interest

The author declares no conflicts of interest regarding publication of this research article.

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