

The Tharu Villages to Visit in Lumbini Region

Major Tharu village worth to visit in Lumbini region includes the followings.

- i. **Khudabagar Tharu Village (Lumbini):** Enjoying Tharu village, Tharu Museum, traditional lifestyle and organic farming practices.
- ii. **Jagadispur Tharu Home-stay (Kapilavastu):** Experiencing the Tharu lifestyle, food, cultural dance and more through home-stay.
- iii. **Sisipur Tharu Village (Devadaha):** Observing the traditional Tharu houses, lifestyle and organic farming practices.
- iv. **Barahi Mahuwa and Argauli Tharu Village (Ramagrama)**
- v. **Tharu Village** at Sainamaina.
- vi. Other Tharu villages.



Tharu man at Sisipur



Tharu women, Jagadispur

VISITING INDIGENOUS THARU VILLAGES

At the Birthplace of
Lord Shakyamuni Buddha



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JAGADISUR JALASHAYA THARU HOME-STAY

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History of Tharu at the Birthplace of Buddha

The Tharus are ethnic people, indigenous to the Terai, the southern plains of Nepal and are very close friend of the nature. They perform Hindu as well Buddhist rituals and also worship the nature.

Tharu community is the tribal community residing in the Terai region of Nepal, from the time immemorial. Whereas Rana, Kathoriya and Dangaura sub-group of the Tharus are in the majority in the western Terai, Paschuan (western) and Rautar sub-groups are in the majority in Lumbini region.

The indigenous Tharu communities residing in the peripheral areas of the major Buddhist sites such as Lumbini, Ancient Kapilavastu, Devadaha and Ramagrama also substantially claim to be the descendants of the ancient Sakyas and Koliyas. In recent days, these Tharu people are protecting and promoting these Buddhist heritage sites as a true custodian. Some studies, including Malaria resistant genetic character of the Tharus have proven that this community has been staying in this geographical region and climate at least for two thousand five years.

Things to Experience in Tharu Villages

Nature-close type of traditional lifestyle, traditional food, cuisine, traditional music/song/dance, unique housing pattern and architecture and craftsmanship are interesting things for the visitors to observe and experience in the Tharu villages.

Also famous for their resistance to the Malaria, Tharu community resides near marshlands, river, flooded plains and forest and thus largely depends on various types of freshwater fishes, crabs, snails, mussels etc. The Tharus consider Anadi rice (a sticky rice) and mouse from paddy fields as important foods. Other food items include: pig, wild boar, chicken, wild rabbit, pigeon meat, jungle yam, wild root vegetables wild legumes (black lentil etc.), wild mushrooms etc.

Cuisine of Tharu communities varies according to the regions and the festivals. Dhikri, one of the most popular Tharu cuisines, steamed rice flour bread of various shapes is eaten with spicy chutney, lentils or curry. Another popular food Chichar is prepared from steaming Anadi rice. Likewise, Ghonghi (muddy snails) is a much-loved cuisine of Tharu people. These snails are cleaned, boiled then cooked using various spices.



Most of the Tharu people used to live in the wooden Badaghar (longhouses) in a joint family of many generations.

Jhumra dance, Sakhiya dance and Stick dance are some of the popular dances performed by the Tharu community. However, only two types of dances, Stick dance and Dandiya dance can be observed in Jagadisapur Tharu Home-stay, Kapilavastu.

Tharu women are the best artisans to weave fiber and Muchha based crafts including Dhakiya, tray, tea mat, table mat etc.

Maghi Parva, Jitiya Parva and Atwari Parva are the major festivals of Tharu people. The Tharus also celebrate Buddha Jayanti with great enthusiasm in recent days.

