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Urbanization: Cultural Challenges and Opportunities in Nepal

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Abstract

Urbanization is a big issue in Nepal, which has various effects on culture, economy, lifestyle, psychology, and other aspects of society. Urbanization entails the transformation of the population, production process, and ambiance of a predominantly rural economy that is comparatively evenly allocated over space and labor-intensive into an urban economy of relatively high spatial accumulation, lofty specialization in the manufacture of commodities and services, and close interdependence as well as of a high level of technology, innovation, and entrepreneurship. Overpopulation due to urbanization has caused many problems, considering the construction of large infrastructure, tremendous air pollution, soil pollution, and water pollution is a big problem for future generations. While urbanization in the developed nations took many decades, the course of action in developing countries is happening at a more rapid tempo, against a scenario of soaring population growth, appalling incomes, and a paucity of prospects for global migration. This article deals with these contemporary issues of urbanization in the context of Nepal.

Keywords: *agglomeration, modernization, industrialization, transformation, and infrastructure.*

1. Introduction

The transition from ancient, rural, agro-based economies to contemporary, industrial ones is replicated in urbanization. It is the gradual transformation of people's lifestyles, knowledge systems, cultural values, and the structure of society. As described by Davis (1965), urbanization is the movement of people from rural to urban areas or a change in the proportion of the population that lives in urban areas. Urbanization, which is strongly related to modernization, industrialization, and the sociocultural process of rationalization, refers to both the growing size of urban areas and the growing proportion of the population living in urban regions. Urbanization is not just a contemporary occurrence; it is a historic and swift change in human social foundations worldwide, with a preponderance of urban culture quickly replacing a preponderance of rural culture (Etim, 2017). About 55% of

people on Earth currently reside in cities, and by 2050, that number is predicted to rise to 68%, according to UN World Urbanization Prospects (2018). However, according to UNCTAD (2023), the percentage of people living in cities was expected to rise to 56.9% in 2022. In general, the developed world has a greater rate of 79.7% in 2022 than the developing world at 52.3% and LDCs' proportion of urban dwellers is quite small 35.8%. According to projections, urbanization and global population growth might result in an additional 2.5 billion people living in urban areas by 2050, with about 90% of this increase occurring in Asia and Africa (Agyemang and Fox, 2023).

In Nepal, there has been a significant rise in urbanization trends. The CBS (2011) indicated that 17.1 percent of the population resided in municipalities, while 82.9 percent lived in rural areas. However, by 2021, the number of people currently in urban cities increased to 66.2 percent, while those in rural municipalities dropped to 33.8 percent. Additionally, out of the total 6,666,937 households, 4,479,662 are situated in urban municipalities in Nepal, whereas 2,187,275 households are located in rural municipalities (NSO, 2021). Although Nepal's urban municipal population is still small, it is increasing quickly, rising from 6.4% in 1981 to 9.2% in 1991, 13.9% in 2001, 17.07% in 2011, and 66.08% in 2021. Similarly, the number of urban centers rose from 58 in 2013 to 293 in 2017, and the urban population growth rate nearly doubled from 3.6% in 1991 to 6.65% in 2011 and 14.75% in 2021 (NSO, 1991, 2011 & 2021). The government's choice, migration patterns from rural to urban areas, big cities' development and infrastructure, etc. are all to blame. The population growth rate of the Kathmandu Valley, Pokhara, Chitwan, Birgunj, Butwal, etc., indicates an example of rapid urbanization in Nepal.

2. Objective

The overall objective of this article is to find out the situation of urbanization in Nepal. The specific aim is to analyze the processes, aggregate numbers, and challenges of urbanization in Nepal.

3. Data Source

The analytical and descriptive methods are applied in this study. The data used in the study is quantitative, which is collected from the economic survey of the Ministry of Finance, World Bank, UNDESA, CSO, and other various plan documents, Government reports, journal articles, newspapers, and reports of international organizations.

4. Urbanization Criteria in Nepal

There are various criteria to define an urban place. Around the world, a location is classified as urban based on at least three sets of characteristics. These are i) the number of the

population, ii) the amount of space, and iii) the socioeconomic structure, in addition to functional traits. Carter (2010) provides some examples of criteria that are applied in different nations. Although the size varies by nation, a minimum population number is nearly always used to define an urban area. Norway and Iceland, for instance, have 200 or more people, Canada has 1,000 or more, while France, Argentina, Ethiopia, and Israel have at least 2,000 people. In a similar vein, Japan requires 50,000 people to be deemed urban, while Botswana and India require 5,000 (UNSD, 2020). More significantly, Egypt views its governorates and district capitals as urban; Peru employs the concept of homes rather than population in general. Apart from the minimum population number, urban area hierarchies are also acknowledged. Based on different population levels, Czechoslovakia is divided into three hierarchies: agglomerated villages, small towns, and major towns.

For the most part, Nepal uses the population size criterion to identify urban regions. The Nepali term Nagar panchayat was used to refer to urban areas (municipalities) from 1961 to 1990. After that, the term Nagarpalika took its place. In an effort to further classify the hierarchy of municipalities, efforts have been made throughout the years to identify urban areas utilizing urban facilities, municipal stature, and annual revenue (Bastola, 1995; Sharma, 2003; Subedi, 2010). Nepal is divided into seven administrative provinces and 753 municipalities (six metropolitan cities, eleven sub-metropolitan cities, 276 urban municipalities, and 460 rural municipalities) spread across three natural belts: the Terai, the hills, and the mountains. Based on the Local Government Operation Act of 2017, Nepal is divided into 6 metropolitan cities, 11 sub-metropolitan cities, 276 urban municipalities, and 460 rural municipalities.

Table No. 1: Criteria for the classification of the Municipality of Nepal

Metropolitan city	Sub metropolitan city	Urban Municipality
1. Population: Five lakhs or more 2. Five-year internal revenue: A minimum of one hundred crore. 3. A bus station, ample parking spaces, a subway, and a walkway 4. The road should be	1. Population: Two lakhs or more 2. Five-year internal revenue: at least 25 crores 3. A hospital with at least 100 beds 4. Accessibility of landfills and waste management 5. With a conference	1. Demographics: At least 10,000 people live in mountainous districts; at least 40,000 people live in hilly districts; at least 50,000 people live in inner Terai districts; at least 75,000 people live in Terai districts; and at least 100,000 people live in Kathmandu Valley districts. 2. The previous five years' internal revenue at least 1 crore in the mountain region; at least 3 crores in the hill and terai regions

sloped for 75% of its length.	room	3. A road, a walkway, electricity, drinking water, communication facilities, and other essential amenities should be there.
5. Owning a school with a master's degree or higher	6. Featuring a stadium of national calibre, a covered hall, and a fitness center	4. Accessibility of landfills and waste management
6. A specialty hospital, a general hospital with at least 100 beds, and a hospital with at least 500 beds	7. Equipped with communication facilities, drinking water, and electricity	5. Every ward has a park, garden, and open space.
7. Oversaw a fruit and vegetable market in a shopping center	8. Pitched major road inside the city	6. A minimum of one hospital with 25 beds
9. Airport International	9. With centers for technical and higher education	7. Public restrooms at the bus stop or airport
10. Museum at the internal level	10. With an auditorium and a public park	8. With financial and banking services
11. Enough venues for entertainment	11. A state-of-the-art facility for animal slaughter and controlled cremation	9. A community center featuring a meeting room
12. An auditorium of international caliber		10. With a marketplace
13. Other	12. Other	11. With the slaughter of animals
		12. With a playground
		13. With the city master plan
		14. Other

Source: Adhikari, (2023), <https://www.phnupdates.com>

Of the three distinct kinds of municipalities, those that meet the aforementioned requirements for population, size, income, and essential amenities are considered municipalities in general. In summary, the National Urban Development Strategy (2017) and the National Urban Policy (2007) have established that Urban centers should have a population of more than 5,000; a population density of ten people per hectare (PPHA) or more and at least 50% of people over the age of ten work in economic pursuits other than agriculture (Public Health Nepal, 2024).

5. Trends of Urbanization

In 1981, only 6.3% of Nepal's total population inhabited urban areas, making it one of the least urbanized nations in the world. However, there seems to be a significant increase in the urban population over the 1971–81 decade, which increased by about 108% at a rate of

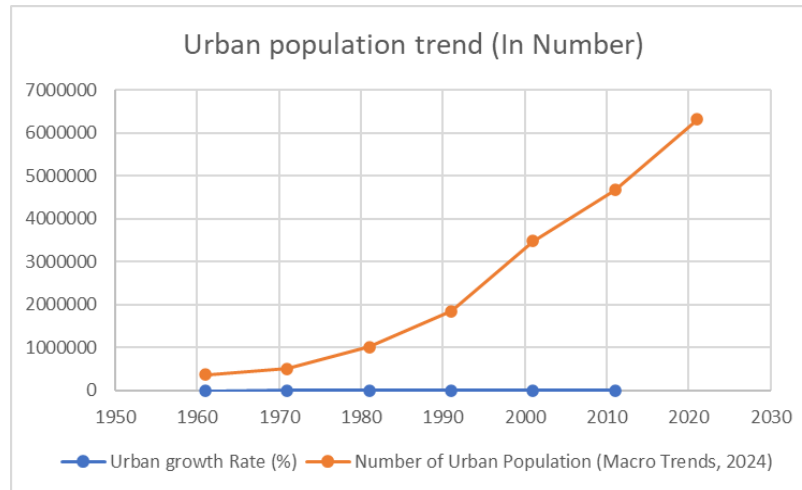
more than 8.4% per year. In the early 1990s, about 8% of the population lived in metropolitan areas. Over time, there have been variations in the urban population growth between censuses. The population sizes and number of municipalities are given in the following table.

Table No. 2: Distribution of Municipality

Population Size	Number of Municipalities					
	1971	1981	1991	2001	2011	
Less than 20,000	9	7	8	8	4	14
20,000-49,999	5	13	14	34	27	136
50,000-99,999	1	2	8	11	17	105
1,00,000-299,000	1	1	3	5	9	34
3,00,000 >	-	-	-	-	1	3
Total	16	23	33	58	58	293

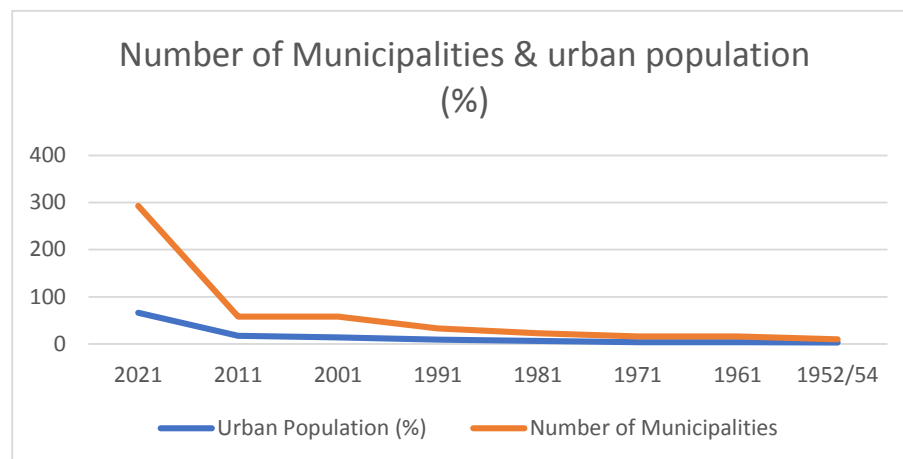
Source: CBS 1971,1981, 1991,2001, 2011 & 2021

The rate of urbanization slowed down between 1981 and 1991, whereas in 1971 and 1981 it dropped to 77%. From 58 in 2011 to 293 in 2021. Nepal had a sharp increase in the number of municipalities, and the percentage of people existing in these municipalities climbed from 17% to 66% (NSO, 2021). Data shows the number of municipalities and their respective population increases rapidly but the facilities, structure, and geo-location are the same. People say that it increases the tax and government revenues not the lifestyle of the people and degrades urban facilities like roads, drinking water, drainage systems, educational institutions, and health facilities. It is apparent from the CBS (1961) that metropolitan areas' population growth rates are significantly higher than the average growth rates for the country. The urban population trend is given in the following chart.

Fig. No.1: Urban Population Trends

Source: *Worldo-meters (2015) and Macrotrends (2024)*

In 1961, it was 4.50 percent; in 1981, it increased to 6.91 percent, and after that period, it increased dramatically. Some wards or Village Development Committees (VDCs) close to already existing municipalities, such as Pokhara, Kathmandu, and other Nepali municipalities, were incorporated into them in the interim. Consequently, the number of municipalities increased from 33 (30+3) in 1991 to 58 in 2001. In addition, 72 more municipalities were established in 2014 following the release of the census data, bringing the total number of urban areas to 130. There are 293 municipalities in Nepal, which is the largest number compared to the previous number of municipalities. The number of municipalities and urban population is mentioned in the following chart.

Fig. No.2: Number of Municipalities and Population in Nepal

Source: *CBS (2011) and NSO (2021)*

Waldometer (2015) predicts that by 2030, the urban population will be 20.5 percent, whereas in 2050, it will be around 36 percent. This prediction indicates that the urban population is rapidly increasing by 5 percent every ten years. But WHO (2024) predicts that the population of Nepal is expected to grow by 17% to 34,642,027 by 2050, from 29,694,614 in 2023. These two predictions will not align with the contemporary population trends and urbanization process in Nepal, due to the government's declaration of the largest number of urban cities and municipalities in the country.

Degree of Urbanization (DEGURBA)

The Degree of Urbanization (DEGURBA) is a recognized method established by the United Nations Statistical Commission, designed to create a consistent definition of urban and rural regions worldwide. The report, which utilizes this methodology, categorizes settlements in Nepal at the ward level as urban, peri-urban, or rural. This classification relies on data from the 2011 and 2021 censuses, as well as factors such as population density, built-up area coverage, and contiguity, and it was unveiled by the National Statistics Office.

Table No. 3: DEGURBA Classification and Characteristics

Clusters	Characteristics	Population 2011 (%)	Population 2021 (%)
Urban Center	Defined by having a density exceeding 15 individuals per hectare (ppHa) and a population greater than 50,000, with 4-point contiguity and over 50% of the land area developed.	13.33	16.84
Dense Urban Cluster	Defined by a density exceeding 15 people per hectare, a population ranging from 5,000 to 50,000, and a four-point contiguity.	5.59	6.81
Semi-Dense Urban cluster	Defined by a density of 3 – 15 PPHA, a population range of 5,000 – 50,000, and a contiguity level of 4 points.	3.40	3.41
Peri-Urban Area	Defined by a density ranging from 3 to 15 PPHA, featuring 8-point adjacency and without a population minimum.	39.19	39.74
Rural Clusters	Defined by a density of 3 people per hectare or less and a population limit of 5,000, with an 8-point contiguity. It is categorized as a very low-density area, a low-density area, and a rural area.	38.49	33.19

Source: NSO, 2024

The DEGURBA report (NSO, 2024) compares the data from 2011 and 2021 and shows that the urban population in Nepal has risen from 22.31% to 27.07%, while the peri-urban population has increased from 39.19% to 39.74%. In urban municipalities, 28.4% of the population resides in urban areas (591 wards), 46% in peri-urban areas (1285 wards), and 25.4% in rural clusters (1244 wards). Similarly, it further shows that the sub-metropolitan cities have 39% of their population living in peri-urban areas and 53% in urban regions. Metropolitan cities display 17% of their population in peri-urban areas, 2.3% in rural regions, and 80.7% in urban areas. At the provincial level, the distribution of urban and peri-urban populations (totaling 66.8%) is uneven, with the highest proportion in Madhesh province (19.9%), followed by Bagmati province (14.6%), and the lowest in Karnali province (1.2%) (NSO, 2024 and Fiscal Nepal, 2024). This indicates the peri-urban population has been increasing rapidly than the other areas of Nepal.

Urban Population in Ecological Regions

Himalayan, Hilly, and Terai are the main ecological zones of Nepal. The trend was biased in favor of the Tarai in terms of the regional distribution of urban settlements. It was home to 14 of the 23 communities, most of which were in the eastern and central Tarai. There were no cities in the Mountain Region. In addition to Nepal's continued predominance of rural areas, this circumstance showed that the country's current urban centers were not well-developed or connected geographically. The central quadrangle, which included Kathmandu, Pokhara, Butawal, and Hetauda, was the sole actual urban network. Among the three ecological regions, the level of urbanization is the highest in the hill region (21.7 percent) compared to Tarai (15.1 percent) and the mountains (2.8 percent) (NSO, 2021).

Table No.4: Distribution of Population based on Ecological Region

Ecological Regions	Area (%)	Population 2011 (%)	Population 2021 (%)	No. of Municipality	No. of Sub-metropolitan	No. of Metropolitan
Mountain	35	6.7	5.9	27	-	-
Hill	42	42.6	40.0	109	1	3
Terai	19	46.3	49.1	134	8	2
Inner Terai	4	4.4	4.9	6	2	1
Total	100	100	100	276	11	6

Source: NSO, 2021

The above table shows that the ecological region, Tarai, with 19% of the total land area, holds almost 50% of the population (Census 2021) and 144 out of 293 municipalities (49%) in comparison to the other regions. 26.5 million people were living in the nation as of the 2011 census, with only 17.1% of them residing in cities or municipalities, compared to over 82% in rural areas. Despite Nepal's rapid urbanization, the country's urban population distribution is still unequal. The NSO report from 2021 states that the Kathmandu Valley is the center of the nation's urbanization. With a population of 8,45,767, Kathmandu Metropolitan City alone recorded the highest density of 5,108 persons per sq km in 2021. After the increment in the number of municipalities, the population of rural areas is decreasing and the population of urban areas is increasing rapidly.

Urbanization at the Provincial Level

For official matters, individuals who previously utilized services from 3,157 VDCs and 217 municipalities will now be required to go to 6 metropolitan areas, 11 sub-metropolitan areas, 276 municipal councils, and 460 village councils. The constitution grants local administrations 22 exclusive powers and shares an additional 15 authorities with the federal and provincial governments (The Kathmandu Post, 2017). At the provincial level, Bagmati leads with the highest number of metropolises, comprising 41 municipalities, 3 metropolitan cities, and 1 sub-metropolitan city, while Koshi boasts the greatest number of municipalities, totaling 46 municipalities, 2 sub-metropolitan cities, and 1 metropolitan city. Likewise, Madhes Pradesh has 43 municipalities, including 3 sub-metropolitan cities and 1 metropolitan city. Gandaki contains 29 municipalities and 1 metropolitan city, Lumbini has 32 municipalities along with 4 sub-metropolitan cities, Karnali encompasses 22 municipalities and lacks metropolitan and sub-metropolitan cities, and Sudur Pachhim features 33 municipalities alongside 1 sub-metropolitan city (Nepal Structural Diary, n.d., and Nepal Gazettes, 2017). This suggests that the number of municipalities and metropolitan cities is on the rise in comparison to the earlier census conducted in 2011. In the DEGURBA report, NSO (2024) noted that Madhes Pradesh has the largest percentage of urban residents at 19.9%, followed by Bagmati at 14.6%, Lumbini at 12.1%, Koshi at 10.9%, Sudur Pachim at 4.1%, and Karnali with only 1.2% urban population. This indicates that the urbanization rate in the Terai region is higher than in the other provinces of Nepal.

Largest Cities of Nepal

Nepal is one of the top 50 maximum populous nations in the world. Nepal is home to numerous significant cities, which add to the country's overall population of around 31 million people, according to the World Population Review (2024). The largest city in the nation is unquestionably Kathmandu. With 1.4 million residents, it is not only the largest

city in Nepal, but it is also the only one where the number of residents has topped one million. Only 200,000 people live in Pokhara, the second largest city, which is a huge contrast to the numbers seen in Nepal. More than 100,000 people live in five additional cities Lalitpur (183,310), Biratnagar (182,324), Birganj (133,238), Dharan (108, 600), and Bharatpur (107,157) and 32 smaller cities have sizable populations—more than 10,000 people per city.

The Urban Infrastructure Condition Index (UICI) has been developed and calculated for 58 municipalities in order to assess the infrastructure condition of different municipalities. A tool for comparing towns' infrastructure conditions is offered by UICI. Of the 20 biggest cities in Nepal, Kathmandu Metropolitan City has the highest UICI value, while Gulariya is at the bottom of the index list (National Urban Development Strategy, 2015).

Table No. 5: Largest Cities of Nepal

S.N.	Name of Cities	Population		
		2011	2021	2024
1	Kathmandu	975,453	845,767	1,442,271
2	Pokhara	255,465	518,452	200,000
3	Lalitpur	220,802	299,843	183,310
4	Biratnagar	201,125	244,750	182,324
5	Birgunj	135,904	268,273	133,238
6	Dharan	116,181	173,096 (15 th)	108,600
7	Bharatpur	143,836	369,377	107,157
8	Janakpur	97,776	195,438 (11 th)	93,767
9	Dhangadhi	101,970	204,788	92,294
10	Butwāl	118,462	195,054 (12 th)	91,733

Source: World Population Review (2024), CBS (2011) & NSO (2021)

According to the table above, Nepal has one city with a population of over a million, six cities with a population of 100,000–1,000,000, and thirty-two cities with a population of 10,000–100,000. If we look at the statistics, it seems that the population has increased in all other municipalities in the Kathmandu district except the metropolis in 10 years. In the year 2068, the population of the metropolis was 9 lakh 75 thousand 456. In the 2078 census, the population of Kathmandu Metropolitan City dropped to 8,32,400. While the annual population growth rate of other municipalities increased, the

annual population growth rate of the metropolis was -1.18 percent. The number of families in the metropolis has also decreased in 10 years.

Cultural Challenges and Opportunities of Urbanization in Nepal

Life can be impacted by urbanization in both positive and harmful ways. The empirical findings of this study provided evidence in favor of the hypothesis that urbanization has a substantial and adverse effect on the environmental quality index. Therefore, the environmental quality score decreases with increasing urbanization. The number of theft (crime) victims and the gross regional domestic product both increased dramatically as a result of urbanization (Hana & Pujiati, 2023). Similarly, UN-Habitat (2024) mentioned that the development of slums and informal settlements, inequality, and the lack of basic amenities like housing, water, and sanitary facilities are all results of haphazard and unplanned urban sprawl. Additional obstacles to shared wealth and development include unjust land tenure and inadequate land management. Urbanization puts enormous strain on assets and resources related to the environment and culture.

Urbanization – The Cultural Challenges

There are five main challenges confronting Nepal's urbanization process: policy inconsistencies and contradictions, the poor state of service delivery, and the existing readiness of the government to foresee and manage disaster risks and address environmental stresses, the government and urban population should view informal settlement and an inclusive urban development for the vulnerabilities as well as important services provided by the informal sector workers in the metropolitan areas (Devkota, 2018). Lewis (2014) linked the detrimental impact of urban population expansion to deficient municipal infrastructure spending. Some of the challenges are given in the following points:

1. Loss of Tangible/Intangible Culture and Heritage

The rapid growth of urban areas and the arrival of individuals from various castes into cities appear to have negatively affected urban lifestyles. The modernization that accompanies urban development, along with the erosion of traditional cultures, practices, customs, and structures that are aligned with it, seems to have contributed to the fading of intangible cultural heritage. Urban development has adversely impacted traditional arts, crafts, festivals, and other forms of intangible cultural legacy. It appears to have had detrimental effects on temples, ancient palaces, historic settlements, traditional values, and the customs of tribal communities that have historically resided in these urban areas. The transformations in the Newar culture of Kathmandu, Bhaktapur, and Lalitpur, as well as the

influence on traditional architecture, Guthi, temples, and idols found in these locations, serve as pertinent examples of this phenomenon.

2. Displacement of the Indigenous People

Rising urbanization is slowly pushing indigenous communities out of urban areas, causing them to abandon their cultural heritage. As indigenous groups are displaced, their social practices are increasingly at risk of being forgotten (Pradhan and Shrestha, 2020). The displacement of Newars in Kathmandu is altering the functions of organizations like Guthi. This situation also poses a risk of erasing their traditional attire, cuisine, rituals, and more.

3. Haphazard Planning

Haphazard and uncontrolled growth of built-up areas. Because they are classified as rural areas despite their urban characteristics, several market and border towns are growing “under the radar” without government planning and control. Unplanned urban development has led to rapid and uncontrolled sprawl; irregular, substandard, and inaccessible housing development; loss of open space, and decreased livability.

4. Lack of Economic Activities

Limited connectivity and access to markets, exacerbated by the country's difficult topography and intermittent electricity supply, are major obstructions to the expansion of nonfarm economic activities. Most of the cities are dependent on other core cities for goods and specialized services.

5. Inadequate Infrastructure

Public capital expenditure for municipal infrastructure is inadequate to meet the growing needs of urban areas and is biased against the largest cities, where infrastructure needs are the greatest (Panta 2016). Similarly, the deficiency of urban infrastructures is highlighted by the situation of water supply, sanitation, solid waste management, housing, transport, and energy.

6. Drinking Water Problems

When it comes to access to a piped water supply, disparities are visible in the municipalities. Most of the municipality's area lacks enough drinking water, both in terms of quality and quantity. Safe and pure drinking water is a concern in most urban locations.

7. Sanitation and Waste Management Problems

The condition of the sanitation system and solid waste management is also critical. Only 56.1% of urban households have access to a sanitation system, with 88.2% of households having access to toilets. The metropolitan cities of Kathmandu Valley have the rigorous sanitation and waste management problems for years.

8. Housing Problems

The increasing number of squatter dwellers in urban areas has two main issues faced by the urban housing sectors and the urban housing authority. These are the lack of affordable dwellings and the growth of squatter settlements. According to the National Urban Development Strategy (NUDS, 2017), an estimated 10% of urban inhabitants are squatters, and in some places, such as Dharan, the number is three times higher.

Inadequate Roads and Difficulties of Transportation

The main issue with urban transportation is an insufficient and ineffective transportation infrastructure.

About the urban population, the average road density in urban areas is 3.26 km/sq. km (NU DS 2017), which is insufficient, extremely poor, and has relatively low road coverage. It displays the majority of municipalities' rural reach.

9. Energy Scarcity

In the metropolitan region, the current state of the national energy crisis is evident and accentuated. With an annual growth rate of 9%, the power demand is strongest in urban and industrial corridors. However, metropolitan regions' bulk electricity consumption cannot be met by the rate of generation (NUDS 2017). These factors have made it difficult for urban areas to obtain power.

10. Natural Hazards

The critical state of metropolitan regions' physical, natural, and social environments is also highlighted by analyses of urban environmental conditions. This covers topics like community organizations, open spaces, urban art, urban agriculture, urban forests, air, water, and land pollution, as well as safety and resilience. increased susceptibility of Kathmandu Valley communities to natural calamities, such as earthquakes and floods.

11. Industrial Pollution

Because they benefit from easy access to labor and capital as well as financial, legal, and technical support inputs, the majority of industries are found in metropolitan regions,

particularly in the larger megalopolis (Panta 2016). Industrial pollution is a big problem in the cities of Nepal because most of the industrial/ economic zones are established in urban areas.

6. Urbanization: The Opportunities

Beginning with the process of economic development that takes place when capital accumulates as a result of surplus labor moving from the subsistence sector to the capitalist sector, Lewis (2014) explained the relationship between urbanization and the economy. He explained the development of urbanization has positive effects on economic growth.

1. Growth of the Economy

Profiting from economic expansion is one of the advantages that come with urbanization. More people moving into cities means that more infrastructure needs to be developed. Governments must actively engage in town planning for this reason to assist the populace (Tahir, 2021). This infrastructure and increasing population also help to the growth of the economy.

2. Social and Cultural Exchange

Urbanization has developed various urban centers that promote social and cultural exchange, fostering creativity and diversity. It has the largest public places like party places (event management centers), Coffee houses, Rodhi and Dohori Sanjha (Similar to the club), religious and sacred areas, etc., which have helped the socio-cultural exchange.

3. Advanced Technology

The Adoption of sustainable practices and smart technologies for effective resource management might result from urbanization. These technologies foster effective and efficient work to fulfill the happy lives of the people. Urbanization can lead to the adoption of smart technologies and sustainable practices for efficient resource management. Urban populations who are more educated than rural, also use advanced and more updated technologies in their lives.

4. Infrastructure and other Urban Facilities

Infrastructure like roads, bridges, electricity, internet, urban facilities like health, education, transportation, mart and supermarket, etc., types of facilities are the major opportunities for urbanization. These facilities also help urbanization and motivate migration from rural to urban areas.

5. Job Opportunities

Various types of part-time and full-time job opportunities are available in urban areas. Positions in offices, retail and service sectors, industry jobs, household work, private jobs, etc., are available in urban areas. So, urban areas have long been regarded as job hubs.

6. Education and Healthcare Facilities

Urban areas generally offer better access to education and healthcare facilities. It has the largest educational centers and universities as well as the largest and most advanced hospitals with modern technologies that assist with education and health facilities. It is one of the reasons for rural-urban migration in Nepal.

7. Connectivity and Market Opportunities

Increased international trade can lead to better job prospects, a smaller trade deficit, and an improved balance of payments through enhanced connectivity. A dependable and secure transportation infrastructure lowers transportation user costs, which in turn lowers the cost of commodities per unit and may aid in national inflation management. Moreover, the connection makes the market and economic centers more accessible, which opens up job and entrepreneurial possibilities (Koirala, 2022). Urban centers have provided these facilities and global market opportunities also.

8. Global Linkage and Experience Sharing:

The urban centers, municipalities, and megacities have globally linked the people, global citizens, and international market centers. Most of the Municipalities of Nepal have established sisterhood relations with foreign municipalities for their experience and culture sharing. Like Chandragiri Municipality with two Municipalities of South Korea; Bharatpur Metropolitan City with Chongqing City of the People's Republic of China; Ram Gram Municipality of Nawal Parasi with China Baoji Ma Yun City; Miklajung Rural Municipality of Morang and the Minami Tane City of Kagoshima Prefecture, Japan; Kathmandu Metropolitan City with 12 cities both within the country and abroad, etc. has established sisterhood relations.

7. Conclusion

Urban regions in Nepal can stimulate economic expansion for the good of the whole nation. Nepal's urban settlements, which range from the old hill towns in the west to the small historic city centers of the Kathmandu Valley, are surrounded by unmatched natural beauty and have a rich cultural legacy. The constructed heritage and urban fabric are given vitality and significance by the intangible legacy that thrives in the cities, such as art, music, dance,

and lavish public celebrations and religious observances. By maintaining city livability and generating a variety of income-earning options, particularly for the impoverished, the preservation of this distinctive legacy—both material and intangible—can catalyze urban revitalization. However insufficient infrastructure, unplanned urbanization, and lack of proper rules and regulations have been creating problems in the process of urbanization in the country.

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