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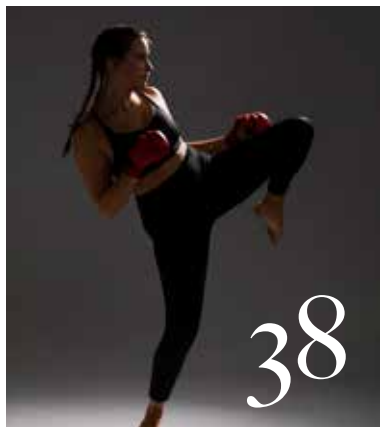
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# EDITORIAL.

There is a certain quiet strength in the feminine; an energy that nurtures, perseveres, and transforms. It is found in the courage to speak up, the resilience to keep going, and the wisdom to grow through every experience. This March, as we celebrate women around the world, Smart Family reflects on the many ways the feminine spirit continues to inspire, lead, and shape our lives.

Our cover story, "The Trailblazers," brings together four remarkable women from different fields who are redefining success in their own unique ways. Their journeys remind us that progress is often built on courage, the courage to challenge norms, take risks, and stay true to one's vision. Their stories are about persistence, passion, and purpose.

Throughout this issue, we explore what it truly means to invest in oneself, through personal growth, health, creativity, or self-belief. Women from diverse fields share the small but powerful things that instantly boost their confidence, reminding us that empowerment often begins from within. We also step into

the world of introspection through artist Sangee Shrestha's exhibition Antardrishti.

This issue also delves into the many dimensions of women's wellbeing, from understanding mental health to nurturing the body through mindful nutrition, movement, and balance. Strength, in its truest sense, is explored in stories of women stepping into spaces traditionally seen as unconventional, proving that resilience and determination know no boundaries.

Beyond individual journeys, we also reflect on the role of family and community in raising emotionally intelligent children and building supportive homes can shape a more compassionate future.

In celebrating the feminine, we celebrate courage, empathy, and the boundless strength that lives within every woman.

To women of all fields,  
Happy Womens Day!



Visit our e-magazine

ON THE COVER:  
Shreeya Giri (Centre)  
Razee Maharjan (Top)  
Anjana Rana Magar (Left)  
Anna Kumari Dhakal (Right)

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PHOTOGRAPHY BY:  
Suraj Patra Bansha

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# From Reading to Possibilities: Why Reading is the Ultimate Superpower

By Shivani Chhetri, LA head PYP, Swostishree Gurukul IB Continuum School



Imagine a world where your child can travel through time, dive into the deepest oceans, or explore distant galaxies: all before bedtime. This is the magic of reading. For primary years children, a book is far more than a tool for literacy; it is a spark for the imagination and a playground for creativity.

At Swostishree Gurukul IB Continuum School, we believe that fostering a love for reading early on is the key to unlocking a child's full potential. When children are exposed to various genres at a young age, they don't just learn facts; they begin to identify their own unique learning interests that will guide them for years to come.

**Beyond the Desk: Making Books Come Alive**  
Reading should never feel

like a "task" on a to-do list. To create a deep, lifelong interest, we must make stories tangible. Imagine the excitement when a child doesn't just read about a hero but dresses up as one, or when storytelling moves from a traditional classroom to a cozy tent or a sunlit garden. By changing the scenario, venue, and setting, we turn reading into an adventure.

One of the most profound ways to deepen this connection is by inviting authors and illustrators to speak directly to the children. Hearing straight from the writer allows students to understand the "soul" of a story. These 45–60 minute sessions demystify the creative process, helping learners realize that they, too, have stories worth telling.

## The Reader's Workshop: A Celebration of Literacy

To bring this philosophy to life, our school recently hosted its annual **Reader's Workshop**, which commenced on February 23, 2026. This week-long event immersed our IB PYP learners in a world of student-centred exploration. We didn't just read; we experienced literature through:

- **Book Tastings:** Sampling different genres to discover new favorites.
- **Flashlights and Forts:** Transforming reading into a cozy, magical retreat.
- **Doodle and Discuss:** Using art to visualize and communicate story themes.
- **Literary Scavenger Hunts:** Turning comprehension into a thrilling game of discovery.

Daily habits like journaling and our "Stop, Drop, and

Read" initiative ensure that reading becomes as natural as breathing. The week culminated in a vibrant **Literature Gala**, where students shared book talks and celebrated their journey by parading as their favorite literary characters.

## Empowering Lifelong Readers

In alignment with the IB PYP philosophy, these experiences foster inquiry, communication, and critical thinking. By moving beyond the mechanics of reading and focusing on the joy of it, we empower our children to become confident, reflective, and curious individuals.

As educators, our goal is simple: to make sure that when a child opens a book, they aren't just looking at words: they are stepping into a lifelong journey of wonder.

A woman with long dark hair, wearing a beige ribbed sweater, is shown in profile from the chest up, speaking to a group of women in a meeting. The background is a bright, modern office space with large windows and bookshelves. Two other women are visible in the background, one in a grey blazer and another in a yellow top. The overall atmosphere is professional and collaborative.

# STARTER.

# Invest in Yourself

The Modern Woman's Guide to  
Thriving in a Changing World

A short and quick guide for modern women navigating a fast-changing, AI-driven world. It encourages adaptability, digital literacy, communication, and self-worth as powerful tools for independence, fulfillment, and long-term resilience in both personal and professional life.

By Kiran Karki Silwal

THERE WAS a time when women were expected to seek a “safe” 9-to-5 job, a path of comfort and stability. Today, the landscape is shifting dramatically, and so must the modern woman.

According to a 2025 study by the Massachusetts Institute of Technology (MIT), contemporary AI systems are already capable of performing tasks equivalent to 11.7% of the U.S. workforce.

Many might ask: “What will happen to my job?” But the real question is not about your current role, it is about your willingness to adapt. Will you evolve with technology, learning new skills to stay relevant, or risk being left behind?

The time has come for women to embrace passion, continuous learning, and adaptability. Women today must navigate earning, family, and social responsibilities more intelligently than ever before, because in situations of imbalance, it is often women who bear the greatest burden. One of the most profound investments a woman can make is an investment in herself.

Here are five essential skills and practices that can help women thrive in today’s fast-paced world:

### Communication Skills

Fluent, confident communication is no longer a luxury but a necessity. Whether you are a homemaker, corporate professional, or entrepreneur, mastering the art of clear and impactful communication can enhance your productivity, influence, and personality. The ability

to articulate your ideas well opens doors to opportunities that might otherwise remain closed.

### Earning Digitally

The digital economy is the fastest-growing platform for income today. Women can leverage AI tools, social media monetization, content creation, and design platforms like Canva to generate both active and passive income. These are not mere trends, they are essential pathways to financial independence. A woman who is digitally present and digitally literate will remain relevant and competitive in the modern economy.

### Networking with Other Smart Women

Networking is more than exchanging business cards. It is exchanging ideas, perspectives, and growth opportunities. By connecting with other ambitious and intelligent women, you gain insights into different approaches and unlock collaborative potential. Supporting one another does not just foster individual success; it strengthens entire communities. When women lift each other, society as a whole thrives.

### Finding Your True Passion

Passion is the cornerstone of fulfillment. While a 9-to-5 job may provide stability, pursuing your innate talents brings joy, purpose, and resilience. Research on Okinawa, one of the world’s Blue Zones, shows that older adults with a strong sense of purpose experience lower mortality rates, better mental health, and fewer stress-related illnesses. Choosing to work joyfully rather than

carrying stress is a decision every woman deserves to make.

### Self-Love

Self-love is frequently misunderstood as indulgence or vanity. True self-love is far deeper: it is a commitment to mental, emotional, and physical well-being. Ten minutes of daily meditation, a balanced diet, healthy social media consumption, consistent exercise, and conscious self-reflection are the foundations of high-value living. Over time, these practices cultivate resilience, confidence, and empowerment, hallmarks of the modern, high-value woman.

In this evolving world, women are innovators, leaders, and visionaries. By investing in yourself, embracing technology, nurturing your passions, and fostering meaningful connections, you can redefine not only your future but the future of the generations that follow.



**Kiran Karki Silwal**

Kiran Karki is a Parenting and NLP Coach and a public speaker who is passionate about empowering individuals through her course “Find Your Ikigai with Kiran” Find her first inperson workshop happening on 24th January 2026 Follow her on Instagram: @kirkankarkisilwal

# *What's something that instantly boosts your confidence?*

**What does it mean to feel truly unstoppable? In this feature we present six influential women from Miss Nepal titleholders to creative entrepreneurs to share the personal rituals and mindsets that fuel their self-assurance. The consensus is clear: while a polished exterior helps, lasting confidence is an "inside job" built on discipline, integrity, and self-reflection.**

---

By Malika Joshi



## **Ashma Kumari KC**

*Miss Nepal 2024*

@ashma\_kc\_

What instantly boosts my confidence is keeping promises to myself. Whether it's finishing a workout, speaking up in a meeting, or simply setting healthy boundaries, every small act of self-trust strengthens my belief in who I am. Confidence, for me, isn't about perfection, it's about consistency. When I show up for myself, even in quiet ways, I feel grounded, capable, and ready to take on whatever comes next.

I feel instantly more confident when I am well put together and prepared. And honestly, even small progress gives me a real boost. It reminds me that I am moving forward. Interestingly the fear of failure also drives me. It challenges me to rise higher and trust my abilities.

## **Purnika Sijapati**

*Fashion Model*

@purnika\_sijapati

What instantly boosts my confidence is remembering how far I've come. From starting my journey at 16 to becoming a titleholder and content creator, every challenge has shaped me. When I look at the younger version of myself who dared to dream big, I feel powerful. Dressing up and feeling good helps, but true confidence comes from self-belief, discipline, and knowing my worth. I remind myself that I don't need to be perfect. I just need to be authentic. That authenticity gives me strength, and that strength makes me unstoppable.



## **Pragya Bhandari**

*Fashion Model*

@pragyabhandarii

For me confidence is being aligned with my promises. Discipline may sound simple but for me its powerful. Everyday when I get to nourish my body, prepare for a role and work towards a dream I have set for myself, I feel aligned. For me confidence doesn't come from external validation its comes from knowing I am consistent even when no one is watching. The moment I reconnect with my bigger vision like the life I'm building and the impact I want to create, I feel grounded, focused, and unstoppable.

## STARTER → One Question

### Suzta Shrestha

Content Creator, Founder –  
Yellow Works TV  
@suzta.life

One thing that instantly boosts my confidence is the way I present myself, especially the clothes I choose to wear. It's not about luxury labels or trends; it's about intentionality. When I dress well, I step into the day with greater self-assurance, clarity, and purpose. Well-fitted clothes create a quiet sense of discipline and self-respect, reminding me that how I show up externally often shapes how I perform internally. That small ritual of dressing with care subtly recalibrates my mindset from reactive to composed, from uncertain to decisive.



### Shrijana Thapa Magar

Founder – Miss Hashtag  
@srijana\_\_\_\_\_

I feel instantly more confident when i am well put together and prepared. And honestly, even small progress gives me a real boost. It reminds me that I am moving forward. Interestingly the fear of failure also drives me. It challenges me to rise heigher and trust my abilities.

As a mother of two boys and the Co-Founder of Pack My Lunch, my days are filled with responsibilities, from early morning events to bedtime stories. Balancing family and work isn't always easy, but my Subaru Forester has been my trusted companion. Whether I'm heading to client meetings or driving around with kids, it never lets me down. Spacious, reliable, and effortless to drive, it gives me the freedom to be present for both my business and my family.

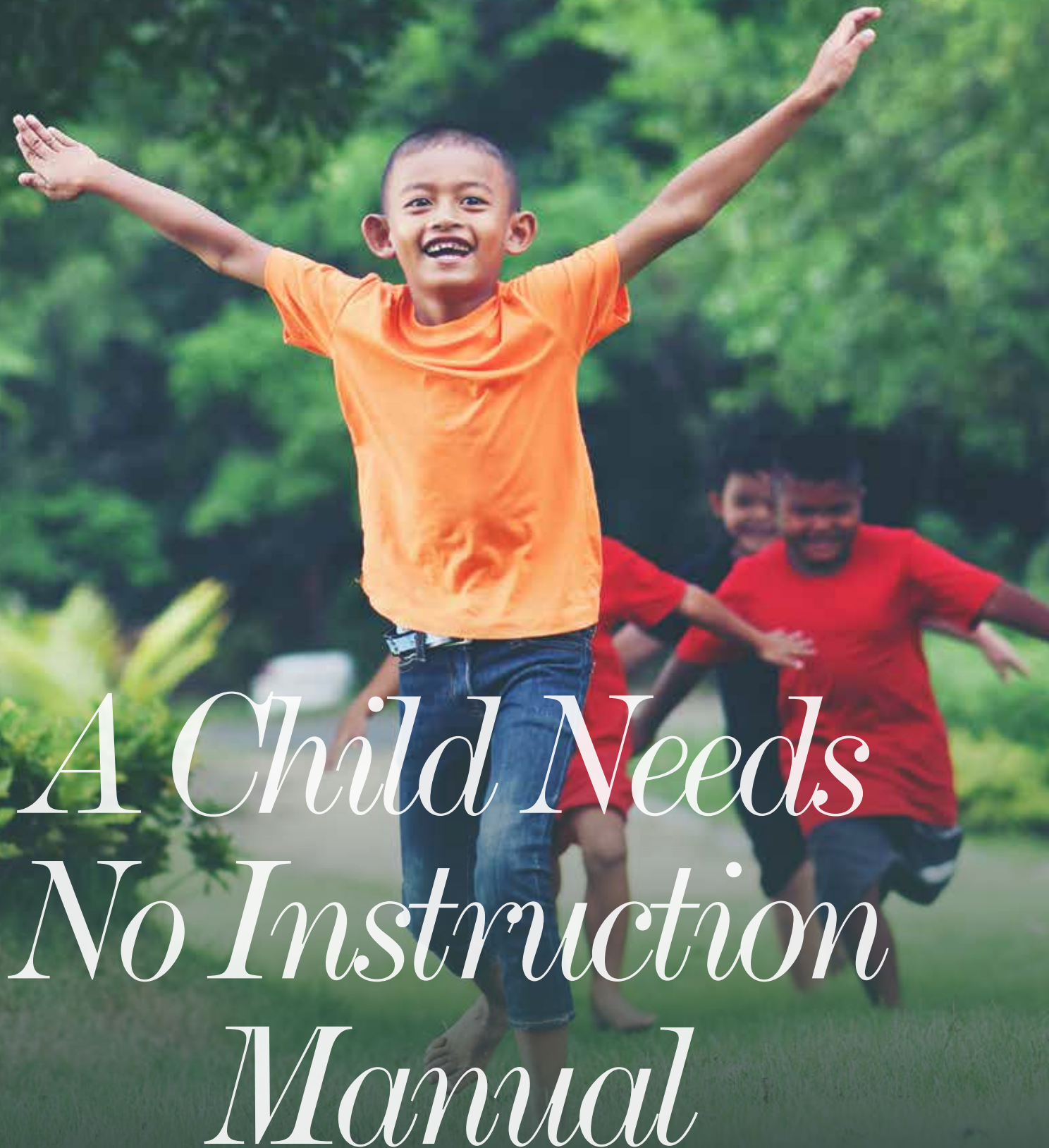
**-Deepika Shrestha**

**Proud mother, entrepreneur, and Subaru owner.**



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*A Child Needs  
No Instruction  
Manual*

**A child does not need to be shaped by rigid rules or instruction manuals, each one arrives as a complete being with their own intelligence and potential. A child's upbringing becomes a mirror for how we approach life itself whether we try to control and standardize it, or allow it to unfold with intelligence and joy. The text reminds us that human life is not meant to be reduced to usefulness or rigid instruction, but to be lived fully, consciously, and freely.**

By Sadhguru

**Q:** Somebody said that when a baby is born, it does not come with an instruction manual. If, hypothetically, one had to write a manual of how a human being should be, from birth to death, what would such a thing be?

Sadhguru: Empty book would be great. Now you are trying to turn everything into machinery. There are other dimensions to a human being than just “operating” him in some way that you think is useful. A human being need not be useful to anybody. It is just that the bullocks which are yoked to a cart look at the wild deer romping about in the forest and think, “Oh, how they are wasting their lives, not useful to anybody. No good.” But there is joy in the deer. You are yoked, and there is no joy in you.

If you become a joyless human being by just trying to be useful, then all the

purposes of life are defeated. What you are doing will not mean anything. Socially, maybe they will give you an award for the miserable face that you carried and the things that you did in the world, but in life it does not mean anything.

### **Drop the Instruction Manuals**

Stop looking at life through someone else's intelligence. Learn to look at your life with more intelligence. Everyone has the necessary intelligence to look at their life sensibly if other influences are taken away. The problem is, you are too influenced by past and present heroes. In the end, your mentality is just that of a fan club. Fan club is a very rudimentary mentality.

Any normal child has come as a complete being. You can only nurture the child to his or her full potential. You cannot make something else out of them. If your ideal tree is a coconut tree, and a mango

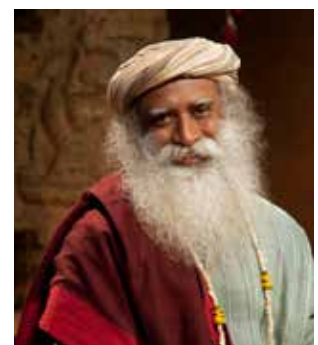
tree sprouts in your garden, what would you do? Because it does not look like a coconut tree, you will chop off all the branches and just leave one. That would be a very poor mango tree. The only thing you can do is nurture the child to its fullest intelligence, physical well-being and emotional well-being. This will happen only when you just nurture it, not tamper with it.

### **Creating a Conducive Atmosphere**

Children have come through you, they do not come from you. Do not ever think they are yours. It is a privilege they have happened through you. Your business is just to provide them a loving and supportive atmosphere. Do not try to impose your thoughts and emotions, your philosophies, your belief systems and nonsense upon the child. He has enough of his own intelligence to find his way. If you create the necessary conducive atmosphere for his intelligence to grow fully, he will handle it the way he knows.

“Will everything go right?” It may go right, it may go wrong, that is not the point. But the chances of it going wrong are minimal. When the child grows up exercising his own intelligence, if he

makes one mistake, he has the intelligence to correct it. As long as they are working towards their wellbeing and they are not doing something negative against their own life, you must wait. For the entire time until the child becomes twenty-one, you must feel like you are still pregnant. Just wait. When the child was inside, you did nothing, right? Just nourished yourself well and waited. Just like that, provide the atmosphere and wait.



Ranked amongst the fifty most influential people in India, Sadhguru is a Yogi, mystic, visionary and a New York Times bestselling author. Sadhguru has been conferred the Padma Vibhushan by the Government of India in 2017, the highest annual civilian award, accorded for exceptional and distinguished service.

➔ **The only thing you can do is nurture the child to its fullest intelligence, physical well being and emotional well being. This will only happen when you just nurture it, not tamper with it.**

# Carrying Purpose Across Border

**GANGA GURUNG** is a pediatric occupational therapist with seven years of experience serving children with neurodevelopmental conditions here in Nepal. But recently her life has transitioned across the border. With her dedication, she has won Australia Awards 2026 scholar among many other participants from across the globe.

From Kathmandu to Melbourne, her journey is one of a purpose, patience, and a quiet but unwavering conviction.

Over the past few months, she has stepped into a new chapter of life, one shaped by courage, growth, and a long-held dream of advancing her education.

After carefully applying to a select number of programs, she earned the prestigious Australia Awards Scholarship for 2026, opening the door to postgraduate study at Monash University. Today, she is completing a five-week intensive transition program designed to prepare scholars for Australian academic life.

This milestone did not begin in Australia; it began years earlier, with a decision that quietly shaped her path.

In 2019, after completing her undergraduate studies, the plan had been to pursue postgraduate education immediately. Instead, she chose to stay in Nepal and begin working. What seemed like a delay at the time became

a defining foundation. Over nearly seven years of practice in pediatric neurodevelopmental care, her work expanded far beyond therapy sessions. It became a deeper engagement with children, families, and systems. Occupational therapy evolved from a profession into a lifelong commitment.

As her work expanded from clinical practice to service development and leadership, her priorities became increasingly clear: improving occupational therapy services and strengthening inclusion for children with developmental differences. These commitments ultimately shaped both her application for the Australia Awards Scholarship and

**Ganga Gurung's journey from Nepal to Melbourne as an Australia Awards 2026 scholar is a story of purpose, transition, and commitment to inclusive care. Drawing on seven years of experience in pediatric occupational therapy, she carries a vision to expand access to therapy and strengthen inclusive education in Nepal. Her story reflects the courage to grow across borders while staying rooted in service to children and communities back home.**

.....  
In conversation with Ganga Gurung

her Development Impact and Linkages Plan (DILP), through which she aims to help develop occupational therapy education in Nepal and promote more inclusive school environments where children of all abilities can participate and thrive.

Her selection places her among a diverse and purpose-driven 2026 cohort, reflecting strong representation of women, public sector professionals, and scholars living with disabilities. These ambitions come with both inspiration and weight. The



Australia's Ambassador to Nepal HE Leann Johnston, and Secretary of the Ministry of Education, Science and Technology, Mr Choodamani Paudel presenting Australia Awards Scholarship to the Awardee  
Photo Credit: Australia Awards Nepal Team

responsibility is immense, at times overwhelming but it is precisely this weight that gives her work meaning and urgency.

Her time in Australia has also widened her perspective. Surrounded by fellow scholars from across

the world, she has found a shared sense of purpose: each one committed to returning home and contributing to their communities.

Through conversations, collaborations, and shared experiences, she has

“Being part of this group is both humbling and empowering. While representing Nepal is deeply personal, she recognize that her journey is also part of a larger collective movement toward inclusive leadership and global progress” states **Ganga Gurung.**

discovered that meaningful change is a collective effort.

The transition, she reflects, is not just about relocating to a new country or beginning a new degree. It is about embracing responsibility, navigating uncertainty, and finding strength in purpose. “With the support of the Australia Awards Nepal team and Monash’s scholar network, the shift into a new academic and cultural environment has been grounded in reassurance and belonging” says Ganga.

The road ahead is challenging, but her motivation is clear: to return home with deeper

knowledge, stronger networks, and practical strategies that translate global learning into local impact. And as she continues this journey, she carries with her the belief that progress whether personal or national is built through dedication, shared vision, and the courage to begin.

# Women in Power

## WOMEN LEADING ALOFT KATHMANDU

At Aloft Kathmandu Thamel, women across are redefining what leadership in hospitality looks like. Through their stories, they challenge stereotypes, highlight the skill behind every role, and show how resilience, emotional intelligence, and dedication shape exceptional guest experiences. This feature celebrates the voices of women who keep the heart of Aloft beating.



Bottom (Left to Right): Dipti Sodari, Suarpana Shahi, Namuna Kalika Pandey.  
Top (Left to Right): Aditi Maharjan, Pabi Dangol, Bindu Shrestha, Kunjani Shrestha, Shivani Shah.

## Dipti Sodari

*Front Office Manager*

Front desk roles are sometimes misunderstood or undervalued. Have you experienced this perception personally? What new perception would you like to instill?

In Nepal, front desk roles are sometimes often seen as simply greeting guests or performing basic administrative tasks like check-in and checkout of the guest. Early in my career, I also experienced moments where the importance of this role was underestimated. However, working in hospitality and now serving as a Front Office Manager has shown me that the front office is truly the heart of the guest experience.

On this International Women's Day, I would like to help change the perception of front desk roles. I want people to recognize that these positions require strong leadership, communication and problem-solving skills. We are leading teams, shaping guest experiences and representing global brands with pride and confidence.

## Namuna Kalika Pandey

*Director of Recreation*

What challenges have you faced as a woman in your profession and how did you overcome them?

Women often face assumptions about their abilities, leadership style, or commitment to work. In the early phase of my career, one of the challenges I faced was a lack of support from my manager. Despite consistently receiving excellent guest feedback on the quality of my service, I often had to wait for his endorsement or recognition. At times, it felt discouraging, however, I never allowed that situation to make me feel less confident in my abilities. I stayed focused on my responsibilities.

Another challenge, women often carry a larger share of family or caregiving responsibilities, which can make balancing professional and personal life demanding. I addressed this by setting clear boundaries between work and personal time and

communicating openly about my responsibilities. Fortunately, my family has always been incredibly supportive, which made a big difference during demanding periods of my career.

## Aditi Maharjan

*Office Assistant*

What skills do you think are essential for women beginning their careers in hospitality?

While technical skills can always be developed with time, the most important quality for women beginning their careers in hospitality is a genuine willingness to learn. The industry is fast-paced and constantly evolving, so being curious, adaptable and open to feedback helps women grow with confidence. Along with this mindset, strong soft skills such as communication, problem-solving and emotional intelligence are essential, as hospitality is ultimately a people-centered industry. At the same time, learning to maintain a healthy work-life balance is key to staying resilient and passionate in such a fast-paced environment.

## Suarpana Shahi

*Marketing Manager*

Do you feel women bring a distinct emotional intelligence to marketing leadership?

Yes, I do think women often bring a distinct emotional intelligence to marketing leadership. It shows in the way we build relationships, communicate and understand what people truly connect with.

Marketing isn't just about strategy and numbers, it's also about people. Emotional intelligence helps you read the room, understand different personalities, manage expectations and create experiences that feel genuine. In marketing, that's powerful because great campaigns are about making people feel something.

Women often bring empathy, intuition, and strong communication into leadership. That ability to connect on a human level can make campaigns more authentic, teams more collaborative and

ultimately make marketing far more impactful.

## Shivani Shah

*Human Resource Manager*

As an HR leader, how do you cultivate an inclusive and empowering work culture?

I've always believed that a workplace culture is grown, not assigned. At Aloft Kathmandu Thamel, we're intentional about creating a space where 'inclusion' is a lived experience. We ensure that every associate who joins us regardless of their background, knows their voice matters.

Our growth programs are the heartbeat of this mission. By focusing on peer-led mentorship and robust career pathways like 'Begin, Belong, Become,' we give women the tools to navigate their own professional journeys with confidence.

To me, true empowerment is about the wellness support and recognition that allows all of us to thrive, not just survive. When we lift each other up, we create a collective strength that transforms 'work' into a community. We aren't just building careers; we are nurturing the future leaders of Nepal's hospitality industry.

## Bindu Shrestha

*Chef Demi Chef de Partie*

What has your experience and creative flow been like while curating the menu for Aloft in comparison to the other and has being a female been a setback ever?

Working on the menu at Aloft has been an exciting and creative journey. The brand gives me the freedom to experiment and innovate while maintaining strong culinary standards, which I truly value. For me, being a female chef has never been about gender; it is about dedication, skill, and consistently delivering in the kitchen. Here, performance speaks for itself, and that is what earns respect.

## Pabi Dangol

*House Keeping Jr. Executive*

What misconceptions about housekeeping would you like to change?

The misconception I would like to change is that housekeeping is simply about cleaning rooms. In reality, our work goes far beyond that and demands skill, precision, and professionalism at every step. We ensure not only impeccable cleanliness but also the highest safety and hygiene standards for every guest, paying close attention to every detail. From meticulously arranging the room to maintaining spotless surfaces and adding thoughtful touches, our work creates an environment where guests feel comfortable, cared for and genuinely welcomed. Housekeeping plays a vital role in shaping the overall guest experience, often behind the scenes and I want people to truly understand its value, the level of expertise it requires and the profound impact it has on making a guest's stay memorable and enjoyable.

## Kunjani Shrestha

*Finance Manager*

How important is financial literacy for young women aspiring to leadership roles?

Financial literacy is particularly important for women in the context of Nepal because the social, economic, and cultural factors have limited women's access to financial resources and decision-making roles. When women develop strong financial literacy, independence and confidence for understanding earning, spending and resource mobilization gets auto developed. Financial literacy can make women better able to participate in leadership, entrepreneurship and community development as a whole. Without financial knowledge, individuals may struggle to act independently or influence important decisions.

In addition, I also like to add that financial literacy in women starts from home. It is a woman in the home who manages the expenses from the limited incomes including-planning for investment, savings and retirement plans as well. Although this is not the era to be dependent in a men's earnings for women's financial support but knowingly or unknowingly even a housewife's Financial Literacy can support the home in an unknown way.

# Antardrishti

*By Sangee Shrestha*

IN A TIME when our lives are filled with noise, speed and constant stimulation, there are rare moments when we are invited to pause, to sit with ourselves, to listen and to feel. It is within this sacred pause that artist Sangee Shrestha situates her exhibition *Antardrishti*, a body of work that is less about being seen and more about being felt.

For Sangee Shrestha, art begins where language dissolves. Her practice is rooted in a profound belief that making art is a sacred dialogue; one that connects the visible and invisible, the human and the divine. Her work becomes both a mirror and a refuge, reflecting the inner self while offering stillness in a chaotic world.

One of the most compelling aspects of *Antardrishti* is its exploration of duality. Shrestha moves fluidly between painting and ceramics, gesture and structure, energy and matter. Her paintings often feature layered surfaces and geometric forms, hinting at contemporary life and the fragmentation of modern identity. In contrast, her ceramic works carry the weight of touch and of time. Together, these media interplay, and her artistic language finds its strength.

A striking shift in this body of work is her use of darker, muted tones. At first glance, these colours may seem subdued, even sombre. But linger a little longer and they reveal inwardness. They invite the viewer to slow down, to look beyond surface beauty and into the layers beneath. Light does not shout here but glows softly, revealing texture, shadow and emotional depth. In embracing restraint, Shrestha creates space for contemplation,

a space to gently hold and embrace the viewers instead of overwhelming them.

## **Rooted in Nepal, Speaking to the World**

Growing up in Nepal, where ritual, symbolism and spirituality are woven into everyday life, Shrestha developed an early understanding of the sacredness of creation. From temples and ancestral traditions to handcrafted objects, meaning has always extended beyond the material. This cultural grounding is deeply embedded in her work. Her female figures, often depicted with one eye gently open, emerge as embodiments of a modern Shakti, aware, resilient and deeply connected to inner truth.

## **Words from the Artist**

What was the emotional or spiritual starting point for *Antardrishti*?

The emotional and spiritual beginning of '*Antardrishti*' came from a time of deep reflection. The noise of the outside world felt overwhelming and I felt a strong need to slow down and turn inward. In that quiet space, I realised that true seeing is not only through the physical eyes, but through inner awareness. '*Antardrishti*', meaning "inner vision," grew naturally from this



understanding. Through 'Antardrishti', I explore how self-awareness can lead to healing, balance, and a deeper connection with ourselves and the world around us.

How do you decide which medium a particular emotion or idea belongs to? What does this process mirror in your own inner journey?

I don't choose the medium only with logic; I listen to the emotion behind the idea. Some emotions feel light and flowing and they naturally become paintings, where color and movement can express them freely. Other emotions feel heavy and grounded and those go into clay, where touch and texture become important. This process reflects my own inner journey. Just as each emotion needs a different medium, each inner experience needs a different kind of care. Moving between painting and ceramic is my way of respecting those changing inner feelings

The single open eye in many of your figures has become a signature. Has its meaning evolved for you over time?

The single open eye began as a symbol of inner awareness. It is the way to suggest that seeing is not only through the physical eye, but through consciousness itself. Over time, its meaning has deepened. It has come to represent not just perception, but presence, clarity, and the courage to face both light and shadow



➔ “My works do not speak over the viewer; they speak with them. They are not conclusions, but open spaces for quiet observation and inner dialogue.” - Sangee



Held at The Kalā Salon, Chhaya Center, Thamel, 6th Floor. Happening till 11 April, 2026

within ourselves. For me, it is also a mirror. I also feel it is an invitation to the viewer to awaken their own inner sight to pause and look beyond the surface. The eye continues to evolve in my practice, carrying both personal reflection and a shared call for mindful connection.

Your work often channels feminine energy and a sense of modern Shakti. What does feminine strength mean to you today? To me, feminine strength today is both quiet and powerful. It is resilience without aggression, intuition paired with action, and compassion that does

not compromise clarity. It is the courage to hold space for oneself and others, and also for the unseen forces that guide us.

The Artist: Sangee Shrestha  
A multidisciplinary freelance visual artist whose professional journey spans over three decades. She holds a Bachelor of Fine Arts from the Fine Art College and a Master's degree in History, Culture, and Archaeology from Tribhuvan

## ANTARDRISHTI

Antardrishti is the result of almost two years of hard work and deep self-reflection. Sangee Shrestha allows her powerful, feminine self to shine through in this series of intense works, showing us this artist's range and her ability to transform her ideas into tangible, indelible artworks. One of the great Nepali artists working today, all the more remarkable for a woman in a man's world, Sangee Shrestha's Antardrishti is an exceptional showcase of her power as an artist.

University. Her multidisciplinary work explores the complexities of human emotion, identity, and social contradiction through a distinctive blend of figurative expression and geometric abstraction. Her signature style critiques human hypocrisy and explores emotional states such as love, hate, joy, and jealousy. Her use of geometric shapes, particularly the rectangles, squares, and polygons, disrupts the surface to evoke deeper psychological and social dimensions, suggesting the fragmentation and mechanisation of contemporary life. She has been awarded the National Award in Contemporary Art (2018), Special Award by the National Academy of Fine Arts (2015), Araniko National Art Award: Gold Medal (2010), and the Best Painting Award from the Camlin Art Foundation, India (2007), among others. She has also served as an illustrator, cartoonist, educator, and art writer. She has led several cultural and community research projects as a team leader for Kathmandu Metropolitan City (KMC), contributing to the documentation, preservation and promotion of Kathmandu's diverse cultural heritage. She is Vice President and a founding member of Women Artist Group of Nepal (WAGON), and also a founding member of Lalitkala Literature Society and Nepal Art Critics Society.

Where the good times roll ...  
... with a touch of heritage!



BANQUETS · CONFERENCES · EVENTS · EXHIBITIONS



Sanepa, Lalitpur-2  
015905723, 015905724, 9851315536  
heritagegarden2016@gmail.com  
www.heritagegarden.com.np  
Old Gyanodya School Premises

# The Trailblazers

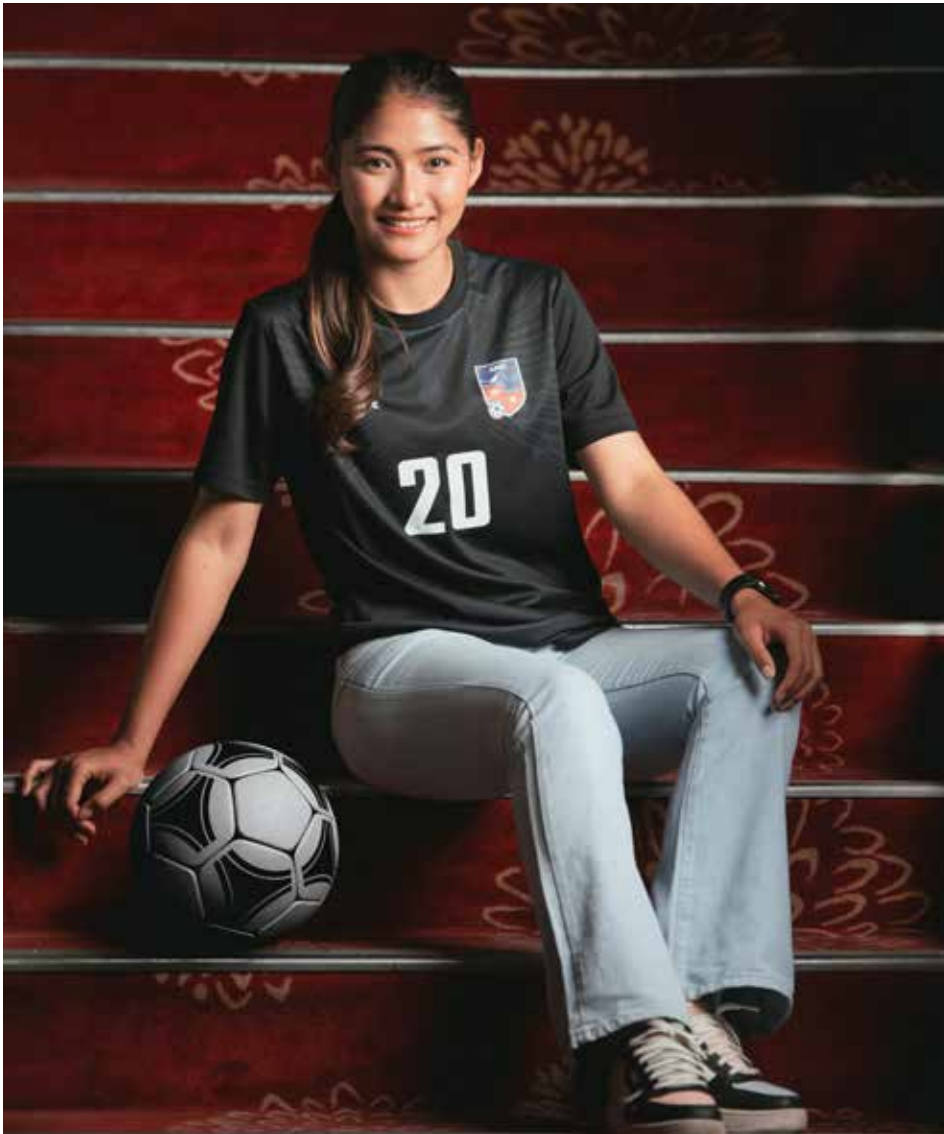
VOICES OF THE NEW GENERATION

From the digital frontier of mental health and the evocative depths of contemporary art to the high-stakes pressure of the football pitch, these four young women are rewriting the Nepali narrative. This cover story captures the raw vulnerability and relentless drive of Shreeya Giri, Anna Kumari Dhakal, Razee Maharjan, and Anjana Rana Magar as they dismantle old stigmas and claim their space with unapologetic authenticity.

.....  
Coordinated by Malika Joshi



# Anjana Rana Magar



➔ "Whether it's in sports or any other part of life, I want young women to look at my journey and realize they can fulfill their own dreams too. I want my life to be proof that where you start doesn't limit where you can go," - Anjana

ANJANA RANA MAGAR is a professional Nepali footballer who plays as a goalkeeper for the Nepal women's national football team and the Armed Police Force (APF) Club. Making her national team debut as a teenager, she quickly gained recognition for her quick reflexes, composure under

pressure, and leadership on the field. Over the years, she has become one of Nepal's key goalkeepers, representing the country in multiple international competitions. Beyond football, Anjana also engages in youth inspiration and advocacy initiatives, serving as a role model and

brand ambassador who motivates young athletes and students to pursue their ambitions.

Reflecting on her journey, Anjana hopes her story encourages young girls who may feel afraid to step into sports. Starting from the grassroots level, she

faced many challenges but relied on resilience, hard work, dedication, and determination to achieve her goals. She believes it is natural to feel fear, but what truly matters is perseverance and a clear vision. Through her platform, she aims to inspire younger generations to keep believing in their dreams and, in turn, motivate others in the future.

Growing up in Rautahat, a community known for producing women footballers, Anjana was surrounded by strong support from her family, school, and community. Her mother gifted her first pair of football shoes, and both her school and community ensured she could balance education and football. This environment played a vital role in shaping her career and confidence.

Despite the demanding nature of training and competition, Anjana stays motivated by remembering the purpose behind her work. Her family serves as her emotional anchor, helping her maintain mental balance through victories and setbacks.

Over time, she has also witnessed a positive shift in society's perception of female athletes. What was once met with skepticism has now turned into admiration and encouragement, especially from families who bring their daughters to football fields. For Anjana, football has taught resilience, self-belief, and the strength to rise above criticism while continuing to pursue her dreams and inspire others.

# Anna Kumari Dhakal



➔ "Beyond the aesthetic, I hope my work reminds people to slow down and feel. My paintings are quiet invitations to return to ourselves. They are not meant to impress." - Anna

ANNA KUMARI DHAKAL's artistic journey began in the stillness of lockdown, a moment of quiet confrontation that reshaped her life's direction. A self-taught painter with an MBA background, Anna chose to follow an inner pull toward creativity, discovering painting not just a medium of expression

but a deeper sense of identity and purpose. What began as a personal necessity soon evolved into a powerful artistic voice that translates emotion, memory, and nature into delicate visual poetry.

Anna's work is defined by its gentle brushstrokes, soft palettes, and atmospheric

landscapes, misty hills, blooming flowers, and tranquil scenes that evoke calm and introspection.

For her, nature, memory, and emotional landscapes are intertwined reflections of the same inner terrain. Rather than recreating what she sees, she paints the feeling that remains after

a moment has passed, the quiet solitude of a mountain, the tenderness of a flower, or the lingering emotion tied to a place. Through color, texture, and subtle form, Anna transforms these impressions into spaces where viewers can reconnect with their own memories and emotions.

Being self-taught came with its share of uncertainty. Without formal training or institutional validation, Anna faced doubts about legitimacy and belonging within the art world. Yet that freedom also became her greatest teacher. By experimenting, observing, and trusting her instincts, she developed a practice rooted in sincerity rather than rules. In Nepal, where conventional success often defines worth, choosing an intuitive artistic path required courage and persistence.

In the digital age, Anna acknowledges that social media has expanded visibility for artists while also complicating the relationship between art and validation. For her, authenticity requires distance from the noise, protecting the quiet, solitary space where creativity truly begins.

As part of a new generation of Nepali creatives, Anna challenges misconceptions about young women artists being overly emotional or less serious. Instead, she embraces sensitivity as strength. Through her art, she invites viewers to slow down, reconnect with themselves, and find meaning in the quiet beauty of the natural and emotional world.

# Razee Maharjan



➔ "We're often told to 'follow our dreams,' but I believe it's equally important to find the space where your passion becomes sustainable. I've personally experienced how financial independence directly impacts creative freedom." - Razee

RAZEE MAHARJAN, digital creator who is redefining storytelling. A vibrant content creator and artist, Razee has built a growing online community through relatable reels, playful food experiments, and snippets of everyday life that resonate strongly

with Gen Z audiences. With natural humor and effortless storytelling, she transforms ordinary moments whether cooking in the kitchen or sharing daily reflections into engaging content that feels both personal and refreshingly authentic.

Her journey into content creation was not a calculated plan but a natural extension of who she already was. A lifelong lover of reading and storytelling, Razee had always been the friend who animatedly narrated everyday experiences to those around her.

Encouraged by friends and family who enjoyed the videos she would share privately, she eventually decided to post them publicly. What began as simple sharing soon evolved into a creative platform where she could express emotions, stories, and lived experiences with a wider audience. For Razee, content creation became another artistic canvas, one where everyday life itself becomes the narrative.

Authenticity sits at the core of her work. Having studied art, she believes creative expression must reflect the life one is genuinely living. While social media often rewards trends, perfection, and virality, Razee consciously prioritizes connection over numbers. She acknowledges that while viral moments may fade quickly, honest storytelling builds something far more meaningful and lasting.

As a Gen Z Nepali woman, Razee sees her generation as one that honors cultural roots while courageously redefining paths forward. Through her platform, she hopes to create a space that feels real, encouraging, and safe—especially for young girls who may be searching for confidence in their own voices.

One of the most touching milestones in her journey came when a follower sent her fan art. As someone who had spent years creating art about others, becoming the subject of someone else's creativity felt deeply moving. It was a reminder of the quiet but powerful connections that art and storytelling can create between strangers in the digital world.

# Shreeya Giri



➔ "You do not have to carry that weight by yourself. Break the cycle. There is almost always another woman in that same room, or that same industry, who is waiting to be your ally." - Shreeya

SHREEYA GIRI is a trailblazing Nepali entrepreneur and mental health advocate, recognized for her work at the intersection of digital solutions and emotional well-being. As the founder of Happy Minds, a multi-channel platform offering counseling and workshops to Nepalis worldwide, she

has been instrumental in transforming the conversation around mental health in Nepal. Her efforts earned her a spot on Forbes 30 Under 30 Asia in 2024 under the "Social Impact" category, amplifying her voice both nationally and internationally.

Shreeya's journey began with a stark realization from her years in the Nepali education system: while students mastered the complexities of the external world, they were left unequipped to navigate their own internal landscapes. This awareness became the

driving force behind Happy Minds. By leveraging relatability, digital engagement, and culturally sensitive approaches, Shreeya's generation is dismantling long-standing stigmas, creating spaces where struggles can be acknowledged without shame, and promoting mental wellness as an integral part of life.

Her work spans both personal and professional spheres. Shreeya has successfully integrated mental health initiatives into corporate giants like Unilever, Nabil Bank, and Jawalakhel Group of Industries, transforming workplaces from spaces of silence around emotional well-being to cultures where psychological safety is valued. She emphasizes that mental health is not just a remedy for crisis, but an investment in daily productivity, connection, and growth.

As a leader, Shreeya draws strength from her own vulnerability, demonstrating that openness fosters belonging and empowers others to seek help. She challenges Nepali women to redefine strength, not as enduring hardship in isolation, but as knowing when to ask for support and building networks of solidarity. Her bold message resonates clearly: independence does not mean going it alone; seeking help is an act of resilience and courage. Through her work, Shreeya continues to inspire a generation of Nepalis, especially young women, to embrace mental health as both a right and a source of empowerment.

# FOOD. YOUR BLOOD YOUR BALANCE

## *An Ayurvedic Guide for Women's Wellness*

**Presenting an ayurvedic lens on women's wellness, placing Rakta Dhatu (blood tissue) at the center of hormonal, emotional, and reproductive health. It explains how each life stage and daily rhythm shapes balance, and offers gentle, food-based and lifestyle practices to nourish the body, regulate cycles, and build lasting vitality.**

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By Chef Sandeep Khatri

**AYURVEDA, THE** ancient science of life, views the female body as a living, sacred landscape that evolves through powerful stages. Each phase from childhood, adolescence, reproductive years, motherhood, and menopause is governed by shifting balances of the three doshas: Kapha, Pitta, and Vata. Rather than resisting these changes, Ayurveda teaches women to honor them through conscious nourishment, routine, and emotional awareness. When these rhythms are respected, a woman builds resilience, radiance, fertility, and deep inner stability that carries her gracefully through every chapter of life.

In childhood, Kapha dominates, giving stability, growth, and immunity. As puberty approaches, Pitta awakens, igniting hormonal activity, menstruation, emotional intensity, and creativity. In adulthood and motherhood, Vata increasingly influences movement, nervous system function, and the rhythms of caregiving and productivity. In later life, Vata becomes predominant, calling for deeper grounding, warmth, and nourishment. Ayurveda does not view these transitions as problems to be fixed, but as sacred biological

initiations, each deserving unique dietary, lifestyle, and emotional care.

At the heart of Ayurvedic women's physiology lies a powerful truth recorded in the classical text *Ashtanga Hridayam*: A woman's menstrual essence, bodily tissues, breast milk, hair, and nails arise specifically from her blood tissue (Rakta Dhatu), for she is defined by it. This verse establishes Rakta Dhatu (the blood tissue) as the central pillar of female health. In Ayurveda, Rakta is not merely blood in the modern biomedical sense; it is the carrier of oxygen, hormones, vitality, emotional stability, complexion, and reproductive intelligence. A woman's energy, fertility, emotional resilience, skin glow, immunity, and even mental clarity flow directly from the purity and strength of her Rakta.

From Rakta Dhatu emerges *Aartava*; the menstrual and reproductive essence which governs ovulation, menstruation, conception, and hormonal rhythm. During motherhood, this same nourishing stream transforms into *Stanya* (breast milk), sustaining the child through the mother's own tissue vitality. Thus, a

woman's health is not only her own; it directly nourishes the next generation. For this reason, Ayurveda places extraordinary emphasis on protecting, purifying, and strengthening Rakta Dhatu throughout life.

When Rakta is healthy, menstruation is painless, regular, and vibrant; the skin glows; digestion is stable; emotions are balanced; and fertility is strong. When Rakta becomes overheated, depleted, or impure through stress, poor digestion, inflammatory foods, toxins, or emotional suppression, symptoms arise such as acne, heavy bleeding, hormonal disorders, PCOS, fibroids, fatigue, anxiety, irritability, and reproductive imbalances. Therefore, Ayurveda's approach to women's health is fundamentally Rakta-centered. Nourishing blood becomes the most empowering act of self-care.

One of the most practical ways to protect Rakta Dhatu is through daily routine, known as *Dinacharya*. This rhythm aligns the body with nature's biological clock, strengthening digestion, stabilizing hormones, and preventing tissue depletion. A woman's day ideally begins with warm water upon waking, sometimes infused with a few drops of lime or soaked coriander seeds, to gently cleanse the digestive tract and stimulate *Agni* (digestive fire). Morning elimination, gentle stretching, oil massage (*Abhyanga*), and quiet breathing or meditation ground Vata and stabilize hormonal rhythms.

Breakfast should be warm, cooked, and nourishing

such as oatmeal with ghee and cinnamon, stewed apples, or rice porridge with cardamom. These foods stabilize blood sugar, calm the nervous system, and support Rakta formation. Lunch, taken between 12 and 2 PM when digestive fire is strongest, should be the largest meal of the day, including whole grains, legumes, seasonal vegetables, healthy fats, and blood-nourishing greens like spinach, beetroot, moringa, and fenugreek.

Afternoon calls for gentle hydration. Rose tea, fennel tea, coconut water, or soaked almonds can prevent Rakta dryness and nervous depletion. Dinner should be light, warm, and taken early ideally soups, stews, or moong dal *kichdi* allowing the body to enter nighttime repair mode without digestive burden.

Beyond routine, Ayurveda gives specific dietary guidance for women based on Rakta sensitivity. Sour, spicy, tangy, fermented, and excessively salty foods known as *amla* and *katu rasas* which strongly aggravate Pitta and heat the blood. For women, whose physiology already revolves around cyclical blood movement and hormonal heat, excessive consumption of these tastes can provoke inflammation, acidity, acne, mood swings, heavy bleeding, cramps, PCOS, fibroids, and reproductive disorders. This does not mean these flavors must be eliminated entirely, but they must be respected as strong substances much like medicine. Small amounts enhance digestion; excess undermines tissue balance.

➔ A woman's energy, fertility, emotional resilience, skin glow, immunity, and even mental clarity flow directly from the purity and strength of her Rakta.



# Ayurvedic Cooling Sprouted Moong Chatpate

(Balances Pitta, purifies Rakta Dhatu, light on digestion, satisfying without heat)

## INGREDIENTS

- 1 cup sprouted green moong, lightly steamed
- ½ cup finely chopped cucumber
- ½ cup pomegranate seeds or sweet ripe mango
- 2 tbsp fresh coriander leaves
- 1 tbsp fresh mint, chopped
- 1 tsp ghee or cold-pressed coconut oil

- ½ tsp roasted cumin powder
- ¼ tsp black salt
- ½ tsp jaggery powder
- 1 tsp fresh lemon juice
- A tiny pinch dry ginger powder
- Optional: Pinch of chili powder (only if needed)

## METHOD

- Heat ghee lightly and sauté steamed moong for 1–2 minutes with a pinch of hing.
- Let cool slightly.

- Add cucumber, fruit, coriander, mint.
- Mix cumin powder, black salt, jaggery, ginger.
- Add lemon juice at the end.
- Taste and add chili only if absolutely needed.

## Why This Works (Ayurvedic Logic)

- Moong sprouts - Tridoshic protein, light and blood-nourishing
- Cucumber + mint + pomegranate - Cooling, Rakta-shodhana

- Jaggery + lemon balance - Prevents excess Pitta
- Ghee base - Ojas-building, hormone-supportive

## Best Time to Eat

- Lunch side dish
- Early dinner snack

Ayurveda advises that women favor the sweet (madhura), bitter (tikta), and astringent (kashaya) tastes, which cool Pitta, purify Rakta, stabilize hormones, and nourish reproductive tissues. Foods such as rice, milk, dates, figs, coconut, cucumber, coriander, leafy greens, mung beans, pomegranate, rose, fennel, and ghee gently build blood without overheating the system. Spices should be digestive but mild: cumin, coriander, fennel, cardamom, turmeric, and ginger in small amounts. Chili, vinegar, tamarind, pickles, fermented sauces, and excessive citrus should remain occasional, not daily staples, especially during menstruation, pregnancy, menopause, inflammation, or fertility planning.

Alcohol deserves special attention in Ayurvedic women's health. Classical texts classify alcohol as heating, sharp, drying, and penetrating qualities that directly aggravate Pitta and damage Rakta Dhatu. Alcohol is considered a Rakta Dushaka, meaning it vitiates blood tissue and introduces toxins into circulation. Because Aartava (reproductive essence) is refined from Rakta, alcohol disrupts hormonal balance, menstrual regularity, fertility, emotional stability, and tissue regeneration. Ayurveda traditionally advises that women avoid alcohol altogether, or consume only minute amounts under special circumstances, ideally as medicated wines (Asava-Arishta) used therapeutically rather than recreationally. Modern Ayurvedic guidance allows that, if consumed at

## → Ayurveda offers a radically compassionate alternative: slow down during bleeding, eat warm nourishing foods, avoid cold, stress, fasting, intense exercise, sexual strain, or alcohol, and treat menstruation as sacred restoration.

all, alcohol should be rare, taken with meals, never on an empty stomach, and avoided entirely during menstruation, pregnancy, breastfeeding, emotional distress, inflammation, or hormonal imbalance.

Beyond food and drink, emotional hygiene is equally essential to Rakta health. Ayurveda recognizes that suppressed anger, resentment, grief, stress, and emotional overload directly heat the blood and disturb hormonal rhythms. Women are biologically designed for emotional sensitivity and cyclical fluctuation; suppressing these rhythms rather than honoring them leads to deeper physiological imbalance. Cooling emotions like forgiveness, gentleness, compassion, rest, creative expression, breathwork, moonlight exposure, nature immersion, prayer, and self-compassion directly purify Rakta and stabilize hormones. Practices such as Shitali pranayama, moon gazing, journaling, oil massage, gentle yoga, and sound therapy soothe the nervous system and restore blood harmony.

One of the most powerful Ayurvedic principles for women is that menstruation itself is not pathology, but

purification. The monthly shedding of blood is a cleansing act, a renewal of Rakta Dhatu. When menstruation is painless, regular, moderate, and emotionally balanced, it indicates strong tissue health. When painful, heavy, irregular, or emotionally destabilizing, it signals Rakta disturbance and calls for nourishment, not suppression. In modern culture, women are often taught to override their biological rhythms to push through fatigue, suppress hunger, ignore emotional cycles, override sleep, and chemically silence menstruation-related symptoms. Ayurveda offers a radically compassionate alternative: slow down during bleeding, eat warm nourishing foods, avoid cold, stress, fasting, intense exercise, sexual strain, or alcohol, and treat menstruation as sacred restoration rather than inconvenience. Through this lens, true women's empowerment is not domination of the body, but harmony with it.

Ultimately, Ayurveda teaches that Ojas, the refined essence of immunity, vitality, glow, and emotional stability is the crown jewel of health. Ojas is built from

perfectly nourished tissues, especially Rakta. Alcohol, excessive stress, poor digestion, sleep deprivation, emotional suppression, and inflammatory diets directly deplete Ojas. When Ojas declines, fatigue, anxiety, hormonal chaos, immune weakness, and emotional burnout follow. For women, preserving Ojas is their responsibility. When a woman nourishes her blood, balances her digestion, honors her cycles, and protects her nervous system, she becomes naturally radiant, fertile, emotionally resilient, mentally clear, and spiritually grounded.

Ayurveda does not promise eternal youth, it promises intelligent aging. It does not seek to freeze the female body in one phase but it celebrates its transformations. Through Rakta nourishment, rhythmic living, gentle food, emotional hygiene, and respect for cyclical nature, a woman moves through every stage of life not as decline, but as evolution. This is the deepest Ayurvedic truth: when a woman honors her blood, she honors her life force



Chef Sandeep Khatri, Pakmharishi, a Glion-educated culinary expert, integrates psychology and food technology, champions Raithane Food, minimizing post-harvest losses, and advocates zero waste.

# Flavors Worth the Hype

## A TASTE YOU'LL REMEMBER

With food trends and viral dishes everywhere, it's easy to wonder what's actually worth the hype. In this section, we dig into one of the most talked-about spots to curate 'worth trying' and 'buzzing' dishes around the city. From standout flavors to overall presentation, this guide offers a genuine suggestion for your next stop.

### NON VEG PLATTER



**FUSION PARK RESTAURANT**  
Maharajgunj, Kathmandu

A perfect blend of spicy, savory, and crispy flavors served together with fresh salad and delicious dips.  
Price: Rs 1200/-

### HIMALAYAN RICE BOWL (BUFF)



**MALAYA CAFE**  
Ramhiti Chowk, Bouddha

Highlighting local ingredients and bold, traditional flavors. Available in Veg, chicken, buff and pork.  
Price: Rs 370/-

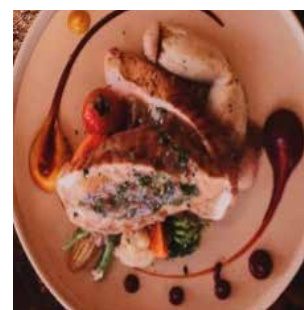
### CHICKEN GYRO



**BACKSTREET CAFÉ**  
Bogati Marg, Kathmandu

Juicy seasoned chicken wrapped in warm pita with fresh veggies and a drizzle of creamy homemade tzatziki sauce.  
Price: Rs 400/-

### GRILLED CHICKEN BREAST



**TROPICAL RESTAURANT**  
Nagarjun-5, Kathmandu

Grilled Chicken Breast, Stuffed with Spinach, Mozzarella Cheese, Sautted Veg, with Mushrooms and Mash Potato.  
Price: Rs 875/-

### DRUMS OF HEAVEN



**EXPRESS CAFE & BAR**  
Holiday Inn Express, Naxal

Golden fried chicken tossed in a bold, flavourful sauce that keeps you coming back for more.  
Price: 800/-

### CHICKEN TERIYAKI BENTO BOX



**YASUMI JAPANESE RESTAURANT**  
Durbar marg, Kathmandu

A vibrant Japanese-style bento box featuring grilled chicken, sushi rolls, crispy bites, and pan-seared dumpling.  
Price: 1750/-

### CHICKEN SCHNITZEL



**THE YELLOW HOUSE**  
Sanepa, Lalitpur

Golden, crispy chicken schnitzel, smothered in creamy mushroom sauce, and paired with some potato salad.  
Price: 795/-

### FIREWOOD PIZZA



**POKHARA PIZZA HOUSE**  
Kupondole, Lalitpur

Every pizza features a perfectly crispy crust and premium local toppings for the ultimate neighborhood treat.  
Price: Rs. 385/-

# JAPANESE RESTAURANT Kotetsu

Located on the 1st floor of the Ambassador Hotel in Lazimpat, Kotetsu Japanese Restaurant was handed over by the previous owner in April 2023. A Japanese "mama-san" (manager) is always present at the restaurant, offering warm hospitality. With Japanese music playing in the background, the atmosphere is so authentically Japanese that you'll feel like you've stepped into Japan all while being in Nepal.

This popular restaurant is well-known among Japanese locals as a recommended place to enjoy authentic Japanese cuisine. Inside, there is both a sushi bar and a teppanyaki counter, where skilled chefs prepare sushi and cook on the teppan grill right in front of you - another highlight of the dining experience.

Come and experience a taste of Japan right here in Nepal!



Japanese Food Kotetsu  
Hotel Ambassador 1st F.  
Lazimpat, Kathmandu  
Tel: +977 1-5917869  
Mob: +977 976-1855207

Business Hours:  
11:00 AM - 9:30 PM  
Last order: 9:00 PM  
\*Saturday - No Lunch Service\*



# BODY.



## Girls in Combat Sports

Celebrate Women's Day  
Standing Strong

This March, celebrate the girls and women in Nepal's combat sports who are breaking stereotypes, building confidence, and inspiring communities. From Muay Thai to boxing, their journeys show that true strength is not just physical, it's mental, emotional and transformative. Through resilience and courage, they teach us all to stand tall and rise, again and again.

.....  
By Sukadev Karki

MARCH ARRIVES with purpose. The air in Nepal feels fresher, the days stretch longer and the world turns its attention to women everywhere. International Women's Day on March is a moment to honor strength, resilience and the courage to claim space in places once considered out of reach. This year, as we reflect on themes of rights, justice, action, and giving to gain, let us celebrate the girls and women who step into the ring, the mat and the dojo. In combat sports, they are not just fighting opponents but they are also fighting stereotypes, building unbreakable confidence and inspiring entire generations.

Combat sports like Muay Thai, MMA, karate, taekwondo, boxing and kickboxing demand everything: physical power, mental discipline, strategic thinking and heart. For women in Nepal, entering these arenas often means pushing against cultural expectations, family pressures and limited resources. Yet they do it and they do it brilliantly. Their stories remind us that true strength is not about size or speed alone but about showing up, again and again and rising every time you fall.

### The Rise of Women in Nepal's Combat Scene

Nepal's combat sports landscape is changing, thanks to trailblazing women who refuse to stay on the sidelines.

Susmita Thapa Magar has become a national champion in Muay Thai, holding her ground in the super flyweight division and earning WBC recognition. Sangita Dhama dominates in MMA, delivering powerful

performances that leave opponents and fans in awe. Bivisha Shrestha made history as Nepal's first female professional boxer, paving the way for others to lace up gloves. In karate, Arika Gurung has brought home historic medals, including silver at prestigious international events, proving Nepal belongs on the global stage.

These athletes face real challenges: balancing training with family expectations, funding their own journeys and overcoming the quiet judgment that combat is not "for girls." Yet they persist. They train in local gyms, community halls and open grounds. They inspire younger sisters, cousins and neighbors to see that power is not masculine; it is human.

### What Combat Sports Give Women

Stepping into combat training transforms more than the body. It builds layers of strength that carry into every part of life.

Physically, it creates resilience: stronger muscles, better coordination, explosive power and the endurance to keep going when tired.

Mentally, the benefits run even deeper. Training releases endorphins that lift mood and reduce stress. Facing an opponent or sparring partner teaches calm under pressure, quick decision-making and the ability to stay composed when things get tough.

Emotionally, combat sports offer empowerment that lasts. Learning self-defense techniques gives a profound sense of security. Knowing you can protect yourself shifts

how you walk through the world: shoulders back, head high, unafraid. It breaks the cycle of doubt. It replaces "I can't" with "I just did."

For girls and women in Nepal, this empowerment ripples outward. A strong mother or sister in the family becomes a living example of discipline and courage. A young girl watching her aunt train Muay Thai starts to believe she can take up space too. Communities grow when women stand strong; they inspire safety, confidence and change.

### A Simple Start for Any Woman or Girl

You do not need to become a champion overnight. Start where you are.

Try a beginner-friendly routine two or three times a week. If possible, find a local gym, karate class, or women's self-defense group. Many places in Kathmandu and beyond now offer welcoming sessions for beginners.

Some popular names where you can start your combat sports journey - Strongest Muay Thai Pokhara, Rhino Muay Thai Chitwan, Erawan Muay Thai Bansbari, H2O Boxing Baluwater, Tapout Fitness Baluwater, Lock & Roll The Pump, DG Boxing Boudha, ARC Boxing Club Lazimpat, Boxmandu and Gymkhana Performance Gyaneshwor.

Start slow, stay consistent, and celebrate every small win: a stronger punch, better balance, or simply showing up on a tough day.

### This Women's Day, Stand Strong

To every girl lacing up gloves for the first time, to every woman stepping onto the mat after a long day, to every mother encouraging her daughter: you are seen, you are powerful, you are changing the story.

Combat sports are not just about winning fights; they are about winning back your own power. They teach us that strength comes in many forms: quiet determination, loud courage, steady progress. When women rise in the ring, they lift everyone around them.

This March, let us give to gain. Give time to movement. Give encouragement to the girls around you. Give space for women to be strong, loud and unapologetic. In return, we all gain a world where every girl knows she can stand tall, strike true and live without fear.

To the women of Nepal in combat sports: thank you for fighting, for inspiring, for standing strong. Your victories are ours too.

Happy International Women's Day. Keep rising.



**Sukadev Karki**  
NSCA-CSCS, CPT, CF-L1,  
FSN Founder / Faculty  
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Fitness & Calisthenics

# The Invisible Load Women Carry

SOMEWHERE BETWEEN responsibilities, expectations, and endless to-do lists, many women find themselves simply getting through the day.

There is a kind of tiredness that sleep cannot fix, the tiredness of always holding things together.

And often, it is the first whisper of chronic stress.

## Chronic Stress Check: Signs Your Body May Be Running in Survival Mode

If several of these feel familiar, your body may be under prolonged stress:

- Feeling tired all day but unable to sleep deeply
- Constant bloating, acidity, or irregular digestion
- Frequent sugar or caffeine cravings
- Brain fog, forgetfulness, or low focus
- Irritability, anxiety, or emotional numbness
- Hair fall, dull skin, or slow recovery
- Irregular cycles or worsened PMS
- Feeling “wired but tired” alert yet exhausted

→ Cortisol raises blood sugar to provide quick energy, but chronically high levels promote fat storage, especially around the abdomen and worsen insulin resistance.

This piece explores how the constant mental and emotional responsibilities women hold can silently push their bodies into chronic stress and survival mode. Through clear signs, science-backed explanations, and supportive nutrition guidance, the piece helps women recognize burnout early and move toward sustainable, nourishing habits that restore balance and wellbeing.

By Sonal Talegaonkar

- Frequent colds or low immunity
- Low motivation despite resting

## What is happening inside a woman’s body during chronic stress?

When a woman feels she is constantly “just getting through the day,” her body is often stuck in a prolonged stress response. Cortisol remains elevated, disrupting reproductive hormones, thyroid function, digestion, and blood sugar balance. Over time, this leads to fatigue, mood changes, irregular cycles, poor sleep, and reduced resilience. Chronic stress is not just emotional, it affects the entire body, from hormones

to metabolism to mental wellbeing.

## How do cortisol and adrenaline sabotage our relationship with food and metabolism?

In survival mode, cortisol raises blood sugar to provide quick energy, but chronically high levels promote fat storage, especially around the abdomen and worsen insulin resistance.

Adrenaline suppresses appetite initially, but later triggers strong hunger and cravings.

Together, these hormones disrupt hunger cues, slow metabolism, increase emotional eating, and make

stable energy harder to maintain over time.

### Why does survival mode create caffeine and sugar cravings?

Chronic stress disrupts blood sugar regulation and drains energy-producing nutrients like magnesium and B vitamins. This leaves the body searching for quick fuel, usually sugar or caffeine.

Poor sleep worsens this cycle by increasing hunger hormones and reducing impulse control.

These cravings are biological, not a lack of willpower, which is why they feel so difficult to resist.

### Can chronic stress shut down digestion?

Yes. During stress, the body diverts energy away from digestion toward survival functions.

Reduced stomach acid, slower gut movement, and altered gut bacteria can lead to bloating, acidity, constipation, irregular appetite, and food sensitivities.

➔ When levels fall, women often experience fatigue, irritability, poor sleep, low mood, reduced focus, and increased cravings, all of which further deepen the stress cycle.

Since the gut is closely linked to mood, digestive disruption can also increase anxiety, brain fog, and low motivation.

### Which nutrients are depleted first under chronic stress?

Stress rapidly depletes magnesium, B vitamins, vitamin C, iron, and omega-3 fats.

These nutrients are essential for energy production, nervous system stability, and mood regulation.

When levels fall, women often experience fatigue, irritability, poor sleep, low mood, reduced focus, and increased cravings, all of which further deepen the stress cycle.

### How might stress-driven inflammation show up physically for a woman in 30s or 40s?

Low-grade inflammation from chronic stress can appear as persistent fatigue, dull or reactive skin, increased belly fat, joint stiffness, headaches, frequent colds, irregular

cycles, or slow recovery after exertion.

Many women don't immediately link these symptoms to stress, but inflammation often reflects long-term hormonal and metabolic strain.

Three non-negotiable nutritional habits to shift out of survival mode

- Eat regularly, not perfectly: Balanced meals with protein, healthy fats, and fibre help stabilize blood sugar and calm stress hormones.
- Prioritise micronutrients: Include nuts, seeds, greens, and whole foods daily to replenish magnesium, B vitamins, and iron.
- Support rhythm, not restriction: Stay hydrated, eat at consistent times, and avoid long gaps that worsen fatigue and cravings.
- Small, steady habits regulate the nervous system more effectively than extreme changes.

### How can women move toward supportive nutrition instead of restrictive dieting?

This is very important.

When the nervous system is already stressed, restriction increases hormonal strain.

Supportive nutrition focuses on nourishment rather than control eating regularly, choosing balanced meals, and listening to hunger cues.

The goal is stability, not perfection. When the body feels safe and nourished, cravings reduce, energy

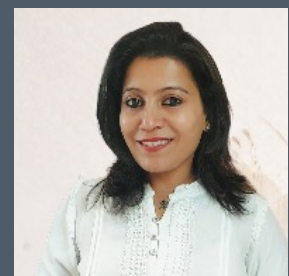
improves, and healthier choices become easier and more sustainable.

### Small Habits That Help Regulate Stress

- Eat balanced meals regularly (protein + fibre + healthy fats)
- Hydrate consistently, especially during busy days
- Get morning sunlight and gentle daily movement
- Include magnesium-rich foods (nuts, seeds, greens)
- Slow down meals digestion improves in a calm state
- Prioritise sleep rhythm, not just sleep hours

Your body is always communicating through energy, mood, sleep, and cycles.

Listening early and responding with support can quietly transform long-term health.



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# Feminine Energy

Restoring Balance Through Yoga

**Ashtanga yoga expert, Vijay Vaidya emphasizes feminine energy as a universal force of balance, rooted in intuition, care, and renewal and how modern life often pushes it aside. Through insights from Hindu goddesses and simple yoga practices, the piece shows how blending strength with rest can restore physical, emotional, and mental wellbeing.**

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By Vijay Vaidya

**FEMININE ENERGY** is often misunderstood. It isn't about gender, mysticism, or belief systems. In simple terms, feminine energy refers to qualities that help life stay balanced: intuition, care, adaptability, emotional awareness, and the ability to restore. These qualities exist in everyone.

Modern life rewards constant actions like working harder, moving faster, doing more. Structure and discipline are important, but when action is not balanced with rest and awareness, people burn out. Bodies tighten, emotions are pushed aside, and life becomes rigid.

Feminine energy brings balance back, not by stopping progress, but by making it sustainable.

## What Happens When Feminine Energy Is Missing ?

When daily life is driven only by output and control, warning signs appear:

- Exhaustion becomes normal
- Rest feels unproductive
- Emotions are ignored instead of processed

Over time, this imbalance affects physical health, mental wellbeing, relationships, and how we treat the environment. Productivity may continue, but wellbeing declines.

Balance does not mean choosing softness over strength. It means allowing both effort and care to coexist.

## What Hindu Goddesses Teach Us About Feminine Power

In Hindu culture, feminine energy has always been represented through goddesses, not as abstract ideas, but as human qualities expressed through stories and symbols. Each goddess reflects a different aspect of life that is still relevant today.

Durga represents strength, courage, and protection. She reminds us that feminine energy includes the ability to set boundaries and stand firm.

Lakshmi symbolises stability, prosperity, and wellbeing. She reflects the idea that abundance grows where balance and care exist.

Saraswati stands for wisdom, learning, and clarity. She represents thoughtful expression, creativity, and inner intelligence.

Kali represents change and transformation. She reminds us that letting go of what no longer serves us is necessary for growth.

Together, these goddesses show that feminine energy is not one thing. It can be strong, nurturing, calm, creative, and transformative depending on what life requires.

## Yoga as a Practical Tool for Balance

Yoga does not require belief. It works because it brings attention back to the body and breath where balance is felt directly.

Through yoga, we slow down enough to notice tension, fatigue, and emotional

patterns. This awareness strengthens qualities linked to feminine energy: listening, patience, self-regulation, and recovery. Yoga teaches us to respond to the body rather than override it.

This balance between effort and ease is what makes yoga especially relevant today.

## Two Yoga Postures That Support Feminine Energy

Certain postures are particularly effective because they work with the hips, pelvis, and nervous system, areas associated with grounding, emotional balance, and resilience.

### Goddess Pose (Utkata Konasana)

Standing wide with bent knees and an upright spine, Goddess Pose builds strength while keeping the body open.

#### BENEFITS

- Strengthens the lower body
- Activates the pelvic area
- Encourages grounded confidence

This posture reflects a powerful message: strength does not need to be aggressive. It can be stable, open, and embodied.

### Supported Reclined Bound Angle Pose (Supta Baddha Konasana)

In this restorative posture, the body is fully supported and allowed to relax.

#### BENEFITS

- Calms the nervous system

- Releases tension in the hips
- Supports deep physical and emotional recovery

This pose reinforces an often-forgotten truth: rest is essential, not optional.

## Why This Matters

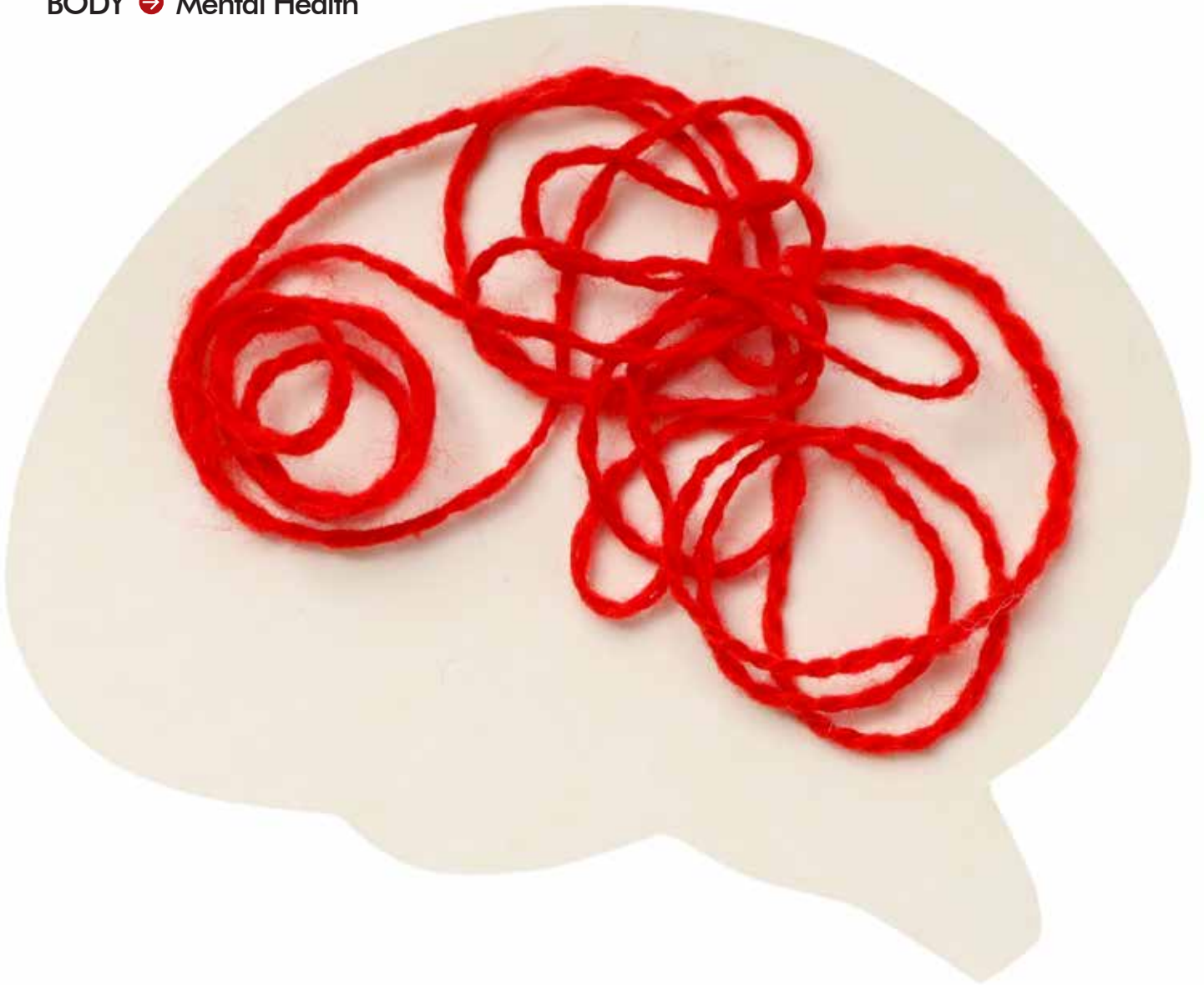
Feminine energy is not a theory. It shows up in everyday choices: when we listen to our bodies, allow rest, express emotions, and move with awareness rather than force.

Yoga offers a simple way to reconnect with this balance. By combining strength with softness and effort with recovery, yoga helps people live in a way that is not just productive, but sustainable.

In a world that constantly pushes forward, feminine energy reminds us that balance is what allows us to keep going without breaking.



VIJAY VAIDYA, a certified Ashtanga vinyasa teacher, has taught over 1000 students worldwide, including in Nepal, Bali, Vietnam, and Copenhagen. He specializes in Ashtanga yoga, including hip opening, hand balance, inversions, back bending, power Ashtanga, restorative yoga breath work, and pranayama, ensuring correct asana execution.



# UNDERSTANDING WOMEN'S MENTAL HEALTH

**This insightful clinical conversation explores the biological, psychological, and social realities shaping women's mental health in Nepal today. From hormonal shifts and emotional burnout to societal pressure and silent suffering, it uncovers the hidden toll of being "always strong." The piece calls for awareness, empathy, and everyday self-care to support women's emotional well-being.**

---

By Sneha Agrawal

Clinically speaking, how does men's mental health differ from women's mental health, not just emotionally, but biologically and socially? Clinically, men's and women's mental health exhibits distinct differences influenced by biological, psychological, and social factors. Biologically, hormonal fluctuations, such as estrogen in women and testosterone in men, impact mood and stress responses. Psychologically, women tend to internalize distress, manifesting as depression, anxiety, and rumination, while men are more inclined to externalize it, manifesting as anger and substance use. Socially, gender roles shape emotional expression and influence help-seeking behavior. Women are generally more likely to seek support, whereas men are less likely to seek help and have higher suicide completion rates. However, individual experiences often hold greater significance than gender alone.

Women are often praised for being "multi-taskers" and "adjusting." How do such social expectations interact with biological stressors to create a unique profile of burnout in women? It's often said that women are great at juggling and "adjusting," which can really take a toll on our emotions and brains. The pressure to always put others first and keep things peaceful can lead to ongoing stress. When you add in things like hormonal changes and how easily we react to stress, it can create a burnout that's different from what we usually see.



## The most prevalent mental health challenges encountered encompass anxiety, depression, trauma-related distress, postpartum depression, marital relationship difficulties, and maternal mental health concerns across various age groups.

This burnout often feels like emotional exhaustion, guilt when we try to relax, a high-functioning depression, and physical symptoms, instead of just withdrawing or getting angry. If we keep taking on too much without getting enough rest, it can wear us down deeply.

This creates a loop:

Over-responsibility → Suppressed needs → Chronic stress → Emotional depletion → Guilt → More over-responsibility.

Social expectations don't just pile on work; they work with our body's stress systems to create a burnout that's more about relationships, hidden from view, and filled with guilt, which is especially common in women.

In your clinical practice, what are the most common mental health challenges faced by Nepali women today, across different age groups?

The most prevalent mental health challenges encountered encompass anxiety, depression, trauma-related distress, postpartum depression,

marital relationship difficulties, and maternal mental health concerns across various age groups. Gender-based violence, societal expectations, economic stress, and limited access to formal mental health support further exacerbate these challenges. Early identification, stigma reduction, and community-accessible mental health services are paramount clinical priorities.

How do hormonal changes such as menstruation, pregnancy, postpartum, and menopause impact women's emotional regulation and vulnerability to anxiety or depression? Hormonal changes throughout a woman's life, including menstruation, pregnancy, postpartum, and menopause, impact emotional regulation by influencing brain systems responsible for mood and stress control. Rapid fluctuations or drops in estrogen and progesterone can increase susceptibility to anxiety, irritability, and depression. Menstruation may trigger premenstrual syndrome (PMS) or

premenstrual dysphoric disorder (PMDD), while pregnancy can intensify worry or low mood. Postpartum changes often cause "baby blues" or postpartum depression, and menopause can lead to depression, anxiety, and sleep disturbances. An individual's risk is influenced by genetics, past mental health history, and life stressors.

Balancing work and home added with external factors like social media, career pressure, and beauty standards have intensified stress for Nepali women today. How is modern life changing the way women experience anxiety and self-worth? Modern Nepali women often find themselves balancing old-world expectations with new-age challenges. The stress they feel is amplified as they try to manage work, family, and what society expects of them. Career demands, social media, and beauty ideals can heighten anxiety and make them question themselves, while the traditional roles of being a caregiver and a peacemaker can lead to feeling caught between two worlds and feeling guilty. This mix can make their self-worth tied to what others think, which can lead to subtle burnout, emotional weariness, and a sense of low self-esteem.

Many women say they're 'just tired.' How do we differentiate normal fatigue from emotional burnout or chronic mental exhaustion? Normal fatigue is temporary and resolves with rest,

without impairing daily functioning. However, persistent, overwhelming, and debilitating tiredness that affects functioning is more than normal fatigue. It may indicate burnout or chronic mental exhaustion and requires attention. This persistent tiredness often includes physical symptoms, detachment, and difficulty managing work or home responsibilities. It also affects motivation, concentration, and emotional regulation.

Can persistent physical symptoms be signs of underlying mental health struggles in women?

Yes, persistent physical symptoms in women can indeed be indicators of underlying mental health challenges, particularly when medical tests repeatedly fail to identify a clear cause.

It's important to recognize that these symptoms are not mere figments of the imagination. They are real and can have a profound impact on a person's well-being.

What are some hidden signs that a woman's

mental health is declining, and what realistic & appropriate coping mechanisms do you recommend for Nepali women?

That's a crucial question, especially in the Nepali context where women are often expected to "adjust," "be strong," and "not complain." Mental health decline in women is often subtle, gradual, and concealed by societal expectations.

**Sometimes, it manifests in the following ways:**

- Doing everything but feeling nothing.
- Smiling outwardly while crying alone.
- Constantly saying, "I'm just tired."
- Getting irritated over minor things.
- Losing interest in activities she once enjoyed.
- Experiencing constant guilt, such as "Maybe I'm not good enough."
- Suffering from headaches, body pain, or unexplained gastric issues.
- Desiring solitude but feeling lonely.

### Gentle Reminders for Nepali Women

Remember, you are entitled to:

- Rest without feeling guilty.
- Seek help when needed.
- Express your feelings, such as saying, "I feel overwhelmed."
- Dedicate 15 minutes to yourself.
- Consider seeking therapy.
- Embrace an identity beyond being a wife, mother, daughter, or daughter-in-law.

Self-care doesn't have to be extravagant

- Take a short evening walk.
- Enjoy 10 minutes of quiet tea.
- Engage in prayer or meditation.
- Journal your thoughts.
- Reach out to a trusted friend.

By practicing small daily self-care, you can prevent emotional collapse later on.

If you know a woman who appears to be "always strong," don't hesitate to check on her. And if you are that woman,

remember that you deserve support too.

Women have carried families, communities, and generations on their shoulders. It is time we also take their emotional well-being with equal care. Mental health is not a luxury. It is not a weakness. It is not selfishness. It is healthy.

Let awareness become action. Let silence become support.



**SNEHA AGRAWAL CHAUDHARY** is an experienced licensed psychologist with over a decade of experience in clinical psychology. Holding a Master's Degree in Applied Psychology from the esteemed University of Delhi, Sneha specializes in Cognitive Behavioral Therapy. Currently practicing at Norvic International Hospital, she is deeply committed to helping individuals navigate various mental health challenges.



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# THE GYNO'S GUIDE EVERY WOMAN DESERVES

Conversations with a Gynaecologist to bring expert, compassionate guidance to help women understand the most common reproductive health issues they face today. The piece empowers readers to recognize early warning signs, prioritize preventive care, and make confident, informed decisions about their bodies at every stage of life. It is a practical, reassuring roadmap to lifelong women's health.

In conversation with Prof. Dr. Arju Chand Singh

**WHAT ARE** the most common gynaecological issues you see among women and what early signs should women not ignore?

In my daily practice, the same health concerns appear repeatedly among women from both urban and rural Nepal. The good news is that most of these conditions are very treatable, especially when detected early.

## The most common problems include

- Menstrual disorders
- Vaginal and reproductive infections.
- Pelvic organ prolapse (uterus coming down)
- Fibroids
- Polycystic Ovary Syndrome (PCOS)
- Cervical cancer
- Infertility

## Early warning signs women should never ignore include

- Periods suddenly becoming very heavy or very irregular
- Bleeding between periods or after menopause
- Persistent foul-smelling discharge
- Continuous lower abdominal or pelvic pain
- Pain during intercourse
- Any breast lump or unusual change

Many women suffer through painful periods or pelvic pain thinking it's 'normal.' At what point does 'discomfort' become a red flag that requires a specialist's visit? Mild cramps for a day or two during menstruation can be normal. However, pain becomes a medical concern when

- It forces you to miss work, school, or household duties
- Regular painkillers give little or no relief
- Pain starts many days before the period or continues after it ends
- You experience pelvic pain even when not menstruating
- Intercourse becomes painful
- Symptoms worsen with each passing year
- Pain is so severe it causes vomiting, fainting, or extreme weakness

What are the non-negotiable reproductive health checks every woman should have in her 20s, 30s, and 40s? A woman's health priorities change with age, but preventive care remains essential throughout life.

IN YOUR 20S

This is the decade to understand your body and establish healthy reproductive habits.

- Seek evaluation for irregular periods or hormonal symptoms
- Start cervical cancer screening when advised by your doctor
- Discuss contraception or pregnancy planning if needed
- Learn breast self-awareness

IN YOUR 30S

This stage often brings fertility planning and long-term health focus.

- Continue regular cervical screening
- Seek early evaluation if pregnancy does not occur after trying
- Monitor blood pressure, weight, and sugar levels
- Maintain regular breast checks

## IN YOUR 40S

This decade focuses strongly on early detection and hormonal transition.

- Begin mammography when recommended
- Continue cervical screening
- Discuss symptoms of perimenopause such as irregular cycles, sleep disturbance, or hot flashes
- Monitor bone health, diabetes risk, and cardiovascular health

Preventive visits often detect problems before symptoms even begin.

For some of the common conditions you mentioned earlier, when do they require surgical treatment, and how does laparoscopic surgery help in those cases?

Surgery is usually recommended when medicines fail to control symptoms or when a condition begins affecting daily life or fertility. Situations where surgery may be needed include:

- Large or symptomatic fibroids
- Persistent ovarian cysts
- Severe endometriosis
- Pelvic organ pro-lapse affecting normal activity
- Certain causes of infertility
- Ectopic pregnancy (which requires urgent treatment)

Today, many of these procedures can be performed using laparoscopic (keyhole) surgery.

## This modern approach offers

- Much smaller incisions
- Less postoperative pain
- Faster recovery
- Shorter hospital stays
- Minimal visible scarring
- Earlier return to normal life

For many women, this has made gynaecological surgery far safer and less intimidating than in the past. Today, many gynaecological surgeries that previously required large cuts can now be done laparoscopically. However, the safest method is always chosen based on the individual case, the goal is not the smallest incision, but the safest outcome. The final choice depends on the patient's condition, size of the problem, urgency, and the surgeon's judgement.

What daily habits or lifestyle changes can women adopt to maintain good reproductive and hormonal health?

Women's hormonal health is strongly influenced by everyday habits. Simple but powerful steps include

- Eating balanced home-cooked meals rich in vegetables, lentils, fruits, and iron sources
- Limiting excessive sugar and processed foods
- Walking, yoga, or exercising regularly
- Getting adequate sleep each night
- Managing stress through relaxation, prayer, or meditation
- Avoiding smoking and limiting alcohol

- Avoiding unnecessary internal vaginal products or home remedies

Consistency in daily lifestyle often prevents many future reproductive problems.

Many women delay visiting a gynaecologist due to fear or hesitation. When is the right time for a woman to have her first gynaecological check-up?

A woman should not wait until marriage or pregnancy to meet a gynaecologist.

She should consult

- If periods are very painful, heavy, or irregular
- If she has persistent discharge, itching, or pelvic pain
- When becoming sexually active and needing contraception advice
- When planning pregnancy
- When routine cervical screening is advised

For teenagers, the first visit is usually educational and reassuring. A physical examination is not always necessary.

As a gynaecologist, if you could give one piece of 'Smart Advice' to every woman reading this March issue, what would it be?

My strongest advice is simple

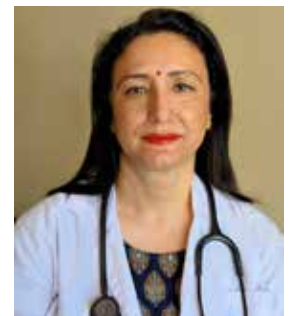
“Never normalise persistent pain, heavy bleeding, or unusual symptoms.”

Your body always signals when something needs attention.

## Protect your health by

- Tracking your menstrual cycle
- Seeking medical advice early instead of waiting
- Attending regular screening visits
- Speaking openly and honestly with your doctor
- Keeping intimate hygiene simple and natural

Early consultation does not just treat disease, it protects your fertility, your confidence, and your long-term wellbeing.



### DR ARJU CHAND SINGH

is a senior obstetrician-gynaecologist and Principal Consultant at Nepal Medicity with over 30 years of experience in women's healthcare. She specialises in high-risk pregnancies, complex gynaecological conditions, and advanced minimally invasive surgery, and is known for her calm, compassionate patient care. A former Commandant in the Nepal Army Medical Corps and United Nations medical officer, she combines clinical excellence with national service and leadership. Dr. Singh remains committed to safe, respectful, and accessible healthcare for women at every stage of life.

# PARENTING.



# Letting Go with Love

**A mother reflects on the painful yet transformative journey of letting her daughter leave the safety of home and grow on her own. Through distance, struggle, and emotional challenges, both parent and child discover resilience, emotional intelligence, and the true meaning of love. It is a heartfelt reminder that sometimes, the bravest act of parenting is to step back and trust a child's ability to rise.**

By Neha Lohia

## Raising Resilient & Emotionally Intelligent Children

MY DAUGHTER lived with me until she turned sixteen. For those sixteen years, my life slowly wrapped itself around hers. I was not only her mother, but also her counsellor, nurse, organiser, critic, cheerleader, and sometimes, when emotions ran high, her punching bag. All rolled into one.

I knew she depended on me. And like most mothers, I took pride in that dependence. I wore it quietly, but confidently. I was always there, always available, always managing. I anticipated her needs before she voiced them. I stepped in before she struggled. If there was a problem, I fixed it. If there was pain, I absorbed it. Being her mother was not just a role I

played, it was my priority, my purpose, the space where I felt most certain of myself.

I believed I was doing it right.

I believed I was doing it perfectly.

Then came the moment every parent knows will arrive one day, but still feels unprepared for when it does.

She had to leave.

She had to fly out of the protected nest I had built so carefully around her. It was time to let go. Time to teach my daughter, the one person I felt I could not live without, how to live without me.

That realization was painful in a way I hadn't expected. Because once you become a parent, protecting your child becomes instinctive. It is not a decision you consciously make; it is something that lives in your body. You want to protect them from scraped knees and broken hearts, from disappointment and failure, from emotional pain that feels unbearable to imagine. Letting go feels like going against nature, even when you know it is necessary.

I was consumed by worry.

How would she take care of herself in boarding school if she fell sick? Who would notice if she had a fever at night? Would she eat properly? Would she adjust to hostel food? Would she make

friends? Would she feel lonely? Most importantly, would she be happy?

These questions followed me everywhere. They filled the quiet moments and kept me awake at night.

The first year of boarding school was exactly as difficult as I feared.

It was a roller-coaster ride of emotions. There were tears, many of them! There were sleepless nights, long phone calls, moments of anger and frustration on both sides. There were fights and arguments, feelings of loneliness, exhaustion, hunger, and constant emotional overwhelm. There were days when she felt she wasn't performing well enough, days filled with self-doubt, days when everything felt heavier than it should have.

And for the first time, I felt powerless.

I could not step in and fix things. I could not protect her from discomfort. I could not smooth the road ahead of her. I had to sit with my own anxiety while she learned to sit with hers. I had to resist the urge to pull her back into the safety of home, even when every instinct in me wanted to.

There were moments of guilt. Moments of doubt. Moments when I questioned whether I had made the right decision at all.

But slowly and quietly, something began to shift.

She began to grow.

She made mistakes, real ones. She struggled. She failed. She learned how to manage her emotions without me stepping in to rescue her. She learned how to sit with sadness instead of running from it. She learned how to process anger without exploding. She learned how to ask for help, how to stand up for herself and how to navigate discomfort.

She learned resilience not because life was kind to her, but because it wasn't.

And I learned something too.

I learned that love does not always look like protection. Sometimes, love looks like trust.

Today, she is in her second year of college. And things are so much better. Not perfect but stronger, steadier, more grounded. The journey was full of mistakes and learnings, setbacks and small victories. Growth did not come overnight, but it came authentically. She understands herself better now. She understands her emotions better. There is a quiet confidence in her that could never have been taught at home.

This journey reshaped my understanding of parenting.

I realised that overly protective parenting, though rooted in love, can unintentionally delay emotional growth. Children need opportunities to solve problems early on, while the stakes are still manageable. Shielding them from every discomfort does not prepare them for life; it postpones their learning.

I realised how important it is to teach children about emotions early. Anger, sadness, jealousy and fear, all emotions are valid. They are natural and often uncontrollable. What matters is not what children feel, but how they learn to deal with those feelings. Suppressing emotions does not make children strong. Understanding emotions does.

One of the most important lessons I learned is that emotions and reactions are not the same. Emotions arise automatically. Reactions are choices. Teaching children this difference equips them with lifelong emotional intelligence.

Children also learn far more from what they observe than from what they are told. How we, as parents, handle stress, conflict, disappointment, and failure becomes their emotional blueprint. Emotional intelligence is not taught through lectures; it is modelled through everyday behaviour.

I also learned the difference between sympathy and empathy. Sympathy soothes, but empathy connects. Empathy allows children to understand others, not just themselves. It builds stronger relationships and deeper emotional awareness.

Effort, I learned, matters far more than perfection. When we praise effort, we build resilience. When we chase perfection, we build fear.

And mistakes, as painful as they are to watch, are the greatest teachers of all.

Today, I saw a young woman who understands that all emotions are okay. She knows that feeling deeply is not a weakness. She knows that handling emotions well is more important than avoiding them. That confidence did not come from comfort. It came from experience.

Letting go did not mean loving her less.

It meant loving her enough to trust her growth, her resilience, and her ability to navigate the world and trusting myself enough to step back.

Emotionally intelligent parenting is not about raising children who never struggle. It is about raising children who know how to face struggle without falling apart.

And sometimes, the bravest thing a parent can do is let go, not because it is easy, but because it is necessary.




**Neha Lohia**  
Freelance writer with a passion for story telling, a foodie always thinking what to eat next, and a health & wellness enthusiast dedicated to balanced living!

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# Parenting Daughter & Son

**This is a heartfelt reflection on parenting beyond gender stereotypes, sharing the joys and lessons of raising a daughter and a son. It celebrates how both children, despite physical and emotional differences, thrive on love, attention, and freedom to explore their interests, showing that empathy, care, and curiosity are not bound by gender..**

.....  
By Divya Singh

FROM THE day I was expecting, I never imagined whether I want to have a daughter or a son, that was never my priority. However, as months kept on increasing, I was longing 'If I could have a daughter'. At the time of my surgery, I remember I was wishing a girl child. I was so happy that my daughter was born. She was special and she is. Since she was small, I remember she loves to have lots of conversations, share about imaginary stories & characters. My first experience about parenting daughter has been she loves conversations like chatter box, during her earlier years, this was the something that I prioritized. Whenever I spent time with her, we talk a lot and share stories. I remember I began telling her stories, reading with her since she was 6 months old, and still, she has love towards books.

I had heard a lot from people that girls prefer dolls, but I really did not want to limit her preferences, I used to bring her balls, my husband used to bring her cycle. I remember when she was Grade 1 or 2, she was the only girl in her

class's futsal team, later on other girls also joined. We have tried and will keep on trying not to limit her choices. Naturally I have felt daughter is caring and expresses through actions. While I was expecting my second child, I remember she used to bring me warm milk, warm water, cornflakes when she was only 5 years old.

My second kid, was a precious baby boy. I was bit confused initially after having son. I had heard a lot about how sons are aggressive and they are not emotional. While raising my son, I realized, similar to my daughter, he is also very fond of stories, maybe a bit less than daughter, but there is no doubt even son loves conversations and stories, and they are emotional too. Sometimes, he makes me feel that he is actually more emotional than my daughter, I remember if I raise my voice slightly, he feels so hurt. From my experience, its myth a that daughters are more emotional than son. Yes, its true physically they are different and hence have different requirements, hence boys love action-oriented games and girls

love to seat and play. That basic differences are there. I remember when he was small, I gave him doll and ball, and naturally he inclined towards balls but loved girly stuffs like dolls also. These preferences are natural as per my experience. However, while raising my son, my most beautiful experience has been son expressed their love and care by admiring, he makes me feel as if I am the most beautiful woman on the earth. Daughter expressed you love through actions and son pampers you with admiration, that's beautiful difference I have felt.

While raising both my kids, honestly speaking, I never had any thought on raising them differently. Physically sons and daughters are different, but despite of any gender, they both seek our love, care, nurturing environment. Boys are also emotional & chatter box as well, and yes girls are also sporty & not always softy. Rather than having gender stereotypes, lets love our kids and raise them same values, love, time and respect and let's not limit their choices.

➔ **Physically sons and daughters are different, but despite of any gender, they both seek our love, care, nurturing environment. Boys are also emotional & chatter box as well, and yes girls are also sporty.**



**Divya Singh**  
Active member of Smart Parenting Nepal, contributing to initiatives that promote positive parenting and professional development as a HR Professional, Educator and Trainer.

# HOME. ●

## KEEPING YOUR HARDWOOD FLOORS LOOKING BRAND NEW

Hardwood floors bring warmth, elegance, and timeless charm into any home. But without proper care, their shine can fade and their surface can lose its smooth, polished look. Keeping your hardwood floors shiny like new isn't about expensive treatments. You can make them look new with consistent mindful care and a few smart habits.

The first rule of maintaining hardwood floors is regular cleaning. Dust, dirt, and grit act like sandpaper under your feet, slowly dulling the surface. Use a soft microfiber broom or vacuum to remove debris daily or every few days. Some vacuum's surface are rough and can scratch the floors, avoid those kinds.

Next comes gentle mopping. Hardwood and water don't mix well, so it's important to use a lightly damp, not wet mop. Choose a cleaner specifically designed for hardwood floors or make a mild solution with water and a few drops of gentle soap. Always wipe in the direction of the wood grain to preserve its natural finish and prevent streaks.

To truly maintain that "like new" shine, consider polishing your floors occasionally. A quality hardwood floor polish can restore luster and create a protective layer that enhances durability. However, don't overdo it, polishing once every 2-3 months is usually enough for most households.

Another key factor is preventing damage before it happens. Place rugs or mats in high-usage areas such as entrances, hallways, and living spaces. This reduces wear and tear and prevents dust from spreading across the floor. Cover pads under furniture legs are also a simple but effective way to prevent scratches when chairs or tables are moved.

Humidity control is often overlooked but essential. Wood naturally expands and contracts with changes in moisture levels. Keeping your indoor humidity stable helps maintain the integrity of your floors and prevents cracking or warping.

Finally, be mindful of your daily habits. Remove shoes indoors or wear a cushiony

flat room slipper to reduce dirt and heel marks, and clean spills immediately to prevent stains or water damage. Even small actions, done consistently, can significantly extend the life and shine of your hardwood floors.

With just a little care and attention, your hardwood floors can remain glossy, smooth, and beautiful for years, continuing to elevate your home with their natural elegance and warmth.



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# Wildflowers &

Blending history, symbolism, and the spirit of spring, Mamta Khatri draws a powerful parallel between women and flowers, each embodying resilience, beauty, and quiet strength. From the revolutionary roots of International Women's Day to the meaning behind every bloom, this piece celebrates the many ways women rise, endure, and flourish.

By Mamta Khatri



# Warriors

"Women are like flowers... Some are meant to bloom for a short time, while others transition from age to age, preserving their beauty and aroma from the moment they blossom until the saddest hour of petal fall." - Janusz Gaudyn

As we march into March, it is only right to express the deep rooted connection between flowers and women.

Let me start with 'The 'International Women's Day' that is celebrated around the world on March 8th. This particular event was put on the calendar by the Russian women who demanded "bread and peace" during a war-time strike in 1917.

After four days of continuous strikes and raising fists, the Tsar was forced to abdicate and finally the provisional government gave women the right to vote. What a

powerful movement that was.

Choosing to celebrate this event in March is perfectly fitting and relatable. It is a month that bursts with energy and an eagerness to move into a happy and bright Spring. Flowers and bulbs that have been quietly sleeping during the cold suddenly come to life and prepare themselves to be seen.

In the early 20th century, the "Bread and Roses" strike became a defining moment for women's labor rights. The slogan, taken from a poem by James Oppenheim, argued that women needed more than just the "bread" of existence which meant fair wages and job security. They also needed the "roses" of life, translating to dignity, education and beauty.

As you can see, the relationship between flowers and women has been more than just aesthetic. It is a shared language of resilience, growth and quiet power.

The global icon representing International Women's Day (March 8) is the beautiful and bright yellow Mimosa. This flower symbolizes female solidarity, strength, sensitivity and dignity.

Red roses have always been defined as a symbol of admiration and respect.

White roses stand for gratitude, grace and simplicity.

Tulips and Peonies which are still to make a bigger show in Nepal, have always stood for love, rebirth and appreciation. The bulbs of these flowers need to go through the harsh winter to gather enough courage to emerge in Spring. As a woman, I definitely relate to this message.

Lillies have always been appreciated for being flowers of grace and elegance.

The beautiful daffodil that shows up just as Spring arrives represents

new beginnings and the courage it takes to be the first to bloom in a harsh environment.

Last but not least, I love my wildflowers. As a woman, I relate most to these beautiful blooms that grow where they are never expected to grow, embracing all conditions and adding their unique beauty and balance to the ecosystem.

Let us celebrate the month of March with confidence, strengths and be proud of who we are. Let the flowers we choose reflect the specific strength of the women in our lives.

Whether it be the fierce resilience of a Tulip or the unique beauty of wildflowers, every bloom tells a story of survival and success.



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# THE QUIET LUXURY OF AN ORGANISED HOME

MODERN HOMES are increasingly defined by clarity of space, of function, and of intent. As open plans, clean lines, and uncluttered interiors become the norm, storage solutions must evolve to support this new way of living. Drawer systems, often overlooked, are central to this transformation. They bring method to what could otherwise become domestic chaos, translating everyday disorder into structured, intuitive, and visually calm environments.

At the heart of contemporary design lies a preference for straight architectural lines. From furniture to built-in cabinetry, linear geometry establishes rhythm and balance. Drawer systems complement this language perfectly. Their horizontal alignment reinforces clean sightlines, while concealed runners and seamless fronts maintain a minimalist aesthetic. Unlike traditional storage that relies on doors and deep shelves, drawers

present everything at a single glance, eliminating visual and functional clutter. This clarity is not merely aesthetic; it is deeply practical. When every item has a defined place and is easily accessible, daily routines become smoother and more efficient.

Drawer systems also respond to the modern demand for flexibility. Homes today are multifunctional i.e. kitchens double as social hubs, bedrooms as workspaces, and living areas as entertainment zones. Well-designed drawers adapt effortlessly to these shifting needs. Whether it is a kitchen drawer accommodating cookware, a wardrobe drawer organising accessories, or a home office drawer storing tools, the system remains consistent: structured, linear, and purposeful.

Integral to the effectiveness of drawer systems are drawer organisers. These internal solutions are where

true order is achieved. Organisers divide space intelligently, ensuring that every inch is optimised and nothing is wasted. Adjustable partitions, inserts, and modular trays allow customisation based on individual needs, preventing the “junk drawer” phenomenon that plagues many homes. By using space down to the very last inch, organisers transform drawers into precision instruments of storage rather than mere containers. The result is a quiet discipline within the home where everything is visible, accessible, and exactly where it belongs.

From a design perspective, drawer organisers also support visual calm. When interiors are orderly, exteriors can remain understated. This allows designers and homeowners to focus on the key components of minimalist architecture i.e. materiality, proportion, and light. Straight lines remain uninterrupted, surfaces remain clean, and the overall space

feels intentional rather than accidental. In this way, drawer systems do more than store; they actively contribute to the architectural narrative of the home.

Linear Drawer Systems by Hettich exemplify this philosophy of order and design excellence. Award-winning systems such as AvanTech You (with illumination), ArciTech, and InnoTech Atira combine precision engineering with a strong linear aesthetic. Designed to integrate seamlessly into modern interiors, these systems offer exceptional load performance, smooth motion, and extensive customisation options. Hettich drawers’ clean profiles and advanced organiser solutions reinforce minimalist architecture while delivering maximum functionality. Thus proving that with the right drawer system, even the busiest modern home can find its method in the madness.

# MARKET.



## Brandsutra 2.0: A Practitioner's Guide to Brand Building in Emerging South Asia

Brandsutra 2.0, authored by Ujaya Shakyas, offers a practitioner-led perspective on brand building in Nepal and emerging South Asian markets. Drawing from his experience with global clients, leadership roles, and as founder of Outreach Nepal, Shakyas explores how brands grow, stay relevant, or fail. Edited by Prof. Ujjwal K Chowdhury, the book emphasizes long-term

thinking, cultural context, and brand custodianship over quick tactics. Targeted at young marketers, students, entrepreneurs, and brand leaders, it addresses emerging market challenges and encourages sustainable, trust-driven brand strategies. Currently available in Nepal, it will soon reach broader South Asian markets.

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## LG Nepal launches nationwide free air conditioner service camp

LG Electronics, in partnership with CG Electronics, has launched a nationwide free air conditioner service camp ahead of the summer season in Nepal. The initiative offers free inspection and servicing of LG AC units by trained technicians to ensure efficient cooling, improved energy performance, and longer product lifespan. Customers

can also receive up to 50% discount on spare parts, a 20% discount on new AC purchases, and free installation worth Rs 4,000. Exchange offers provide up to 50% extra valuation on old units. Participants will receive service coupons worth Rs 3,000 and can access easy EMI facilities through CGX Elex.

## Introducing Galaxy Buds4 Pro



## Samsung Unveils Galaxy Buds4 Pro: Redefining Premium Wireless Audio with AI-Powered Innovation

Samsung has launched the Samsung Galaxy Buds4 Pro, its most advanced wireless earbuds designed to deliver immersive sound, intelligent features, and seamless integration within the Galaxy ecosystem. The earbuds feature a redesigned two-way speaker system that produces deeper bass, clearer highs, and high-resolution audio for a richer listening experience. Enhanced Adaptive Active Noise Cancellation automatically adjusts to surrounding noise,

while AI-powered microphones improve call clarity by filtering background sounds. Users can easily switch between Galaxy devices with smart connectivity features such as voice assistant access and gesture controls. In Nepal, the Buds4 Pro are priced at NPR 33,999 and are available in black and white, with EMI options alongside the Galaxy S26 series. □□

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# Gemstones for Your Zodiac

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FOR CENTURIES, gemstones have been cherished not only for their beauty but also for their believed healing and spiritual properties. In astrology, each zodiac sign is associated with specific gemstones that align with its energy, strengths, and emotional needs. Wearing or keeping your zodiac gemstone close is said to enhance positivity, balance, and personal growth.

## **Aries (March 21 – April 19): Diamond**

Bold and fiery Aries thrives on strength and courage. Diamond symbolizes clarity and invincibility, helping Aries stay focused and resilient in their pursuits. Other key stones include Bloodstone for vitality, Aquamarine for calming energy, and Red Jasper for grounding.

## **Taurus (April 20 – May 20): Emerald**

Taurus, ruled by Venus, resonates with love and stability. Emerald enhances compassion, emotional balance, and abundance, perfect for this grounded earth sign.

## **Gemini (May 21 – June 20): Agate**

Geminis are curious and communicative. Agate promotes mental clarity and

harmony, helping them stay centered amid their ever-active thoughts.

## **Cancer (June 21 – July 22): Pearl**

Sensitive and nurturing Cancer connects deeply with Pearl. It represents purity and emotional healing, offering comfort and calmness.

## **Leo (July 23 – August 22): Ruby**

Ruby mirrors Leo's vibrant and passionate nature. It boosts confidence, vitality, and leadership qualities, allowing Leos to shine even brighter.

## **Virgo (August 23 – September 22): Sapphire**

Practical and detail-oriented Virgo benefits

from Sapphire's calming and wisdom-enhancing properties, aiding clarity and focus.

## **Libra (September 23 – October 22): Opal**

Opal enhances Libra's creativity and sense of harmony. It supports emotional expression and strengthens relationships.

## **Scorpio (October 23 – November 21): Topaz**

Intense and transformative Scorpio resonates with Topaz. It promotes inner strength, truth, and emotional healing.

## **Sagittarius (November 22 – December 21): Turquoise**

Turquoise complements Sagittarius' adventurous spirit, bringing protection, good fortune, and spiritual grounding.

## **Capricorn (December 22 – January 19): Garnet**

Disciplined Capricorn is supported by Garnet's energizing and stabilizing qualities, encouraging success and determination.

## **Aquarius (January 20 – February 18): Amethyst**

Innovative Aquarius aligns with Amethyst, a stone of intuition and calmness that enhances spiritual awareness.

## **Pisces (February 19 – March 20): Aquamarine**

Gentle Pisces benefits from Aquamarine's soothing energy, fostering emotional clarity and inner peace.

Whether you wear these stones as jewelry, keep them at home, or use them during meditation, zodiac gemstones can serve as meaningful tools for self-connection. While their power may be symbolic, the intention and belief you place in them can inspire confidence, positivity, and a deeper bond with your cosmic identity.



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