

ISSN: 2645-8713 (Print)

# MYAGDI GURU

**A Journal of Interdisciplinary Studies**



Volume 3, Issue 1  
**2020**  
November

Edited by:  
Tikaram Sapkota



Tribhuvan University  
Myagdi Multiple Campus



**Guru Research and Consultancy Center  
(GRCC)**

## TABLE OF CONTENTS

|     |                                                                                                     |         |
|-----|-----------------------------------------------------------------------------------------------------|---------|
| 1.  | Comparative Studies on Longitudinal Social Change in Nepal's Rural Areas<br>Youbha Raj Luintel..... | 1-5     |
| 2.  | Need of Planning for Higher Educational Institutions: A Mini Case Study<br>Tikaram Sapkota.....     | 6-15    |
| 3.  | An Applicability of Social Security Allowances of Senior Citizen<br>Gorakh Bahadur G.C. ....        | 16-24   |
| 4.  | Components of Writing a Research Proposal<br>Prem Bahadur G.C. ....                                 | 25-29   |
| 5.  | Community Mobilization and Women Empowerment<br>Nirmal Bhandari.....                                | 30-34   |
| 6.  | Situation of Inter-caste Couples: A Case Study of Itahari, Sunsari<br>Tanka Mani Poudel.....        | 35-45   |
| 7.  | Socio Economic Value of Marijuana in Nepalese Society<br>Pratibha Acharya.....                      | 46-51   |
| 8.  | Role of Yoga Meditation in Women Empowerment<br>Chandra Bahadur Katuwal.....                        | 52-57   |
| 9.  | समालोचना : 'नैकापे सकिनी' कयामा सवाल्टर्न चेतना<br>डा. साधना पन्त 'प्रतीक्षा'.....                  | 58-62   |
| 10. | सामाजिक न्याय तथा द्वन्द्व व्यवस्थापनमा राजनीतिक तथा आर्थिक प्रभाव<br>डा. ईश्वरीप्रसाद कँडेल.....   | 63-72   |
| 11. | उदाङ्गनसकेको घाम कयामा अभिव्यक्त प्रजाति, पर्यावरण र क्षण<br>उपमा आनन्दराज सिलवाल.....              | 73-82   |
| 12. | तालुकदारी प्रया र भूमिकरसम्बन्धी व्यवस्था<br>हिरालाल रेग्मी.....                                    | 83-93   |
| 13. | 'कालीपारे दाइ कति राम्रो' गीतको सन्दर्भ विश्लेषण<br>रेखा रेग्मी.....                                | 94-100  |
| 14. | महारानी उपन्यासमा शरीर राजनीति<br>उपमा शारदा खनाल.....                                              | 101-109 |