

**ADAPTATION STRATEGIES OF MIGRANTS:
A STUDY OF HEMJA, POKHARA METROPOLITAN CITY**

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LETTER OF RECOMMENDATION

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LETTER OF ACCEPTANCE

This dissertation entitled “**Adaptation Strategies of Migrants: A Study of Hemja, Pokhara Metropolitan City**” submitted to the Department of Anthropology, Tribhuvan University, Prithvi Narayan Campus, Bagar, Pokhara by **Ms. Tirtha Kumari Thapa** has been accepted as the partial fulfillment of the requirements for the Degree of Master of Arts in Anthropology by the undersigned members of the dissertation committee.

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ABSTRACT

This study was carried out in Myagdi Chowk, Hemja Pokhara Metropolitan city with the main objective focused on the causes, consequences and adaptation strategies of migrants in Myagdi Chowk, Hemja. This study is based on the study of 150 households under purposive sampling. Data collection techniques were observation, interview and case study. A range of factors is associated with the internal migration of people from their ancestral habitations to Myagdi Chowk, Hemja. The main push factors of migration are the lack of higher education, lack of fertile land, Maoist insurgency and political threats, geographical difficulties, lack of facilities, poor income at the place of origin. The main attraction in Myagdi Chowk are facilities of higher education, fertile land, urban facilities, easy adaptation to cultural social status and job opportunities which are not available at the place of origin.

Most of the migrants are of economically, physically, mentally active age group (15-59) which portrays that the age factors play a determining role in migration process. Hence it is deduced that migration to Hemja is the result of unbalanced distribution of natural resources and development efforts at the place of origin. Anthropologically migration of people is imperative embedded with centre-periphery relations and population movements produced by regional and global political, economic, and historical processes. The number of migrants who were forced to move by different factors depended largely on the adaptation strategies. The major coping strategies involves an increase in informal sector activity, with previously non-earning household members entering the petty commodity sector, as well as wage-earners taking on supplementary cash-earning activities to adjust to the cost-of living at new destination. Hence it is revealed that the relationship between migration and adaptation is multifold: it concerns not only the regions of origin and destination, but also the migratory movements themselves.

The development of adaptation strategies in the regions of origin will be the only way to limit the scale of migration flows to new destinations. However, adaptation should not be exclusively reserved to the region of origin: migration, especially if it is gradual, results in increased demographic pressure on resources in the region of destination. It is only by developing adaptation measures that the host region will be able to cope with increased demographic pressure. Here, a different type of adaptation is needed: it is no longer a question of coping with the impacts of various pushing factors themselves, but with various socioeconomic consequences of adaptation. Prices rise, unavailability of affordable housing, emerging social tension, conflicts, rising human density etc are some of the key concerns of migrants in Hemja. These issues can be particularly acute in future when migrants search for better life without adequately prepared for them. Essential facilities like education, health, drinking water, employment opportunity at the place of origin can control the internal migration. Female education should be encouraged and motivated.

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ABBREVIATIONS

B.S.	Bikram Sambat
CBS	Central Bureau of Statistics
IME	International Money Express
IOM	International Organization of Migration
MS	Micro Soft
No.	Number
SDG	Sustainable Development Goal
SEE	Secondary Education Examination
TV	Television
UDHR	Universal Declaration of Human Right
UN	United Nation
UNESCO	United Nations Educational, Scientific and Cultural Organization

CHAPTER I

INTRODUCTION

1.1 Background of the Study

Migration is the movement of people from one place to another place for temporary or permanent settlement. Migration is a spatial mobility of people by changing usual place of residence to a well define destination. Various scholars have defined migration in different ways. A migration is a person who moves either from his birth of place to another area or keeps on moving stepwise or circular by changing his/her residence more or less frequently being either seasonal, temporary, semi-permanent or permanent migration depending upon the duration of migration and reasons for migration within a defined geographical area (Singh, 1998). Migrants are defined as those internal migrants who have migrated and settled the destination from various origins. Migration as a continuous process or movement resulted due to complex mechanism involving social, economic, psychological, political, and institutional and other generally associated with some kinds of economic, social and cultural change in which people make an adjustment (Chhetri, 1987). The term migration is as old as the history of mankind or the movement of people to a new area or country in order to find works or better living conditions (Oxford Living Dictionaries, 2000).

Some certain factors are both push and pull like education, industry, infrastructure etc. On the macro level, the causes of migration can be distilled into two main categories: security dimension of migration (natural disaster, conflicts, threats to individual safety, poor political prospects) and economical dimension of migration (poor economic situation, poor situation of national market) (Population Monograph, 2003).

Historical migration of human populations begins with the movement of Homo erectus out of Africa across Eurasia about a million years ago. Homo sapiens appear to have colonized all of Africa about 150 thousand years ago, moved out of Africa 80 thousand years ago, and spread across Eurasia and to Australia 40 thousand years ago. Migration to the America took place 15 to 20 thousand years ago and by two

thousand years ago, most of the Pacific Islands were colonized. Later population movements notably include the Neolithic Revolution, Indo-European expansion and the Early Medieval Great Migrations including Turkic expansion. The age of Exploration and European Colonialism led to accelerate pace of migration since early modern times (Singh, 1998).

While the pace of migration had accelerated since the 18th century already (including the involuntary slave trade), it would increase further in the 19th century. There are three major types of migration; Labor migration, Refugee migrations and Urbanization. Millions of agricultural workers left the country side and moved to the cities causing unprecedented levels of urbanization. This phenomenon began in Britain in the late 18th century and spread around the world and continues to this day in many areas. Industrialization encouraged migration wherever it appeared. The increasingly global economy globalised the labor market. Atlantic slave trade diminished sharply after 1820, which gave rise to self-bound contract labor migration from Europe and Asia to plantations. Also overpopulation, open agricultural frontiers and rising industrial centers attracted voluntary, encouraged and sometimes coerced migration. Migration was significantly eased by improved transportation techniques (Bauder, 2006).

Nepal was once a sanctuary for waves of migrants from north and south of its border. Most of those recent migrants were found in towns and cities, where they were engaged in semiskilled labor and mercantile activities. We can find varieties of Vegetation, Climate, Animals, Birds and Diversity in Culture and Religion. Mainly, Brahmin, Chhetri, Newar, Gurung, Magar, Rai, Limbu, Tharu, Dhimal, Kami, Damai, Sarki, Thakuri, Sherpa, Thakali etc live in Nepal and follow different Religions. They celebrate different festivals like Dashain, Tihar, Chhat, Id, Christmas and Losar having unity in Diversity. Since the late nineteenth century, the migrations trend has reversed its course. In the early 1990s, there was a massive outflow of people from the hills, the areas that once served as refuge for migrants. In addition, the volume of migration has been increasing over time. There are two major types of migration, Permanent or lifetime migration occurred primarily within the National boundary and Circular migration included seasonal migrations, which moved to wage labor, such as urban centers and construction areas, during the agriculture slack

season. These circular or absentee migrations long term migrants, who moved in search of long term salaried employment, such as army, government, guard or factory jobs etc. Once these migrants succeeded in landing a relatively permanent job, they normally visited their families and villages once every two three years, if they did not secure such a job, they might return in a few months (Shakya, 2009).

Adaptation is regarded as a prime determinant of cultural changes and evolution. Its process is dynamic and major cause of cultural diversity. Adaptation is a mutation or genetic change that helps an organism plants such as a plant or animals survive in its environment. Due to the helpful nature it is passed down from one generation to the next. An adaptation is a feature that is common in a population because it provides some improved function adaptations are well fitted to their function and are produced by natural selection. Humans have biological ability to adapt own environment. An adaptation is any variation that can increase ones biological fitness in a specific environment. It is the successful interaction of a population with its environment. It is biological or cultural in nature.

Julian Steward the American Anthropologist (1955) said that the key to adaptation of a culture is its technology. He introduces "Techno-Environment Model" relationship between human behavior pattern and exploitative technology. Ecological population is a group exploiting technology. Ecological population as group exploiting resource entirely or almost entirely within certain demarcated area (Rappaport, 1971). According to Harris (1978) the essence of cultural materialism is that it directs attention to the interaction between behavior and environment as mediated by the human and its culture. Adaptation means the organic modification of a species in order to better fit and flourish in its environment (Darwin, 1859). Adaptation was a consequence of a tangential natural selection of cultural practices which historically allowed a cultural survives (O' Brien and Holland, 1992). Culture was able to respond or cope with changes in socio-economic system are considered to have high adaptability.

People want better employment opportunities and better facilities of health, education, entertainment and luxurious life so that people leave their village and come to cities area. They are trying to adapted different cultural contexts, different

environment, and relationship between human beings and technological uses modifying it and exchanging product also.

1.2 Statement of the Problem

Internal migration is a common feature of developing countries which is typically the product of an urgent need for shelter by the poor people. Most developing countries experience a massive migration from rural area to cities where the majority of the new urban dwellers settle in backward least developed semi-urban areas, often in locations that has more or less limited resources. In Nepal also there is massive migration of people from rural to urban areas. Subedi, (1991) has stated that the current situation of population in Nepal results in part from both emigration and immigration. Historically, three forms of emigration are evident: a) movement related to military recruitment, b) Movement for agricultural and other economic activities, and c) marriage migration. More than 90 percent of all emigrants are from Hills and Mountains of Nepal and urban population is growing fast. In recent years, there has been a steady pattern of migration in Nepal from the hill and mountain regions to the Terai. The 1981 Nepalese census indicated a pronounced shift from a mountain-rural to a plains-urban society (Goldstein, 1987) which is a *Great Turnabout*. A general trend of migration from rural to urban areas has also produced a form of internal migration, leading to rapid urbanization in Nepal. People of Nepal are migrating from mountains and hills to Terai and urban areas.

Basically, in broad-spectrum there are fundamentally two factors for rural to urban migration in Nepal, the Pull factor and the Push factor. Migrants generally occupy government and public lands of semi-urban area for shelter. The study of migration is imperative because it is universal phenomenon. Migration and adaptation plays a significant role in population change. Both internal and international migration leaves effect in population change. Population decreases in origin and increases in destination. Migration is either permanent or temporary. It is the important trend and process in Nepal. Every living organism is constantly trying to adjust itself to its environment for its survival and even evolution (Spencer, 1950).The migrants also need to adapt to their new destinations. Study by Hoerder (2002) indicated that though people describe their city as pleasant, in the process of adaptation, high level

of stress is perceived and its major reasons are high cost-of living, noise, waste accumulation, polluted air with smoke, unhealthy environment in slums etc.

Although various policies, programs and projects are being formulated and implemented, the population growth rate in Nepal fueled mainly by rural-to-urban migration will remain high in major cities and towns for a foreseeable future. Although various policies, programs and projects are being formulated and implemented, the population growth rate fueled mainly by rural-to-urban migration will remain high in major cities and towns for a foreseeable future.

Social network plays a vital role for migration and the choice of destination. Migration of cultural groups and from geographical locations to a particular destination is closely associated with historical as well as social networks. Former migration of relatives, friends, and neighbors to a destination establishes a network at destination and they help prospective migrants in the process for migration. Lewellen (2002) has argued that modern facilities and opportunities are encouraging people to move from rural to urban areas. World system theory divides the world into core countries, semi-periphery countries and periphery countries. According to this theory, migration contributes to structural change in world markets and creates independence in economy. Migration is one of the functions of globalization and it creates the new forms of production. It describes migration as tool of labor mobility. It only focuses on production and commodity. But there is a lack of other social and cultural causes of migration in this theory (Wallenstein, 1974). Several studies have been conducted in this field by different research institutions and scholars but these efforts were related in different sectors. These studies are only related to push and pull factors but this study attempts to find out real causes of migration as well as its influences and migrant adaptation strategies of the study area. This study area is linked within Pokhara Metropolitan city and the vital concerns are why a person migrates and what the reasons behind it? So, this study addressed the following research questions:

-) What are the reasons of migration?
-) What is the present condition of migrant?
-) What are the different aspects which are affecting migration to the study area?
-) What are the effects of adoption strategy on social relationship?
-) What are the socio economic characteristics of migrants?
-) What studies have been done in the field of migration in the study area?

1.3 Objectives of the Study

The main objective of this study is to give information about the present status of the migrants and social impacts of migration in destination place. This study is mainly focused on the causes, consequences and adaptation strategies of migrants in Myagdi Chowk, Hemja. The specific objectives of this research are as follows:

-) To analyze the Factors associated with migration.
-) To analyze the consequences of migration.
-) To analyze migrants socio-cultural and environmental adaptation strategies and the effect of adaptive strategies on their social and cultural relations.

1.4 Significance of the Study

People migrate rapidly from remote area to urban areas in every country. It is because of facilities, educations, health services, security and opportunities of employment which comparatively more in urban than remote areas. Lack of transportation, low quality education, lack of health services and employment enforce people towards developed areas. That's why migration is a burning issue in Nepal because migration has occurred rapidly from Mountain, Hill and Terai areas. It has created great problem for Government.

Many people have migrated to Myagdi-Chowk of Hemja, Pokhara from different districts of different religion, different economic condition and different education level as well as different economic, social and cultural status. This study is significant to illustrate the migration, cause, consequences and adaptation strategies of migrants at Myagdi Chowk. Significance of this study is as follows:

-) This study shows the cause, impacts, adaptive strategies and present condition of migrants as well as socio- economic characteristics of migrants of the study area.
-) Find out the present migration problems and its present impact, influences on the study area.
-) This study provides important about internal migration trends of Nepal.
-) This study also aware the people about random migration and its impacts, influences and adaptation.

) It is anticipated that this study will be fruitful and helpful for NGOs, INGOs, policy makers and Government planners to launch the development initiatives and to make plans to reduce internal migration.

1.5 Operational Definition of the Key Terms

Migrants

Migrants means those peoples who moves from one place to another, especially in order to find work or better living conditions or those people who change residence for six months or more either within the country or outside the country.

Migration

It is the movement of people from one place to another with the intentions of settling, permanently or temporarily in a new location. Migration means to move from one place, country or town to another place. Migration involves the permanent movement of individual or groups across symbolic or political boundaries into new residential area and communities.

Migrants

In migrants are defined as those internal migrants who have migrated to the destination from origin. All migrants who may have migrated and settled in the destination from various origins are called migrants in the destination.

Push Factors

The push factors indicate the problem of the origin such as inadequate facilities, insecurity, low wage, poverty, unemployment, insufficient land, education and health problem.

Pull Factors

The pull factors indicate the attractions part of the place of destination such as security, employment opportunities, education facilities, health facilities and other urban facilities.

Place of Origin

The place of origin is related as where migrants are born. The place people migrate to destination.

Place of Destination

The place of destination indicates the current place of residence. The place people migrate and settle.

Households

Group of persons sharing home or living place who aggregate and share their income as evidenced take meals together by the fact that they regularly takes meals together.

Households Head

Head of households is the head of family member of households who is managing household's activities and takes the decision as well as responsibility in all households' related matters.

Family

A social group made up of parents and their children or a group of people who come from the same ancestor and living together or households that is called family. Family is a group of persons untied by the ties of marriage, blood or adoption, constituting a single household and interacting with each other in their respective social positions, usually those of spouses, parents, children and siblings.

Adaptation

It is the process and time it takes a person to integrate into a new culture and feel comfortable within it. It is the specific capacity of human beings and human societies to overcome changes of their natural and social environment by modification to their culture.

Strategy

It is a high level plan to achieve one or more goals under conditions of uncertainty. Strategy can be intended or can emerge as a pattern of activity as the organization adapts to its environment or competes. A plan of action designed to achieve a long term or overall aim called strategy.

Consequences

The effect, result or outcome of something occurring earlier that is called consequences. It is the trained and enterprising people more readily make a decision to migrate.

Causes

A person or thing that acts, happens or exists in such a way that some specific thing happens as a result or something or someone that produces an effect, result and condition that is called causes. Pull and push factors are the main cause of migration.

Human Ecology

A special of sub- field of anthropology that deals with study of interrelationship between human beings and their environment.

1.6 Limitation of the Study

Each and every research works has its own limitation. This study of in-migration and its impact influences of Myagdi Chowk, Hemja. It is an academic research conducted for the fulfillment of the course of Master's Degree in Anthropology. This study basically relies on primary information gathered from study area. Some information may be inadequate to explain the exact situation. It is undertaken within the boundaries of limited time, budget and manpower. This study is limited only to Myagdi Chowk, Hemja. This study explores the socio- economic impacts, influences caused by in- migration and adaptation strategies of migrant people in the study area. The limitations of this study are as follows:

-) This study was based on both primary and secondary data. No attempt was made to examine the reliability of the secondary data.
-) This study is limited within Myagdi Chowk, Hemja, ward no- 25, Kaski.
-) The research works was conducted by using purposive sampling method.
-) Researcher has only considered socio-economic part, causes, consequences and adaptive strategies of in-migration.

1.7 Organization of the study

This study is divided into eight chapters; Introduction, Review of Literature, Research Methodology, Introduction to study area, Socio-economic characteristics of in-migration, Causes, Consequences and Adaptation of in migration, Summary, Conclusion, Major Findings and Recommendation.

-) Introduction chapter, deals with the introduction, history of subject matter, statement of the problems, objectives of the study, organization of the study, limitations of the study and structure of the study.
-) Review of Literature chapter is the relevant review of subjects to serve the objectives of the study.
-) Research Methodology chapter includes the suitable research design and data analysis procedure which will make the research easy to gain objectives. This chapter also describes the general introduction of the study area.
-) Chapter four states the Introduction of Myagdi Chowk, Hemja ward no 25, physical setting of the study area, facilities and economic condition, trends and in-migration streams, place of origin.
-) Chapter five explores Socio-economic characteristics of in-migration households' population.
-) Chapter six explores the Causes and Consequences of in-migration.
-) Chapter seven explains the Adaptation strategies of in-migration
-) Chapter eight is Summary, Conclusion and Recommendation of the study.

CHAPTER III

LITERATURE REVIEW

In order to locate and identify the problems in any research work it is essential at first to have a literary assessment of the matter to be dealt with. It helps to avoid the possibility of duplication in research works and gives the work a literary genuineness. Without any regard to the past, it is illogical to pass away judgment on the present. Hence, the importance of the review of literature in any research work remains vital. The literature review surveys scholarly articles, books and other source relevant to a particular area of research. The reviewer should enumerate, describe, summarize, objectively evaluate and clarify this previous research. Literature review section makes discussion about concepts, theories and reviews of previous study. Side by side the conceptual framework of the study has been also choked out.

2.1 Conceptual Review

i. Concept of Migration

Migration is social phenomenon. Migration has social, economic, demographical, cultural, political and many other characteristics and important. Well socialized enough opportunities of employment and commercial movements, helpful nature of society, well facilities of health, education, environment in the place of destination are pull factors of migration and scarcity of above mentioned things in the place of origin are push factors. There are lots of theories propounded by different scholars and various researchers. Some of them have formulated laws of migration while others have explained classical theories. Likewise some others have found empirical theories of migration. Some scholars have done studies which are concentrated on economic condition while others are based unsocial economic and cultural situation. Similarly Nepalese scholars have carried much study on migration but only few of them are based on international labor migration from Nepal.

Migration is gradually developed as the effect of modernization. The more development practices are done in international level the more the developing countries like Nepal are influenced by the modernization. The new concept and the board knowledge are developed within human in accordance with modern age, which

resulted for the quest of freedom, joy and better life in human. So people nowadays want to live their lives happily and freely that's why they are in search of their own life, freedom happiness that leads them to migrate from one place to another (Adam, 2004).

Push factors are economic, political, cultural and environmentally based. Pull factors also include economic, political and cultural and environmental factors. Pull and push factors are those factors which either forcefully push someone into migration or attract them. A push factors is a forceful factor and a factors which relate to the country the person is migrating from. Some of the push factors are poor medical care, not enough jobs, few opportunities, primitive condition, political fear, fear of torture and mistreatment, not being able to practice religion, loss of wealth and natural disaster. It is generally a problem which results people to migrate. A pull factors is something concerning a country a person migrates too. It is generally a good thing that attracts people to a certain place. Pull factors are change of getting a job, better living standards, enjoyment, education, security, family links and better medical care. Pull and push factors are usually considered as north and south pole on a magnet. The idea is to have the attraction the middle, i.e. the place (International Organization for Migration, 2000).

During the same period similar large numbers of people migrated over large distances within Asia, Southeastern Asia received 50 million migrations, mainly from India and south China, North Asia, that is Manchuria, Siberia, Central Asia and Japan together, received another 50 million. Transnational labor migration reached a peak of three million migrants per year in the early twentieth century. Italy, Norway, Ireland and the Guangdong region of China were regions with especially flows influenced the process of Nation State formation in many ways. Immigrations restrictions have been developed, as well as Diaspora cultural and myths that reflects the importance of migration to the foundation of certain Nations, like the America melting pot. The transactional labor migration fell to a lower level from 1930s to the 1960s and then rebounded. The twentieth century experienced also an increase in migratory flows caused by war and politics.

Muslim moved from the Balkan to Turkey, while Christians moved the other way, during the collapse of the Ottoman Empire. 400000 Jews moved to Palestine in the

early twentieth century. The Jewish Diaspora across Europe, the Middle East formed from voluntary migration, enslaving, threats of enslavement. After the Nazis brought the Holocaust upon Jewish people in the 1940s, there was increased migration to the British Mandate of Palestine, which becomes the modern day state of Israel as a result of the 1947 UN partition plan. Provisions of the Potsdam Agreement from 1945 signed by victorious Western Allies and the Soviet Union led to the one of the largest European migrations, and definitely the largest in the 20th century. It involved the migration and resettlement of close to or over 20 million people. The largest affected group was 16.5 million Germans expelled from Eastern Europe westwards. The second largest group was Poles, millions of whom were expelled westwards from Eastern Kersey region and resettled in the so-called recovered Territories (Lewellen, 2002).

ii. Concept of Adaptation

Adaptation strategies are the study of relationship between human beings and their environment in different cultural contexts. It investigates how human beings interact with specific natural environment through their cultural and social organizations. These studies enable us to understand human life and activity in different ecosystems and cultures not only in the present but also in the past. This leads to a better understanding of the factors influencing human environmental interaction. Adaptation strategies interaction of human beings with their environmental components including cultural organization and patterns originated in the course of this interaction. Adaptation is the process of modifying and exchanging product. Adaption strategy is that ensures the product meets local cultural is small scale or subsistence adaptive society's dependent in part upon it is a major contributor to social organization. Adaptation strategy is related with social relation, cultural changes and technological uses in study area (Spencer, 1950).

The study focuses on migration trend of people in Myagdi Chowk, Hemja, 25. This study contains social, cultural, economic aspects of in-migration. Social aspect contains social education, health, social relation and political aspects contains political causes of migration, political affiliation in origin and destination. Economic aspects consists income, occupation, distribution and other commercial activities and cultural aspects consists religion, language, casts, tradition, daily lifestyle etc. All

different variables mentioned in this study to know/find out causes, consequences and adaptation strategies of in migration.

2.2 Theoretical Review

Different scholars have carried out various ethnographic studies, ecological studies and cultural studies and they have done many researches in the field migration. Most of the study has been done to carry out the model of internal and international migration and adaption strategy on migrant people or illustrate the scientific explanations. Such studies succeeded to expose the different aspects of migration and their adaption strategy.

2.2.1. Law of Migration

The important literature is found in the Ravenstein (1885). Migrations are also known as push and pull factors of migration. Certain laws of social science have been proposed to describe human migration. Most migrations travel short distances and with increasing distance the number of migrants decrease. This is based upon the assumptions that the higher travel costs and lack of knowledge of more distant places acts against large volumes of migration. Migration occurs in stage and with a wave-like motion based on his observations in the late nineteenth and twentieth century's that migration occurred in steps with people gradually moving up the settlement hierarchy from rural areas to villages, to town, to cities and finally the capital city. Migration increases in volume as industries and commerce develop and transport improves, and the major direction of movement is from agricultural areas to centers of industry and commerce. Most migrants are adult. Families rarely migrate out of their country of birth. Women are more migratory than men within their country of birth but men more frequently venture beyond it. Urban dwellers are less likely to move than their rural counterparts.

2.2.2 Theory of Cultural Change

Another important literature is found Julian Steward, (1955). Steward claims that the whole of human experience can be never reduced to a few distinct stages of cultural development. Steward believes that society tends to do adaptation with the physical environment of its surrounding and the future condition of any society depends on the

capacity of any society to adapt with its immediate environment. "Julian Steward" studies "Sho-Shone" ethnic peoples at American and described environmental and cultural relationship. The relationship between environment and society via the active use of technology is called "Techno-Environmental model". He introduced relationship between human behavior pattern and exploitative technology, concept of adaptation between culture and environment and concept of adaptive interplay. It can be defined as the interaction analysis of environment- cultural relationships. It centrally focuses on how cultures are adapted to the environment.

2.2.3 The Interpretation of Cultural

This concept becomes very popular and significant guideline till 1970's. Many anthropologists used to study human environment interactions in different settings. For example, American anthropologist Clifford Geertz (1968) applied this concept to explain the great demographic disparity that existed between Java and the outer Islands of Indonesia.

2.2.4 Cultural Materialism

American Anthropologist Marvin Harris (1966) the essence of cultural materialism is that it directs attention to the interaction between behavior and environment as mediated by the human organism and its cultural apparatus. His analysis that of the sacred cow, tribal warfare, the potlatch, and lavish pig feasts in New Guinea all which he interprets as functional regulatory mechanisms or devices that serves the adaptive needs of the people, are the manifestation of implications of this approach. He says that Hindus do not eat beef (cow meat) because of economic, not religious values. In this article "Mother cow" are the symbol of everything that is alive and there is no greater sacrilege (disrespect) for a Hindu than killing a cow although many experts claim cow worship to number one cause of India's hunger and poverty. Some of the practical trends included in the traditional captivating conception of culture are unquestionably influential in shaping concepts and practices related to physical environment. It is based on the notion of human ecology and embedded with cultural ecology; ecological approaches encompass a vast range of scope. It provides an integrated framework for understanding the interactions between human populations and the environment they inhabit. Humans are unique because of the

gracefulness of adaptations which are mechanisms for adjustment. These mechanisms are evident in the Nepalese context too. The cultural diversities of people dwelling in different regions-Terai, Hills and Mountains, embedded with the geographical realities.

It is quite interesting to note that human ecologists and cultural ecologists are found to be disagreeing about the use of concept of ecology. Ecological anthropologists who view themselves as human ecologists generally see ecology as providing a testable framework for examining both human and non-human social behavior within a unified theoretical perspective. Those who view themselves as cultural ecologists, on the other hand, are more likely to reject a strict application of ecological principle to the study of the human condition on the grounds that culture acts as a mediating force which renders human adaptation to the environment analytically distinct from that of all other species. But cultural ecologists were criticized saying that they ignored the one truth that anthropology had presumably established by that time that culture mediates human behavior and they exaggerated the facts that sometimes even distorting the reality.

2.2.4 Ecological meaning and religion

Anthropologist Vayda and Rappaport (1971) characterized ecological population as a groups exploiting resource entirely or almost entirely within certain demarcated area. He described instead of studying how cultures are adapted to the environment, attention should be focused on the relationship of specific human population to specific ecosystem (Rambo, 1983).

2.2.5 Evaluation of advanced bread wheat genotypes of resistance

Peterson (1975) summarizes that migration is self-selection on the basis of age, sex, family, status and occupation as well as intelligence. Mental, health and independent of character is a cause of in-migration. It is a process of decreasing and increasing of population. Migration is a process of decreasing and increasing of population (United Nation, 1947). This process is based on age, sex, number, direction, distance, source of population and evolution targeted place and its influences. The urban areas in Nepal have even facing a number of problems, which was unknown in the past. The

urban life is getting harder and the hardest hit is the poor, landless and deprived families. The prevalence on employment is reflected in low productivity and income leading to massive poverty, gender disparities, environment degradation, and marginalization of mass-all posing threats to the spin of sustainable development, promotion of environment, equity, employment and poverty alleviation.

The rapid migration from rural to urban areas, particularly of the poor and destitute, whose livelihood has been destroyed in the villages and who therefore came to urban areas in search of livelihood is emerging as a threat to environment. It is unplanned urbanization of people coming all the time and imposing their pressure on the limited civic services, which results in urban slums and other environmental problems. The social science literature abounds with migration studies to explain the causes and compulsion to emigrate. The reviewing many literature (previous works) we can say that most of the studies on migration in Nepal are confined to internal migration. Migration is a form of geographical mobility or spatial mobility between one geographical unit and another, generally involving a change in residence from the place of origin or place of departure to the place of destination or place of arrival. (UN Multilingual Demographic Dictionary, 2001)

2.2.6 Foundations of Social Inquiry

Migration is to shift from one place usual place of residence. Demographer David Lee (1966) develops a general scheme into which a variety of spatial movement is placed. In-migration tends to attract towards the area where there is fully fledged opportunities such as employments, education, habitation, food, security and so on otherwise it happens vice versa. According to him, migration mechanism can be explained by the differences in expected rather than earning between two places. Education effect the place of migration especially it can be found in urban area due to the opportunity of more economic resources so that people migrate from rural area to urban areas. Bhutanese people have migrated in eastern parts of Nepal because of political discrimination adopted by Bhutan. The root causes of migration from origin to destination are especially the habitat, its social economic advantages and demographic effects of the destination place. The normal trend of migration in Nepal is migration from hill to the plains and especially in urban areas, one half which are

in urban centers. With the increases in level of education, the tendency of more and more literate people migrating to urban settlement is also on the increase.

2.3 Review of the Previous Studies

In the context of Nepal, anthropological studies and researches flourished after the political change of 1951 A.D. a number of foreign scholars including anthropologists and sociologists came to Nepal to undertake various studies about Nepalese culture and society. Gradually a number of native as well as foreign anthropologists carried out large scale and systematic study of Nepalese society and cultural 'based on various anthropological and sociological models'. This has been continuing till now as well.

Some of the foreign and native anthropologists have also carried out ecologically oriented anthropological studies focusing on migrant people and their cultural, economic and social adaptation strategies.

Molnar (1981) carried out a study on economic adaptation strategies: Case of Kham Magar of Northwest Nepal. In this study, he has examined the economic strategies of Kham speaking Magars inhabiting in the hill region of Dhaulagiri and Dolpo ranges. He has applied data to an ecological model of environmental constraints and potentials. He has further accounted for the changes in economic adaptation strategies of four Magar communities of Thabang, Lubang, Taka and Maikot of Dolpo and Dhaulagiri ranges owing to the modification of ecological condition or environmental constraints opportunities. He has showed that environment offers both challenges and opportunities.

Fricke (1986) studies the adaptation of Tamangs livings in Timling areas lying in the northwestern part of Kathmandu under the little "Himalayan Households: Tamangs Demography and domestic processes." Here he has dealt with how those Tamangs have been successful in adapting themselves in their local environment. He has shown from this study how these people have been successful in shaping strategies to maintain their existence among the constraints of changed environment, population growth, political interference, lack of resources etc.

Likewise, Stevens (1996) conducted a study on various aspects of adaptation of Sherpas of Khumbu areas to their environment. Here, he has explored the ways in which Sherpas not only survive but thrive in a different environment. He has also studied the way in which these people cope with the constraints of life on the roof of the world and exploit the unique opportunities of their mountain realm. The heart of his work has been a chronicle of the ingenuity, knowledge and cultural traditions through which Sherpas modify their crop production. Pastoralism and forest use to High Mountain conditions and maintain a much valued way of life which represents about 400 years long adaptive process and innovation that is continuing today as well. In the sum, he has viewed local environmental knowledge of Sherpas as the cultural pivot of adaptation to their environment.

Khadka (1978) has dealt with in-migration. Migration is one of the three components of population change. Any change in the volume and flow of migration will change the size, growth, and other characteristics of the population both in sending and receiving areas. Migration within a country does not affect regional and sub-regional population and growth rate within the country. But migration into and/or outside country does affect the size and the growth of a country's population. Migration unlike fertility and mortality is the least researched and understood component of demographic dynamics in Nepal despite the fact that many of Nepal's socio-economic and political problems are interwoven with the process of both internal and international migration.

This is devoted to the discussion of internal migration of native born population within the country, primarily based on the data collected during the 2001 census of Nepal. First, it examines the volume and pattern of life time internal migration by zones, regions and districts. Second, it analyses various streams of migration. Third, it introduces the concept of period migration. Fourth, the chapter examines some reasons and characteristics of internal migrants and non-migrants with respects to literacy, occupational and ethnic status. Before interpreting data on internal migration, this chapter provides geographical and demographic background of various types of migration. The major argument at the end of this chapter is that major population and development issue in Nepal in the first decade of the twenty-first century is not going to be fertility but population movement.

Gautam(1992) has done a study on emigration in Kandebash Village Development Committee, Baglung. He has tried to find out socio-economic and demographic components the active population of Kandebash village. Gurung's report (1973) is based on observation and limited sample survey of Surkhet valley that deals with various causes of migration like scarcity of resources, environmental stress, population pressure, shortage of food, lack of infrastructure and communication as well as unemployment, under-employment and indebtedness. The experiment on the source of migration and economic growth are done under the basis of economy of base area and target area. The experiment depends on the structure of labors, destination area and on the income of origin place. The poverty of mountain region is the root cause of migration in comparison to Terai. So the development of mountain region is necessary to control migration. Push factor are more responsible for migration than pull factors. The push factors of mountain region are rapid population growth, lack of fertile land, limited production of grains and lack of other regions.

Dahal (1977) has done the anthropological study about migration in Darchula. They have done comparison migration study with topology and done historical analysis about the migration. They have come to the conclusion that Topology determines the migration. The cause of migration and status migrants depend upon origin place from where they have migrated.

Nepal has at present 58 designed urban centers with a total population 3,227,879. Out of this total, 95.6 percent are native born and 4.4 percent are foreign born. Out of the total native born 73.2 percent were internal migrants from other municipalities. These numbers and associated proportions are strictly based on the definition of internal migrants migrating or crossing the boundary of one districts of birth place to another district of enumeration at the time of the census in 2011, (CBS 2013).

2.4 Research Gap

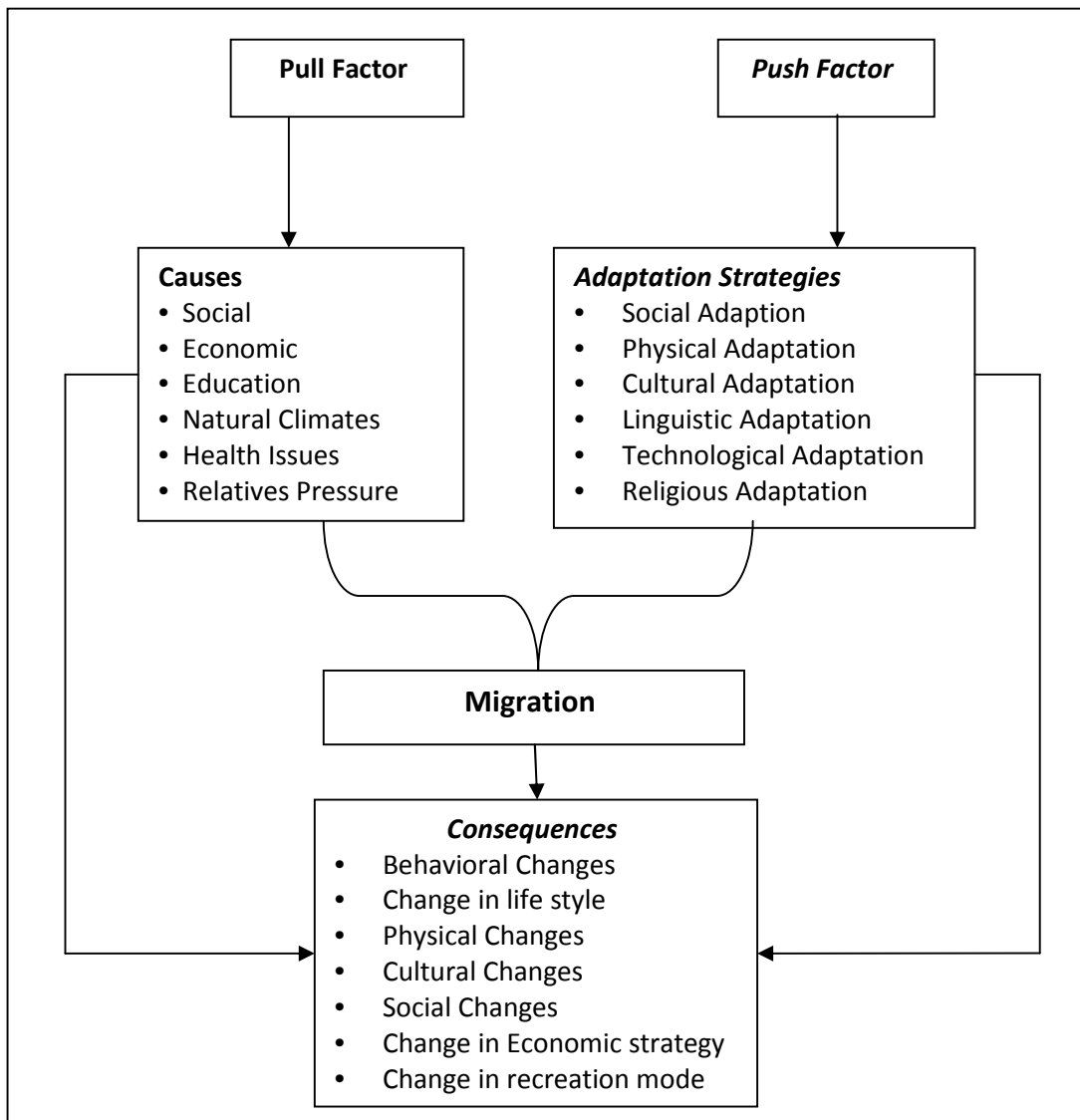
From the review of above mentioned literatures it is revealed that the major causes of migration is education, health, transportation facility etc and push factors like lack of basic human needs, insufficient land unemployment etc. However, this current research is focused on identifying other key factors viz. socio-cultural and environmental changes, altering socio-cultural norms, values and their implications on migration in the process of adaptation at a new destination. The migrants are

adapting new culture, environment, technology, society, norms and values etc. So, this research is will identify the cause, consequences and adaptation strategies of in migrant with a broad incorporation of these factors.

2.5 Conceptual Framework

The following figure depicts the conceptual framework of this study.

Figure 2.1: Conceptual Framework of the study



There are various factors that lead to migration such as social economic, educational, natural calamities, health realted factor and relative pressure are the variables that create migration and adaptation. It is not easy for people to leave their born place and go to another. There should have role of pull and push factors dependent upon every

migration. Social, economic, education, natural disaster, health issues, family or relative pressure, etc are the main causes of migration. People always want to improve their living condition and if they can't change their poor living condition in place of origin they want to migrate.

Migration brought has brought changes on every sector like economic, education, health, cultural, life style, physical, behavioural, social change and recreation. Facilities, opportunities and luxurious life in city area also attract people for migration. After migration people adapt all new things. They are adapted in new society and culture, language and religion, physical health and technology. Economic stability of migrants, development of many infrastructures, cultural changes, luxurious and easier life and many more consequences come and migrant adapt these after migration. People trying to change themselves according to place destination. They are serve for the fitness.

The study focuses on migration trend and adaptation strategies of people from ward no.25 Myagdi Chowk of Pokhara Metropolitan City. The study contains economic, social, cultural, geographical aspects of rural to urban migration and adaptation.

CHAPTER III

RESEARCH METHODS

This chapter focuses on the overall methods and limitation of the present study. It explains the procedure of the study from the beginning selection of the study area to end i.e. analysis of data and presentation. It includes research design, nature and source of data and data collection techniques used for study and data presentation and analysis.

3.1. Rationale for the Selection of Study Area

The study site is Myagdi Chowk, Hemja, Kaski district. This study is based on the migrant population of Myagdi Chowk, Hemja of Pokhara Metropolitan city ward no. 25. This study area lies in 120 miles west of the capital Kathmandu. The altitude varies from 827 (2,713feet) meters in the southern part to 1,740 meters (5,710 feet) in the north (Village Profile, 2016). Pokhara is the country's second largest city in terms of population after the capital Kathmandu. It is situated to the north-west of the district headquarter of Kaski and it lies 2 km far from center of Pokhara valley. It is very beautiful place because of greenery and fertile land and by the massive Seti River and Yamdi Khola.

People have migrated to Myagdi Chowk, Hemja in search of employment and other facilities. They have different social and cultural background. So, this study tried to find out the impacts, influences of in-migrant population. People do not like to stay where there is violence and disturbance. They intend to go to peaceful of peace and safe environment. That's why; they migrate to those areas where there are facilities, employment, peace and security. The heavy influx of migration from different districts to the study area has affected environment, economic, health, social and cultural aspects of the local people. So, this study will be the mirror for further research.

Few years ago, there was a modest population in this area. But after construction of Baglung highway, people started to migrate in this area so the population is increased. Mostly people migrated from Myagdi so that local people called them

Myagdeli and that place where they live is called Myagdi Chowk. Many researchers have been conducting researches on migration but there has been little attempt to select this area even if it has high population of migrants. Thus Myagdi Chowk has been selected for the study on the basis of following consideration:

-) High population of migrants residential of this area.
-) The population of study area is of mixed caste and ethnic group.
-) There wasn't found any past research about migration and adaptation in this area.

3.2 Research Design

Research design is the plan, structure and strategy of investigations conceived as to obtain answers to research questions and control variance (Kerlinger, 1973). It's a blue print of research, how to do, what to do, where to do, procedures and rules to finalize a research problem to the answer.

These studies have both descriptive and explorative type of research design so that we can achieve that objective of this study. Research tried to find the causes of in-migration as well as socio-economic impact and adaptation strategy of in-migration along with present status of migrants according to explorative research design which tried to establish the cause and effect relationship. The study tried to find out the educational status, occupation status, ethnological status, cultural status, age and sex status, social status, religions status, daily lifestyle and so on according to designed objectives. The data collection from respondent at the time of study has been analyzed in table. The outcome of this study is both qualitative and quantitative. This study is a blue print or plan which is systematic, organized and stepwise. This study enhances the knowledge about the socio-economic impact, caused and adaptive strategies in-migration at the study area.

3.3 Nature and Sources of Data

To fulfill specific objectives, primary and secondary data as well as both qualitative and quantitative data have been used in the study. Primary source of the data was used to collect primary information from the field. Secondary data was collected

from office of ward no. 25 record files, different published document, including journals, newspapers, articles and related materials.

3.4 Universe and Sampling

The study was done in Myagdi Chowk-25, Hemja, Pokhara Metropolitan City which is in Kaski district. The total population of Kaski district is 3,80,527 with a male population of 1,94,069 and female population of 1,86,458(CBS, 2011). In Hemja, there are all total 1100 households with a population of 6,409. Among them, 3,171 are male and 3,238 are female (National population and Housing census 2011).Myagdi Chowk of Hemja is the universe of this study. In Myagdi Chowk there are 256 households and total population of this area is 1,513 (male 750 and female 763). Keeping in mind the sensitivity of the research problem of this study, based on those households which migrated from remote areas of Myagdi and Baglung during 10 years, enumeration was done to form a sampling frame.150 households were selected as respondents. In this study household heads are the respondents.

3.5 Data Collection Techniques

The effectiveness and the efficiency of data depended on the choice of effective and efficient choice of the tools of data collection proper selection of data collection tools helps together the valid and reliable information. Secondary data was collected from ward office, municipality, district development committee and other related places. After approval of proposal very simple and understandable questions were used in the study area to collect primary information. Questions were both open and close in nature. Primary data for this study was collected through tools like observation, interview and case studies.

3.5.1 Observation

Observation is a classic method of scientific enquiry. In the strict sense, observation implies the use of the eyes rather than of the ears and the voice. Observation is a systematic, direct, define and deliberate examination of the spontaneous occurrences at the time of their occurrence. This will lead to understand the emotional reaction of participant. Observation consists in the application of our mind and its cognitive power to the phenomenon which we are studying (Gisbert, 1962).

Researcher observed the study area deeply and note down the cause of immigration and its impact. Researcher tried to find out the present condition of migrants at the time of field movement. The behavior of sample group member's change with implications and people interact and behave in different environments and people do given different scenarios and environmental factors. People trying to learn habits, patterns, behaviors, reactions and general information about people in particular environment to better understand what they do, why they do etc.

3.5.2 Interview

The interview is a conversation with a purpose and therefore is more than a more oral exchange of information (Gopal, 1973). It is a face to face interpersonal sole-situation in which one person, the interviewer, asks a person being interviewed the respondent, questions designed to obtain answer pertinent to the purpose of the research problem (Kerlinger, 1970). Interview was taken to answer givers about the causes of migration, impact and adaptation strategies of migrant peoples in the study area and the way of controlling the heavy influx of migration through organized open and closed ended questions. It provided opportunity to watch their facial expression, physical appearance and even the place. Interviews consist of a series of pre-determined questions that all interviewees answer in the same order. At the same time, additional questions might be asked during interviews to clarify and further expand certain issue. Interview should give a brief, casual interdiction to the study, stress the importance of the persons participation and confident.

3.5.3 Case Study

Eight case studies have been prepared from eight different migrants highlighting their striving and complexities that they have been experiencing while making their livelihood and in the process of adaptation in Hemja, Pokhara. For this purpose, a checklist was prepared and later it was used to collect needed information from the cases selected for developing case studies. I chose those eight cases purposively towards the end of my fieldwork.

3.6 Data Processing and Analysis

Data analysis is most important aspects of any research project because information speaks nothing unless they are systematically reviewed, classified, organized and presented in tables, charts and graphs. The data collection was processed, edited presented by the use of Computer Software, MS-Excel as well other necessary software according to the need of research. The qualitative data which are not quantifiable was manually managed and such data was descriptively analyzed. Some descriptive statistical tools such as calculation of percentage ratios were calculated. The collected data were presented with the help of tables.

CHAPTER IV

INTRODUCTION OF THE STUDY AREA

This chapter describes the setting of the study area, physical setting, location, population, caste/ethnicity, economic condition, education, health, transportation, social and cultural characteristic of the study area are mentioned in this chapter. The setting is to provide background for better understanding of the migrant people and their adaptation strategy. This chapter also describes socio-cultural aspect like cast/ethnic composition, religion, education and economic status of the study area.

4.1 Physical Setting of the Study Area

Physical setting of the study area is very appropriate for any study. Myagdi Chowk is located in Hemja situated in Kaski district.

4.1.1 Location

"Myagdi Chowk", Hemja is located in northern part of Pokhara in Kaski district in the Gandaki zone of central Nepal. In 2014, it was annexed to Pokhara city as ward no. 25. Administratively Kaski district is divided into 33 wards. Myagdi Chowk, Hemja is situated between Suekhet in east and Milan Chowk in west. Map 1 portrays the stipulation.

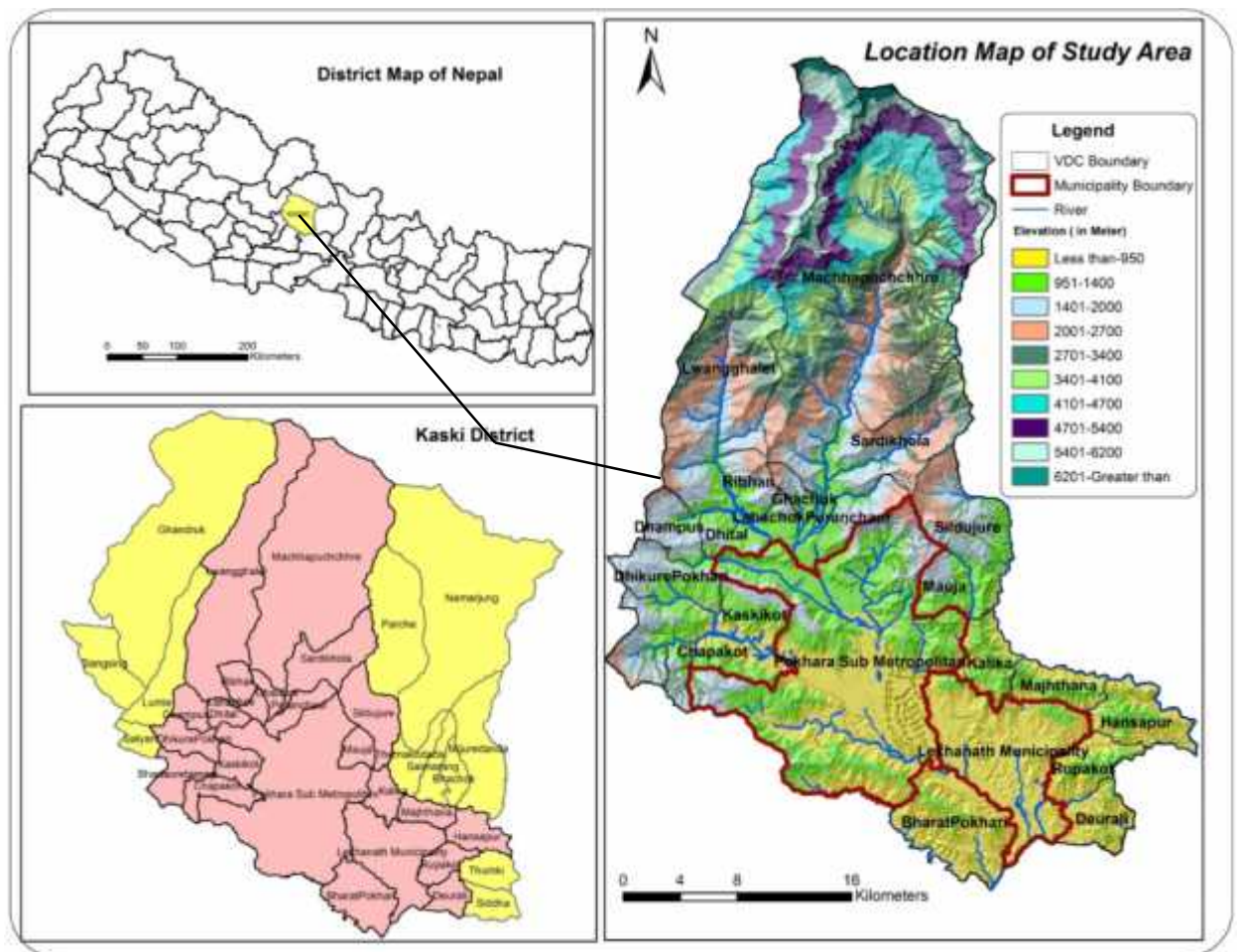


Figure no.4.1.1: Map of Nepal locating Kaski District, Hemja, Myagdi Chowk

4.1.2 Natural Resources

Natural resources refer the entire natural gifts such as forest, land, soil, mineral and water resources. There is an intimate relationship between natural resources and people. The resources affect economic as well as socio-cultural practice of people. The natural resource found in this place can be categorized into three type's renewable, non-renewable natural resources and continuing forever or for a very long time without stopping type's natural resources. Two rivers lie in the place that is Seti River and Yamdi Khola. Most of the people of the study area depend upon the subsistence production.

(i) Land

Land is one of the most utilized natural resources in the study area. Since most of the natural resource are inseparable (not separable) from the land,

it is the basic resource of the people of the study area. Type and quality of soil are major concerns of farmers and they invest a great deal of labor to maintain and enhance it. Land is generally classified as “Bari” (dry cultivated land) and “Khet” (paddy cultivated land) on the basis of types of crop cultivated and irrigation facilities.

(ii) Forest

Forest is an important natural resource of Nepal. The forest resource are protected and utilized by the villagers (permanent residents) under community Forestry Programmed. In-migrant peoples are also involved in the use and conservation of forest. The study area is far away about 2-3 km, from the local community forest. Therefore, it can be counted as a main natural resource of the study area.

(iii) Water Resource

Seti River crosses Kaski district and it is originated from the higher Himalayan Range. In the study area, Seti River is one of the perennial rivers. Yamdi Khola and other spring are the main sources of the drinking water and irrigation at the research area. Three water supply systems are in use in the project area. In the study area whole of the peoples are benefited from the healthy and sufficient water. In-migrant peoples also equally benefited from the natural resources.

4.1.3 Population

This research was done in Hemja, Pokhara Metropolitan City. 1100 households have been staying here recently and population is 6,409. In this place there are 3,171 male and 3,238 females. But the study area Myagdi Chowk, ward no.25, there are 256 households. Total population of these households 1,513 males are 750 and females are 763 (CBS 2058).

Table 4.1: Total Population and Households of Myagdi Chowk

Total	Households		Total Population		Male		Female	
	No.	%	No.	%	No.	%	No.	%
Migrant	150	58.59	739	48.84	371	49.47	368	48.23
Non Migrant	106	41.41	774	51.16	379	50.53	396	51.90
Total	256	100.00	1,513	100	750	100	763	100.

Sources: CBS, 2058

Table 4.1 show that most of the households are migrant and some households are non migrant.

4.1.4 Health and Sanitation

Myagdi Chowk, Hemja has good management of health and sanitation facilities. There is one health post with MBBS (Bachelor of Medicine, Bachelor of Surgery) doctor. Hospital (with 50 beds) I is going to build in ward no. 25 within one year. Several types of private clinic are functioning here. Every household has their own toilet and pipe for drinking water and they manage their waste in proper place. Sometime they joined together for health awareness program, health sanitation program and so on. No one of this place faced sanitation problem.

4.1.5 Place of Origin

Place of origin is the place of birth. Place of origin is one of most important components for migration. People migrate from poor region or place to rich place due to pull factors at the place of destination. Both primary and secondary sources of data helped to know the place of origin of migrant households. The secondary sources of data were used to identify the migrant household in the field. The question "Where were you born?" was asked to know about the place origin. The field study finds out that many of people migrated from Myagdi and Baglung district. The following table 4.2 shows the distribution of migrant households according to their place of origin.

Table 4.2: Distribution of In-migrant Households According to Place of Origin

Origin Place	No. of Households	Percent
Jyamurkot (Myagdi)	30	20.00
Kuhankot (Myagdi)	25	16.67
Pulachaur (Myagdi)	16	10.67
Chimkhola (Myagdi)	15	10.00
Galkot (Baglung)	14	9.33
Righa (Baglung)	20	13.33
Lekhani (Baglung)	10	6.67
Burtibang (Baglung)	20	13.33
Total	150	100

Source: Field Survey, 2018

Table 4.2 illustrates that Jyamurkot and Kuhunkot cover the highest number of migrant of the sampled in-migrant households. Above table display that Jyamurkot, Kuhunkot, Pulachour, Chimkhola those place are in Myagdi district and large number of households in-migrant. Similarly Galkot, Riga, Lekhani, Burtibang those place in Baglung district households have same proportion (that is the part of whole) of the total in migrant households.

CHAPTER FIVE

SOCIO-ECONOMIC CHARACTERISTICS OF THE MIGRANTS

Migration also brings about change in population size of a place or a country. It affects demographic and socio-economic condition both at the place of origin and place of destination. So it is essential to know demographic and socio-economic and cultural characteristics of in-migrants. This chapter focused on the demographic and socio-cultural and economic characteristics of migrants such as age, sex, composition, age dependency ratio, family size, religion, marital status, ethnicity mother tongue, occupation status, and literacy status, and average monthly income, physical facilities.

5.1 Social Characteristics

Social characteristics are those characteristics which include the social variables and phenomenon. Age, sex composition, marital status, education attainment, ethnicity etc are these types.

5.1.1 Age and Sex Composition

Age and sex composition plays an important role in human behavior especially in migration. The number of young grown up people migrates to transfer their settlement more than others. As economically active people (15-59) they can easily adjust in new environment. So, age and sex composition play a determining role in migration process.

The respondents of the sample area were diverse in term of ethnic groups, sex, users and different age group. The study show that population of male and female was different.

Table 5.1**Age-Sex Composition of Respondents in sampled 150 Households**

Age Group	Total Population		Male		Female	
	No.	%	No.	%	No.	%
0-9	65	8.80	30	4.05	35	4.73
10-19	105	14.21	60	8.11	45	6.08
20-29	114	15.43	48	6.49	66	8.93
30-39	115	15.56	52	7.03	63	8.52
40-49	120	16.24	65	8.79	55	7.44
50-59	80	10.83	35	4.73	45	6.08
60-69	95	12.86	56	7.57	39	5.27
70 Above	45	6.09	25	3.38	20	2.70
Total	739	100.00	371	50.15	368	49.75

Source: Field Survey, 2018

Figure 5.1 indicates that the highest percent of age group is 40-49 with 16.24 percent following by age group 30-39 with 15.56 percent whereas the lowest percent is 6.09 of age group above 70 years. There are many male respondents in the research than female. There are 371 males with 50.15 percent whereas 368 females with 49.75. This shows that the females are less than males.

5.1.2 Caste/Ethnicity

Ethnicity is a major component. In present scenario ethnicity takes with identity, which directly effects migration as people migrate naturally to the area of their own ethnic community. Different castes and ethnic groups of people are living in Myagdi Chowk. The following table explains in detail about Gurung, Magar, Brahmin, Chhetri, Bishwokarma, Nepali and Pariyar etc.

Table 5.2: Distribution of Migrant Households by Caste/Ethnicity

Ethnic Group	Number of Households	Percent
Brahmin	5	3.33
Chhetri	5	3.33
Gurung	20	13.33
Magar	45	30.00
B.K.	35	23.34
Nepali	10	6.67
Pariyar	30	20.00
Total	150	100.00

Source: Field Survey, 2018

Brahmin and Chhetri covers only 3.33 percentages among all households that is the less number. Magar covers 30 percent of total households that appears to be the highest percentage among all households. Gurung covers 13.33 percent, B.K. cover 23.34 percent, Nepali 6.67 percent and Pariyar 20 percent. Magar, B.K. and Pariyar are the important and highest ethnic group of total households.

5.1.3 Religion

Religion plays a determining role in the process of migration. Many migrants choose similar religious value at the place of destination. It seems necessary to include for the study of migration. Fieldwork displays the presence of Hindus, Buddhists, Christian in the study area.

Table 5.3: Distribution of migrant Households by Religion at the Place of Destination

Religion	Number of Households	Percent
Hinduism	75	50.00
Buddhism	50	33.33
Christianity	25	16.67
Total	150	100.00

Source: Field Survey, 2018

The table 5.3 shows that, 50 percent households follow Hinduism whereas 33.33 percent households Buddhism and 16.67 percent households adopt Christianity as their religion in the total households.

5.1.4 Mother Tongue

The language, which a person learns from his/her childhood, is known as mother tongue. It is a medium by which communication between different societies and individuals take place. The following languages are found spoken in the study area.

Table 5.4: Distribution of Migrant Household by Mother Tongue

Mother Tongue	Number of Households	Percent
Nepali	75	50
Gurung	30	20
Magar	45	30
Total	150	100

Source: Field Survey, 2018

Table 5.4 shows 50 percent households speak Nepali language 20 percent Gurung and 30 percent Magar language mostly using in the study area.

5.1.5 Family Size/Type

There are different types of family in our country. It effects on the basis of religion, culture, society and so on. There are different types of family. Some are nuclear family and some are joint family.

The total number of family members denotes the size of the family. It is the most important component to know the characteristics of migrants. Generally, the extended family leaves the origin in comparison to unclear family. It is a sole push factor of the migration distributing of in-migrant households by size of the family is shown in the table below.

Table 5.5: Distribution of migrant Households by Size of Family at the Place of Residence

Family Size	Number of Households	Percent
Less than 4	35	23.33
4-5	50	33.33
6-7	40	26.67
8 and above	25	16.67
Total	150	100

Source: Field Survey, 2018

The table 5.5 shows that, 23.33 percent of total in-migrant household live in less than 4 size family and 33.33 percent households have the family size of 4-5 members. Similarly, 26.67 percent households have the family size of 6-7 and only 16.67 percent have above 8 members. These are less number of family sizes with the place of origin.

5.1.6 Literacy Status and Educational Attainment

Education status is the main indicator for migrants. In general, educated people move one place to another place more than uneducated people. Education helps people to get job, business and opportunities in new place. It enhances social, economic, political development and civilization. So, it is important characteristic of population. In this study, literacy is measured on the basis of a person's ability to read and write Nepali language.

Table 5.6: Educational Status of Family Members

Level	Male	Female	Total	Percentage
I.A above	85	80	165	22.32
SEE	60	61	121	16.37
Secondary	55	70	125	16.91
Primary	51	55	106	14.34
Literate	75	50	125	16.92
Illiterate	45	52	97	13.12
Total	371	368	739	100

Source: Field Survey, 2018

Table 5.6 consists that, 22.32 percent of people have their certificate level of education. Among them, 16.37 percent have their SEE levels, 16.91 percent secondary level, 14.34 percent are primary level, 16.92 percent people are literate and 13.12 percent peoples are illiterate in field area.

5.2 Economic Characteristics

Migration is the result of unsatisfied condition of people at the place of origin. People move from one place to another for the better future. Socio-economic characteristics are major components of quality of life. This section deals with selected, socio-economic factors such as literacy status and education attainment, occupational status, income level and physical facilities of sample household's population.

5.2.1 Occupational Status

Occupation is the way of living. To maintain our life everyone engage in their works to earn money without occupation it is impossible to live in the society. Occupational status is another factor which indicates the socio-economic condition of a person. Occupation affects the standard of living. Therefore, people move from one place to another place in search of employment which can promote their economic condition and standard of living.

Table 5.7: Migrant's Previous Level of Occupation Status

Occupation	No. of Households	Percentage
Agriculture	40	26.67
Labor	20	13.33
Government Service	25	16.67
Non-Government Service	15	10.00
Foreign Country's(job)	50	33.33
Total	150	100.00

Source: Field Survey, 2018

The above table shows that, 26.67 percent of the total households is engaged in agriculture, 13.33 percent household's labor, 16.67 percent Government Service, 10 percent non-government service and 33.33 percent large proportion of in-migrant households population is engaged in foreign employment (country).

Table 5.8: Migrants Current Level of Occupational Status

Occupations	Number of households	Percentage
Agriculture	45	30.00
Labor	20	13.33
Government services	10	6.67
Non-Government services	15	10.00
Foreign employment	60	40.00
Total	150	100.00

Source: Field Survey 2018

The table shows that 30 percent of households are still engaged in agriculture. 13.33 percent households are labor, 6.67 percent household's government service. 10 percent non-government service and 40 percent large number of households still engaged in foreign employment. The table shows that, government service has decreased in the place of destination as compared to the place of origin. Similarly, the agriculture and foreign employment occupation are increased at the destination more than at origin.

5.2.1 Changes in the Monthly Income after Migration

Economic factor is an important characteristic of migration because it determines the population movement. People move one place to another for their better future and better income prospective. They maintain their level of household's income and there living standard. So a question "what is your family monthly income place?" was asked in order to know average monthly income of the family.

Table 5.9: Migrants Households by Average Monthly Income at the Place of Destination

Income Level (In Rs.)	Number of Households	Percent
Less than Rs. 5000/-	30	20.00
Rs. 5000-9999	55	36.67
Rs. 10,000-14999	40	26.67
Rs. 15000-19999	15	10.00
Rs. 20,000 Above	10	6.66
Total	150	100.00

Source: Field Survey, 2018

The table 5.8 shows that, 20 percent households have the average monthly income of less than Rs. 5000/- and 36.67 percent households lies between Rs. 5000 to Rs. 9999/- income levels. Similarly, 26.67 percent, 10 percent, 6.67 percent household lies between Rs. 10,000/- to Rs. 14999/-, Rs. 19999/- to Rs. 20,000 above income level respectively. The income of immigrants is above than the income in the place of origin.

5.2.3 Physical Facilities

Households housing characteristics reflect the socio-economic status of the household, which helps to analyze the general socio-economic condition of the individuals living in these households. Facilities like availability of radio, electricity, television, computer, mobile phone, telephone, cycle, motorcycle, car, bus, gas, hitted etc depict the household socio-economic status.

5.3 Political Characteristics

There may be various reasons behind migration which can be classified as economic, social, political or environmental: economic migration - moving to find work or follow a particular career path. Political migration denotes moving to escape political persecution or war. Politics is the fundamental point of all things. It affects all the variables of the society. Good political practices do good for the nation, people but bad practices of politics brings bad result. Unfortunately Nepal has bad or wrong practices of politics. So, all sectors of our present society got highly politicized, political party doing not for the people but only for them and their cadres. During the decade long Maoist insurgency in Nepal, many people were forced to migrate which is elaborated in chapter six.

CHAPTER SIX

CAUSES AND CONSEQUENCES OF MIGRATION

Migration is as old as human history. The process started from the time when people depended on barks and meat of the animal. They started to move from one place to another for better future. People moved one place to another to change their demographic, socio-cultural, economic and ecological status, this process has been continuing from the very beginning of the people at the place of origin. Migration is also the result in which people involve in response to some impelling needs which can not be satisfied at the place of origin. So, migration is a conditioning factor in the development of new social and cultural factors at the place of destination.

Push and pull factors are the main causes of migration. The push factors operate in the area of out migration and compel the people to move to another area. Whereas pull factors refer to the factors, which encourage migration to a particular area. There are various factors, which tend to move people between national as well as international boundaries. This chapter deals with the causes and consequences of in-migration in Myagdi Chowk, Hemja.

6.1 Causes of Migration

People tend to transfer settlement with various reasons indifferent modes of their lives. Age, sex and marital status play an important role in migration. The following push and pull factors were found while surveying the area.

6.1.1 Reasons to Migrate from Place of Origin (Push Factor)

The push factors of the sending place have largely influenced the people going for employment in Nepal. Poverty, unemployment, political conflict, social and cultural practices, leased facilities of health; education, security etc are the push factors.

Push factors operate in the area of out migration. People want to leave the place of origin due to the restrictions and disadvantages at the place of origin. The question "what are the reasons of leaving from the place of origin?" was asked to know the

general push causes of migration in the study and the total household respondents answered as a lack of higher education, job transfer, geographical difficulties, business failure, natural climates, lack of urban facilities, poor income and family left the origin which were related at the place of origin. The respondents ranked their causes on different priorities like as the following table was prepared with the help of priority causes of migration.

Table 6.1: Causes of Leaving the Place of Origin

Push Factors	Households	Percent
Lack of Educational Facilities	30	20
Lack of Transport Facilities	15	10
Lack of Health Facilities	10	6.67
Lack of Business Opportunities	24	16
Socio-cultural issues, Economic Problem	30	20
Lack of Employment Opportunities	20	13.33
Maoist insurgency, threat	21	14
Total	150	100

Source: Field Survey, 2018

On the basis of first priority causes, 20 percent migrant reported that the main cause of leaving the place of origin was lack of educational facilities. Similarly, 20 percent families migrated due to economic problem, 16 percent migrated due to the lack of business opportunities, 13.33 percent lack of employment opportunities, and 14 percent left their place of origin due to Maoist threat. Likewise, 10 percent migrants reported that the main cause of leaving the place of origin was lack of transportation facilities.

Case Study: 6.1

Badyatalay garda maile mero gaun chodnu paryo

(I was compelled to leave my village)

My name is Ram Magar (name changed). I am 53 years old. My permanent settlement is Galkot. Now I am living in Myagdi Chowk with my family. I was forced to move my extended family in Pokhara to search for a work to fulfill the needs of my family after a flood destroyed my house on May 2014. Before the flood, I used to be a wealthy man .But I lost my house in the flood. I remembered my first few days in Pokhara. I haven't seen many vehicles in my village when I saw many vehicles coming in the road, I was horrified and my head was full of terrible buzzing sounds. I was roaming here and there to search for a suitable job.

Now when I and my family live in Myagdi Chowk, life has been partially hard for my children in Pokhara than in the village. They had to give up their studies and help in the household activities. My son sadly said "I have to work all day in the sun so I don't feel good, I have to work and when there will be everything okay we can go to the school again and start our studies. I would like to go back and study. I want to be a teacher and want to have my own school." Many people had left their village in these recent years due to several natural disasters.

One of the main reasons for this has been unplanned life of people. Also because of poor economic condition people are illiterate and they can't get training about well managed migration and they also can't get awareness about the effects of natural calamities. Every year more than one million people lose their houses and arable land due to several disasters. Galkot lacks infrastructure and minimum standard of living which is being fulfilled in Hemja. Though life runs with many obstacles, difficulties and tensions, we are happy to be here, though I can't provide education to my child but I can feed them by available jobs in daily basis. My new generation will get minimum standard of living in this place rather in Galkot. Disaster management strategy in Hemja is good enough to secure our lives. We are happy to be here.

Case study: 6.2

Rahar haina badyeta

Had no interest but Compulsion

My name is Ravi Sharma (name changed). I am 38 years old. I was born in Tatopani Myagdi. My wife name is Nirmala B.K (Bishwokarma). We are living in Myagdi Chowk from 12 years ago. Nirmala was from different caste and I was from higher caste. My family didn't accept our conjugal relation. They didn't let us live with them in a joint family. They throw us from the house due to our inter caste marriage which wasn't accepted by our family.

It's not our interest to live in this place it was our compulsion to live here. My friend is from the same place. He provides us shelter, food and land to cultivate for the survival of our daily life. We are very thankful to him. If he wasn't here we don't think we will be here in this place. Now we have one son and one daughter. We are providing good facilities to our child i.e. education, health, and other facilities which is very important for living. We are happy to be here because Tatopani lacks this kind of facilities which we are providing to our children. New technology and technique are here which is very essential in our daily life. Industrialization, Commercialization, Social benefits and services, Employment opportunities, Modernization and changes in the mode of living is very important to regulate life which are being utilized by us at Hemja.

This case reveals that social issue as caste discrimination embedded with desire for more facilities prepares the ground for a family to migrate to new destinations. Furthermore, it is not easy for the people to leave their birth place and go to another. There should have role push factors dependent upon every migration. Push factors occurs in place of origin and help to make people go away. Lack of employment and lack of much kind of opportunities for people pushed themselves in urban area.

6.1.2 Political Causes of Migration

Among many causes the political crisis of Nepal is one of the reasons of migration. Decade long Maoist insurgency, activities of weapon groups, communal feeling etc,

are the major of migration. Migrants were affected by political causes at the place of their origin. The table below explains in detail.

Table 6.2: Political Causes for leaving the Place of Origin

Political Threats	Respondents	Percent
Maoist Insurgency	17	81
Other Party's threat	4	19
Total	21	100

Source: Field Survey, 2018

The above table shows that out of 21 migrant households, who migrated due to political cause as Maoist threat and insecurity, 81 percent left their place of origin because of Maoist insurgency, 19 percent by the threat of other political parties. Most of the Maoist affiliated respondent's claimed that, they left their place of origin because of other party's threat.

6.1.3 Reasons of Choosing the Place of Residence (Pull Factor)

Pull factors refer to the factors, which encourage migrants for a particular area. Some such notable attractions are good facilities of higher education, urban faculties, job opportunities and business opportunities. People select the place's definition where the pull factors are available in greater number. They are not impressed only by single factor. The total household respondents told many pull factors such as higher education, relatives, business opportunities and health facilities soon.

Cases Study: 6.3

“Sukha ko khojima sahar”

(For better life)

My name is SushilGiri(name changed). I am 43 years old. I was born in Panchakot Baglung. Panchakot lacks the infrastructure i.e physical and social. I am living in Myagdi Chowk from 10 years ago. Lack of good education, health, technology and facilities are the causes of my migration to this place. Panchakot lacks Industrialization, Commercialization, Social benefits and services, Employment opportunities, Modernization and changes in the mode of living.

We have to walk 3 to 4 hours for school and we have to go to Baglung bazaar even to Pokhara for the good health check up. Due to poverty, unemployment, illiteracy and traditional thought of that place makes people narrow minded. Conflict in the name of caste, class, religion, sex, language can't maintain peace, harmony and tranquility in society.

Present world is of science and technology which lacks in Panchakot. For the standard of living and thought I am here in this place. I want to give better education, health facilities and other facilities to my new generation which my father and grandfather lack.

Case study: 6.4

“Sarkari Jagir lay garda ma yo thauma bachekochu”

(I am here because of government job)

My name is Shiva Pariyar (name changed). I am 42 years old. I was born in Baglung bazaar Baglung. I am living here from 12 years ago. I am a permanent governmental teacher. I teach in government school located in Myagdi Chowk Hemja. Due to my job my family lives with me. We usually go to Baglung once a year or twice a year.

My children studies in Hemja, my wife also teaches in school located at Myagdi Chowk Hemja. All the family members of my family are engaged in this place directly or indirectly to this place. Good education, health facilities and other facilities are good enough of this place rather than Baglung.

Employment and opportunities are those important variables which determines people when, how and where to go for migration. Those two are the strong pulling factors for migration.

Table 6.3: Households According to Pull Factors of Destination

Pull Factors	Households	Percent
Education Facilities	60	40.00
Better Future Prosperity	10	6.67
Employment Opportunity	50	33.33
Security	5	3.33
Transport Service	5	3.33
Business and Investment	10	13.33
Total	150	100

Source: Field Survey, 2018

There were various pull factors at the current destination. On the basis of first priority, 40 percent of migrants household chose the correct place for educational facilities, 33.33 percent of migrants household chose the current place for employment opportunity, 6.07 percent respondents told they migrated for better future prosperity, 3.33 percent says better. Similarly 3.33 chose the destination for security, similarly. 3.33 percent migrant households migrated for transport service and 13.33 percent household says that business and investment for chose the current place.

6.1.4 Main Role of Decision Making for Migration

The table shows distribution of responsible person for in-migration. Among different factors, influence of migration reported and personal perception play a major role.

Table 6.4: Households According to Main Role of Decision for Migration

Responsible Person	Respondents	Percent
Self	55	36.67
Husband and Wife	45	30.00
Husband, Wife and Children	20	13.33
Relative and Friends	30	20.00
Total	150	100

Source: Field Survey, 2018

36.67 percent migrants reported that it was their self-decision. 30 percent stated that it was a joint decision of husband and wife. Another 13.33 opined that it was collective decision of the family. 20 percent of the migrant household the decision was influenced by relative and friends.

6.1.5 Impact of Migration

This study tries to know the respondent's opinion about the consequences of in-migration at the current. The question, "In your opinion, what are the impacts of migration at the current place of residence?" was asked to know about respondent's opinion. So the following table was prepared with the help of respondent's opinion, which is given below.

Table 6.5: Impact of Migration

Impacts of Migration	Respondents	Percent
Population Pressure	45	30.00
Costly Land	20	13.33
Unemployment Problem	5	3.33
Social Quarrel	10	6.66
Environmental Problem	20	13.33
Mismanaged Settlement	20	13.33
Lack of Natural Resources	20	13.33
Total	150	100

Source: Field Survey, 2018

Table 6.4 shows that about 30 percent migrants answered impacts of migration bring population pressure, 13.33 percent told that land become costly. 33 percent said that there is the problem of unemployment whereas about 13.33 percent said social quarrel and environment problem, mismanaged settlement problems. 13.33 percent saying lack of natural resources also.

CHAPTER VII

ADAPTATION STRATEGIES OF MIGRANTS

Adaption is a mutation or genetic change that helps an organism, such as a plant or animals survive in its environment due to the helpful nature and it is passed down from one generation to the next. People of the study area have shifted from traditional culture to new one to adapt. Some of the key of their adaptation strategies are related to cultural trend, occupation, tradition, customs, and facilities. It has altered their personal life style, social, cultural, economic and environmental status.

7.1 Occupational Adaptation

A practice model used by the occupational peoples to make new strategies for interpreting and enhancing observed patient performance and for facilitating mastery for the patient over performance challenges (Marilyn, 2008). Occupations are the way to living and maintain our life. In study area when peoples are migrated they are change their occupation also. Occupation affects the standard of living.

Table 7.1: Migrant Household's Change in Occupation

Change in occupation	Number of households	Percentage
Yes	90	60.00
No	60	40.00
Total	150	100.00

Source: Field Survey, 2018

Table 7.1 shows that 60 percent of households are changed in their occupation and only 40 percent households do not change their occupation. Migrants are not happy with their previous job so they changed it and adapted the new job. After that they can fulfill their needs or dreams.

7.2 Religious Adaptation

The mental architecture of the brain is wired for religious thinking but that religious concepts have piggybacked on other cognitive adaptations and but it is not evolved biological adaptations but rather by- products of more general cognitive structures (Whitaker, 1991). The service and worship of god or a cause, principle, system of

beliefs held to with ardor and faith is called religion. It is relating to, or devoted to religious beliefs or observances. In study area those peoples are change their religion, show in below.

Table 7.2: Adoption of New Religion

Change in religion	No. of households	Percentage
Yes	50	33.33
No	100	66.67
Total	150	100

Source: Field survey 2018

Table 7.2 shows that 33.33 percent change their religion after migration, but 66.67 percent households are not changing their original religion. It is all know that Nepal is a Hindu country. Now a day's some people are change their religion due to modernization. In study area also notice the some respondent are change their religion but there is majority of not changing religion. They are fallow their won religion.

7.3 Technological Adaptation

Technologies are the application of knowledge especially in a particular area or a manner of accomplishing a task especially using technical process, methods or knowledge that is a machine, piece of equipment, method etc, created by technology. Examples mobile phones, television, computer, iron, etc. now a day's peoples are mostly used technologies and that is the part of life. Technology is the collection of techniques, skill, method and processes. Here are some technologies migrant people mostly used now a day in Myagdi Chowk, Hemja.

7.3.1 Use of Mobile Phone

Mobile phone is electronic device which its users can easily carry with them. It does not need an external power supply to work. Usually, they have a battery to hold electricity to work without electric wires. Uses for these devices include reading and writing e-mail, surfing in the internet and listening to music. There are different types of mobile phone are used now a days it can run computer programs including computer games and have many of the functions of a desktop Personal Computer. In study area many peoples used mobile phone that has been depicted in table 7.3.

Table 7.3: Use of Mobile Phone

Use of mobile	Number of households	Percentage
Yes	120	80.00
No	30	20.00
Total	150	100

Source: Field survey 2018

The table 7.3 shows that in Myagdi Chowk, Hemja 80 percent of in-migrant households are used mobile phone but 20 percent of households are not using mobile phone. In study area most of the people used mobile phone. That is the best source for communication to them.

7.3.2 Use of Television

Television is a machine with a screen. It receives broadcasting signals and turn them into pictures and sound. It look like a box and it can show pictures from many television networks. It invented in the 1920s but the equipment was expensive and the pictures were poor so by the 1950s the problems had been fixed and it became widespread. Now a day's digital television transmission became more common than analog television. In the study area those peoples are used T.V.

Table 7.4: Use of Television

Use of TV	Number of households	Percentage
Yes	110	73.33
No	40	26.67
Total	150	100

Source: Field Survey 2018

Table 7.4 show that 73.33 percent household have TV so they are used it. But 26.67 percent households are not used TV. Television is the audio visuals device so that in study area many households are used it for entertainment, information and education.

7.3.3 Use of Internet

Internet is a globally connected network system, it network of global exchanges (including private, public, business, and academic and government networks) connected by guided, wireless and fiber-optic technologies. The internet is the most

cost effective communications method in the world and it brought to the public on a larger scale at around this time. In study areas many people are used internet given table show that.

Table 7.5: Households use of Internet

Use of internet	Number of households	Percentage
Yes	85	56.67
No	65	43.33
Total	150	100

Source: Field Survey 2018

Table 7.5 shows that 56.67 percent households are used internet but 43.33 percent households are still not used internet in study area. Some peoples are adapting internet like a information, source of knowledge for the personal, social and economic development also and it is the creation of social capital.

7.3.4 Use of Remittances

Transfer money of one currency to another or transfer of money by a foreign worker to his or her home country that is called money transforms. There are many types of money transforms like IME (International Money Express), Prabhu money transfer, Remit etc. That is the safe, easy and fast way of taking and giving money. Now a day's many people attract it and used it also. In study area most of the peoples are used money transforms.

Table 7.6: Migrant Households Use of Remittances

Use of money transforms	Number of households	Percentage
Yes	100	66.67
No	50	33.33
Total	150	100

Source: Field Survey 2018

Table 7.6 shows that in study area 66.67 percent peoples are used money transforms for taking and giving money. 33.33 percent still not using money transforms. They are directly taking and giving money or taking help with another person.

7.4 Personal Transportations

Transportation is the movement of human, animals and goods from one location to another. It is a particular movement of an organism or thing from a point A to the point B. Modes of transport including air, land, cable, water, pipeline and space. In study area all peoples are used transport but all of them some peoples have their own transport vehicles like bus, car, bike, bicycle, van, Scotty, truck etc.

Table 7.7: Personal Transportation vehicles of migrants

Personal transportation	Number of households	Percentage
Yes	75	50.00
No	75	50.00
Total	150	100

Source: Field Survey, 2018

Table 7.7 shows that 50 percent households possess their personal vehicles. They can transport anywhere easily but 50 percent peoples don't have their personal vehicles so they use public transportation vehicles.

7.5 Linguistic Adaptation

Linguistic adaptation is a phenomenon where language representations change in response to linguistic input. There are between 6000 and 8000 different languages spoken in the world, all of which are in a continuous state of evolving, by inter-mixing and growing or contracting (Lee, 1966). This occurs through changes in the population size of the people who use them, the frequency and form of their use in different media, through migration and through inter-mixing with other languages. Study area, In-migrant peoples and the development of the human mind. The table 7.8 reveals in detail.

Table 7.8: Linguistic Adaptation

Change in language	Number of households	Percentage
Yes	65	43.33
No	85	56.67
Total	150	100

Source: Field Survey, 2018

Above table shows that 43.33 percentage have chosen yes in change in language and 56.67 have chosen no in change in language out of 150 population. That is very hard to communicate with local people or other people to use of their own language so that they are adapt new language.

7.6 Adapted New Costumes/Attire

The cloths that are worn by someone who is trying to look like a different person or thing that is protect body that called costumes.

Table 7.9: Adapted New Costumes/Attire

Changing in cloths and dress pattern	Number of households	Percentage
Yes	95	63.33
No	55	36.67
Total	150	100

Source: Field Survey, 2018

Above table shows 63.33 percentages of people chose yes in changing in cloths and dress pattern while 36.67 percentages chose no in changing in cloths and dress pattern out of 150 households. Migrant peoples are changed their dressing pattern because they want to look like a local people and they want to adjust in local area.

7.7 Adapted new Life Style

Life style is the typical way of living life of an individual, group or culture entrenched in interests, opinions, behaviors, and behavioural orientations of an individual, group, or culture—broadly called a *way or style of living*.

The rural migrants from Myagdi and Baglung district altered their life-style to adapt to Hemja a part of Pokhara metropolis. Location is important even within an urban scope. The nature of the neighborhood in which these migrants resided affected the set of lifestyles available to them due to differences between various neighborhoods' degrees of affluence and proximity to natural and cultural environments. For example, in areas within a close proximity to urban center, a surf culture or lifestyle can often be present as depicted in the table below.

Table 7.10: Adapted New Life Style

Change of life styles	Number of households	Percentage
Yes	120	80
No	30	20
Total	150	100

Source: Field survey, 2018

Lifestyle is a combination of determining intangible or tangible factors. Tangible factors relate specifically to demographic variables, i.e. an individual's demographic profile, whereas intangible factors concern the psychological aspects of an individual. Above table show 80 percentages people chose yes in change of life styles while 20 percentages people chose no in change of life style out of 150 households. They changed their eating habits, daily works and way of living, and in the matters of health and hygiene etc. such as personal values, preferences, and outlooks. Various intangible psychological changes had occurred in thinking style, cultural norms, values, traditions etc.

The following case presents the story of migrants and their adaptation strategies

Case study: 7.7

“samyalay yo thauma bachne tarika sikayo”

(Time taught me how to live in this place)

My name is Sunita B.K (name changed). I am 43 years old, I am married woman, I lived with husband in his home. That is a small village in Myagdi, name was Righa. My family is poor and we don't have any facilities in there so we leave our original place. We came to MyagdiChowk, Hemja, Pokhara from Myagdi before 10 years ago. I want to support my family so start to work in a water supply factory. I don't have any official work permit because I am illiterate. The factory owner lets the migrant workers live in a dormitory adjacent to the factory compound. The rooms are divided into small spaces with just enough room for each person to lie down. My working hour begins at 8am to till 6 pm. With an hour long break for lunch and two 30 minutes breaks in the day. I earns 100 rupees a day and work all week.

I know that the wages received are lower than the other (permanent\local) workers and that we received only half the legal minimum wages. The factory owner deducts money from their wages for the accommodation. Employer also deducts money from migrants who do not work properly.

I have a daughter but the wages earned was not enough. My husband is suffering from diseases diabetes and high blood pressure. He is paralyzed so he is not able to do any work. I am taking all the responsibilities of my family. I all most keep working at the factory so that my family can survive and my daughter can gain an education and improve our lifestyle. However, many obstacles occur in our daily life but we are happy to be here because my child is getting quality education and good health care to my husband. Standard of life is good enough in Hemja than Righa Myagdi.

People always want to improve their living condition and if they can't change their living condition in the place origin they want to migrate. People whose job and incomes are based on land but have no sufficient land for living also want to leave the area. Many obstacles occur in their life but they are survive it.

Case study 7.8

Pariwarko khushima nai ma pani khushichu

(My family members are happy than I am also happy with them)

My name is Suman Budha Magar (name changed). I am 65years old and I was born in Jyamurkot, Myagdi. I worked as an Indian army but now I am retire from my job. I live with my family in Myagdi Chowk.

After retirement from Indian army I used my money to invest to build house because our house is small and not so good in village (Jyamurkot). I didn't have any idea about migration. My cousins suggest me about this place is good for migration and migration is also necessary for me and my family. I choose city area because I thought to give the house on rent and money comes from rent will make my life easier to survive. After made this house my children wanted to migrate here. My children have their own needs and I have my own. They choose luxurious and easier city areas life and I was also convinced with them. Our migration not only for my children's luxurious life but also for their easiness in education and other works also. In first adjust the new place is very hard for us. We are trying to adapted local peoples culture, customs, language, tradition etc. We are involved their social, cultural programs and personally also attached with them. After sometime all good, they all are supported to me and my family.

I have 3 daughters and 2 sons. They all are well educated one daughter is a nurse working in hospital, another is a teacher, last one is going to Australia for further study. My one son is worked as an Indian. Another son working in bank and he is still reading also. Sometime I visit my hometown I will meet my neighbors and friends. I feel that is my best decision for migrant here and I am very happy with my family staying here.

Facilities and opportunities attract people for migration. Land, industries and infrastructures give the chances of employment and are source of income. People can migrate after call their relatives and sometime family force also. After migration they are adapted new culture, change their customs, language and tradition also. They can easily adapt new society and that is good for them and for their family also. They can make their bright future in new place.

Case study 7.9

Videsh ma sukha khojdai janu bhanda aafnai shaher ma dukha garna jati

(It is good to do hard work in our cities than easy work in foreign cities)

My name is Kushal Rana Magar (name changed), I am 50 years old. My permanent home is in Chimkhola, Myagdi district. Now I am living in Myagdi Chowk, 25 within my wife and 2 sons. When I was 30 years old I reached Saudi Arabia and start to work. I used to work 16 hours a day but my income was not good as I thought. But I didn't get back and work for my family and for money. I miss my family very much, when I was sick, tried, felt alone or frustrated. I had a dream of happy family, luxurious life and most important that my children should never go to any foreign country for employment.

I came back after 10 years with some money and buy a bus. When I came back my wife and my children already migrated in Myagdi Chowk, because in our village there are not so good facilities for education, transportation, health services etc. School is so far from our home, they are walk around 2-3 hours in a day. I was start to my work as a driver in local area. My bus is used like other local bus because I follow all the rules of government. I am very happy with my job. Now we are made a small house in Myagdi Chowk. My wife also supports me. My children are also studying in English medium school and they get scholarship also.

Economic stability of migrants, development of many industries and infrastructures, cultural changes luxurious and easier life and many more consequences comes and people adapt this after migration. Sometime national migration is better than international migration. People stay with their family, family also support to them so that they don't like to go away from their family.

Case study 7.10

“Dukha garera bache ki chutarapne sukha chaina”

(I am trying my best but still I am unhappy)

My name is Dikshya Bishwokarma (name changed). I am 35 years old. I am a mother of three children. It has been 3 years since I came from Lekhani (Baglung). My husband works in foreign country (Malaysia) before 2 years. Since there were not enough opportunities or facilities in our village so we are migrated in Myagdi Chowk, 25. My cousins are also living here they are support me for migration. I did work for supporting my husband, because my husband was not sufficient to fulfill our needs. I didn't get to chance to study, so I had no chance to get proper job. Working in other house was an option available for me.

In early time, I start to my work. Cook food for my children, clean the house and get ready for job. I felt it very hard to work in other house. They are sending me for work in paddy cultivated land in a whole day. Weathers are changed some time there will be to hot and some time cold and some time raining but I am still working. After 5 pm I am go back to my home. Every day I have to do struggle for my family.

In working time some people talk about me something worst. They are never talk with me but I am trying to ignore them and do my work. Some time local man also trying to touch me, pull me, trying to come close with me, talking about dirty things and some time fallow me also. But I don't like all those things, I do work only satisfy for my family.

One of the informants, whom I had met, was working at local people cultivated land. That day she was sick so not going for job. When I am took her interview some local peoples came there. They start shouting on her. She was not saying anything, just looking at their face. Some of them were women and some were man. One woman come in front and talked about her husband. She said that her husband always come to house in night. Spend all the money for this girl as this girl used to say “*come to my home, give me money*”. Another local woman suddenly said that yesterday I have seen that they were talking and in evening he came near her house. They started shouting at my informant “*leave your home and go away from here.*” I looked at my informant's face who was crying, saying no, no, no but all were accusing and blaming her again and again. No one was seen talking her side. I felt very bad at that time.

This migrant woman was just trying to adjust at this place but the society was not giving any chance to adapt it. Old residents were abusing her. Adaptation is very hard for anyone; migrants at Myagdi Chowk are adapting to a new condition and trying to their best in any situation.

CHAPTER VIII

SUMMARY, MAJOR FINDINGS, CONCLUSION AND RECOMMENDATION

8.1 Summary

Migration and adaptation is first and foremost normal human activity. It is the movement of a person or people from one residence, country or locality to settle in another one. People tend to migrate between region, cities and towns and also migrate between countries. A largely rural country, with only a limited percent of the population living in urban areas, Nepal is urbanizing rapidly and towns are growing rapidly along the main highways, with population increasing rapidly every year in the fastest-growing settlements. Migration is embedded with a range of reasons, but the most common motivator for relocation has long been the desire for a better life, in another word a desire to see what life like beyond a place of birth it might be the product of love for children or partner or a family, it can be a feeling that lasts forever or one that fades away.

In Nepal poverty, illiteracy and unemployment are prevailing characteristics which is affecting each and every sector of human lives. Similarly people in Nepal are affected by its rough geographical structure. It isn't being easy to develop all parts of Nepal as if it is easy to do so in Terai areas and other urban sides. So in Nepal the historical evidence shows that migration to the Terai increased after eradication of malaria in the late 1950s and has been increasing since. Fertile land easy transport easy accesses to basic human needs are the pulling factors for people. People in rural area of Nepal have to bear many problems like natural calamities lack of basic needs and health education and transportation facility becoming the main push factors in present context. So out migration as well in migration in Nepal is being a burning issue today.

This study on the migrant population was carried out in Myagdi Chowk, Hemja Pokhara Metropolitan city with the main objective focused on the causes, consequences and adaptation strategies of migrants in Myagdi Chowk, Hemja. The specific objectives are to analyze the cause of migration, the consequences of

migration and the effect of adaptive strategy on social and cultural relations. The study is based on the study of 150 households under purposive sampling. Data collection techniques were observation, interview and case study. This study examined the changes in migrant after migration and analyzed the effect of adaptive strategy on social relations.

This study fulfilled the basic objectives of the research under limited resource and time. Theoretically, this study focused on urbanization and modernization perspectives in order to fulfill the objectives of the study. Qualitative and quantitative both kind of data are used and for primary source field survey, interview and case study similarly secondary source like relevant books journals published and unpublished thesis and internet is also used to reach up to the conclusion.

As agriculture alone is not able to support a growing rural population, internal rural-urban migration is adding to the pressure on already inadequate urban utilities, infrastructure and services. Moreover, migration is also changing the nature of poverty. Anthropologically the causes, consequences and adaptation strategies of migrants in Myagdi Chowk, Hemja can be understood from changing human behaviour and ties in family, kin-groups and community and the overall the change in communitarian values as well altered socio-cultural and economic status in a changed context. Their adaptation is the adjustment to their environment in order to improve their chances at survival in a new socio-cultural and economic environment in Hemja. Their social, cultural and economic adjustment conform with the prevailing system of norms and values the society, class, social group of Hemja comparatively over a decade of time period.

8.2 Major Findings of Study

-) The sum of total population of 150 households is 256. Out of total households population 50.2 percent are males and 49.79 percent are females, it mean that male are more in number than the females.
-) 50 percent households follow the Hinduism whereas 3.3 and 16.67 percent households adopt Christianity and Buddhism as their religion.
-) In case of ethnicity, Magar covers 30 percent which is the highest percent of total households. B.K. 23.34, Pariyar 20 percent, Gurung 13.33 percent, Brahmin 3.3 percent, Chhetri 3.33 percent, Nepali 6.67 percent. 50 Percent

sample households speak Nepali, 30 percent Magar and 20 percent speak Gurung language as their mother tongue.

-) In case of the literacy, 27 percent people are literate and 13.12 percent are illiterate. In comparison, the literacy ratio of male population is higher than the female. Among the total literates, 22.2 percent have completed intermediate level.
-) Majority of migrant household's population are engaged in study, farming, service and business. Most of the migrant households depend on the less than 5000 income levels. Many migrants have migrated in Myagdi Chowk with their self-decision.
-) The impacts of migration are--population pressure increase in the land price, unemployment, deforestation and mismanaged settlement. Similarly it has affected different other areas at destinations like occupation status, monthly income, daily lifestyle, marital status, social and cultural status people adjust in structure or habits becomes better able to function in its environment.
-) 20 percent households have the average monthly income of less than Rs. 5 thousands. 36.67 percent households' lies between Rs. 5000-9999 income level 33.3 percent household have occupied in foreign country. It shows that large number of households depends on foreign country employment.
-) The main push factors of migration are lack of higher education, lack of fertile land, Maoist insurgency and political threats, geographical difficulties, and lack of facilities, poor income, and family that compelled the people to leave the place of origin.
-) There were various pull factors at the current destination. On the basis of first priority, 40 percent of migrants household chose the correct place for educational facilities, 33.33 percent of migrants household chose the current place for employment opportunity, 13.33 percent households for business and investment opportunities, and 6.07 percent respondents migrated for better future prosperity.
-) The main attraction of migration in Myagdi Chowk are good facilities of higher education, fertile land, urban facilities, easy to adapt culture, social status and job opportunities which are not available at the place of origin. Therefore, the push factors at origin and pull factors at destination are the

main causes of migration. Most of the migrants are of economically, physically, mentally active age group (15-59) which shows that the age factors play the determining role in the migration process.

-) As per the first priority push factors is concerned, 20 percent migrants main causes for leaving the place of origin was lack of education at the place of origin, 16 percent households was lack of business opportunities, 20 percent migrants reported that causes for the leaving the place of origin was due to family and economic problem, 14 percent left their place of origin due to Maoist and political parties threat.
-) Among 150 households, 65.2 percent respondents reported that they were self-responsible to make decision for migration. 36.67 percent, 13.33 percent, 20 percent respondents reported that they left the origin the suggestion of husband and wife, self, wife and children, relatives and friends.
-) Migration and adaptation has both positive and negative impacts at the place of origin and destination. In Myagdi Chowk, migration helped to adopted and improved development activities like school, hospital, industries, social works, cultural and traditional activities and the business sector. There is also positive impact on the occupation status, monthly income, education status and standard of living of migrant households. But there are some negative impacts, such as population pressure, rising cost and unemployment, deforestation, social misfits like quarrels, environmental pollution, lack of natural resources and mismanaged settlement.
-) Among other prices rise, unavailability of affordable housing, emerging social tension, conflicts, rising human density etc are some of the key concerns of migrants. These issues can be particularly acute in future when migrants search for better life without adequately prepared for them.
-) Nevertheless, the migrants have adapted to their new surroundings, few others are actively adjusting into new life in order to reap the benefits of city life. But in the process of adaptation in Hemja, the traditional culture and customs of the migrants has been significantly affected. The number of migrants forced to move by different factors depended largely on the adaptation strategies that were implemented in order to cope with these impacts in their place of origin.

Migrants have adopted a number of strategies in their attempts to manage the changes in their new economic circumstances.

-) The major coping strategies involves an increase in informal sector activity, with previously non-earning household members entering the petty commodity sector, as well as wage-earners taking on supplementary cash-earning activities to adjust to the cost-of living at new destination under the fast process of socio-cultural modernization.

8.3 Conclusion

Livelihood strategies are the way in which people adopt different activities for survival in different socio- economic and environmental setting. These strategies are composed of the activities generate the means of household survival and adapt new culture and society. Modernization theory assume that along with their savings or remittance, migrants would bring modern values from modern to traditional areas that break down the stultifying fatalistic traditionalism that kept peasant mired in their primitive ways. The migrant workers would assimilate modern values such as individualism, the desire for education entrepreneurialism and a taste for innovation and change from developed to undeveloped society. The modern facilities and opportunities are encouraging people to move from rural to urban areas. Peoples are sifting from rural to an urban society. The massive migration was caused in large part, by the jobs created by the industrial system in urban area. But it presented many difficulties for those people who had adjust to urban life like a overcrowding, noise, pollution, traffic, occupation, daily life style, cultural and social norms and so on.

This study finding deduces on the implications for understanding human adaptive behavior and the social environment within the context of migration. Migration, an omnipresent agent of change for humans, creates a natural framework for anthropological studies. The study of the migration of people offered a unique opportunity to study centre-periphery relations and to gain new insights into population movements produced by regional and global political, economic, and historical processes. This study concludes that needy and desperate people are clearly ahead of their counterparts in migrating. The traditional culture and customs of the migrants are significantly affected by their migration. The decision to migrate has

enabled the migrants to reduce their vulnerability to various factors at their native home, while easing demographic pressure in their region of origin. Understanding migration as risk prevention and poverty reduction strategy, must not be considered as a specific type of migration, but as part of migration processes that have always existed in the historical process as the last resort when all other strategies have failed. In fact migration is a result of a failure of adaptation at the place of origin and adaptation of new strategies at new destinations in their attempts to manage the changes in their new economic circumstances with various coping strategies so that to adjust and sustain at new destination.

8.4 Recommendation

Migration is the result of the distribution of unbalanced natural resources and development in Nepal. Migrant population confronts diverse problems underneath the process of adaptation despite living in the urban destination for decades. They try adjusting in new cultural and social norms, values amidst an altered environment and lifestyle and social relationship. Hence, pedestaled on this study findings, following recommendations can be forwarded:

-) Essential facilities like education, health, drinking water, employment opportunity should be provided in the rural area to control the internal migration.
-) Female education should be encouraged and motivated in the destination area.

8.5 Suggestion for Further Research

-) This study in on the causes, consequences and adaptation strategies of migrant, however further researcher may use diverse lenses of anthropology to assess these issues.
-) During the research, I found some local people misbehaving the female migrants. New research on women rights and gender discrimination on migrant women may develop new ideas to prevent and control women's problems. Hence, this study suggests future researchers to conduct research on this topic.
-) Future research need to be conducted on migrant youths, addressing diversity within the migrant youth population and youths with disability.

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Appendix I

Questions for Interview

1. What is your full name?
2. What is your age?
3. Are you employed?
 - a. Yes
 - b. NoWhat do you do? b. If yes, where do you work?.....
4. What is your sex?.....
5. What is your religion?.....
6. What is your caste?
7. Which groups you belong to?
8. What languages do you speak?
9. What is your marital status? (Circle the option)
 - a. Married b. Single c. Divorced d. Other
10. What about education; did you go to school:
 - a Yes
 - b. Noa. If yes, how many grades did you complete?
11. How many members live in this household (adults + children)?
12. How many children do you have?
13. Which type of family you have?
 - a. joint
 - b. nuclear
14. From how many years you are living here?.....
15. What's the reason for your migration?
 - a. economic condition
 - b. family condition
 - c. social condition
 - d. modernization
16. Who force you to come here?
 - a. self
 - b. family
 - c. kinship
 - d. neighbor
17. From how many years you become the permanent member of this place?.....

APPENDIX-II

Case Study Checklist

Background Information

- Name
- Age
- Marital Status
- Permanent Address
- Type of family
- Number of Family Member
- Occupation
- Duration of living in Myagdi Chowk
- Main source of Family Income
- Expenditure

Reasons for Migration

- Previous Place
- From how many years are you here
- Reason for migration
- Reason for choosing this particular place
- Securities
- Relationship with neighbor
- Average income, saving, expenditure
- Facilities using
- Neighbor behavior
- Political involvement
- Involvement of civil society
- Friendly relationship with environment

Challenges in adaptation and strategies adopted

- Municipality response
- Neighbor response
- Police response
- Social and economic status
- Social responses
- Suggestion for policy making
- Relationship with stake holder
- Infrastructure utilization

APPENDIX-IV

PHOTO ARCADE



LOCATION BOARD OF MYAGDI CHOWK



MIGRANT MAN AND WOMAN WORKING IN AGRICULTURAL FIELD



AAMA SAMUHA WITH MIGRANT WOMEN IN MYAGDI CHOWK



MIGRANT BUSINESSMAN IN MYAGDI CHOWK



MIGRANT GIRL PROVIDING HEALTH SERVICES IN MYAGDI CHOWK



RESEARCHER DURING AN INTERVIEW SESSION WITH INFORMANTS