

Loksewa Notes: Nepal at a Glance (Quick Facts for General Knowledge)

General knowledge questions on Nepal are the easiest marks in a Loksewa paper, and the most often lost to small slips: a wrong number, a mixed-up date. This sheet gathers the facts that appear again and again, grouped so you can revise them in one sitting. Read it, cover the right-hand column, and test yourself.

Figures such as population, local-level counts and records are updated by official bodies from time to time. Where a number is approximate we say so. Confirm anything you will rely on with the latest official source.

The country in numbers

Topic	Fact
Official name	Federal Democratic Republic of Nepal
Capital	Kathmandu
Area	About 147,516 square kilometres
Population	29,164,578 (Census 2021)
Borders	India (east, south, west) and China, Tibet Autonomous Region (north)
Currency	Nepali rupee
Standard time	UTC +5:45
Republic declared	28 May 2008 (15 Jestha 2065 BS)
Present constitution	Promulgated 20 September 2015 (3 Asoj 2072 BS)

Federal structure

- **Three levels of government:** federal, provincial and local.
- **7 provinces:** Koshi, Madhesh, Bagmati, Gandaki, Lumbini, Karnali and Sudurpashchim.
- **77 districts** (a district is mainly an administrative and coordination unit).
- **753 local levels:** 6 metropolitan cities, 11 sub-metropolitan cities, 276 municipalities and 460 rural municipalities.
- Each province has its own capital, chosen by the provincial assembly; confirm the current names, since some were first temporary.

National symbols

Symbol	Nepal's choice
National flower	Rhododendron (Lali Gurans)
National bird	Danphe (Himalayan monal)
National animal	Cow
National colour	Crimson (red)
National anthem	Sayaun Thunga Phulka
Flag	The only non-rectangular national flag in the world (two stacked pennants)

Geography records

- **Highest peak:** Mount Everest (Sagarmatha), 8,848.86 m, the height announced jointly by Nepal and China in 2020.
- **Longest river within Nepal:** the Karnali. Big river systems are the Koshi, Gandaki (Narayani) and Karnali.
- **Largest lake by area:** Rara (Mugu). Tilicho (Manang) is one of the highest lakes in the world, at about 4,900 m.
- **Three regions from north to south:** Himal, Pahad and Terai.
- **Climate zones** change quickly with altitude, from tropical in the Terai to alpine and arctic on the high Himal.

Protected areas and heritage

- **First national park:** Chitwan (established 1973). It is also a World Heritage Site.
- **Largest national park:** Shey Phoksundo, in the trans-Himalayan region.
- **World Heritage Sites:** four cultural sites (Kathmandu Valley, Lumbini and others) and two natural sites (Sagarmatha National Park and Chitwan National Park); recount from the UNESCO list before an exam.
- **Lumbini** is the birthplace of Gautam Buddha.

How to memorise this sheet

1. Cover the right column and say each answer aloud.
2. Mark the ones you miss and re-test them the next day, then after three days, then after a week.

3. Turn the tables into 20 flash cards. Questions come as "which of these is the national bird?", so practise in that form.
4. Always learn a date in both calendars where the exam may use either (BS and AD).

Practice questions

1. How many local levels does Nepal have, and how many of them are rural municipalities?
2. Which was the first national park of Nepal?
3. When was the present constitution promulgated?
4. Which river is the longest within Nepal?

Answers: 1) 753 and 460. 2) Chitwan. 3) 20 September 2015 (3 Asoj 2072). 4) Karnali.

This is an original revision summary written by MeroSir. It is not the official syllabus and does not replace your textbook or teacher. Syllabus, marks and rules change, so always check the current version with the Public Service Commission (psc.gov.np). Spotted a mistake? Tell us through the [Contact page](#) and we will fix it.

MeroSir free study notes. More notes and practice: merosir.com