

**SOCIO-ECONOMIC AND CULTURAL CHANGES OF
TAMANG:**

**A Sociological Case Study of Lamatole and Panighat
Community of Thankot VDC of Kathmandu District,
Nepal**

**A Thesis Submitted To
Central Department of Sociology/ Anthropology
In Partial Fulfillment for the Requirements of M.A. Degree
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Letter of Recommendation

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ABBREVIATIONS

%	:	Percent
&	:	And
A.D	:	After Death
B.S.	:	Bikram Sambat
CBS	:	Central Bureau of Statistics
DDC	:	District Development Committee
eg	:	For Example
etc	:	Etcetera
INGO	:	International Non Government Organization
NGO	:	Non Government Organization
NLS	:	National Living Standard Survey
SLC	:	School Living Certificate
USA	:	United States of America
USSR	:	Union of Soviet Socialist Republics
VDC	:	Village Development Committee
Viz.	:	Videlicet (Namely)