



# नेवाह नामा सुन्दर अमेरिकामा Nepa Pasa Pucha Amerikaye नेपा: पासा पुचा: अमेरिकाया

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## Press Release: Nepa Pasa Pucha Amerikaye Celebrates 1st Ghyo Chaku Sanhlu

### Honoring Heritage and Cultural Traditions Through Ancient Winter Festival

For the first time, under the initiative of President Shanti Shrestha, Nepa Pasa Pucha Amerikaye (NPPA) celebrated Newah Nakha, **Ghyo Chaku Sanhlu**, with Executive Committee members and their families. The celebration took place on January 17, 2026, at the residence of General Secretary Mrs. Niti Mathema's residence in Springfield, Virginia.

Ghyo Chaku Sanhlu (Maghe Sankranti) is a traditional Newah festival that marks the sun's transition into Capricorn and the beginning of longer days. Celebrated annually on the first day of the Nepali month of Magh (mid-January), this ancient festival emphasizes family bonds, cultural preservation, and seasonal wellness.

Known also as the "Festival of Daughters" (Mhyay Macha Nakha) in Newah culture, Ghyo Chaku Sanhlu centers on the tradition of mothers applying warm mustard oil to their children's heads. Married daughters return to their parents' homes to receive this blessing, embodying the saying "Ghyo Chaku Sanhlu, Mhyay Masta Tinhu" (At the time of Ghyo Chaku Sanhlu, daughters jump with excitement).



The celebration featured traditional foods central to the festival: ghyo (purified butter), chaku (molasses), lakhamari, and hamo gwara. These high-energy foods provide warmth and vitality during winter's coldest period. Sesame seeds play a prominent role through ritual baths, body treatments, ancestral offerings, and donations.

"Celebrating Ghyo Chaku Sanhlu in the United States allows us to instill our rich cultural values and traditions in the next generation," said Mr. Ram Malakar. "These festivals are not just about celebration but about preserving our heritage for our children growing up abroad."



The festival marks an astronomical transition from Dakshinayan to Uttarayan, signaling the gradual end of winter and the arrival of warmer, longer days. Through maintaining these traditions, Nepa Pasa Pucha Amerikaye continues to strengthen cultural identity and pass ancestral knowledge to future generations.



The organizing committee expressed its gratitude to all volunteers and participants, who made the celebration possible, and announced plans to make this an annual intergenerational learning event. Nepa Pasa Pucha Amerikaye is grateful to all the food contributors.

NPPA sincerely thanks its media partner, eNepalese supporting this event. Over 30 people participated for this event.

NPPA will strive to maintain this tradition and looks forward to your active support and suggestions. Let us continue to preserve our Nakha (festivals) here in the USA.

Please mark your calendar for NPPA's upcoming event:

**Event: Youth Networking**

**Date & Time: Saturday, February 21, 2025 (11:00 AM–2:00 PM)**

**Venue: Twinbrook Library, Rockville, MD**

We look forward to seeing you there!

Subhay,

Executive Committee

Nepa Pasa Pucha Amerikaye (NPPA)