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Shailaja Adhikary

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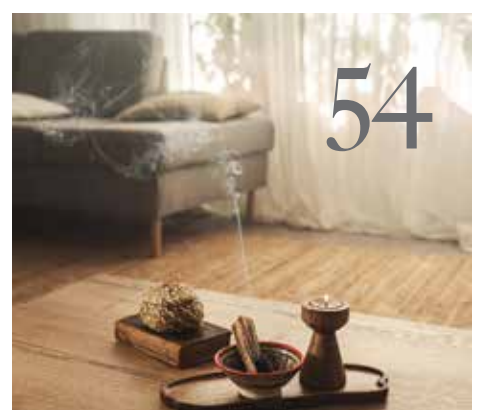
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EDITORIAL.

There is something quietly powerful about this time of year. As spring unfolds and we step into the promise of a new year, we are reminded yet again that renewal is not always loud or dramatic, rather, it often begins in the most subtle, personal ways.

This April, as we welcome 2083, we invite you to pause and reflect: what within you is ready to shift? What have you already outgrown, yet haven't fully acknowledged?

Transformation is rarely a single moment; it is a series of small, intentional choices. It is choosing to begin again, whether that means tending to your mental well-being, nurturing your body, redefining your role as a parent, or simply allowing yourself to let go of guilt and expectations that no longer serve you.

In this issue, we explore transformation not as pressure to become someone new, but as permission to return to yourself. From stories of leadership shaped by change to conversations around inner growth, from resetting your routines and

spaces to rebuilding your relationship with health, each page is a gentle nudge toward conscious living.

We also recognize that renewal looks different for everyone. For some, it may be reclaiming balance in a fast-paced life. For others, it might be rediscovering joy in everyday rituals such as cooking, movement, or even a quiet moment of stillness. And sometimes, it is simply about starting small, even when you don't feel fully ready.

As you turn these pages, we hope you find pieces that resonate, comfort, and inspire. Let this issue be your companion as you step into this new season with openness for growth.

Here's to fresh beginnings, softer perspectives, and the courage to evolve at your own pace.

Happy New Year 2083 to all the smart families reading this.

Signing out with heart full of love!



Visit our e-magazine

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Nurturing Every Child: A Parent's Perspective

By Ilse Bennink-Sapkota – Educator and Parent at Swostishree Gurukul IB World School



My name is Ilse Bennink-Sapkota, and I have been working in education for over 25 years, in schools across the world, including rural communities, underserved areas, and top schools in Europe, Asia, South America, and Africa. I specialize in Waldorf Education, a holistic approach. I have been living in Nepal for almost 20 years with my Nepali husband. My passion is to help every child be seen, recognized, and supported to grow into the person they are meant to be.

Since our children joined Swostishree Gurukul IB World School nearly two years ago, we have been amazed by the care, attention, and respect they receive. Our son Arjun (MYP Year 3, Grade 8), who is highly gifted and faces challenges with reading and writing, has been guided with patience and dedication. The school has provided him with individualized support, helping him overcome obstacles that other schools

previously did not recognize. Today, he is thriving academically and personally. He is a true testament to what attentive and thoughtful education can achieve.

Our daughter Vaya (MYP Year 5, Grade 10) is also flourishing. She is encouraged to think critically, ask questions, and explore her talents across subjects. The school pays close attention to the emotional well-being of students, offering counseling when children need guidance. Students are encouraged to explore creativity and care for others. They also develop practical skills alongside academic knowledge.

An equally remarkable aspect of the school is its focus on social development. Teachers pay close attention to the dynamics within the classroom, guiding children in their interactions and stepping in when small conflicts or misunderstandings arise. Bullying and exclusion are addressed thoughtfully, helping children learn to communicate, empathize, and resolve issues together. This kind of deliberate attention to social well-being is truly unique here in Nepal, and it makes a significant difference in creating a safe and supportive learning environment.

Holistic education is about understanding that every child comes into the world with a unique combination of qualities and challenges. It is the role of

educators and parents to guide children, helping them recognize their strengths, develop their potential, and learn from their difficulties. Learning is not only about achieving high marks; it is also about growing as a thoughtful, responsible, and self-aware human being.

Swostishree Gurukul embodies this philosophy. Children are seen for who they are, supported in their journey, and guided to become confident, compassionate individuals ready to contribute to society.

As a parent and educator, it is inspiring to witness an

environment where children are encouraged to be curious, creative, and caring.

I hope this way of working spreads further across Nepal and beyond. We are grateful to Swostishree Gurukul for making our children feel valued, empowered, and fully supported. Let us always remember: every child comes into the world with a unique combination of qualities and challenges, and it is the duty of their guides to help them thrive.

With heartfelt wishes for your children's journey,
Ilse Bennink-Sapkota

**Do not ask your children
to strive for extraordinary lives.
Such striving may seem admirable,
but it is the way of foolishness.
Help them instead to find the wonder
and the marvel of an ordinary life.
Show them the joy of tasting
tomatoes, apples and pears.
Show them how to cry
when pets and people die.
Show them the infinite pleasure
in the touch of a hand.
And make the ordinary come alive for them.
The extraordinary will take care of itself.**

by: William Martin



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STARTER.

What have you outgrown this year without fully acknowledging it?

A quiet yet powerful reflection on personal growth, this piece explores the subtle ways individuals have evolved over the past year. Through honest narratives, it highlights how small, often unnoticed shifts can lead to deeper self-awareness, confidence, and emotional resilience.

By Malika Joshi

← **Hemanta Bhandari**
*Managing Director - Nepal
8th Wonder*

This year, I've outgrown the comfort of telling familiar stories. For a long time, I stayed close to what I knew but Nepal is far bigger, deeper, and more diverse than that. I've realized that if I truly want to represent this country, I need to keep moving, keep exploring, and keep pushing myself beyond what's easy. There are still so many people, cultures, and places waiting to be seen. That realization has shifted everything for me now, it's not just about storytelling, it's about responsibility.



➔ **Manisha Thapa**

Content Creator - Stories of Manisha

This year, I learned to say no when I really wanted to say no. I stopped worrying so much about missing out and started enjoying my own time and my own company. I also gradually stopped caring so much about what everyone thought of me. These changes didn't happen all at once; they happened in small moments, in setting boundaries, in choosing myself. And maybe that's my biggest growth this year: learning that protecting my peace is not selfish, it's necessary.



⬅️ **Aanchal Tamrakar**

Actor/ Creator

Over time, I have moved beyond the version of myself that used to question everything. It's been a journey of finding myself again, embracing the things I've always dreamed of and stepping into opportunities whenever they came my way. I've started choosing growth over comfort, and myself over expectations. In doing so, I've learned to trust my own voice and recognize my self-worth without seeking external reassurance. It's not something I've fully paused to acknowledge, but in many ways, I've stepped into a more confident, self-assured version of who I am becoming.

➔ **Dr. Keshu Khadka**

Miss Supranational Nepal 2022, Content Creator, Dentist

For a long time, I put other people's comfort and convenience before my own. I thought that made me an accommodating person, but I realised it wasn't the best for my well-being. I've embraced loving myself more, to choose myself first, and to be vocal about my boundaries. I've learnt to uphold them, and honestly, it has been quietly and sometimes loudly empowering. I'm loving myself louder than ever before, and I love it.



STARTER ➔ One Question

➔ **Abhinav Joshi**

Food Vlogger - Nepali Food Traveller

This year, I outgrew my wariness of new people, that subtle bracing before every introduction, the quiet calculus of saying the right thing without worrying what others might think. Without fully acknowledging it, I stopped treating strangers as tests to pass and started meeting them as invitations instead. The shift made me realize that conversations no longer exhausted me. I now enter rooms without rehearsing my exit. Somewhere along the way, the guardedness softened into genuine curiosity. I simply noticed one day that connection had become instinct rather than effort.



➔ **Manjita Manandhar**

Food Vlogger - My Darling Food & Founder - Achar by Darling

This year, I've quietly outgrown the need to see everything solely through my own lens. Building my business has pushed me to listen more intentionally, understand people beyond surface-level assumptions, and accept things as they come. I've learned that growth comes from allowing space for different perspectives rather than imposing my own ideas on how things should be. In doing so, I've developed a deeper sense of empathy and awareness, recognizing that every person carries their own reasoning, experiences, and truths worth acknowledging.



➔ **Sareeka Neupane**

Food Vlogger - Lil Foodie

This year, I've outgrown the constant fear of what people think about me. There was a time when comparisons and opinions would affect my decisions, and I would hesitate, wondering how everything I did would be perceived. But over time, I've realized that no matter what you do, people will always have something to say. I've learned to let go of that pressure and focus on what truly feels right to me. Now, I move forward with more confidence, without overthinking or seeking approval, and that shift has been quietly empowering.



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Life unfolds in seasons, some filled with growth and joy, others with stillness and challenge. True fulfillment comes not from external comforts but from building inner strength, practicing consistency, and nurturing a mindful, balanced inner world. When we align our thoughts, habits, and awareness, we become the conscious creators of our own life.

By Kiran Karki Silwal

Inner Transformation & Renewal

JUST LIKE how nature moves through different seasons, human life also follows a similar rhythm. Sometimes life feels like spring, full of growth, joy, and blossoming opportunities. At other times, it may feel like autumn or winter, when things slow down and challenges arise.

Many people unknowingly live their lives in an average way, thinking average thoughts, eating average food, and surrounding themselves with people who carry limited or negative mindsets. Over time, this begins to shape the quality of life we experience.

No matter what season life brings, there are two powerful principles that guide us toward a happy and fulfilling life.

The first is to build inner strength. Fix your life in such a way that whatever life throws at you, you remain unshakable. Challenges will come, but your stability should come from within.

The second principle is taking small, consistent steps every day. Perfection does not exist, but consistency does. Growth happens through steady progress.

Think about this: a baby cannot be rushed into existence. Even if nine women were pregnant at once, it would still take nine months for a child to be born. Life works in much the same way, it unfolds in its own time. Though we often grow impatient, true transformation needs patience, nurturing, and time.

Most of the beauty of life happens quietly in silence, in solitude, and in moments of awareness. But human beings often miss these moments because they are constantly running from one thing to another.

If your desire is to blossom every day like a flower, you must invite change into your life. And for change to come, you must consciously create space for it.

It begins by paying attention to the small and subtle aspects of life.

Many people believe that materials will bring them satisfaction. In reality, these things provide comfort, not true happiness. True happiness comes from having a healthy mind, an energetic body, and balanced emotions, where your emotions work for you, not against you.

When your inner world is aligned, then you can truly enjoy material comforts. Otherwise, desires keep expanding endlessly, and happiness always seems to remain somewhere outside.

Today, a large percentage of people are searching for happiness in their work, their marriage, or their relationships. But real happiness begins when you are at peace with yourself. When inner happiness exists, everything else simply multiplies it.

Always remember this powerful truth: You are the designer of your own life.

You have the ability to rewrite your story and change your narrative.

Did you know that the human mind produces around 60,000 to 80,000 thoughts every day, and nearly 70–75% of them are repetitive? This means the thoughts you think today are often the same thoughts you thought yesterday.

The important question is: Are those repetitive thoughts empowering you or weakening you over time?

For many people, their thoughts become average, negative, or demotivating. So how can we change our thought patterns?

It may sound surprising, but your thoughts are deeply influenced by:

- The people you surround yourself with
- The food you consume
- The content you scroll on your screen
- And most importantly, what you feed your mind every day

Even conversations and gossip affect the mind. But if gossip must exist, let it follow the 3Ps: Positive, Powerful, and Pure. Conversations that uplift and inspire bring relaxation and empowering thoughts.

One of the fastest ways to reprogram your subconscious mind is by practicing silence and mindfulness. Spend at least 15–20 minutes every day sitting quietly, observing your breath and thoughts. Practice this consistently for 21 days, and you will begin to notice how quickly your mind and body move toward better health, clarity, and vitality.

In today's world, people constantly upgrade their gadgets, vehicles, and wardrobes. But very few take time to upgrade the most important system of all their mind, body, and soul.

True renewal begins within.

Every moment gives us an opportunity to start fresh. When we consciously nurture our thoughts, emotions, and habits, we slowly create a new version of ourselves. Inner transformation is a lifelong journey of awareness, growth, and renewal.

When you learn to align your inner world with clarity and purpose, every new day becomes a fresh beginning, and life itself becomes a beautiful process of continuous blossoming.



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: @kirankarkisilwal



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Nepal's roads need practicality. Hybrid vehicles combine a petrol engine with an electric motor for efficient driving in traffic and reliable power on highways and hills. In city traffic, hybrid runs on battery, achieving near-zero emissions, with the battery charged via regenerative braking. For long distances, hybrid switches to fuel. With Euro VI standard, hybrid cuts fuel use and emissions, offering a cleaner, practical mobility solution.



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Kitchen, But

Smart kitchen tools are popular because they save time and simplify meal prep for busy families. This is the time you have it these items in your kitchen too.



← Coffee Maker

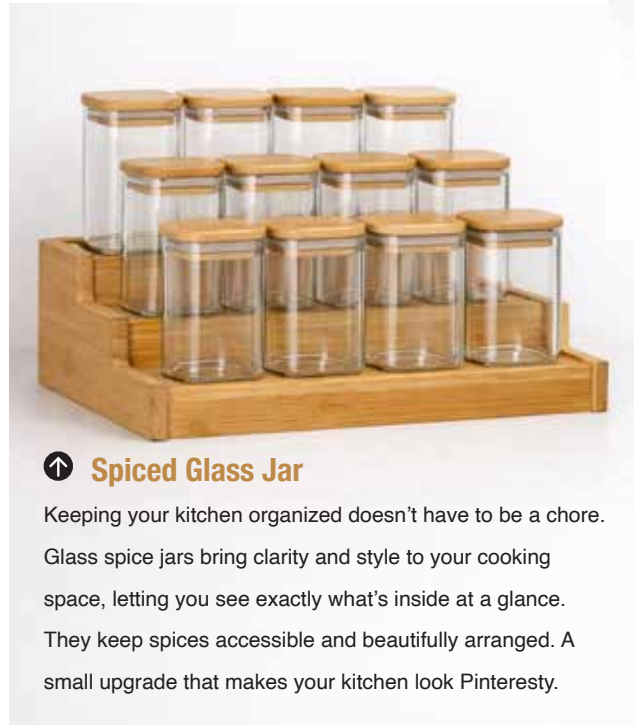
Coffee isn't just a habit; it's the fuel that powers a productive day. When enjoyed in moderation and made with quality beans, coffee can boost energy, focus, and even mood. A programmable coffee maker takes the effort out of your mornings, delivering a fresh, perfect cup right when you need it. It's a smart purchase that blends convenience with a daily dose of wellness.

Working individuals, who are most of us, often find meal prep the most time-consuming part of cooking. A vegetable cutter takes away the hassle; chopping, slicing, and dicing in seconds with minimal effort. It not only speeds up everyday cooking but also makes it easier to include fresh, healthy ingredients in every meal. Clean, quick, and efficient, it's a smart kitchen companion for stress-free cooking.

Make It Effortless

➔ Two Burner Induction

With LPG shortages becoming a reality, a two-burner induction cooktop is a smart and timely upgrade for modern kitchens. It heats up instantly, cooks efficiently, and uses electricity instead of gas, saving time, money, and stress. Perfect for multitasking meals, it keeps your cooking seamless and reliable and also gives a luxurious touch to your modern kitchen.



⬆ Spiced Glass Jar

Keeping your kitchen organized doesn't have to be a chore. Glass spice jars bring clarity and style to your cooking space, letting you see exactly what's inside at a glance. They keep spices accessible and beautifully arranged. A small upgrade that makes your kitchen look Pinteresty.



⬆ Soap Dispensing Dish Brush

A manual garlic mincer is a small tool that makes a big difference in everyday cooking. No more sticky fingers or unevenly chopped garlic, just fresh, finely minced cloves in seconds. Quick, effortless, and easy to clean, it's a smart addition for flavorful meals without the fuss.

⬅ Portable Blender

A portable blender cup turns healthy eating into a breeze. From morning smoothies to post-workout shakes, it blends your favourite ingredients in seconds, no bulky appliances required. Compact, convenient, and easy to clean, it's the perfect smart kitchen tool for health-conscious lifestyles and also a great investment if you have kids.



➔ Soap Dispensing

Dish Brush

The soap-dispensing dish brush makes cleaning faster and smarter for busy kitchens. With multiple handles for comfort, it tackles everything from musty plates to induction cooktops and countertops, no extra scrubbing or soaking needed. Effortless, hygienic, and versatile, it's the ultimate tool for keeping your kitchen sparkling with minimal effort.



SHAILAJA



ADHIKARY

L E A D I N G B Y D E S I G N

Leaving a stable banking career, this visionary educator built institutions rooted in purpose and possibility. With a strong belief that education goes beyond academics, their journey reflects a commitment to nurturing confident, creative, and globally aware individuals. Blending academic rigor with creativity, she continues to redefine how Nepali students learn, grow, and lead in an evolving world.

By Malika Joshi

LONG BEFORE she was a titan of the education sector, Shailaja Adhikary was a young teacher who felt a spark in the classroom that a stable career in banking couldn't replicate. That "call back" to the classroom eventually transformed the educational fabric of Nepal.

Today, as she balances the demands of a Doctorate with the leadership of twelve institutions, her focus remains remarkably grounded: nurturing the

confidence and curiosity of the next generation. We sat down with the founder of EuroKids and IEC to discuss the family support system that fuels her resilience, the transformative power of the IB Programme, and her relentless drive to create an impact that outlives titles and recognition.

As the founder of institutions like Euro School, EuroKids, and IEC College of Arts and Fashion, what

guiding principle has remained constant across these diverse educational ventures? Across all my educational ventures, one guiding principle has remained constant: the belief that education must empower individuals to discover their true potential. Whether in early childhood, formal schooling, or creative education, my focus has always been on nurturing confidence, curiosity, and character.

I believe education extends far beyond academics. It is about shaping mindset, values, and independent thinking. Regardless of the institution, the goal has always been to create environments where students feel inspired to learn, grow, and lead with purpose.

What led you to transition into education and entrepreneurship after banking?

My first job was in a school just after my ISC, where I taught for a few months. Though brief, that experience stayed with me. I then began my formal career with Grindlays Bank, now Standard Chartered, which offered stability and structure. However, I always felt something was missing. The joy and purpose I experienced in the classroom kept calling me back. I realized my true passion was in shaping young minds. That clarity gave me the courage to leave banking and fully commit to education, eventually growing into entrepreneurship with a deeper impact.

➔ Across all my educational ventures, one guiding principle has remained constant: the belief that education must empower individuals to discover their true potential.





At a time when creative fields were often overlooked in Nepal, what inspired you to invest in this space?

At a time when creative fields were often overlooked in Nepal, I chose to see possibilities rather than limitations. I believed that creativity is not secondary to intelligence; it is a powerful form of it, with real impact and opportunity. This belief came from recognizing the immense, untapped potential of Nepali youth. It was always about expanding it to make space for new ideas, new careers, and new forms of expression. This was my way of opening new doors for the next generation.

Your work spans both creative education and formal schooling. How do you see the relationship between creativity and academic rigor in shaping well-rounded individuals?

I see creativity and academic rigor not as opposites, but as powerful complements in shaping well-rounded individuals. Through IEC College of Arts and Fashion, we nurture creativity, innovation, and self-expression, while at Euro School, an IB institution, we emphasize critical thinking, discipline, and global perspectives. When



these approaches come together, they develop individuals who are not only knowledgeable but also imaginative, adaptable, and solution-oriented. This balance is essential in today's world, where success is defined not just by what you know, but by how effectively and creatively you apply it.

Bringing international frameworks, such as the IB Programme, to Nepal is a significant milestone. How does global education redefine the aspirations and identity of Nepali students today?

Bringing global education frameworks like the IB Programme to Nepal has been transformative for our students. It expands their horizons beyond borders, encouraging them to think critically, act responsibly, and engage with the world with confidence. Global education reshapes aspirations by showing students that their ambitions are not limited

➔ Today's students are not only prepared to succeed, but to lead, innovate, and contribute meaningfully on a global stage while staying connected to where they come from.

by geography. It nurtures a mindset that is both globally aware and deeply rooted in Nepali identity. Today's students are not only prepared to succeed, but to lead, innovate, and contribute meaningfully on a global stage while staying connected to where they come from.

How has lifelong learning influenced your leadership journey?

Lifelong learning has been the foundation of my leadership. It has kept me curious, adaptable, and open to diverse perspectives across cultures and industries. Each experience has shaped not only my knowledge but also my ability to lead with empathy and clarity. To me, leadership is not about having all the answers. It is about continuously evolving, listening deeply, and growing alongside the people you lead.

Beyond professional achievements, what continues to drive you? Beyond professional achievements, what drives me most is purpose, the desire to create impact that outlives titles and recognition. I am deeply motivated by empowering others, especially the next generation, to believe in their potential and pursue paths once thought impossible. I am inspired by growth, meaningful change, and the responsibility to give back to the society that shaped me. For me, it is not just about success, but about significance, legacy, and making a difference where it truly matters.

Behind every strong professional journey is a personal support system. How has your family influenced your path?

Behind every milestone in my journey is the unwavering support of my family. My parents were my first pillars; they encouraged my vision and gave me the confidence to take bold steps. Their belief in me laid the foundation for everything that followed.

My husband, my son, and my daughter have been my constant source of strength and inspiration. Their

support through challenges and their presence in moments of success allow me to lead with courage and purpose. Much of what I have achieved is deeply rooted in their love and encouragement.

What advice would you give to young entrepreneurs and aspiring leaders in Nepal?

To every young entrepreneur and aspiring leader in Nepal, start before you feel ready. You do not need perfect conditions, only courage and consistency. Believe in your vision, even when others do not fully understand it yet. Be willing to learn, unlearn, and grow, because leadership is built through resilience, not comfort. Do not be afraid to challenge norms, but always remain grounded in integrity and purpose.

FOOD.

PICKLE THAT TICKLE

Your Body's Remedy as the Mercury Rises

Where April's Blossoms Meet the Body's Bloom; How a Spoonful of Fermented Tradition Renews Us from the Inside Out. As nature awakens in spring, this article explores how achar serves as both nourishment and medicine, reviving digestion, boosting immunity, and restoring balance. Blending Ayurvedic wisdom with modern nutrition, it celebrates how small, mindful additions can create powerful inner transformation.

By Chef Sandeep Khatri



Recipe: Veggie & Tofu Achaar (Pickle)

APRIL ARRIVES in a burst of color and life, bare branches leafing, flowers unfurling, the air shifting from winter's chill to spring's warm caress. But what about us? As the earth renews itself, so must we. Our bodies, after months of winter's heaviness, crave lightness, warmth, and cellular renewal. This is where achaar (pickle) becomes our ally.

Ayurvedically, achaar (pickle) ignites Agni (digestive fire), balancing Vata and Kapha doshas that accumulate during winter, while the fermentation process creates Ojas, the vital essence of immunity and vitality. Scientifically, lacto-fermentation generates probiotics that populate the gut microbiome (where 70% of immune cells reside), increases bioavailability of minerals like iron and zinc,

and produces enzymes that predigest food, reducing digestive burden. The small portion delivers concentrated nutrition precisely when the body needs gentle awakening. Like the jar transforming raw vegetables into potent medicine through patience and time, we too can allow this season to slowly, subtly evolve us one small, wise spoonful at a time.

This vibrant achaar captures the essence of spring—fresh peas, tender asparagus, colorful bell peppers, and protein-rich tofu, all transformed with the wisdom of traditional Nepali pickling. It is nutrient-dense and satisfying.

Prep time: 40 minutes |
Resting time: 30 minutes |
Serves: 6-8 as a side



Why This Pickle is a Complete Nutrient Powerhouse

This isn't just a condiment, it is a small meal in itself. Each ingredient brings something essential for spring renewal:

Green Peas: Plant protein, fiber, Vitamins A, C, K, iron, and magnesium for cell renewal, digestion, and immunity.

Tofu: Complete plant protein with all nine essential amino acids, plus calcium and iron for muscle repair, bone health, and sustained energy.

Carrots: Beta-carotene (Vitamin A), biotin, and fiber for eye health, skin renewal, and digestion.

Asparagus: Folate, Vitamins A, C, E, K, and chromium for detoxification, cell regeneration, and hormone balance.

Bell Peppers (red and yellow): More Vitamin C than oranges, plus Vitamins A and B6 for immunity and collagen production for skin renewal.

Zucchini: Manganese, Vitamin C, magnesium, and potassium for hydration, heart health, and easy digestion.

Cucumber: Hydration, silica, and Vitamin K for skin elasticity, joint health, and cooling for spring warmth.

Red Onion: Quercetin, sulfur compounds, and chromium for anti-inflammatory benefits and blood sugar balance.

Spinach or Spring Greens: Iron, calcium, Vitamins K, A, C, and folate for blood health, bone strength, and cellular repair.

Sesame Seeds: Calcium, iron, magnesium, zinc, and healthy fats for bone density, hormone support, and brain health.

Mustard Oil: Omega-3 fatty acids and anti-inflammatory properties for heart health, warmth for digestion, and natural preservation.

Timur (Sichuan Pepper): Antioxidants and essential oils for digestive fire, circulation, and nutrient absorption.

Ginger and Garlic: Gingerol, allicin, and anti-microbial properties for immunity, digestion, and natural detox.

Lemon Juice: Vitamin C and citric acid for immunity, iron absorption, and natural preservation.

Fenugreek Seeds: Iron, magnesium, fiber, and anti-inflammatory benefits for blood sugar balance, digestion, and warmth.

Ingredients

FOR THE VEGETABLE AND TOFU BASE

- 1 cup green peas (fresh or frozen; if fresh, blanch in salted water for 2 minutes)
- 200g firm tofu (pressed, cut into 1cm cubes)
- 1 medium carrot (cut into small matchsticks)
- 100g asparagus (woody ends removed, cut into 1cm pieces)

- 1 small zucchini (cut into small dice)
- 1 small cucumber (deseeded, cut into small dice)
- 1 small red bell pepper (cut into small dice)
- 1 small yellow bell pepper (cut into small dice)
- 1 small red onion (finely sliced)
- 1-2 green chilies (finely chopped)
- 1 cup fresh spinach or spring greens (finely shredded)
- Handful fresh cilantro (roughly chopped)
- Handful fresh mint (optional, roughly chopped)

FOR THE NUTTY AND SPICE BASE

- 4 tablespoons sesame seeds (dry roasted and ground to powder)
- 2 tablespoons peanuts or sunflower seeds (optional, dry roasted and crushed)
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon turmeric powder
- 1 teaspoon Timur powder (Sichuan pepper)
- 1 teaspoon amchur (dry mango powder) OR juice of 1 lemon
- Salt to taste
- For the Tempering (Tadka or Jhaneko)
- 4 tablespoons mustard oil
- ½ teaspoon fenugreek seeds (methi)
- 1 teaspoon cumin seeds
- 1 teaspoon black mustard seeds
- 4 cloves garlic (finely minced)
- 1 inch ginger (finely grated)
- 1-2 dried red chilies (broken)
- 8-10 curry leaves or bay leaves (optional)

Method

STEP 1: PREPARE THE TOFU

Press tofu between paper towels with a heavy pan on top for 15-20 minutes to remove excess water. Cut into 1cm cubes.

Optional golden step: Toss tofu with ½ teaspoon turmeric, pinch of salt, and 1 teaspoon mustard oil. Pan-fry until lightly golden. Set aside to cool.

STEP 2: PREPARE THE VEGETABLES

Blanch the peas in boiling salted water for 2 minutes, then plunge into ice water. Drain well.

Similarly, blanch the asparagus for 1-2 minutes until bright green and tender-crisp, then transfer to ice bath. Drain well. Dice the carrots. For zucchini and cucumber, salt lightly and let sit for 10 minutes, then gently squeeze to remove excess water. This prevents a watery achar. For bell peppers, onion, and spinach, use raw for freshness, color, and maximum nutrient retention. Combine all prepared vegetables (except tofu and fresh herbs) in a large bowl.

STEP 3: TOAST AND GRIND

In a dry pan over medium heat, toast sesame seeds until golden and fragrant (2-3 minutes). If using peanuts or sunflower seeds, toast separately. Cool slightly, then grind sesame seeds to a coarse powder. Crush peanuts or sunflower seeds coarsely.

STEP 4: COMBINE THE BASE

To the bowl of vegetables, add:

→ **Omega-3 fatty acids and anti-inflammatory properties for heart health, warmth for digestion, and natural preservation.**

- Ground sesame powder
- Crushed peanuts or sunflower seeds (if using)
- Ground cumin, coriander, turmeric, and Timur powder
- Amchur or lemon juice
- Salt to taste

Add cooled tofu cubes and fresh herbs. Mix gently but thoroughly.

STEP 5: THE TEMPERING
Heat mustard oil in a small pan until it just begins to smoke. Add fenugreek seeds, cumin seeds, black mustard seeds, and dried red chilies. Let them splutter for 10-15 seconds. Add minced garlic and grated ginger. Fry until golden (about 30 seconds). Add curry leaves if using. Turn off heat and immediately stir in a pinch of extra turmeric. Pour this hot tempering over the vegetable and tofu mixture.

STEP 6: REST AND MARRY
Wait a few minutes, then mix well. Taste and adjust salt or lemon juice. If mixture seems dry, add 1-2 tablespoons warm water. Let rest for at least 30 minutes at room temperature. For best results, cover and refrigerate for 2-3 hours or overnight. The flavor deepens with time.

➔ Unlike traditional fermented achar that transforms over months, this Veggie & Tofu Achar is a fresh pickle designed to be enjoyed within days but that does not mean it lacks the wisdom of aging.

STEP 7: SERVE AND CELEBRATE

Bring to room temperature before serving. Garnish with extra fresh cilantro or mint. Serve a small portion alongside dal bhat, with flatbreads, as a topping for rice bowls, or enjoy on its own as a nutritious snack.

How to Age This Pickle

Unlike traditional fermented achar that transforms over months, this Veggie & Tofu Achar is a fresh pickle designed to be enjoyed within days but that does not mean it lacks the wisdom of aging. The secret lies in understanding that this pickle marinates rather than ferments, and its flavor journey is shorter but still profound.

For the First 24 Hours:
Immediately after preparing,

the achar tastes bright and separate.

After 24-48 Hours in the Refrigerator: The magic begins. The tofu absorbs the mustard oil and spices from within. The lemon juice and salt draw out slight moisture from the vegetables, creating a light dressing that coats every piece.

After 48-72 Hours (Peak Readiness): This is the ideal window for consuming this achar. By now, the spices have penetrated completely. The zucchini and cucumber have softened slightly while retaining structure. The tofu has transformed into a creamy, spice-infused nugget. The sesame powder has thickened the natural juices into a light, clinging coating.

After 4-5 Days: The vegetables will continue to soften, and

the flavors will become more intense but also more mellow. The freshness of the spring vegetables begins to fade. While still safe to eat (if refrigerated properly).

Signs Your Pickle Has Reached Its Peak

The oil turns from bright yellow to a deeper, infused orange-gold

A single spoonful tastes layered—first the tang, then warmth, then lingering spice

The tofu is no longer white but stained turmeric-yellow throughout

The vegetables yield slightly when bitten but are not mushy.



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



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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 "mamasan" (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
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Last order: 9:00 PM
Saturday - No Lunch Service



GUT HEALTH

Often overlooked, gut health plays a central role in immunity, mood, and overall wellbeing. This article breaks down the science of the gut microbiome and offers a practical, sustainable reset plan through simple daily habits and mindful nutrition. It's a reminder that true health begins from within.

By Sonal Talgaonkar

Its Importance and Reset Plan



MOST OF us think of gut health only when something feels wrong either bloating, acidity, or discomfort. But the truth is, the gut influences far more than digestion.

From immunity to mood and energy, it quietly shapes how we feel every single day.

The gut does far more than break down food. It influences immunity, hormone balance, mood regulation, inflammation, and even skin health.

Nearly 70% of the immune system resides in the gut, and it communicates constantly with the brain through the gut-brain axis.

When the gut is balanced, energy feels stable, immunity improves, and mood becomes more resilient. When it's not, the effects ripple through the entire body.

Gut Health Checklist: Are You Supporting Your Microbiome?

Check how many of these you can say "yes" to:

DAILY HABITS

- I eat meals at consistent times
- I include fibre from vegetables or whole foods daily
- I consume at least one probiotic or fermented food
- I drink enough water
- I move my body gently each day
- I get adequate sleep
- I don't eat while rushed or overly stressed
- I manage stress in some form (walk, breathing, journaling)

RED FLAGS TO WATCH

- Frequent bloating or gas
- Constipation or loose stools
- Brain fog or fatigue
- Strong sugar cravings
- Skin flare-ups

If several red flags are checked and daily habits are not, your gut may need attention.

What is the gut microbiome, and how does it affect immunity, mood, and energy?

The gut microbiome refers to the trillions of bacteria and microorganisms living in our digestive tract. Think of it as an internal ecosystem.

A diverse, balanced microbiome helps regulate immune responses, produces certain vitamins, supports digestion, and even influences neurotransmitters like serotonin, which affects mood.

An imbalanced microbiome, on the other hand, can contribute to inflammation, fatigue, frequent infections, anxiety, and digestive discomfort.

What are common signs of an imbalanced gut?

Some signs are obvious, others subtle. These include:

- Frequent bloating, gas, or acidity
- Constipation or loose stools
- Food sensitivities
- Brain fog or low energy
- Skin issues like acne or eczema
- Sugar cravings
- Frequent colds or low immunity

As a nutritionist, I often see gut imbalances show up first as

fatigue or mood swings before digestive symptoms even appear

What habits commonly damage gut health today?

Modern lifestyle plays a major role. Chronic stress, irregular meal timings, ultra-processed foods, excess sugar, lack of fibre, poor sleep, overuse of antibiotics, and constant snacking all disrupt gut balance. Even eating while distracted or rushed can impair digestion because the body digests best in a relaxed state.

How long does gut recovery take?

The gut begins responding to changes within days, but meaningful healing often takes several weeks to months, depending on the extent of imbalance.

Consistency matters more than perfection. I usually tell clients to think of gut repair as rebuilding a garden, diversity and patience are key.

If someone wants to reset their gut, where should they start?

Start simple:

Eat at regular times

Increase fibre gradually

- Add one probiotic and one prebiotic food daily
- Stay hydrated
- Reduce ultra-processed foods (this makes a big difference)
- Prioritise sleep and stress regulation

You don't need an extreme detox. Supporting digestion gently and consistently is far more effective.

Which foods help, and which should be limited? GUT-FRIENDLY FOODS:

- Curd, kefir, fermented foods
- Fruits and vegetables (especially leafy greens)
- Oats, millets, whole grains
- Lentils and legumes
- Nuts and seeds
- Garlic, onions, ginger

FOODS TO LIMIT:

- Excess sugar
- Highly processed snacks
- Artificial sweeteners (in excess)
- Frequent alcohol
- Deep-fried foods

Are probiotics necessary, or can diet alone support gut health?

Most people can significantly improve gut health through diet and lifestyle alone. Probiotics can be helpful after antibiotics, digestive infections, or persistent symptoms but they are not a magic solution. Without fibre and proper nutrition, probiotics won't thrive. Food first, supplements only when needed and ideally under guidance.



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Find us on Instagram & Facebook
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Discover **FuAsian** in **Naxal**

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Indulgence



Perched above the rhythm of the city at Holiday Inn Express Kathmandu Naxal, **FuAsian Rooftop Bar & Kitchen** offers a refined rooftop dining experience where Kathmandu's skyline meets the vibrant flavours of Asia. The moment guests step in, the atmosphere shifts - the city noise fades, the views open up, and the setting transforms into a relaxed yet sophisticated space. With both elegant indoor seating and a charming open-air rooftop, FuAsian creates the perfect backdrop for memorable dining and social evenings.

The menu celebrates **bold Asian flavours with contemporary presentation**, featuring signature dishes such as Crackling Spinach, Drunken Chicken, and Prawn Toast, alongside favourites like Burmese Chilli Lamb, Crispy Avocado, and sushi highlights including the California Roll and the signature Flaming Salmon Roll. Each dish reflects a balance of authenticity, creativity, and premium ingredients.

What makes FuAsian truly stand out is its ability to offer a premium rooftop dining experience with approachable pricing.

Open daily from **12 PM to 11 PM**, FuAsian Rooftop Bar & Kitchen is perfect for lunch, sunset cocktails, or lively dinners under the stars. Advance reservations are recommended to secure the best rooftop tables.



BY IHG

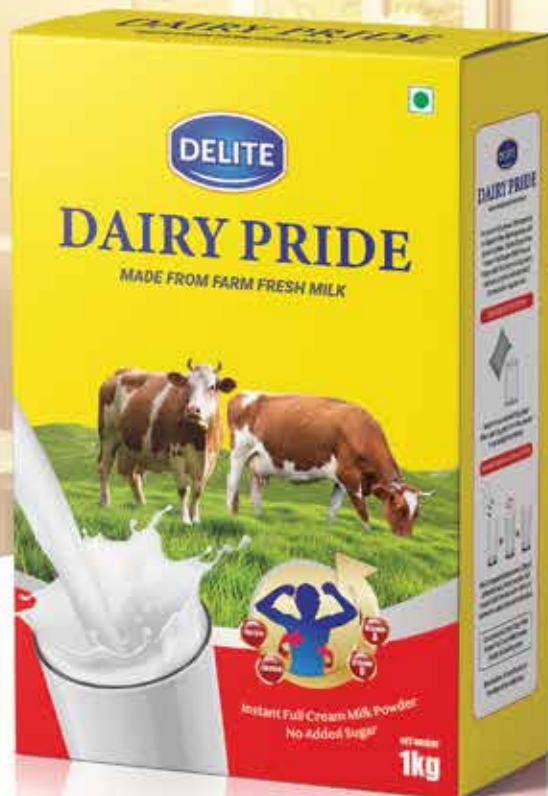
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PARENTING.



Reducing Parenting Guilt

Choosing Acceptance over Perfection

Parenting guilt is a silent struggle many carry, especially while balancing work and family. Through personal reflection, this piece highlights the shift from striving for perfection to embracing emotional presence, self-compassion, and acceptance. It reminds parents that what children truly need is not perfection, but genuine connection.

By Kriti Pradhan

“BEING A working mother: having to hide yourself on your way to work just so that your baby doesn’t see you. Every single day. It breaks my heart to see my daughter crying, knowing that I won’t be with her for quite some time. And it breaks my heart even harder not being able to go back to her, no matter how much I want to. A working mother’s got to do what she’s got to do.”

The above was a guilt-ridden status I shared on my social media a few years back. Now I am a mother of two children; a 4 year old daughter and a 2 year old son, and I have lived through many instances where I have found myself being pulled in two directions. A strong sense of tug of war between me as a working professional and me as a mother.

Like many parents, I have experienced parenting guilt in many forms. I have travelled for work and missed small but beautiful moments at home. I have handed over phones to my children when I desperately needed rest or had to attend a meeting from home. At times, when I returned from work, I chose to lie down and spend time on social media as my “me time” while my kids wanted to play with me. For a long time, it felt uneasy, as if I was failing, as if I wasn’t doing enough. I felt that I was neither fully present at work nor fully present with my kids. I even

started compensating my unavailability with toys and cute dresses for my kids. But I often questioned myself if I was at all a good mother.

Over time, I began to realize that I am not alone in the world of parenting guilt and that parenting guilt is incredibly common. In fact, the very fact that one experiences this guilt often means that they deeply care about their children.

In today’s world, where everything is competitive, there is a growing pressure among parents to provide the best for their children; a good education, a nurturing environment, and meaningful exposure while raising confident, emotionally secure, and future-ready individuals. This somehow increases the obligation to work harder and raise professional standards, all while maintaining a balanced home environment. And all of this is expected from self without allowing oneself to feel exhausted. It is therefore no surprise that many parents feel like they are falling short.

However, here’s what is reassuring: children do not need perfect parents, nor do they need materialistic compensation. What they truly need are parents who are emotionally available.

One may think that merely being in the same room as a child means being available. But there is a significant

difference between being physically present and being emotionally present. Being in the same room for hours while scrolling through a phone or working, while the child plays alone, does not strengthen the bond in the same way that even half an hour of warm, attentive, and joyful interaction can. This realization helped me overcome much of my guilt around unavailability and instead focus on spending quality time with my children. Guilt full gifts got replaced with moments filled with laughter, innocent conversations, music, and playful games.

Another realization that helped ease my internal tug of war is that my children will only spend a limited number of years where their parents are the center of their world. After a few years that will pass swiftly, they will naturally begin to seek their friends and their independence. This powerful awareness reminded me that the early years I have with them are both precious and fleeting.

Interestingly, this realization did not increase my guilt; rather, it increased my awareness and helped me manage it better. Instead of constantly feeling torn between my profession and my motherhood, I began focusing more intentionally on what mattered most during this phase of life. I started being emotionally present with my children with a free and less burdened mind. I am now consciously trying to build as many meaningful memories with them as I can.

Another lesson that is required for a guilt free parenting is self-compassion. Parents are only human; they get tired, they need rest, they sometimes feel frustrated, and they also need time to recharge. Often, the standards we set for ourselves as parents are unrealistic and unnecessarily harsh. But parenting is not meant to be flawless. It is meant to be a challenging yet beautiful journey. Acceptance, self-awareness, and emotional regulation therefore become very important along the way. Being kind to ourselves ultimately allows us to be more emotionally available for our children.

As a mother who is also a working professional with a background on psychology, these 4 years journey of parenting has helped me understand the importance of self-awareness, acceptance of the inevitable and self-management accordingly. It has helped me realize that I may not be a perfect parent but what matters the most for my kids is my emotional and quality presence. These learnings have contributed significantly in reduction of my parental guilt and has helped me channel all my emotions in a constructive manner.



Kriti Pradhan
Kriti Pradhan is an active member of Smart Parenting Nepal, contributing to initiatives that promote positive parenting while also advancing her professional journey as an HR professional.

➔ **Children do not need perfect parents or materialistic compensation. What they truly need are parents who are emotionally available.**

Preparing Children Before Going Out

The Parenting Secret That Changes Everything

Public meltdowns and uncooperative behavior often stem from a simple gap such as lack of preparation. This article explores how “pre-briefing” children before outings helps them feel secure, understand expectations, and respond calmly. With small, mindful conversations, parents can transform stressful outings into smoother, more enjoyable experiences.

By Priyanka Chaguthi

PARENTS OFTEN experience a familiar situation. You plan a family outing, a visit to relatives, to supermarket, or a restaurant. Before leaving home, everything seems fine. But once you reach the destination, your child suddenly refuses to cooperate. They may run around, throw tantrums, refuse to greet people, or simply ignore instructions. Parents then feel embarrassed, frustrated, and sometimes even angry.

Many parents wonder: “Why does my child behave like this?”

But a more helpful question might be: “Did I prepare my child for this situation?”

One of the most powerful yet often overlooked parenting strategies is preparing children mentally and emotionally before going somewhere or before doing something new. This simple step can transform many challenging parenting moments into smooth and enjoyable experiences.

Why Preparation Matters for Children?

Children do not experience the world the same way adults

do. Adults usually know where they are going, why they are going there, and what they are expected to do. Children, however, often enter situations without understanding what will happen.

When children are taken to unfamiliar places without preparation, their brain may experience uncertainty and stress. In psychology, uncertainty often triggers a protective response in children. They may become restless, resistant, or overly emotional because their brain is trying to cope with the

unknown. When children know what to expect, they feel more confident and cooperative.

The Common Parenting Mistake

A common parenting mistake is giving instructions only after reaching the place. For example, a parent might say at the supermarket:

“Don’t touch anything.”
“Stay close to me.”
“Stop running.”
“Greet everyone properly.”
“Sit quietly.”
“Don’t interrupt adults.”

As a result, the child may resist or ignore the instructions not because they want to misbehave, but because their brain was not prepared for the situation.

The Power of “Pre-Briefing”

An effective parenting technique is what often call pre-briefing explaining the situation to the child before it happens. Before leaving home, take a few minutes to talk with your child. This simple conversation can make a big difference.

FOR EXAMPLE:

“Today we are going to auntie’s house. Many people will be there. When we arrive, we will greet them. You can play after that. If you feel bored, you can tell me.”

“We are going to buy groceries. There will be many things to see. You can help me find some items. But we will not buy toys today.”

This preparation helps children visualize what will happen and what is expected of them.



Why Children “Don’t Listen” in Public

Many parents believe their child is intentionally disobedient when they do not listen in public places. However, there are usually deeper reasons behind such behavior.

OVERSTIMULATION

Public places often contain many sounds, lights, people, and activities. For a child’s brain, this can be overwhelming. When overstimulated, children may become hyperactive or emotionally reactive.

LACK OF CLARITY

If expectations are not explained beforehand, children may not understand what behavior is appropriate.

SUDDEN RESTRICTIONS

Children may feel frustrated if they are suddenly told not to do things they were freely doing before. For example, a child who was running at home may struggle to suddenly sit quietly in a restaurant.

EMOTIONAL REGULATION

Young children are still learning how to manage their emotions. When they feel tired, bored, or overwhelmed, they may express it through behavior. Understanding these reasons helps parents respond with empathy rather than frustration.

Practical Strategies for Parents

Preparation does not require long lectures. Simple strategies can make a big difference.

Talk Before Leaving: Spend two or three minutes

explaining where you are going and what will happen.

Set Clear and Simple Expectations: Use short, clear sentences:

“We will stay close to each other.”
“We will greet people politely.”
“We will use indoor voices.”

Children remember simple instructions better than long explanations.

GIVE CHILDREN A ROLE

Children cooperate better when they feel involved. For example:

Let them help choose vegetables at the store.

Ask them to carry a small bag.

Give them the task of finding a specific item.

Acknowledge Their Feelings

If the child becomes restless, try acknowledging their feelings.

For example: “I can see you are getting bored. After we finish this, we can go outside for a few minutes”. When children feel understood, they often calm down more easily.



Priyanka Chaguthi
Priyanka Chaguthi is the Founder and Consultant of Vygotsky Child -Parent Consulting and Learning Center , where she advocates for a brain-based approach to understanding children and parenting more effectively. Her signature short course, Know Your Child’s Brain, has become one of the most sought-after learning spaces for parents and educators, with nine successful batches conducted both online and offline.

6 Ways to Earn Your Child's Friendship

Parent Or Pal?

This article explores Sadhguru's wisdom on how parenting rooted in friendship, rather than authority, can create deeper trust and connection. By letting go of rigid expectations and embracing mutual learning, parents can nurture children who feel seen, valued, and understood. True influence begins with genuine bonding.



SADHGURU: A few hundred years ago, John Wilmot, an English lord, said something significant about parenting: "Before I got married, I had six theories about bringing up children. Now I have six children and no theories." So, what should you do in terms of parenting? Look back at yourself when you were a child, what kind of parents would have been the best? Remember what it was like to be a child, and you will clearly know.

Parents should earn the friendship of the new generation. If there was a bond of friendship between you and your children, naturally they would listen to you.

6 Ways to Earn Your Child's Friendship

Stand on the same level as them

A relationship is only possible when you are not on the pulpit but down on the ground, like everyone else. If you are a parent, it is important that you do not stand on a big pedestal. In trying to place yourself above your children, you lose the possibility of being a good friend to them. If you admit your ignorance with the youth, and especially with little children, they will

become your close friends. Otherwise, they look up to you because they have to. Everyone hates that hierarchy.

Learn from your young ones

If you have a child, all you have to do is create a loving, supportive, and invigorating atmosphere. There is really nothing to teach. You came here a few years earlier than the child. What you know about life that the child does not know are just a few tricks of the world, how to survive and how to make a living. They will learn them later on. Right now, when a child enters your life, it is time to learn, not to teach. Children may not know what is dangerous, what is nice, and things like that. But hopefully you have a certain wisdom about life around you, which children may not have. If they are moving towards danger, exercise your wisdom. Otherwise, children are able to conduct life more joyfully than you. Learn those aspects from them.

Keep your expectations aside, and let their genius unfold

Most parents do not cultivate the genius of their children. They are trying to drive their children in a

particular direction. Do not drive. You cannot get rose flowers from a plant that is not a rose plant. It will come out with a different kind of flower. You should not expect rose flowers out of everything just because you like rose flowers. You have a new and fresh life in your home. We do not know what will come out of it.

A new life is not a small thing. If you see it as a phenomenon which blossomed in your body, came out and is growing out of two cells, life is happening in front of you, taking shape, if you watch it with utter wonder and create the right kind of atmosphere, your child will grow into something beautiful. But they may not be the rose flower that you expected. They need not become what you expect because your expectations are coming from the graveyard of the past. Children belong to the future.

Recognize the privilege

It is a privilege that this child, this bundle of joy, has come through you and arrived in your house. Children are not your property; they do not belong to you. Just see how to enjoy, nurture, and support them. Don't try to make them an investment for your future.

Spend time with them doing things they enjoy

When there is no friendship, if you go on giving your children advice, it is sickening, and they will do the reverse just to spite you. Stop advising them. Just be friends with them, play with them, go to the cinema with them, listen to their kind of music, dance with them,

you will see they will be fond of you and there will be a relationship. Once there is a relationship, you can do something to influence them.

Make yourself as appealing as possible

A child is influenced by so many things – the TV, neighbours, teachers, school, and a million other things. He will go the way of whatever he finds most attractive. As a parent, you have to make yourself in a way that the most attractive thing he finds is to be with the parents. If you are a joyous and wonderful person, he won't seek company anywhere else. For anything, he will come and ask you.

If you are genuinely interested in giving your children a good upbringing, you should first transform yourself into a peaceful and loving human being.



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.

➔ "They may not be the rose flower that you expected. They need not become what you expect because your expectations are coming from the graveyard of the past. Children belong to the future."

BODY.

Recovery
THE NEW FITNESS TREND

As Nepal warms up this April, a new fitness trend is taking over; recovery. From cold plunges to contrast therapy, athletes and everyday gym-goers are discovering that real progress happens after the workout. This article explores the science, benefits, and simple ways to integrate recovery into your routine.

By Sukadev Karki

APRIL IN Kathmandu and Nepal as a whole brings longer days, warmer air, and a fresh burst of training energy. You feel it everywhere. The day starts getting longer and hotter. But with the rising heat comes something familiar: sore muscles that linger, heavy legs after a tough run, and that deep fatigue that makes you wonder if you are recovering as well as you are training. This is exactly why recovery is quickly becoming the biggest fitness conversation in Nepal right now. Cold plunges, ice baths, sauna sessions, and contrast therapy (alternating hot and cold) are no longer just for elite athletes or biohackers abroad. Local gyms, wellness centers, and even home setups are seeing more and more people trying them. The shift is simple. People are realizing that the real gains happen not only in the workout but in how well you recover afterward.

The science behind it is straightforward and powerful. When you expose your body to cold water, blood vessels constrict, which reduces inflammation and swelling in overworked muscles. Step into a sauna or hot shower afterward and the blood vessels open wide, flushing fresh oxygen and nutrients to those same muscles. This contrast therapy speeds up repair, lowers soreness, and even helps regulate stress hormones. Studies show regular cold exposure can improve sleep quality, boost mood through endorphin release, and support better circulation. For anyone training hard in our dusty, polluted city air, these tools act like a reset button for both body and mind.

Athletes globally are already feeling the difference. Here in Nepal, Muay Thai fighters and MMA competitors who once pushed through constant

soreness are now adding short ice baths for evening sessions. Runners preparing for trail races and marathons report faster recovery and less joint stiffness. Even regular gym-goers say the same thing: one or two recovery sessions a week let them train more consistently without burnout.

The best part? You do not need expensive equipment to start. Many wellness spots in Kathmandu and Pokhara now offers accessible options. Places like Avya Club in Pokhara, Gymkhana Performance in Kathmandu and many more are offering beginner-friendly cold plunge tubs and saunas. If you prefer to keep it simple and free, you can begin at home. Fill a large tub or even a plastic storage box with cold water and a few ice packs. Start with just two to three minutes at a temperature you can tolerate. Follow it with a warm shower or five minutes in a heated room. Do this two or three times a week after your hardest training sessions.

Here is a simple beginner routine you can try this April

Finish your workout and rest for 10-15 minutes.

Cold plunge or cold shower for 2-3 minutes (start with feet and legs, then ease the rest of your body in).

Warm shower or sauna for five minutes.

Listen to your body. If you have any heart condition, high blood pressure, or are pregnant, check with your doctor first. Always breathe steadily and never force yourself to stay longer than feels comfortable.

Recovery is not a luxury but a smart way to keep training strong through the warmer months ahead. When you recover better, you train better, you feel better, and you stay consistent longer. That is how real progress is built over time.

So here is my challenge to you and the entire fitness community in Nepal, try one cold plunge or contrast session this week. Film your experience (even a simple before-and-after feeling). Share it with the hashtag #BEFITRecoveryChallenge and tag us.

We have an exciting gift hamper for 3 of you.

Let us turn recovery into the next big local trend. The more of us who do it, the easier it becomes for everyone to join.

Your body has already done the hard work in training. Now give it the recovery it deserves. The results will show not just in your next workout, but in your energy, mood, and long-term progress.

Let us make April the month we learn to recover as hard as it trains.



Sukadev Karki - NSCA CSCS
Founder: National Youth Fitness Academy
Co-owner: Befit Personal Training Studio

➔ **When you expose your body to cold water, blood vessels constrict, which reduces inflammation and swelling in overworked muscles.**

The 9-5 Spring Reset

Move, Nourish, Thrive

As spring breathes new life into Kathmandu, it offers the perfect moment for a personal reset. This guide helps busy professionals break free from sedentary routines through simple workouts, mindful eating, and reconnecting with nature. Small, consistent changes can transform everyday habits into lasting wellbeing.

By Rubina Karki

KATHMANDU DURING spring symbolizes a fresh beginning. As the world partially awakens from its hibernation, so is a perfect opportunity for you to revive your lifestyle, and health. If you live a sedentary lifestyle due to desk work, you can always take good care of your health and wellness. A typical 9-5 job means your day is busy doing work and long hours of commuting back and forth between the office and home. But don't worry, here are some tips and tricks that can help you adjust your workout, food, and daily routine to make springtime the healthiest season yet for your body.

Shake Off the Desk-Bound Routine

The buzzing professional lifestyle has also gained an unfortunate nickname "tension neck syndrome" due to modern lifestyle that results from gazing at screens for hours.

It doesn't mean you have to spend hours in gyms and workout sessions. Short but effective home workouts can be helpful. High-Intensity Interval Training (HIIT) is one such workout best suited for busy professionals. A HIIT session of 20-25 mins before leaving for work or right after returning home can increase metabolism and cardiovascular performance to burn calories in a short time.

➔ Perform simple exercises while at your desk provided they are safe for the workplace that will decrease discomfort and stiffness. These could include gentle neck rotations.

Likewise, it is also advantageous to take mini movement breaks during your work hours. For two minutes at the top of every hour, simply do neck stretches, shoulder rolls, and stand up to help your hips and lower back get some blood moving as well. Perform simple exercises while at your desk provided they are safe for the workplace that will decrease discomfort and stiffness. These could include gentle neck rotations, shoulder rolls, chest openers, and wrist stretches.

Most people rely on a walk per day, however, walking alone do not guarantee optimum metabolic health for a long-term. To build-up strength and a healthy lifestyle, engage oneself in resistance or strength training at least two times a week; this applies to men and women as well. Simple exercises such as squats, push-ups, lunges and resistance-band workouts are great examples and they can be performed at home as well.

Embrace the Outdoors on Weekends

The weather in spring is the best time to get back in touch with nature in Kathmandu. Weekends are a good time to explore outdoor hiking or walking to promote movement and clarity of mind. Hiking is a perfect distress remedy from heavy

workloads, and good for cardiovascular fitness.

For those who feel that hiking is too demanding, the second best choice is to take walks around the neighborhood during the morning in nearby parks or along quiet streets before traffic starts to build. This is to allow the body to bask in fresh spring time air and the morning sunshine which are known to help in the regulation of our biological rhythms and improvement of mood levels, both of which are incredibly underrated yet very vital contributors to health.

Nourish Your Body with Seasonal Foods

Nepal's spring season also provides natural sources of various food products that can improve your nutrition. Eating fruit and vegetables that come in the season can keep your body well supplied with various micronutrients that help boost your energy and immunity.

Meal planning is crucial for working individuals. The popular Nepali Dal Bhat can remain a healthy dish if the portion controlling is maintained. One must try to fill their plate with ½ portion of vegetables, ¼ portion of whole grains like rice, millet etc and ¼ portion of protein like lentils, beans, eggs, lean meat etc.

Smart snacking is an important aspect to keep in mind to stay active and energized during work hours. Avoid ultra-processed-packed snacks and opt for healthier alternatives like roasted soybeans, makkai, chana, makhana, seasonal fruits, nuts, or dahi chiura etc. These are more nutritious options to snack on in between meals

that will keep the energy levels intact without causing any blood sugar spikes.

Beat the Afternoon Energy Slump

The "4 PM slump" is familiar to many a professional. It's often the result of a over-filling lunch, dehydration, and too many hours of sedentary sitting.

There are few things that can be done to counter that, but first and foremost, hydrating well throughout the day should be a priority. Use your own water bottle and fill it often. Rather than drinking a lot of water at once, aim to sip consistently throughout the day. Herbal teas or water with lemon are other refreshing alternatives.

Meanwhile, a light healthy snack in the middle of the afternoon coupled with five-minute walk can bring back productivity and focus. You can also try stepping outside and expose yourself to fresh air or a few minutes of gentle stretch.

A few changes added to the everyday habits consistently can create a positive impact on health. Spring is a time of new beginnings, and for bustling office-goers it is also an opportunity to refresh old health habits.



Rubina Karki
Dietitian, lecturer, and PhD scholar in Nutrition. She holds a Master of Science degree in Nutrition and Dietetics and currently pursuing PhD in Nutrition. Founder: NutriFyNinja.

Start Small, Start Anyway

Rebuilding Yourself through Small Changes



When life shifts unexpectedly, starting over can feel overwhelming and uncertain. This piece gently explores how healing is not about quick fixes, but about small, consistent actions that slowly rebuild a sense of self. Through patience, presence, and simple daily rituals, renewal becomes possible.

By Vijay Vaidya

THERE ARE moments in life when things feel slightly off, like you've lost your rhythm. And then there are moments that hit much harder. The loss of a partner or family member, a breakup, or an unexpected shift that changes everything overnight. I've realized that renewal isn't just about small resets, it's often something we're forced into after life pulls us out of alignment completely.

And in those moments, starting again feels almost impossible.

Because when something drastic happens, you're not just trying to "get back on track", you're figuring out who you are now, in a version of life you didn't choose. There's no quick fix for that, and there shouldn't be. Real change doesn't rush, and neither does healing.

But at some point, quietly and in your own time, you do have to begin.

And starting is the hardest part.

It doesn't have to be big. In fact, it shouldn't be. It can be as simple as showing up for one small thing each day, moving your body, getting some air, creating a moment of stillness.

Not to fix everything, but just to create a bit of stability again.

That's where consistency comes in.

In small, repeated actions that slowly shift something in your mind and body. The first few days, you won't feel much. It might even feel pointless. But if you stick with it, after a week or two, you'll start to notice subtle changes. Your mind might feel a little quieter. Your body a little lighter. Your reactions a little less intense.

For me, one of the practices that's helped is yoga, specifically ashtanga. It's not about flexibility or doing it perfectly. It's about the breath.

Each movement is tied to it. With every inhale, there's an opportunity to take something in, to create space, to absorb growth, even if it's just a little. And with every exhale, there's a release, letting go of tension, stagnation, or whatever you've been holding onto.

It's simple, but when you do it consistently, it grounds you in a way that's hard to explain until you feel it.

That said, it doesn't have to be yoga.

Everyone works differently. There's no one right answer.

For some, it might be riding a motorcycle, being fully present, focused on the road. For others, it could be fishing, running, cooking, or anything that brings you back into the moment.

What matters is that you find something you can return to.

Because change won't happen overnight. And it's easy to give up after a few days when nothing seems different. But that's exactly when consistency matters most. Whatever you choose, sticking with it is what allows those subtle shifts to build over time.

Change is not easy, but it's necessary. And getting out of a funk, especially after something heavy, takes both courage and patience. No one else can do it for you, you have to want it, even if it's just a small part of you at first.

But if you start slowly, imperfectly and keep going, something will shift.

Not all at once. But enough.

And sometimes, that's all you need to begin again.



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.

➔ With every inhale, there's an opportunity to take something in, to create space, to absorb growth. And with every exhale, there's a release, letting go of tension, stagnation, or whatever you've been holding onto.

Stuck in a Loop?

How CBT Helps You
Break Free

We all carry thought patterns that shape how we feel and act, some helpful, others limiting. Through practical tools from Cognitive Behavioral Therapy, this article shows how to identify, challenge, and reframe negative thinking. With small, consistent steps, lasting mental and emotional change becomes possible.

By Sneha Agrawal

WE ALL have patterns of thinking and behaving that we repeat every day. Some support us but others hold us back. You might find yourself overthinking, avoiding situations, or saying things like, “I always mess things up.” Over time, these thoughts start to feel like facts.

These patterns aren’t random, they’re learned. And when left unchallenged, they can trap us in a cycle of negative thoughts, difficult emotions, and unhelpful actions.

The good news? These patterns can be changed.

Cognitive Behavioral Therapy (CBT) offers practical, evidence-based tools to help you break these cycles and build healthier ways of thinking and living. At its core, CBT is based on a simple idea:

“Our thoughts, emotions, and behaviors are deeply connected.”

When we change one, especially our thoughts, we influence the others.

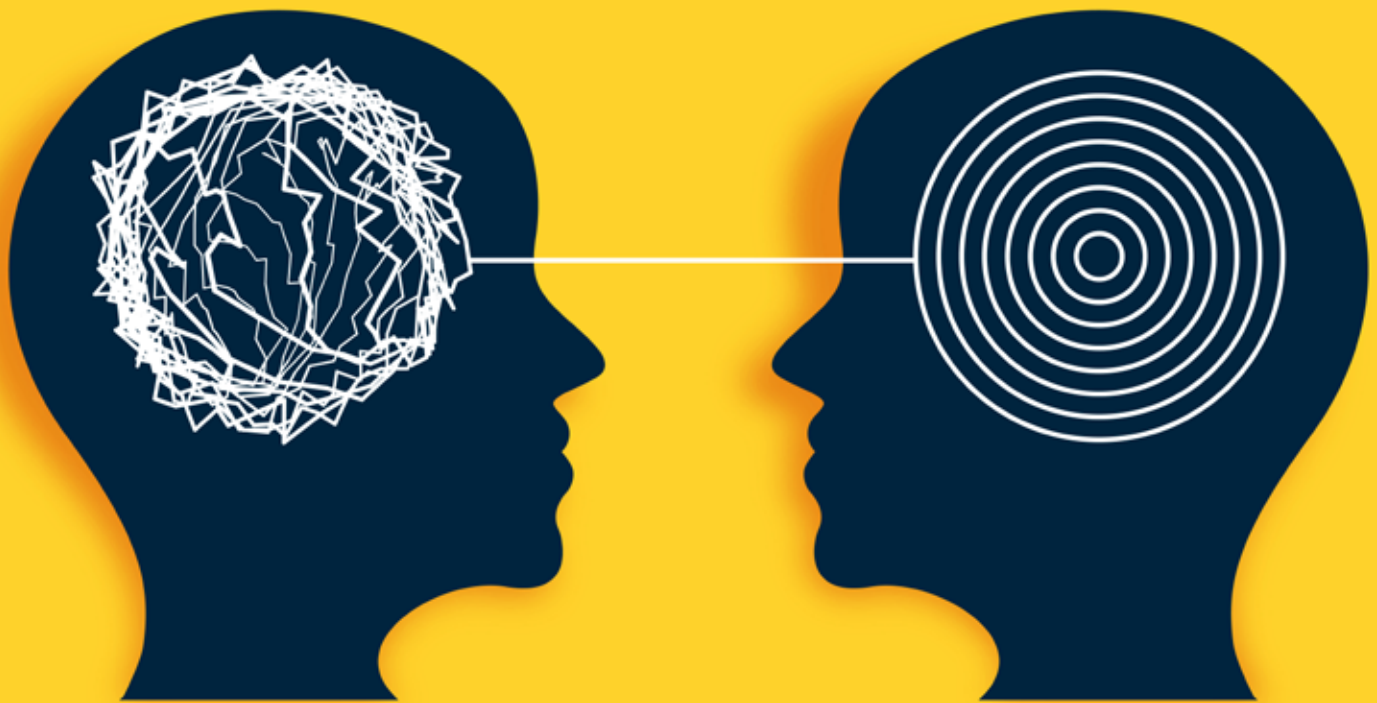
Old patterns feel automatic. CBT helps bring them into awareness and replace them with more balanced, constructive responses.

What CBT Helps You Do?

CBT focuses on helping you:

- Recognize unhelpful thought patterns
- Understand how they affect your emotions and behavior
- Challenge and reframe negative thinking
- Practice healthier responses in real life

These are lifelong skills you can continue using beyond therapy.



Where CBT Can Help?

CBT is useful for everyday challenges as well as deeper struggles, such as:

- Managing anxiety, stress, or overwhelming emotions
- Coping with grief
- Handling conflict and improving communication
- Building assertiveness
- Supporting relationship and emotional well-being
- Managing mental health conditions or preventing relapse

Simple CBT Techniques You Can Start Using

Notice Your Thoughts

➔ And if it ever feels too heavy to handle alone, reaching out for support is not a weakness, it's a step toward understanding and growth.

Pause and ask: "What am I thinking right now?" Awareness is the first step to change.

Challenge Unhelpful Thoughts

Not every thought is true. Ask: "Is there another way to see this?"

Test Your Beliefs

Try small experiments. Example: Speak up once and observe what actually happens.

Reduce Avoidance

Avoidance keeps patterns alive. Take small, manageable steps toward what you usually avoid.

Create Distance from Thoughts

Say: "I am having the thought that..."

This helps you not get overwhelmed by it.

Shift Core Beliefs

Notice deeper beliefs like "I'm not enough." Gradually replace them with healthier, more balanced ones.

Break the Habit Loop

Identify: Trigger → Action → Outcome. Then consciously choose a different response.

Practice Self-Compassion

Change doesn't happen through criticism. Be patient and kind to yourself.

The patterns you struggle with today are not permanent, they are learned, which means they can be unlearned.

Real change doesn't happen overnight. It starts small: noticing a thought, questioning it, choosing a different action. Over time, these small steps can transform the way you think, feel, and live.

And if it ever feels too heavy to handle alone, reaching out for support is not a weakness, it's a step toward understanding and growth.

Change is possible. And it can begin with just one new thought.

"Your thoughts are not facts, they are stories you can rewrite."



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.

Rubina Karki
unpacks the
crowded 2026
supplement market,
separating flashy
marketing from
evidence-based
performance aids.

From proven
staples like creatine
and caffeine
to overhyped
trends, the piece
urges athletes to
choose science
over gimmicks,
protecting both their
health and their
wallets.

By Rubina Karki

Performance in a Bottle

COSTLY GIMMICKS VS. SCIENCE-BACKED
GAINS IN 2026





For athletes and fitness fanatics, the 2026 sports supplement market offers both exciting prospects and urgent problems due to its rapid expansion and changing consumer habits. There are many items vying for consumers' attention in this competitive market, and they are frequently marketed using captivating stories and celebrity endorsements rather than scientific proof. As a result, it's getting harder to tell which supplements are largely drawn by compelling marketing and which ones have proven advantages. This emphasizes on how crucial it is for consumers to choose supplements using an evidence-based approach, in which they assess claims critically and give priority to supplements backed by research. By making informed decisions while choosing supplements rather than ordering every bottle that screams "fat burner" and "MUSCLE", people can protect their health, top their athletic performance, and save their hard-earned money from being wasted. Health gains without financial trauma?

The Elite Five: Effective Supplements

These supplements have withstood the test of research and time.

Creatine Monohydrate

The heavyweight champion of supplements without a doubt. During short, high-intensity workouts, creatine helps regenerate ATP by increasing phosphocreatine reserves in muscle

- Improves power output and strength
- Encourages the growth of lean muscle mass

- Benefits from frequent resistance and sprint exercise
- Minor weight gain (1–2 kg) from increased intracellular water retention and, occasionally, gastrointestinal distress (diarrhea, nausea) in higher doses are some of the documented side-effects. Simple, safe and still a winner in 2026

Caffeine

Caffeine is one of the best ergogenic aids accessible, not merely a pre-workout buzz.

- Improves the endurance performance
- Enhances perceived effort, attention and response time
- Beneficial for both explosive exercise and steady-state cardio. but, especially in high doses (>3 mg/kg), it can cause significant side effects. Common adverse reactions include insomnia, nervousness, headaches, gastrointestinal distress, rapid heartbeat (tachycardia), and anxiety. Timing and dosage are important to prevent side-effects, but the benefits are genuine.

The beta-alanine

During vigorous activity, beta-alanine increases muscle carnosine, which buffers hydrogen ions.

- Delays tiredness in activities lasting 1-10 mins
- Especially helpful for CrossFit-style exercises, middle-distance running and HIIT
- Its benefits are realized through consistent use, with noticeable effects

in repeated sprints or prolonged sets. Don't let the 'pins and needles' alarm you, It's just a side effect of a supplement that actually delivers results.

Sodium bicarbonate

Consider this to be a blood-level buffer.

- Aids in balancing acidity during strenuous endurance exercises
- Can enhance performance throughout repeated, intense attempts
- It is effective, but only when taken carefully to prevent GI distress.

Beetroot juice (Nitrates)

The availability of nitric oxide is increased by dietary nitrates.

- Increases oxygen efficiency and blood flow
 - Especially advantageous for endurance athletes
- One "natural" supplement that actually works.

Marketing Myths vs. Modern Innovation

BCAAs

- Popular, vibrant and mostly unnecessary
- BCAAs provide little to no effect if overall protein consumption is sufficient
- They are already present in whole proteins in useful proportions

Citrulline vs Arginine

Arginine is no longer as popular as it once used to be for "the pump".

- Citrulline increases nitric oxide more effectively and is more readily absorbed

- Arginine mostly degrades before it can function

Testosterone Boosters

- Products made using Tribulus terrestris and related plants are still unsupported
- There is no reliable proof of significant increases in testosterone or performance

Gains are mostly driven by marketing

NAD+ precursors

In 2026, cellular energy and anti-ageing became a popular issue

- Promising mechanisms but little long-term data on human performance
- A classic example of science and aggressive marketing selling too soon

The overhyped supplements are misleadingly promoted to athletes by media considerably more efficiently than those supplements that actually works. Marketers often take advantage of vague terms from scientific language, cherry-pick findings from studies, get currencies of trust such as celebrities and "social media influencers". The public also often falls into the trap of believing that the more complex and completely unpronounceable the ingredients on a label are, the more powerful the product must be. However, be skeptical of trends, stick to tried-and-tested, and remember that none of the supplements can replace a balanced diet, dedicated workout, quality sleep and rest.



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Reset Your Space

Inviting Positivity with Vastu Principles

By Medina Joshi

IN HINDU tradition, Vastu Shastra, offers guidance on how to harmonize our living spaces with cosmic forces. Similarly, Feng Shui, rooted in Chinese philosophy, emphasizes balance between humans and their environment through the flow of chi (life energy). Though they arise from different cultures, both systems share striking similarities: they highlight the importance of space, direction, energy, and harmony in shaping human well-being.

A well-organized and balanced home influences our mood, productivity, relationships, and spiritual growth. Below are practical Vastu tips to help you begin the year with clarity and positivity.

Clean Declutter the House

Remove broken items, unused clothes, unused electronics, torn garments, and old papers from your home. Pay special attention to the North-East (Ishan corner), as it is considered the most sacred area. Deep clean important spaces such as the entrance, kitchen, and pooja room. Decluttering removes stagnant energy and allows fresh, positive opportunities to enter the space.

Sound Vibration Cleansing

Sound and vibration cleansing helps purify the energy of a space by removing negative or stagnant vibrations. This can be done by ringing bells, clapping hands, chanting mantras, or playing calming music throughout the home.

These vibrations refresh the environment and promote peace and balance. Practicing sound cleansing regularly helps create a positive and harmonious atmosphere.

Use of Fragrance in Spiritual Cleansing

Fragrance helps create a calm and uplifting environment. Burning dhup, such as Gokul dhup or incense, purifies the air and spreads a soothing aroma throughout the space. The pleasant fragrance is believed to uplift the mind, support relaxation, and enhance spiritual activities like meditation and prayer. Regular use of dhup and incense promotes a peaceful atmosphere and invites positive energy.

Noise-Free Door Hinges

Door hinges should move smoothly without making noise. Creaking sounds

can disturb the calm environment of a home. Regular maintenance and oiling of hinges help ensure smooth movement and support a more peaceful and harmonious living space.

Bedroom Harmony

A peaceful bedroom supports rest and well-being. Avoid placing mirrors directly facing the bed, as they may disturb restful energy. Use light and soothing bedsheets to create a

relaxing environment that encourages better sleep. Removing electronic clutter near the bed is also important, as too many devices can disturb the calm atmosphere needed for proper rest.

Colour Selection

Colours influence the mood, psychology and energy of a home. Green represents growth and renewal, yellow symbolizes wisdom and positivity, and white promotes peace and purity. It is best to avoid excessive use of dark colours inside the home, as they may create a heavy atmosphere. Balanced colour choices help maintain a calm and positive environment.

Green Plants

Green plants bring freshness, growth, and natural energy to a home. It improves air quality, reduce stress, and symbolize vitality Place them near windows, balconies, or living areas where they can receive sunlight and fresh air. Plants can improve air quality and create a calming effect. Proper placement of healthy plants helps maintain balance and promotes a positive atmosphere.

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The Art of Elegant Colours

A curated guide to colour combinations that bring timeless sophistication and a breath of personal warmth into every room of your home.

By Malika Joshi

Colour is the first thing you feel in a room before you notice the furniture, the light, or the art on the walls. Yet choosing the right palette remains one of the most underemphasized decisions in home design. This guide cuts through the noise with a few colour combinations and practical advice on how to layer them with confidence.

Colour harmony is not about playing it safe. It is about understanding how hues speak to each other and letting them hold a conversation rather than a shouting match. Elegant

does not mean beige. It means intentional.

Shades of Beige



The soft whites paired with warm grey-beige is the safest yet instant elevation for Nepali homes. This palette pairs a cool mist white with a warm birch tone that prevents the room from feeling clinical. Ideal for flats and apartments where natural light may be limited, as these tones reflect and amplify whatever light is

present without washing out or yellowing. Tip: Pair with natural textures, such as cane or bamboo furniture, all widely available and increasingly popular in Nepali home design, to ground the softness.

Fern Green & Cream



Green is not commonly chosen in Nepali interiors, which is precisely why it reads as fresh and distinctive without feeling foreign.

Fern green, the shade of monsoon foliage, of terraced fields, of the hills visible from any Kathmandu rooftop, is an intimately familiar colour to Nepali eyes. Against cream, it creates a living room or bedroom that feels like it is in quiet conversation with the landscape outside. This is nature brought indoors, without artifice. Tip: Use green on a single wall, preferably the one opposite the window and let it deepen in shadow.



luxurious and it expands a space simultaneously. Antique gold decor pieces or statement light fittings paired with your Navy wall glows well and give your home an elegant finish. Reserve this palette for dining rooms, living rooms, or office rooms where drama is appropriate.

counterbalanced with a single accent. Second, tonal range, there is always a light, a mid, and a dark value in each scheme, giving the eye a natural resting hierarchy. Third, restraint; no palette requires more than three principal colours. A fourth and a fifth become noise.

Warm Terracotta & Dusty Blush



Terracotta is not a popular choice in Nepali households, but it has experienced a well-deserved revival. The mistake most people make is pushing it too orange or too saturated. Opt for a dusty, slightly muted terracotta, something that looks like it has been touched by centuries of sun and pair it with a chalky blush that sits firmly on the warm side of pink. Together, they create a warmth that works particularly well in open-plan living spaces and kitchens where people gather for long hours.

Colour also behaves differently across different surfaces. A matte wall absorbs light and makes a colour appear more saturated. A glossy surface reflects and lightens it. Natural fibres like linen, wool and jute, warm every colour they carry. Synthetics flatten them. This is why a paint chip on a card and a painted wall in your actual home look like two different colours entirely.

Finally, and perhaps most importantly, start with a piece you love. A favourite rug, an inherited ceramic, a painting, pull your palette from that. The most elegant homes are not designed from swatches outward; they are curated from meaning inward. Any colour palette chosen for a Nepali home must answer to the natural light first.

Teal & Gilded Ivory



For modern families who are experimental, who want to create an accent wall and like bold colours, this combination is for you! A teal sofa against gilded ivory walls and gold-toned accents creates an atmosphere that looks ancient and contemporary. This palette suits those who

want their home to have an unapologetic character. Make sure to balance the colours through the walls and furniture and not to overuse the colours as they can create a chaotic look due to their boldness.

Midnight Navy & Antique Gold



If there is one combination that consistently photographs beautifully and lives even more beautifully, it is this one. Navy is

The principles beneath the palette

First, temperature consistency, all hues within a palette sit on the same side of the warm-cool spectrum, or are deliberately



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Open the Doors to Magic with Door Hardware Solutions



DOOR HARDWARE is a critical yet often overlooked component in modern building design. It directly influences functionality, safety, and the visual appeal of residential and commercial spaces. Choosing high-quality hardware ensures smooth operation, enhanced security, and long-term durability, adding a quiet but powerful sense of magic to everyday interactions. Selecting high-quality hardware ensures smooth operation, enhanced security, and long-term durability. From door closers to mortise locks and accessories, each element plays a specific role in creating a reliable door system.

Benefits of Quality Door Hardware

One of the primary benefits of well-designed door hardware is ease of access. Properly engineered handles, closers, and locking systems allow doors to open and close smoothly with minimal effort; almost like a touch of magic in motion. This is particularly important in high-traffic environments such as offices, hospitals, and retail spaces where user convenience and accessibility compliance are essential. Good hardware reduces wear on doors and frames, minimising maintenance costs over time.

Security is another major advantage. Robust locking mechanisms and controlled closing systems help protect occupants and property. Modern door hardware incorporates precision engineering and durable materials that resist tampering, forced entry, and mechanical failure. When correctly specified and

installed, these components form the first line of defence in a building's physical security strategy. When properly specified and installed, these components become the first line of defence, adding a reassuring touch of practical magic to building safety.

Aesthetics also play an increasingly important role. Contemporary door hardware is available in a wide range of finishes, profiles, and architectural styles. Designers can now match hardware seamlessly with interior themes, whether minimalist, industrial, or classic. High-quality hardware enhances perceived building value while maintaining functional performance, adding a final layer of visual magic to the overall design.

Door Closers

Door closers are essential for controlled door operation, fire safety compliance, and energy efficiency. Hettich's HCS 380 and HCS 385 door closers are engineered to deliver consistent, reliable closing performance across a variety of door types. Their smooth, controlled action prevents door slamming, while adjustable closing and latching speeds provide application flexibility.

Built with durable construction for high-cycle environments and compatible with fire-rated door assemblies, these closers require reduced maintenance thanks to robust internal mechanisms. By ensuring doors always return to the closed position, they enhance security, support HVAC efficiency, and help maintain compartmentalisation in fire-rated buildings.

Door Locks

Mortise locks remain the gold standard for high-security door applications. Hettich's Inspiro Mortise Lock combines mechanical strength with refined design, making it suitable for both commercial and premium residential use. Its deep mortise installation provides superior structural strength, while multi-point engagement enhances overall security and smooth lever operation ensures user comfort.

Built for long service life under heavy usage, the Inspiro Mortise Lock also maintains a clean architectural appearance. Because the lock body is embedded within the door, mortise systems offer better resistance to forced entry compared to cylindrical alternatives, making them particularly effective in offices, hotels, and institutional buildings where reliability is critical.

Door Accessories

Supporting accessories complete the door ecosystem and should not be underestimated. Common door accessories include door stoppers, hinges, flush bolts, pull handles, and strike plates. Each component contributes to overall performance.

For example, high-quality hinges ensure proper door alignment and load distribution, preventing sagging over time. Door stoppers protect walls and hardware from impact damage. Flush bolts secure inactive door leaves in double-door configurations. When specified correctly, these accessories extend the

lifespan of the entire door assembly.

Important Standards to Maintain

Compliance with recognised international standards is essential when selecting door hardware, as European Standards (EN) and CE marking requirements assure product performance, safety, and durability. Prioritising EN and CE compliance ensures verified fire and safety performance, tested durability under standardised cycles, consistent manufacturing quality, regulatory acceptance in global projects, and greater confidence for architects and specifiers.

Products tested to EN standards undergo rigorous evaluation for parameters such as closing force, corrosion resistance, and mechanical endurance. CE marking indicates conformity with applicable European directives, giving stakeholders confidence in product reliability.

Door hardware is far more than a functional necessity; it is a strategic investment in safety, usability, and design quality. Components such as door closer and locks demonstrate how engineered hardware can improve access, strengthen security, and enhance architectural aesthetics. When paired with properly specified accessories and compliant with EN and CE standards, a door system becomes a durable, high-performance asset for any building.

MARKET.



↑ Delite Dairy Pride, an instant Full Cream Milk Powder for The First Time In Nepal

Sujal Dairy Pvt. Ltd. has launched Delite Dairy Pride, Nepal's first instant full cream milk powder. Easily dissolving in lukewarm water, it offers a quick, creamy, and nutritious milk option for busy households. Enriched with calcium, protein, vitamins A and D, and containing no added sugar, it supports children's growth and

overall well-being. Made from locally sourced fresh milk and processed under strict quality standards, it ensures safety and taste. With a 12-month shelf life and convenient packaging, it is ideal for daily use. Available across major retailers and online platforms, it meets modern lifestyle needs for nutrition and convenience.



↑ Aloft Kathmandu Thamel's Marketing Manager Honored as "Select Property Marketing Leader of the Year" at Marriott's ELITE Awards 2025

Aloft Kathmandu Thamel's Marketing Manager, Suarpana Shahi, has been named "Select Property Marketing Leader of the Year" at Marriott International's ELITE Awards 2025, one of the brand's highest honors.

Recognized for leadership, revenue performance, guest service, and community impact, Shahi brings over 12 years of hospitality experience. Since joining in 2023, she has strengthened the hotel's brand through strategic marketing, innovative guest engagement, and impactful digital campaigns, driving consistent growth. General Manager Vikram Singh praised her vision and creativity. Shahi credited her team and leadership for their support, emphasizing the award as a collective achievement and a milestone in the hotel's continued excellence.



← The Soaltee Hotels & Resorts Brings Signature Luxury to the Hills of Manakamana with Its Newest Resort

The Soaltee Hotels & Resorts has launched Soaltee Westend Resort Manakamana, a premium hilltop retreat just five minutes from the Manakamana Temple. Featuring 51 elegant rooms with panoramic views, the resort blends modern comfort with Nepalese hospitality. Designed for pilgrims, tourists, and business travelers, it offers dining venues, event spaces, and wellness facilities including

a spa, pool, yoga deck, and fitness centre. With scenic surroundings and versatile amenities for weddings, meetings, and leisure stays, the resort reflects Soaltee's commitment to expanding high-quality hospitality across Nepal while delivering refined, culturally rooted guest experiences.

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 **TIME Names Mountain Lodges of Nepal – Manang a World’s Greatest Place 2026**

Mountain Lodges of Nepal (MLN) – Manang has been named one of TIME’s World’s Greatest Places to Stay 2026, marking its debut as a pioneering high-altitude luxury base camp in the Annapurna region. Located at 3,500 meters, the lodge allows guests to stay in one place while exploring Manang through curated daily adventures. Combining comfort with accessibility, it offers heated

rooms, modern amenities, and cultural immersion. Surrounded by dramatic landscapes, monasteries, and traditional villages, Manang provides a unique Himalayan experience. Managed by Sherpa Hospitality Group, MLN continues its legacy of authentic mountain hospitality while supporting local communities and making the Himalayas more accessible.



 **The North Face Revamps Exploration Experience in Nepal**

Founded in 1966, The North Face is a global leader in outdoor apparel and equipment, known for athlete-tested, expedition-proven gear designed for extreme conditions. Since 2003, The North Face Nepal has supported the country’s adventure community with premium products for both high-altitude climbers and everyday explorers. With stores in Thamel, Pokhara, and Namche Bazaar, it ensures accessibility to authentic gear. The newly reopened Performance Pro Store in Thamel introduces an immersive retail experience, blending innovation, storytelling, and technical equipment. The brand continues to strengthen Nepal’s trekking and mountaineering industry while inspiring exploration through its philosophy, “Never Stop Exploring.”



 **International Wellness Day 2026 Celebration at Avata**

On 15 April 2026, Avata Wellness Center hosted International Wellness Day, offering a thoughtfully curated series of sessions to promote holistic well-being and community connection. The event began with a serene opening ceremony featuring mantra chanting by Saraswati Khatri, setting a calming tone.

Koirala and international ambassadors, added significance. Participants engaged in yoga, meditation, sound healing, and stress management activities throughout the day. The celebration concluded with a soulful kirtan by SurSudha band, fostering unity, mindfulness, and shared positive energy.

Distinguished guests, including Manisha

What Each Zodiac Should Release Before Entering 2083 B.S

AS WE prepare to step into 2083, the transition is more than just a change in calendar, it is an invitation to shed what no longer serves us. According to the Nepali zodiac system, beginning with Mesh (Aries), each sign carries emotional patterns, habits, and energies that are ready to be released for a lighter, more aligned year ahead.

Mesh (Aries)

You must let go of impulsive reactions and the need to control every outcome. Trusting the process will open doors to calmer victories.

Brish (Taurus)

Release stubborn attachments whether to people, routines, or past comforts and allow space for growth.

Mithun (Gemini)

You need to quiet the inner noise. Let go of overthinking and scattered energy to find clarity and direction.

Karkat (Cancer)

Cancers are called to release emotional baggage. Holding onto past hurts only weighs down the heart meant for nurturing.

Singha (Leo)

Leos, let go of the constant need for validation. True confidence will shine brighter when it comes from within.

Kanya (Virgo)

Kanya/ Virgo must release perfectionism. Not everything needs to be flawless to be meaningful or successful.

Tula (Libra)

Libras are encouraged to let go of people-pleasing tendencies. Balance begins when you honor your own needs.

Brischik (Scorpio)

Release grudges and silent resentment. Healing begins when you allow yourself to forgive and move forward.

Dhanu (Sagittarius)

Let go of restlessness and the fear of commitment. Stability can also be an adventure.

Makar (Capricorn)

You must release the burden of over-responsibility. You don't have to carry everything alone.

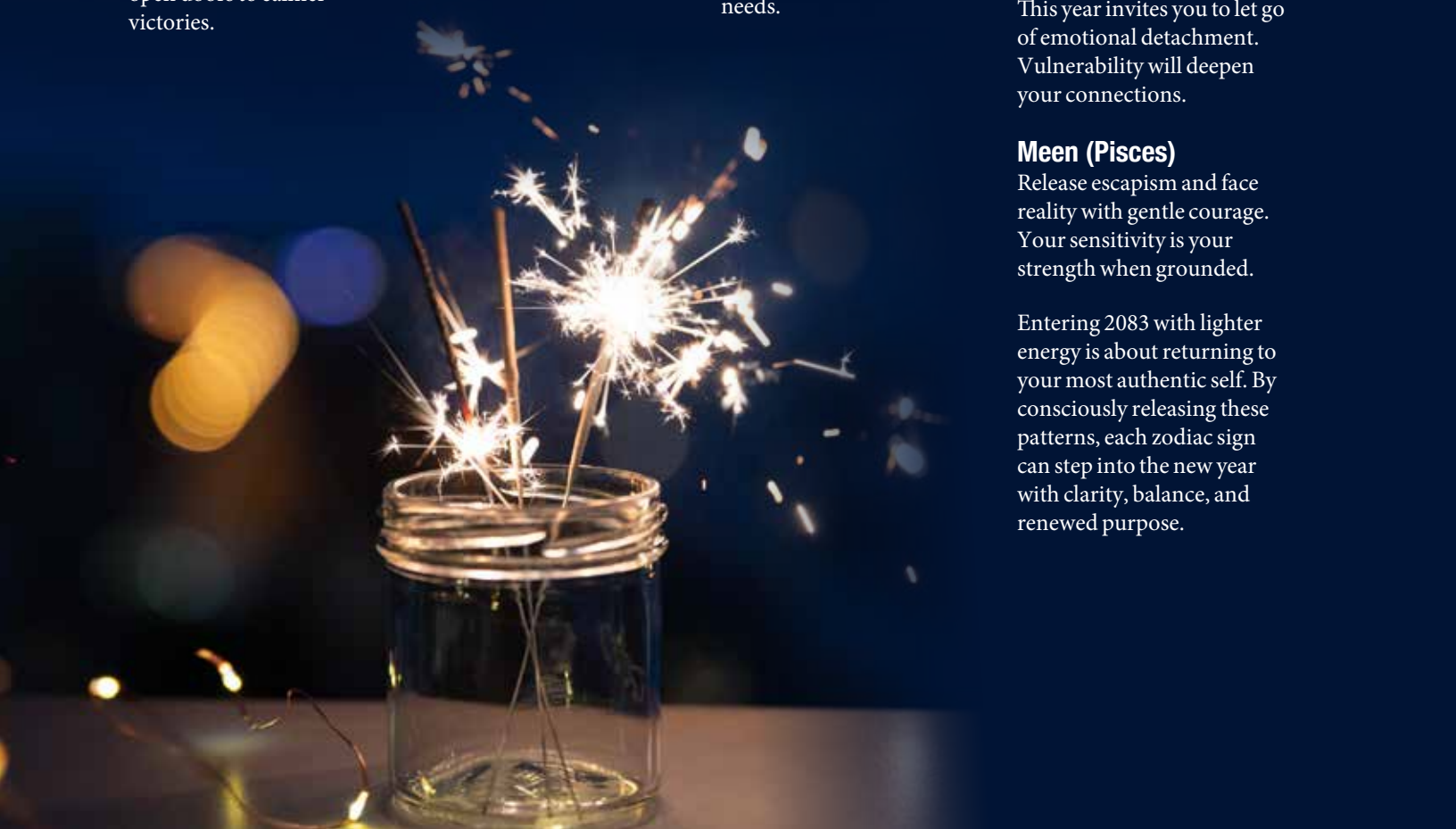
Kumbha (Aquarius)

This year invites you to let go of emotional detachment. Vulnerability will deepen your connections.

Meen (Pisces)

Release escapism and face reality with gentle courage. Your sensitivity is your strength when grounded.

Entering 2083 with lighter energy is about returning to your most authentic self. By consciously releasing these patterns, each zodiac sign can step into the new year with clarity, balance, and renewed purpose.



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