



Women Of Faith

Tej Kumari Sunuwar, Dilmaya Sunuwar, Narmaya Tamang & Jasuda Rai.

Nepalese - Tamang, Sunwar and Rai (Multi Nation group)

Nepal is a country with many religions and beliefs, where people of different Nepalese Nations follow Hinduism, Buddhism, Christianity, and Islam as well.

“*Tamang*” is a Nepalese Nation characterised by practicing Buddhism.

One important lesson we learned from practising Buddhism is spiritual healing!

"*Sunuwar*" is a Nepalese Nation that practices Kirat culture and tradition of “Naso Nokso” (inherited role) and Shamanic knowledge to help them interpret the events that occur in their environment.

We celebrate many traditional feasts and festivals with elaborate rituals and rules, each with its own purpose, features, and way of celebration. “Ubhauri” Ascending festival is one of the important ones, and it is celebrated to get a good harvest and to honour our ancestors.

