

A Day in the Heart of Nepal



As the smell of momos and ice cream filled the air and the tunes of music wove through excited laughter, Nepal Day 2025 came alive with energy and pride. Families and friends gathered to enjoy traditional foods, vibrant dance performances, and lively music that kept the crowd smiling and moving.

Colorful booths showcased Nepali crafts, clothing, and community initiatives. Vendors highlighted Nepal's rich traditions and brought everyone together in a spirit of celebration.

The parade was one of the most exciting parts of the day. Participants dressed in colorful traditional outfits proudly carried Nepali flags and cultural banners, showcasing their heritage with pride.

Following the parade, the proclamation ceremony took place, officially declaring Nepal Day as an annual celebration in several nearby cities. Inspiring speeches were delivered, scholarship awards were presented, and the community's contributions were honored and appreciated.

As the afternoon continued, the energy rose even higher with cultural showcases where young members of the community represented Nepal's diverse ethnicities, languages, and traditions. Performances stole the spotlight, with dancers of all ages taking the stage to perform traditional and modern Nepali dances. The crowd clapped, cheered, and danced along, creating an atmosphere full of excitement and pride. Musicians filled the air with the beats of madal drums, the melodies of the sarangi, and upbeat pop songs that kept everyone moving and celebrating.

For teens, Nepal Day 2025 was more than just a fun event, it celebrated their identity. I had the chance to talk to a few friends about how they felt, and many of us felt the same sense of connection and pride.

“Nepal day has to be one of my favorite days of the year since I feel so connected with not just my culture, but the other cultures that come with the beautiful country”, expressed Divya Pandey.

Another teen, Shreya Dhakal said, “As a Nepali American teen going to Nepal Day was really fun and a special experience. It felt great to see my culture celebrated and to be part of such a proud and welcoming community!” For teens like us who are growing up in between two cultures, Nepal Day is a chance to feel fully seen and to embrace where we come from while celebrating it with those closest to us

Personally, Nepal Day made me feel more linked to my culture than ever before. I captured many core memories while I was there. Whether it was trying to hold a banner up for the parade or waiting in line for some mouth-watering ice cream, coming to celebrate my culture every year in April never fails to make my day. As it got increasingly warmer, watching the dances and performances and reconnecting with old friends made the heat surprisingly bearable! Walking through the park, I saw young kids with painted faces, elders in daura suruwal and gunyo cholo, and teens in both hoodies and traditional outfits. Everyone was socializing, laughing, and enjoying the same space. Seeing that wide mix of generations and backgrounds, from newly arrived immigrants to second-generation Nepali Americans, reminded me how powerful a community can be. For a few hours, Cedar Fork District Park transformed into a little Nepal, where language, music, and food brought people together in celebration.

In conclusion, Nepal Day 2025 strengthened community ties and honored the beauty of Nepali heritage, leaving everyone filled with joy, pride, and lasting memories.

A V A N I S H R E S T H A

