

Tribhuvan University

Themes of Social Harmony in Limbus' *Tongsing* Ritual

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Letter of Approval

This thesis entitled “Themes of Social Harmony in Limbus’ *Tongsing* Ritual” submitted to the Department of English, Ratna Rajya Laxmi Campus, Exhibition Road, by Amar Bahadur Sherma, has been approved by the undersigned members of the Research Committee.

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Abstract

Social harmony refers to a condition in which people from different castes, classes and creeds live together in a peaceful way while keeping their identity and individuality intact. In other words, social harmony is a bowl of salad. Harmony and unity are two elements of a society. *Tongsing* entails these two elements, so it is called a social practice as it emphasizes these two social fundamental elements. *Tongsing* teaches and encourages Limbu individuals and families stand united and avoid jealousy, envy, hate, etc. to make a society a better place to live in. *Tongsing* is one of the most important cultural and religious ritual ceremonies of the Limbu community carried out for peace, progress, prosperity and happiness in individual life, families, and the whole community. *Tongsing* is a ritual practice which seeks social solidarity, reconciliation, moral and psychological purification and strengths that has been guiding Limbus' social, ethical, and religious concepts by shaping their beliefs, and attitudes to birth, life, death, natural world and the universe in a distinct way. The ritual further contributes to the socio-cultural tradition amongst and across generations. It is a ritual of ancestral worship, a formal ceremony for acknowledging and shouldering various responsibilities which very prominently works for social harmony.

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