

Traditional Tuesday

Tradition is the beliefs or customs passed from one generation to the other generation.

Traditions of Nepal

Traditions of Nepal differ from one part of Nepal to the other. Due to the diverse environment and its ethnicity of Nepal, Nepal has wide range of traditions.

One of the tradition I have been involved in is **Gunyo Cholo** , traditional dress for Nepali women.

The Gunyo Cholo ceremony is a traditional Nepalese ritual of celebration for girls, before her puberty (between the age of 7-9). The girl is gifted with the traditional outfit of 'Gunyo Cholo' and sometimes a sari (wedding Nepali dress), to signify her "entrance" into adolescence. This celebration is the transition from a child to being a teen. To celebrate this occasion family and friends gather together to bless the young girl and the evening is filled with lots of food and dancing.

My grandparents wished to celebrate this tradition when I went to Nepal before 5 years, I was 5 years old then. It was exciting to receive gifts and blessings. The picture on the right is me in my gunyo cholo tradition.



Here, I am again in a Nepali traditional dress in my old school celebrating international evening.

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