

Editorial

The Nepal Sociological Journal is pleased to present its second issue, featuring a diverse collection of scholarly contributions that address some of the most pressing social issues shaping contemporary Nepal. In an era characterized by rapid social change, democratic aspirations, technological innovation, environmental uncertainties, and persistent social inequalities, sociological inquiry remains essential for understanding the complex interplay between institutions, culture, social structures, and human agency. The articles in this issue highlight the depth and relevance of contemporary sociological research, examining themes such as digital activism, sociological imagination, social inclusion, community resilience, and social transformation. Together, they offer critical insights into Nepal's changing social realities while advancing scholarly debates on development, citizenship, equity, and collective well-being. By bringing these diverse perspectives into dialogue, this issue contributes to a deeper understanding of Nepal's evolving social landscape and underscores the vital role of sociology in fostering a more inclusive, just, and resilient society.

A notable milestone in the academic journey of the Nepal Sociological Association (NSA) was the International Conference on "Building Inclusive and Resilient Nepal: Sociological Debate," held from 18 to 20 December 2025 at Makawanpur Multiple Campus, Hetauda, Makawanpur. Jointly organized by the Nepal Sociological Association (NSA) and the Department of Sociology of Makawanpur Multiple Campus, the conference brought together more than 150 distinguished scholars, sociologists, researchers, and PhD and MPhil scholars from Nepal, India, Bangladesh, Sri Lanka, and Japan. The gathering provided a vibrant platform for intellectual exchange, fostering meaningful dialogue on contemporary social issues and emerging sociological perspectives. Through rich scholarly discussions and collaborative engagement, the conference significantly advanced sociological knowledge and deepened understanding of Nepali society. It also created an inspiring space for exploring the interconnections among governance, identity, social justice, inclusion, resilience, and cultural transformation within Nepal's dynamic developmental landscape. The insights generated during the conference reaffirmed sociology's vital role in addressing societal challenges and envisioning a more inclusive and equitable future for Nepal. The second issue of the NSA Journal brings together eight research articles that span diverse themes and contemporary sociological perspectives in Nepal. Each contribution presents original insights in its respective area, collectively highlighting the breadth and dynamism of sociological scholarship within and about Nepal. The issue offers valuable reflections for scholars, policymakers, development practitioners, and activists seeking to understand and address social change. Therefore, this second issue of the NSA Journal reflects selected insights, critical reflections, and scholarly contributions emerging from the conference.

The first article, "A Bibliographical Conspectus of Indigenous Peoples' Customary Institutions: From 1990 to 2025," provides a systematic review of scholarship on Indigenous Peoples' customary institutions in Nepal using the PRISMA methodology. Drawing on 54 studies, it traces the evolution of research from participatory natural resource management to broader concerns with legal pluralism, climate change,

Indigenous knowledge systems, governance, and social justice. The review demonstrates how changing national political contexts and global governance discourses have shaped academic engagement with Indigenous Peoples customary institutions. It highlights the enduring significance of these institutions in environmental governance and conservation while identifying important gaps, particularly the limited representation of the diversity of Indigenous communities. The article concludes by calling for more comprehensive sociological research to deepen understanding of Indigenous Peoples customary institutions in Nepal.

The second article, "Crafting Inclusive and Resilient Nepal: Revisiting Sociological Imagination" offers a thoughtful and engaging sociological reflection on Nepal's ongoing struggle for inclusion and resilience. Using C. Wright Mills' concept of the sociological imagination, the author effectively connects individual experiences of marginalization with broader social and political structures. The paper thoughtfully discusses issues of caste, ethnicity, gender, regional inequality, and youth exclusion, while also highlighting the role of digital activism in shaping contemporary democratic participation. Overall, the article makes a timely and valuable contribution to sociological debates on inclusion, democracy, and social change in Nepal.

The third article, "Building Inclusive and Resilient Nepal: A Sociological Debate on Progress, Challenges, and Pathways Forward" critically examines social inclusion and resilience in post-2015 Nepal, highlighting persistent inequalities despite progressive constitutional commitments. Drawing on diverse theoretical perspectives, it explores the gap between formal rights and everyday realities while linking resilience to disaster risks and institutional capacity. The paper offers a strong interdisciplinary and conceptual analysis, though its arguments would benefit from clearer definitions and stronger empirical evidence. A key strength of the paper is its ability to connect sociological insights with governance and development debates, highlighting the gap between formal inclusion and lived realities.

The fourth article, "Community Preparedness and Resilience to Flood Disasters: A Study of Flood-Prone Communities in Bhokraha Rural Municipality, Sunsari, Nepal," provides a valuable sociological analysis of community preparedness and resilience to flood disasters in Bhokraha Rural Municipality, Sunsari. Using qualitative evidence, it demonstrates how vulnerability is shaped by social, institutional, and infrastructural factors rather than natural hazards alone. The study highlights the importance of local knowledge, community participation, and social capital in strengthening resilience. It also identifies challenges such as weak governance, inadequate infrastructure, and limited preparedness mechanisms. The study offers important insights into disaster risk reduction and contributes meaningfully to discussions on community-centered resilient development in Nepal. This fifth article, "Socio-Demographic Determinants of Prosperity: Evidence from Nepal Living Standard Survey 2022/23" examines socio-demographic determinants of prosperity in Nepal using NLSS 2022/23 data and logistic regression analysis. It finds that smaller, nuclear households with low dependency ratios and higher working-age populations are significantly more prosperous. The gender of the household head shows a minor effect, slightly favoring male-headed households. The results confirm that demographic structure strongly shapes prosperity beyond

economic factors alone. Overall, the study highlights household size, composition, and age structure as key predictors of prosperity in Nepal's socio-economic context. The sixth article, "Role of Historical Political Cultures, State–Society Dynamics, and Technological Infrastructure in Shaping Digital Activism" offers a comparative sociological analysis of Gen Z digital activism across five Global South countries, showing how activism is shaped by historical political cultures, institutional legacies, and state–society relations rather than technology alone, highlighting opportunities and risks of surveillance and control in digital participation. It examines loan sharking in Mahottari District, Nepal, revealing how informal debt relations produce exploitation, violence, and psychological distress, trap households in cycles of indebtedness, and emphasize borrowers lived experiences within rural power. The significance of the study is its human-centered approach, which foregrounds borrowers lived experiences while situating the issue within broader debates on rural indebtedness and exploitation. It also shows that loan shark practices vary, though exploitation remains widespread. And the seventh, "Perception and Practices on Menstrual and Reproductive Health among Women in Dekocha and Golmadhi Area, Bhaktapur" explores how cultural norms, traditions, and modern influences shape women's menstrual and reproductive health experiences. Using a qualitative approach, it highlights the persistence of menstrual taboos, stigma, and restrictions despite growing awareness. A key strength of the study is its focus on the link between culture, gender, and health in a traditional urban setting. It shows that while younger and educated women are challenging restrictive practices, deep-rooted beliefs, and economic and institutional factors, continue to shape behavior and decision-making. Overall, the article offers valuable localized insights into changing perceptions of women's health in Nepal and emphasizes the need for awareness, education, and culturally sensitive interventions. The eighth article, "Forms of Exploitation in Loan Sharking Practice, Mahottari," examines revealing severe exploitation of borrowers through excessive interest, verbal abuse, threats, physical violence, land seizure, and even homelessness. It highlights how informal lending fills gaps in access to formal finance but traps vulnerable rural households in debt spirals. Exploitation is enforced through coercion, fraudulent documents, and legal manipulation, though some lenders act more leniently. Overall, the research shows loan sharking as a deeply rooted socio-economic problem producing financial, social, and psychological harm. The last article on "Preliminary Considerations for a Comparative Study of Women's Impurity in Nepal and Japan" offers a comparative analysis of female impurity norms in Nepal and Japan, focusing on menstruation and childbirth taboos. It traces Japan's historical evolution from medieval religious beliefs to the Meiji-era abolition of such norms and their near disappearance contrasting this with their continued practice in Nepal. Using historical and anthropological literature, it examines how impurity functions as social control, gender regulation, and boundary maintenance. The study highlights geographical and occupational variations and proposes frameworks for future Nepal–Japan comparative research.

We sincerely acknowledge and express our heartfelt gratitude to the University Grants Commission (UGC) for its continued encouragement and support to the Nepal Sociological Association (NSA) in organizing academic conferences of this nature. We also extend our sincere appreciation to the Master's, MPhil, and PhD students from Bhaktapur,

Prithvi Narayan Campus Pokhara and Makawanpur Multiple Campuses for their active participation, as part of our shared commitment to nurturing them into capable future researchers and scholars. The successful completion of this seminar was made possible through the remarkable support and invaluable contributions of Makawanpur Multiple Campus, particularly Campus Chief Dr. Yam Bahadur Silwal and Mr. Keshab Prasad Timilsina, whose dedication and commitment were instrumental in making this event a success.

We extend our special gratitude to Mr. Birendra Prasad Shah, Secretary of the Nepal Sociological Association (NSA), for his tireless efforts, and unwavering support throughout the process. We are also deeply grateful to Prof. Dr. Pradeep Gyawali, Vice-Chancellor of the Madan Bhandari Academy of Health Sciences, Mina Kumari Lama, Mayor of Hetauda Sub-Metropolitan City, Chairperson of Makawanpurgadhi Rural Municipality, Puran Bahadur Joshi, Principal, Hetauda School of Management and the program hosts, Ms. Sushma Mainali and Ms. Laxmi Kharel, whose generous cooperation, encouragement, and contributions were truly invaluable. Their collective support, commitment, and goodwill will remain fondly remembered and greatly appreciated.

To all who contributed to the successful organization of this conference, we offer our sincere thanks and heartfelt appreciation.

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As we present the second volume of the Nepal Sociological Journal, we extend our sincere appreciation to all contributing authors for their insightful and thought-provoking scholarly contributions. The Editorial Board of the journal sincerely thanks Prof. Jai Raj Awasthi for his dedicated and meticulous editing of the research articles published in this issue. His scholarly commitment and editorial expertise have greatly enhanced the journal's academic quality and overall excellence.

Prof. Ganesh Man Gurung, PhD
Editorial-in-Chief