

**SEASONAL LABOUR MIGRATION TO INDIA AND LIVELIHOOD  
STRATEGY IN THE MID WESTERN DEVELOPMENT REGION OF NEPAL  
(A CASE STUDY OF CHISAPANI VDC-9 BANKE)**

A THESIS SUBMITTED TO  
CENTRAL DEPARTMENT OF SOCIOLOGY  
TRIBHUVAN UNIVERSITY  
FOR THE REQUIREMENT OF PARTIAL FULFILLMENT OF  
M.PHIL DEGREE  
IN  
SOCIOLOGY

SUBMITTED BY  
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**TRIBHUVAN UNIVERSITY**  
**FACULTY OF HUMANITY AND SOCIAL SCIENCES**  
**M.PHIL PROGRAM IN SOCIOLOGY**

**LETTER OF RECOMMENDATION**

This is to recommend that Ms. Km. Gyanu Shah has completed her Thesis entitled Seasonal Labour Migration to India and Livelihood Strategy in Mid-Western Development Region of Nepal;(A Case Study of Chisapani-9 Banke) in my supervision and guidance, for the partial fulfillment of the requirement of M. Phil degree in Sociology. I hereby recommend this thesis for the final evaluation and acceptance by the expert committee.

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Dr. Youba Raj Luintel

Thesis Supervisor

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Date: 2018

**TRIBHUVAN UNIVERSITY**  
**FACULTY OF HUMANITY AND SOCIAL SCIENCES**  
**M.PHIL PROGRAM IN SOCIOLOGY**

**LETTER OF APPROVAL**

The thesis is entitled Seasonal Labour Migration to India and Livelihood Strategy in Mid-Western Development Region of Nepal (A Case Study of Chisapani-9 Banke) accomplished by Ms. Km. Gyanu Shah has been evaluated and accepted by expert committee for the partial fulfillment of M.Phil degree in Sociology.

Expert Committee

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## **DECLARATION**

I hereby declare that the thesis entitled “Seasonal labour migration to India and livelihood strategy in mid-western region of Nepal: A case study of Chisapani-Banke” which I submitted to the Central Department of Sociology, Tribhuvan University, Nepal is an entirely original work prepared under the guidance of Associate Prof. Dr. Youba Raj Luintel. I have made due acknowledgement to all ideas and information received from different sources in the course of writing the report. The result presented in this thesis has not ever been presented or submitted published anywhere, in any purpose till present. I’m solely responsible if any evidence is found against my declaration.

Km. Gyanu Shah

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## ACRONYMES

Agri.	Agriculture
B.S	Bikram Sambat
CBS	Central Bureau of Statistics
CEDA	Center for Economic and Development Administration
DDC	District Development Committee
DOFE	Department of Foreign Employment
FGD	Focus Group Discussion
GCC	Gulf Cooperation Council
GDP	Gross Domestic Production
GNI	Gross National Income
IRs	Indian Rupees
MOPE	Ministry of Population and Environment
NLSS	Nepal Living Standard Survey
NPC	National Planning Commission
NRs	Nepali Rupee
Rs	Rupees
UAE	United Arab Emirates
US\$	United State Dollar
VDC	Village Development Committee