



Welcome to the Inaugural Issue of the Himalayan Journal of Multidisciplinary Research

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Abstract

The inaugural issue of the Himalayan Journal of Multidisciplinary Research presents a diverse array of studies that reflect the evolving landscape of research in Nepal and the broader Himalayan region. This issue encompasses empirical investigations, bibliometric analyses, and narrative inquiries spanning social sciences, management, agriculture, health, education, and finance. The collected works provide insights into contemporary challenges and opportunities, including consumer behavior, digital transformation in education, gendered financial decision-making, healthcare efficiency, organizational dynamics, and agricultural development.

This issue comprises ten research articles, organized according to their respective disciplines: management, humanities, health sciences, and social sciences. Specifically, five articles originate from the field of management, one from humanities, one from health sciences, and three from social sciences. The editorial board has decided to feature ten articles from these four disciplines in each forthcoming issue.

In every issue, priority is given to research that has a direct connection to societal needs, with findings that can contribute to addressing real-world challenges and fostering practical solutions within the community. By showcasing multidisciplinary research, this issue underscores the importance of cross-sectoral knowledge integration in addressing complex societal issues.

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1. Introduction

The Himalayan Journal of Multidisciplinary Research seeks to bridge disciplinary silos by offering a platform for research that spans social sciences, health, management, education, finance, and agricultural studies. In an era characterized by rapid technological change, socio-economic transformation, and global interconnectedness, the relevance of multidisciplinary perspectives cannot be overstated. This first issue highlights the critical interplay between theory and practice, providing empirical evidence, methodological rigor, and conceptual innovation across multiple domains.

2. Consumer Behavior and Market Preferences

Consumer behavior remains a vital area of inquiry, particularly in rapidly urbanizing regions of Nepal. The study “Factors Influencing Consumer Preferences for Beer Brands in Bharatpur Metropolis” examines determinants of brand selection, including product attributes, social influence, and cultural preferences. Insights from such research inform marketing strategies and contribute to understanding consumption patterns in emerging economies (Kotler & Keller, 2016).

3. Education and Technological Integration

Educational research in this issue foregrounds the transformative potential of technology. The narrative inquiry on “Integrating Artificial Intelligence in English Language Teaching in Nepal” illustrates how AI-mediated pedagogy can enhance language acquisition, learner engagement, and personalized instruction. These findings resonate with global debates on digital literacy, adaptive learning, and the ethics of AI in education (Luckin et al., 2016). Additionally, the study on students’ preference for e-books over printed texts in Chitwan highlights shifts in knowledge consumption patterns, emphasizing the need for digital infrastructure and policy support.

4. Gender and Financial Inclusion

A recurring theme in this issue is the examination

of gendered dynamics in financial decision-making. Studies investigating “Gender Divergences in Personal Financial Planning” and “Financial Literacy and Behavior of Working Women in Kathmandu Valley” reveal how socio-cultural factors, education, and institutional frameworks shape financial behaviors. Complementing these findings, the analysis of government interventions and policy frameworks underscores the critical role of enabling environments in fostering women’s financial inclusion (Demirgüç-Kunt et al., 2018).

5. Health and Organizational Dynamics

Health and organizational studies offer insights into factors influencing outcomes in clinical and corporate settings. The multicenter retrospective study on “Determinants of Prolonged Hospitalization among Dengue Patients in Nepal” identifies clinical, demographic, and systemic variables that impact hospital stays, informing public health strategies and resource allocation. Parallely, research on “Influence of Emotional Intelligence on Employees’ Performance” illustrates the mediating role of leadership style in organizational effectiveness, highlighting the intersection of psychological competencies and managerial practices (Goleman, 1995).

6. Agricultural Transformation

Agriculture continues to be central to Nepal’s socio-economic development. The bibliometric study “Agricultural Transformation 2.0” maps research trends, innovations, and knowledge gaps in agrarian practices, highlighting the role of technology, policy, and sustainability. These findings provide a foundation for evidence-based interventions and inform strategic planning in both public and private sectors.

7. Social Dynamics in the Digital Age

Finally, this issue explores the implications of digitalization on social and behavioral outcomes. Research on social isolation among management undergraduate students in Chitwan elucidates the psychological and social ramifications of prolonged



digital engagement. Such studies emphasize the need for balanced digital interventions and mental health awareness programs within academic institutions.

8. Conclusion

The first issue of the Himalayan Journal of Multidisciplinary Research demonstrates the breadth and depth of contemporary research in Nepal. By integrating diverse disciplinary perspectives, the journal provides a platform for scholarly discourse that is both locally contextualized and globally relevant. These studies collectively advance understanding across sectors, highlighting the interplay between human behavior, technology, policy, and socio-economic development. It is our hope that this issue will stimulate further interdisciplinary collaboration, inform policy and practice, and contribute meaningfully to the evolving body of knowledge in the Himalayan region and beyond.

9. References

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