

SMART

FAMILY

→ RS 200



Living Out Loud

PARAKRAM SJB RANA ON IDENTITY & FAMILY



SUBARU


SMARTER STOPS, LONGER DRIVES.


Smart auto start-stop cuts idle fuel so every pause works in your favor.

#1 Most Reliable New Car Brand - 2025 

Top Brand Overall - Consumer Reports 2025 & 2026 

IIHS TOP SAFETY PICK+ 

Best SUV Brand for Families & Teens 

Japan Car of the Year 2025 & 2026 



MADE IN JAPAN,
SAVING FUEL IS THE PLAN.



WELCOME MAGIC
INTO YOUR HOME.

IT'S ALL IN HETTICH

When you add magic to the little things in your home, the whole space feels magical. At Hettich, we bring that magic to life through constant innovation and thoughtful design. From sleek drawer systems and smooth sliding systems to magic lights and door hardware products, every detail works together to transform your everyday spaces.

That's how we make sure your home feels like magic.

#FEELTHEMAGIC



SLIDING FOLDING SYSTEMS



LINEAR DRAWER SYSTEMS



FURNITURE LIGHTS



DOOR HARDWARE

To experience our solutions, visit:

Hettich Experience Centre
Liasion Office Nepal, Onesky Building,
Next to Nidan Hospital, Harihar
bhawan-03, Pulchowk, Lalitpur 44600

Location



CONTENT.



STARTER

FEATURE

- The Pride Community - 8

COLUMN

- Drop All Conclusions About God - 16

CULTURE

- Sithi Nakha - 18
- Bunga Dyah Jatra - 10

COVER STORY

- LIVING OUT LOUD:
Parakram SJB Rana on
Identity & Family - 24



FOOD

RESTAURANT REVIEW

- Japanese Restaurant Kotetsu - 28

NUTRITION

- Shifting Your Relationship With Food For Lasting Wellness - 34

RECIPE

- The Food Alchemy - 36



PARENTING

SMART PARENTING

- Talking to Kids About Substance Abuse - 40

COLUMN

- Raising Inclusive Children - 42

FEATURE

- Building Emotional Safety at Home - 46



BODY

WELLNESS

- Grounding Moment - 50

MENTAL HEALTH

- Breaking Free - 52



HOME

INTERIOR

- Japandi Interior Style - 54

PLANT

- Botanical Garden - 58

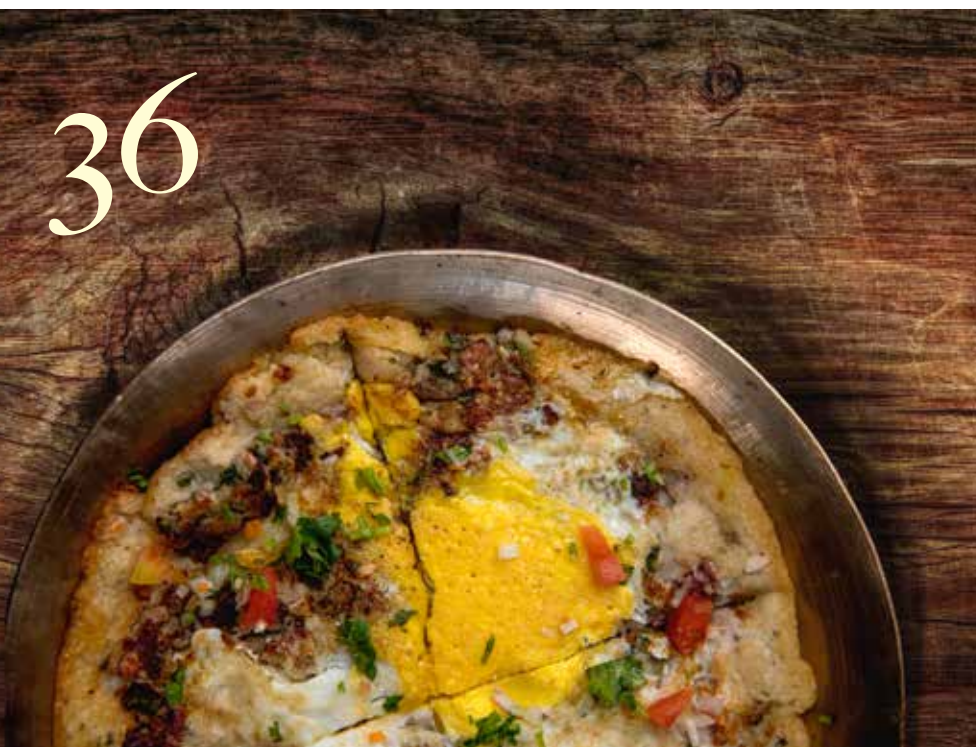
MARKET - 64

ASTROLOGY

- The Celestial Trinity - 66



36



CIGA Design

Blue Planet
Titanium



SWISSTIMEPIECES

DURBARMARG | BESIDES WOODLAND COMPLEX | KATHMANDU

PHONE: +977-9840003537 | FB/IG: @SWISSTIMEPIECESNEPAL

WWW.SWISSTIMEPIECESNEPAL.COM

EDITORIAL.

Some stories stay with us because they are loud & because they are honest & different. This month's issue is shaped by those kinds of conversations; the ones that challenge what we think we know, invite us to see differently and leave us changed.

At the center of this edition is "Living Out Loud", a thoughtful conversation with Parakram SJB Rana and his parents, Sneh Rana and Upendra SJB Rana. Its a story about identity, about family, the spaces we create for one another and the ways love can grow when met with openness. It is a reflection of many conversations families are beginning to have and many more that still need room to happen.

This issue also brings attention to the work of organizations across Nepal that continue to advocate for the pride community. Their efforts show how progress is built through people willing to create change from within their communities.

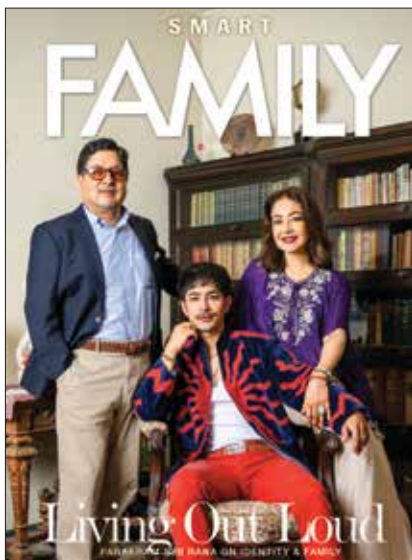
Elsewhere, we revisit traditions that continue to shape our collective identity, from Sithi Nakha to Rato

Machhindranath Jatra; the cultural buzz this season, while also looking at the changing ways we care for our homes, our health and each other. From difficult conversations around substance abuse and emotional safety to small rituals of grounding, dining and design, the stories in these pages speak to everyday choices that shape the lives we lead.

At Smart Family, we have always believed that family is not a fixed idea. It shifts, expands, questions and redefines itself with every generation. This issue is a reminder that families are built through tradition, through empathy, acceptance, and the willingness to understand one another more deeply.

The next month is June and with this issue we hope we collectively make a respectful space for our queer friends as well as friends who are struggling to break a habit or come out! Lets welcome the the pride month giving the dignity they deserve, like everyone else do!

We hope you find something in these pages that stays with you. Happy Reading!



Visit our e-magazine

ON THE COVER:
Upendra SJB Rana (Left)
Parakram SJB Rana (Centre)
Sneh Rana (Right)

OUTFIT:
Parakram: Baachhitta
Sneh: Panache Runway
Nepal

PHOTOGRAPHY BY:
Suraj Patra Bansha

Nest

MEDIA AND DIGITAL

Nest Media and Digital Pvt Ltd
Lila Marg,
Kupondole, Lalitpur
5423036, 5424637, 9802041460
marketing.nest1@gmail.com

MANAGING DIRECTOR
Nripendra Karmacharya

FINANCE DIRECTOR
Jeena Shrestha

EDITORIAL AND MARKETING
Malika Joshi

BUSINESS DEVELOPMENT
Looniva Shakya

PHOTOGRAPHY
Suraj Patra Bansha

MAGAZINE DESIGN
Aaron Karmacharya

SOCIAL MEDIA
Anushka Shakya

FEATURE WRITERS
Sadhguru
Kiran Karki Silwal
Chef Sandeep Khatri
Sonal Talegaonkar
Disu Bhandari
Mridula Saria
Priyanka Chaguthi
Vijay Vaidya
Sneha Agrawal

OFFICE ASSISTANT
Sunita Magar

SUBSCRIBER DISTRIBUTION
Sunbir Tamang

BOOKSTAND DISTRIBUTION
Kasthamandap Distribution
4247241

SMART FAMILY magazine (Registration Number 226/073/074) is published 12 times a year. All right are reserved in respect of articles, illustration, photography, etc. published in Smart Family Magazine. The views/ideas expressed herein are those of the author's and are not necessarily those of the publisher's. While every precaution is taken, no responsibility is assumed for the return of the unsolicited material. The contents of this publication may not be reproduced in any form without the prior consent of the publisher.



MORE THAN JUST A MASSAGE.

Important message for you all!



To me, massage has never been just a luxury or a way to kill time on a weekend—it's a genuine investment in how you age. Working at Nuad Thai Spa, I've seen a night-and-day difference in people who make it a habit. They don't just feel better; they actually look different. There's a certain lightness in how they move, and their skin has that natural, rested glow you just can't find in a bottle.

Of course, it's a lifestyle—your diet and sleep cycle play a huge role too—but the physical release is key. When you're constantly carrying stress from the office or family life, it eventually carves itself into your face and your posture. By keeping your circulation healthy and staying on top of muscle tension, you're essentially giving your body the tools it needs to repair itself. Through better microcirculation, you're delivering oxygen and nutrients directly to your skin cells, which is where that youthful "rested" look comes from.

It isn't about trying to stop the clock; it's about giving yourself the care you need to age gracefully and feel balanced. True wellness starts from the inside, and that consistent "me-time" is often what makes the most visible impact. Personally, if I'm short on time, I swear by foot reflexology or a quick head and shoulder session to kill the stress. But for a real recovery? Nothing beats a herbal compress massage. Believe me, it's the ultimate anti-aging secret.

Aditya Jung Rana

- Aditya Jung Rana
Manager, Nuad Thai Spa & Wellness



RELAX. RENJUVENATE.

Relieve stress, ease muscle tension and restore natural balance.



REFRESH. RENEW.

Boost circulation, improve flexibility and support overall wellness.



BALANCE. GLOW. AGE GRACEFULLY.

Boost circulation, improve flexibility and support overall wellness.



THREE CONVENIENT LOCATIONS



📍 Lazimpat
☎️ 01-4002802

📍 Bhaisepati
☎️ 01-5927970

📍 Sanepa
☎️ 01-5917921

📍 Thamel
☎️ 01-4546789

STARTER.

The Pride Community

From performance stages and fashion studios to contemporary art spaces, Nepal's queer community is building platforms where authenticity thrives. This feature spotlights pioneering initiatives that are redefining visibility, creativity, and belonging for LGBTQ+ individuals in Nepal.

By Malika Joshi



Baachhittaa

Eco-Friendly Fashion

Bacchitta is slow fashion with intention, eco-friendly clothing pieces crafted by Yanjan Joshi, a qweeer designer for whom making clothes is inseparable from living honestly. Working with surplus, deadstock, and upcycled fabrics, every piece begins with what already exists rather than asking for more. The designs themselves are rooted in Nepali culture and craft, drawing entirely from local resources and traditions. In Nepal's fashion landscape, Bacchitta is proof that what you wear can be an bold act of care, for the planet, for your heritage, and for yourself.

Queer Honky-Tonk

Queer Collective Platform

Queer Honky-Tonk, founded by Shuby Bhattarai is where Kathmandu's queer community comes to be loud, be seen, and take the stage. Through drag variety shows, open mics, and collective performance, it has built something rare, a recurring, reliable space where queer expression isn't just tolerated but celebrated. In a city where such spaces are scarce, Queer Honky-Tonk holds the room so the community doesn't have to hold its breath.



Kaalo 101

Queer & Femme-Led Art Space

Kaalo 101 is a brave space in the truest sense, a queer and femme-led platform that makes room for the kind of art that other spaces won't. It understands that visibility in culture matters as much as visibility in law, and that galleries, like streets, can be sites of resistance. In Nepal's art scene, Kaalo 101 is the room where the margins get to set the terms.



Queermandu

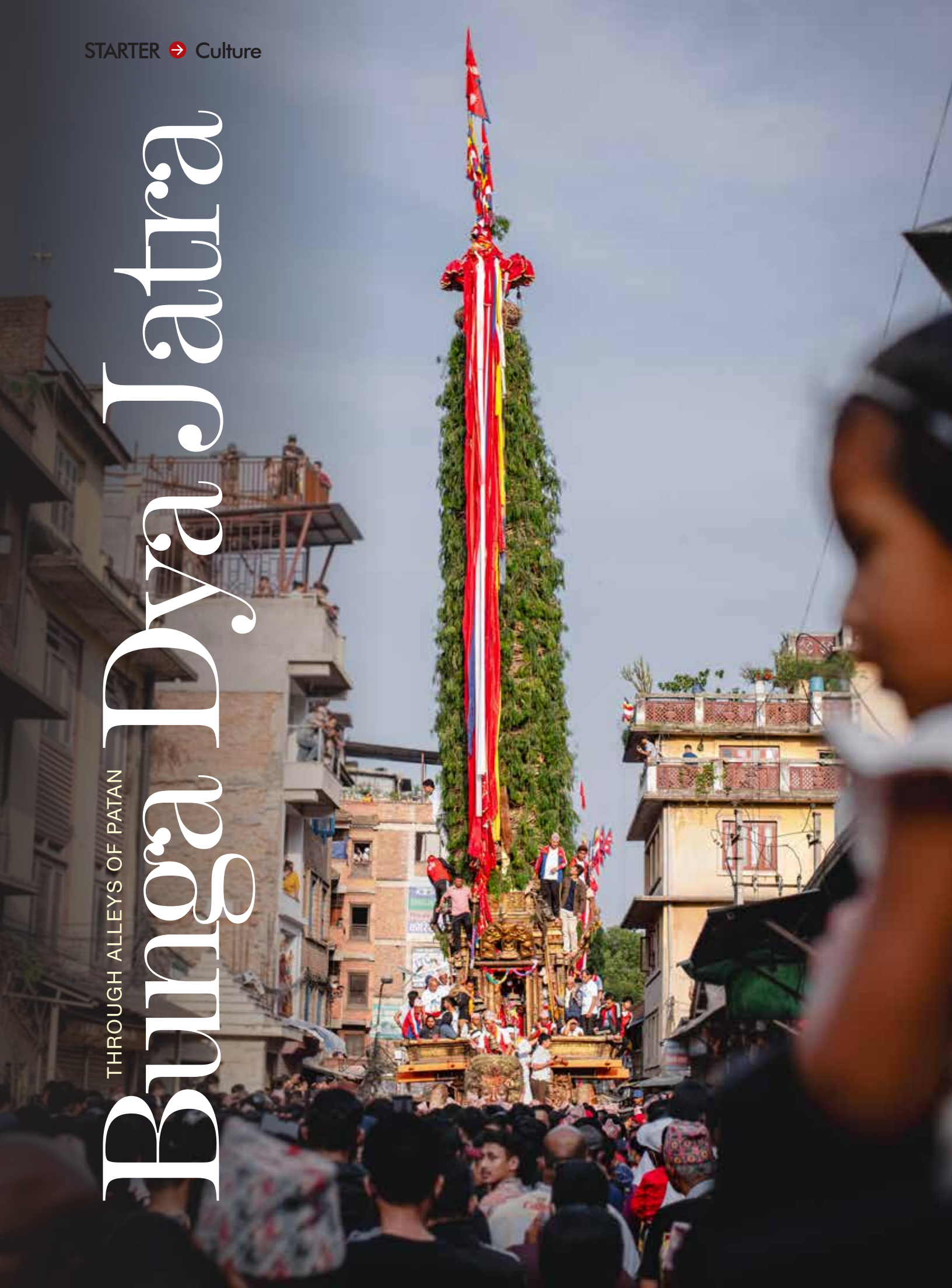
Queer Tour Company

Nepal's only tour company built around queer safety and queer joy, Queermandu offers local adventures where LGBTQ+ travellers can explore without having to edit themselves. What it provides isn't just access to Nepal's landscapes — it's the rare experience of moving through them freely. In a country still finding its footing on queer rights, Queermandu is quietly making the whole country feel a little more like home.



THROUGH ALLEYS OF PATAN

Bunga Dya Jatra







THE RATO MACHHINDRANATH JATRA, also known as Bunga Dya Jātrā in Newari, is a chariot festival held in the alleys of Lalitpur (Patan), Nepal. It is one of the greatest religious events in the city and the longest chariot festival celebrated in the country. The route of the chariot procession starts at Pulchok and passes through Gabahal, Mangal Bazar, Hakha, Sundhara, Chakrabahil, Lagankhel, and ends at Jawalakhel. After the Bhoto Jatra ceremony at Jawalakhel, the idol of Rato Machhindranath is taken back to Bungamati, where it spends 6 months of the year.

The Deity

The festival is dedicated to Bunga Dya, venerated as Karunamaya ("the compassionate one"), an aspect of the Bodhisattva Avalokiteśvara, and is popularly believed to bring the monsoon rains. Karunamaya is also identified as an aspect of the Hindu saint Machhindranātha. The name "Rato" means "red," referring to the colour of the deity's image. The deity is worshipped simultaneously as a Hindu yogic saint (Matsyendranath) and a Buddhist Bodhisattva of

Compassion (Karunamaya/ Avalokiteshvara).

On the first day of the waning moon of Chaitra, the idol of Rato Machhindranath is bathed, and after a fifteen-day bathing ceremony, the idol is placed in a specially designed chamber within the chariot at Pulchok. Priests bathe the deity and dress it in royal garments before installation.

The Chariot

The chariot is constructed entirely by hand using only wood, bamboo, and natural fibre ropes, towering 48–60 feet high. There are no nails or metal joints. Traditionally, the chariot measures 32 cubits high, 32 cubits long, and 32 story length. The front part of the chariot, known as the Dhamma, represents the serpent deity Karkotak and is crucial to the chariot's balance and stability. The towering pine-and-marigold spire on top is an offering to the sky. The chariot of Bunga Dyah is accompanied by a similar but smaller chariot of Chākuwā Dyah (Minnath) and Dhimey Baja.

The Four Wheels (Ghacha)

Front Right Wheel: Kundi Bhairava (Guardian of the northern direction)

Front Left Wheel: Harisiddhi Bhairava (Guardian of the eastern side)

Rear Right Wheel: Lubhu Bhairava / Luptasamhar (Warden of the southern territory)

Rear Left Wheel: Tika Bhairava / Tyanka Bhairava (Warden of the western side)

In addition to these wheel guardians, the centre front of the chariot is often associated with the wrathful yet compassionate Hayagriva Bhairava from Bungamathi.

The wood used for the wheels is a rare type of wood, Suar (Sci. Samanea Saman). Even the brakes (Ghaku) used for these gigantic wheels are carved by hand and made out of wood.

It takes about a week for the community to build, and it is given final decoration before the seating of the lord. The chariot has four large wheels, each carved and painted, and two long ropes used to pull it throughout the city.

Yakah Misaya Bhujya

"The women's chariot pulling" in Nepal Bhasa. The ropes are handed over exclusively to female devotees. Women of

all ages gather to drag both the main Rato Machhindranath chariot and the smaller Minnath chariot along this stretch of the route.

Chariot Route

Day 1: Pulchowk to Gabahal

Day 2: Gabahal to Mangalbazar

Day 3: Mangalbazar to Sundhara (Chariot rests for 1 day)

Day 4: Sundhara to Chakrabahil

Day 5: Chakrabahil to Lagankhel (Chariot circles sacred Maju Sima tree - Mother of Karunamaya)

Day 6: Chariot gets pulled from Lagankhel to 190m ahead in route to Thati Tole

Day 7: Female devotees pull the chariot to Thati tole (Chariot rests here until a further date is fixed)

Day 8: Paschim Yatra (The chariot is moved from Thati Tole to Jawalakhel, where it remains until the date for Bhoto Jatra is announced)

Day 9: Bhoto Jatra

There is an underlying belief that if the chariot is poorly built or topples, misfortune will follow. In 2004, the chariot toppled mid-procession, and within months King Gyanendra seized absolute power in a royal coup.

The Paschim Yatra of the Chariot (Final Route: Route to Jawalakhel) is set to take place on Asar 3, 2083. The Chariot will be pulled from Thati Tole, Kumaripati, to Jawalakhel, its final destination, and will remain there until Bhoto Jatra concludes.

WHERE VISION MEETS
DESIGN

IEC INTERIO SCHEMA XV REDEFINES NEPAL'S
INTERIOR DESIGN LANDSCAPE





Kathmandu's most anticipated interior design exhibition returns for its 15th edition and this year, it's bigger, bolder, and more visionary than ever.

On May 9th, 2025, the grand halls of Marriott Hotel, Naxal, Kathmandu, transformed into a living canvas of creativity, innovation, and architectural imagination as IEC College of Art & Fashion unveiled Interio Schema XV, the 15th edition of its celebrated annual interior design exhibition.

Since its inception in 2011, Interio Schema has been the definitive stage where Nepal's brightest emerging designers don't just present ideas but they build worlds. This year, 40 final-year students of the 2023 batch brought their thesis projects to life as stunning, three-dimensional structures that visitors could walk through, experience, and be inspired by.

A Showcase Built for the Future

This edition took a bold leap forward, with students focusing on future-oriented commercial spaces that reflect the evolving needs of modern society. From Holistic Lifestyle Centers and Maternity & Child Care Facilities to LGBTQ+ Community Centers, Burn Survivor Rehabilitation Spaces, and Hospice Care Centers, the designs tackled real-world challenges with empathy, innovation, and style.

Experience Design Like Never Before

Visitors were treated to a rich, multi-sensory exhibition experience featuring:

- Interior Design Model Displays
- Smart Furniture Showcases
- Product Design Exhibits
- Student Research & Paperwork Displays
- An Immersive Photo Booth

The event drew distinguished guests across both its morning and evening sessions, including Madam Gitanjali Brandon, Counsellor (Political) at the Embassy of India, and Ms. Surakshya Panta, acclaimed actress, creative director, and producer, a testament to the exhibition's growing prestige and cross-industry appeal.

Interio Schema XV is affiliated with Limkokwing University of Creative Technology, Malaysia, grounding it in an internationally recognized academic framework while keeping its heart firmly rooted in Nepal's creative community.

At its core, this exhibition is a mission: to elevate public understanding of interior design, champion sustainable living, open doors for emerging Nepali designers, and prove year after year that world-class design talent thrives right here in Kathmandu.

Drop all Conclusions About God

Sadhguru challenges the habit of blindly believing in God, arguing that real transformation comes only through personal experience, not inherited ideas. He explores how the mind is shaped by external influences and warns that rigid conclusions limit growth. True spirituality, he suggests, begins when you drop all assumptions and remain open to the vastness of existence.

By Sadhguru

SADHGURU: WHEN it comes to God, you have been told to believe; nobody told you to explore Divinity. Without being touched by an experience, believing something is not going to transform you. Suppose from the day you were born, if I kept telling you my little finger is God, if I show you my little finger, divine emotions will come within you. If I teach you that my little finger is the Devil, if I show you my little finger, terror will arise within you. This is the nature of your mind.

Whatever you make out of the mind is of no true significance. As a device, yes, but in the ultimate sense it does not mean anything, because it may take one shape today and another shape tomorrow; the mind is fluid, you can make anything out of it. How it is shaped simply depends on

how it is influenced. If you look deeply, what you call “your mind” is something you have borrowed from thousands of people around you. Your mind is just your background, depending on the kind of family you come from, your education and religion, the country or society you belong to and the world you are living in.

The intellect is just a survival tool, a limited aspect of your life. Survival is essential, but not fulfilling. If you want to go into deeper dimensions of life, first you need the necessary instruments. Right now you experience life with just the sense organs by seeing, hearing, touching, tasting, and smelling. With these, you cannot know anything beyond the physical. You cannot measure the depth of the ocean with a foot scale. That is what is happening with people. They are

approaching the deeper dimensions of life without the necessary instruments. So they jump to wrong conclusions.

People are eager to jump to conclusions because without a conclusion, they have no substance of their own. What you call as “myself,” that person or that personality is just a bundle of conclusions that you have made about life. But whatever conclusion you have made, you are bound to be wrong because life does not fit into any conclusions that you make. The moment you make a conclusion, you have stopped your growth; you have stopped and destroyed the possibilities of life.

A spiritual process does not mean jumping into another set of conclusions. When you dare to exist here without any conclusions,

willing to look all the time, willing to exist here as just a small particle of this existence, then you will know the limitlessness of the existence.



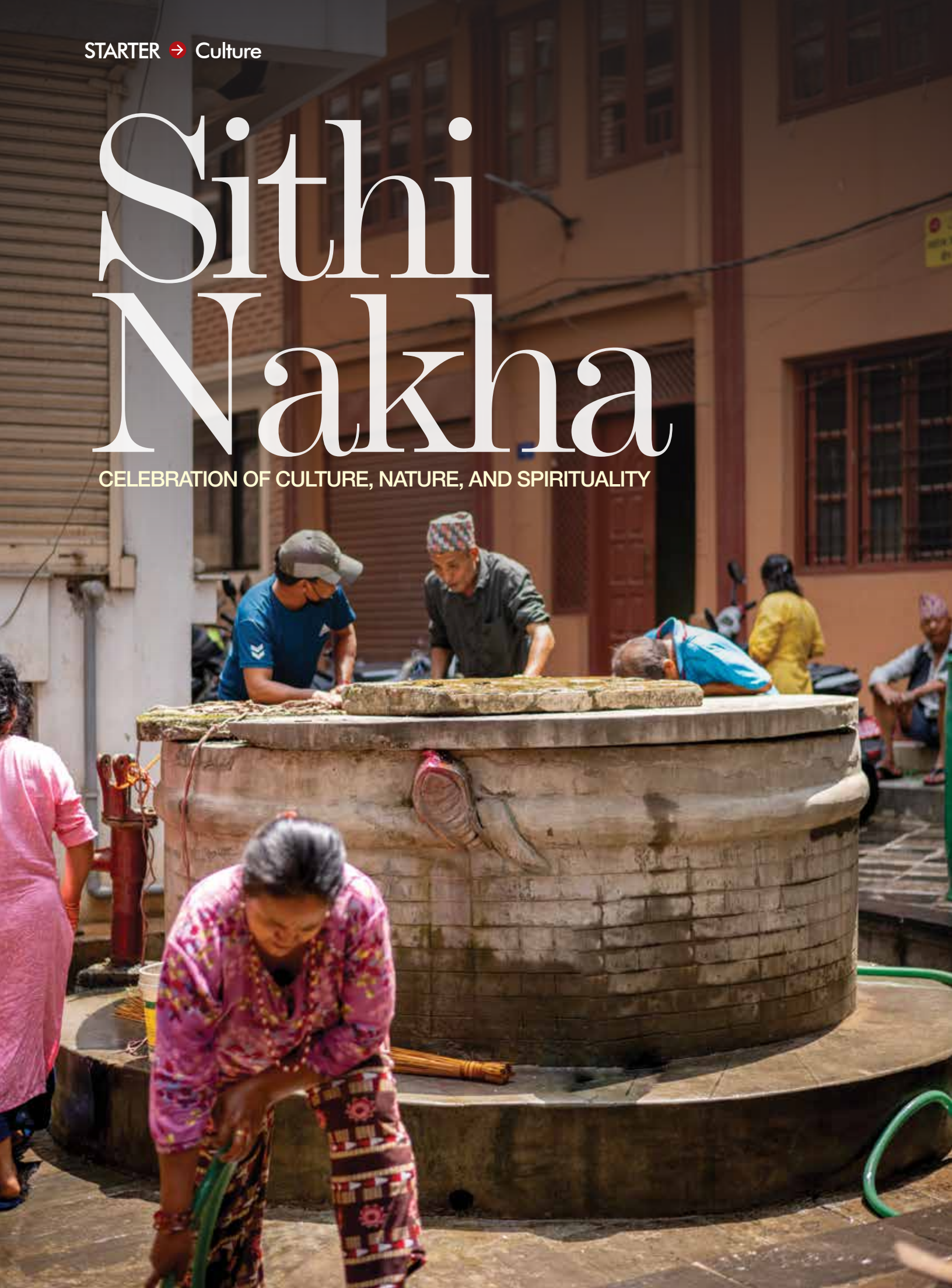
Ranked amongst the fifty most influential people in India, Sadhguru is a Yogi, mystic, visionary and a New York Times bestselling author. Sadhguru has been conferred the Padma Vibhushan by the Government of India in 2017, the highest annual civilian award, accorded for exceptional and distinguished service.



STARTER → Culture

Sithi Nakha

CELEBRATION OF CULTURE, NATURE, AND SPIRITUALITY



Sithi Nakha, also known as Kumar Khasti, is one of the most significant and meaningful festivals celebrated by the Newa community of Nepal. Observed on the sixth day of the bright fortnight in the month of Jestha, this sacred occasion is believed to mark the birth of Lord Kumar Kartikeya, the son of Lord Shiva and Goddess Parvati. Beyond its religious importance, Sithi Nakha beautifully reflects the deep connection between culture, environment and conscious living, a tradition that has endured for over fifteen centuries.

In Collaboration with Kiran Karki Silwal

With roots tracing back to the Licchavi period (approximately 400–750 AD), Sithi Nakha stands as one of Nepal's most living and layered traditions. It is simultaneously a religious observance, an ecological practice, a public health protocol, an agricultural milestone and a social gathering woven together into a single day of remarkable collective wisdom.

Name & Meaning

The festival's name carries its essence within it. Sithi is derived from the Sanskrit word Shashthi, meaning

"sixth," while Nakha in Nepal Bhasha (the Newar language) simply means "festival." Together, the name translates to "the festival of the sixth day". A name that precisely anchors it in the lunar calendar.

The festival is also referred to by several other names: Kumar Shashthi, Kumar Khasti, and Skanda Shashthi, all pointing to its central deity, Lord Kumar Kartikeya. It falls in the eighth month of Nepal Sambat (Tachhala) and in the Hindu lunar month of Jestha, typically in late May or early June.

➔ One of the most visually distinctive aspects of Sithi Nakha is the **Pikhalakhu**, a small mandap or sacred symbol drawn or placed outside each Newar home.

Historical Origins

Historians trace Sithi Nakha to the Licchavi period (400–750 AD), one of Nepal's most architecturally and culturally formative eras. It was during this period that the kings of the Kathmandu Valley constructed the foundational infrastructure of water distribution, elaborate stone spouts (hiti), community ponds (pukhu), and wells (inar) that defined the Newar urban landscape.

The most compelling historical evidence for Sithi Nakha comes from stone inscriptions dating to the reign of King Yaksha Malla (1453 CE / 1510 BS), during whose reign Bhaktapur was constructed as a fortified city surrounded by a deep moat. Historian Kasi Nath Tamot documents that these inscriptions made it mandatory for local communities to clean water sources, roads, temples, and sidewalks on Sithi Nakha, signaling that by the fifteenth century, this was not merely custom but civic law.

The festival's deeper origins may also be connected to the very process of urbanization in the Kathmandu Valley. As Newar cities grew in complexity with intricate water distribution systems requiring collective maintenance, Sithi Nakha likely emerged as the ritual occasion that made such communal responsibility feel sacred rather than merely obligatory.

The Presiding Deity: Lord Kumar Kartikeya

At the heart of Sithi Nakha stands Lord Kumar Kartikeya, the elder son of Lord Shiva and Goddess Parvati. He is the archetypal warrior deity of Hindu mythology: depicted as a radiant young god seated upon a peacock, holding a golden spear, embodying youth, valor, and divine protection. In Newar culture specifically, he is revered as Chhetrapal, the protector of the settlement and guardian of boundaries.

Lord Kumar is worshipped under many names across the Indian subcontinent but within the Kathmandu Valley, his identity is intimately tied to the transitional ecology of the pre-monsoon season. The peacock, his vehicle, enters its mating season precisely during this pre-monsoon period, weaving a poetic thread between his divine nature and the rhythms of the natural world.

The Pikhalakhu: Kumar's Earthly Dwelling

One of the most visually distinctive aspects of Sithi Nakha is the **Pikhalakhu**, a small mandap or sacred symbol drawn or placed outside each Newar home. The word itself is revealing: pikha means "outside" and lakhu refers to nearby rivers or water sources. Shaped like an eight-petalled lotus, the Pikhalakhu is the earthly representation of Kumar, worshipped as the guardian of the threshold between public and private space. On Sithi Nakha, this worship is performed with special devotion, reinforcing the idea that the home itself

is a sacred space in need of divine protection at the onset of the vulnerable monsoon season.

Water Conservation: The Living Science of Sithi Nakha

If there is one practice that defines Sithi Nakha more than any other, it is the communal cleaning of water sources, an act so ancient, so precisely timed, and so ecologically sound that it stands as one of the most remarkable examples of indigenous environmental science anywhere in the world.

Why Before the Monsoon?

The Kathmandu Valley experiences its driest conditions in the weeks immediately before the monsoon. Water levels in wells, ponds, and stone spouts fall to their annual lowest point. This creates a unique and brief window of opportunity: it becomes physically possible to descend into wells, scrape silt and sediment from the bottom, and clear the channels of stone spouts. Once the monsoon rains arrive, water levels rise rapidly, making such cleaning impossible and contamination inevitable if

the sources were not cleaned beforehand.

Water sources are then kept closed for several days after cleaning to allow water levels to stabilize. The Newar ancestors understood, long before germ theory, that monsoon water mixes with surface runoff carrying pathogens that cause typhoid, dysentery, and cholera. Sithi Nakha was their annual antidote.

The Role of Nagas: Guardians of Water

Inseparable from the water-cleaning rituals is the worship of Nagas, the divine serpent deities believed to be the guardians and rulers of all water sources. According to Newar cosmology, the Nagas reside in wells, ponds, and springs for most of the year. During the driest pre-monsoon period, they are believed to depart temporarily to perform their own ancestral Dewali worship and it is precisely this window of their absence that makes it ritually permissible to enter the wells and clean them with lime without disturbing the sacred guardians. A symbolic idol of Nagaraja, the King of Serpents, is worshipped with offerings including honouring his

benevolent stewardship of the valley's water.

Agricultural Significance

Worshipping Kumar on this day is believed to ensure a favorable rice harvest. His peacock vehicle, in its mating splendour at this time of year, becomes a natural barometer of the monsoon's approach. It is said that traditional pinwheels are also displayed during the festival, their movement in the wind used to make predictions about the rains to come.

In the broader Newar understanding, Sithi Nakha marks the end of leisure and the beginning of labor. All musical instruments are ceremonially stored away in Nasa Dya (the deity of music and the arts) until the next major festival after the monsoon, Gathamuga Chahre. The cultural calendar pauses while nature takes precedence.

Dewali Puja

Sithi Nakha also serves as the final day of the Dewali Puja (also called Digu Puja or De-Puja), a month-long cycle of ancestral worship that begins on Akshay Tritiya. During this period, Newar families of common lineage gather to perform elaborate rituals honouring their family deity, the Digu Deya or Kul Devata (family god).

On Sithi Nakha, the final and most significant gathering takes place. Families visit the ancestral home and open fields, making offerings and seeking blessings for protection, prosperity, and

continuity. One of the most poignant moments is the formal welcome of newly married daughters-in-law into the family lineage.

With the closing of Dewali Puja on Sithi Nakha, the era of feasting and ritual celebration formally ends. The community turns collectively outward to the fields, to the water sources, to the hard work of the monsoon season.

The integration of spiritual observance with civic infrastructure is one of Sithi Nakha's most enduring contributions to urban culture. Long before municipalities existed, the festival ensured that the built environment of Kathmandu's cities was collectively maintained and collectively protected.

→ Sithi Nakha also serves as the final day of the Dewali Puja (also called Digu Puja or De-Puja), a month-long cycle of ancestral worship that begins on Akshay Tritiya.



Kiran Karki Silwal
 Kiran Karki is a certified parenting and NLP coach guiding individuals toward purposeful living and conscious parenting through her signature program "Find Your Ikigai with Kiran."
 Stay connected:
 Instagram: Kirankarkisilwal
 Facebook: Kiran karki Silwal



CONCEPT & SITE PLANNING
We translate your vision into a practical plan site study, feasibility and clear timelines.



DESIGN & NAKSHA APPROVAL
Civil + architectural drawings prepared and approved precision designs that respect code and culture.



SITE PROTECTION & SHEET-PILING
Protection systems installed to secure the site and nearby structures.



PILING & SUBSTRUCTURE WORKS
Deep foundation works executed with engineering accuracy for lasting stability.

Building Dreams Honouring Traditions

From the first sketch to the final finish, we turn your vision into a build you can trust. Clear planning, strong engineering, and transparent communication, every step designed to keep your project moving with confidence.



FOUNDATIONS & GROUNDWORKS
Careful excavation and foundation pouring the silent backbone of every safe build.



SUPERSTRUCTURE & FRAMING
Columns, beams and slabs executed precisely to the structural design and quality standards.



FINISHES & EXTERNAL WORKS
External cladding, paint, flooring and fixtures applied with attention to durability and detail.



INTERIORS & HANDOVER
Interior design, final Quality Assurance and a transparent handover.



Living Out Loud

PARAKRAM SJB RANA ON IDENTITY & FAMILY

Parakram SJB Rana, openly gay Nepali content creator reflects on identity, privilege, and the transformative power of parental acceptance, tracing his journey from a boarding school with no queer representation to becoming one of Nepal's most visible LGBTQIA+ voices.

By Malika Joshi

PARAKRAM SJB RANA is a digital content creator, fashion curator, and cultural advocate who has carved a distinctive space for himself in Nepal's creative landscape. Parakram channels his content in a stylish and meaningful way. He has built a loyal audience drawn to his unapologetic voice on queer rights, culture, and social issues in Nepal, making him not just a content creator but also a genuine changemaker of his generation, for his community.

Who or what gave you the language to understand your own identity?

I grew up at a time when there were almost no resources in books, libraries, or online to help me understand my identity, especially while I was in boarding school. Around age 15, about a year or two after realizing I was gay, Twitter was taking off and opened up a new world for me. Through it, I discovered figures like Ricky Martin,

Lady Gaga, and Prabal Gurung. Seeing people live openly and successfully gave me something I had never felt before: visibility, comfort, and hope for my own future.

At what point in your life did you first feel comfortable coming out as part of queer community?

I was around 17 when I first came out to my best friend, and her understanding and support gave me the courage

to tell my close friends and, eventually, my parents. The internet played a huge role in raising awareness about LGBTQIA+ identities, not just for queer people but for everyone around us. That growing understanding made these conversations less frightening and helped me open up to the people I loved.

Privilege, Legacy & The Rana Name

Did you ever feel that being a Rana made coming out feel higher-stakes?

Absolutely. People often assume privilege makes coming out easier, but it can also raise the stakes. In families where legacy, reputation, and social expectations carry great weight, there is often strong pressure to conform. Coming from a Rana family, I faced expectations around masculinity, lineage, and carrying the family name forward. For a Rana son to be openly gay and unapologetic once felt unimaginable. In time, I realized that no family name, expectation, or social pressure was worth sacrificing my truth and happiness.

Identity Struggle

Before coming out fully, have you faced the denial stage?

Many of us grew up in denial because we had little to no healthy representation. Conversations about queer identities were often mocking, stereotypical, or negative, and the word "gay" was commonly used as an insult. Naturally, many of us feared being associated with it. I spent years trying



PRIDE MONTH

Pride Month is celebrated every June to honour the global LGBTQIA+ rights movement, inspired by the 1969 Stonewall uprising in New York City, where queer people stood up against discrimination and violence. In Nepal, Pride is celebrated through two major Pride Parades - one organised by Queer Youth Group (QYG) on the second Saturday of June, and another by Blue Diamond Society during Gai Jatra. Nepal's first Pride Parade was held in Kathmandu in 2019.

LGBTQIA+ MILESTONES IN NEPAL

- 2001 - Blue Diamond Society was founded to support LGBTQIA+ people in Nepal.
- 2007 - The Supreme Court of Nepal ruled that LGBTQIA+ people must have equal rights and legal protection.
- 2007 - Nepal became one of the first countries in Asia to legally recognize a third gender.
- 2015 - Nepal's new Constitution of Nepal included protections for sexual and gender minorities.
- 2023 - The Supreme Court allowed the temporary registration of same-sex marriages, a major step toward marriage equality.
- 2026 - Bhumika Shrestha became Nepal's first transgender woman elected as a Member of Parliament.
- Gender and sexual minorities were explicitly recognized in a ministry portfolio, marking a formal step toward greater state inclusion and representation in government policy.

to separate my feelings from my identity, convincing myself they could not define who I was. It takes time, education, and self-compassion to stop seeing yourself through the shame society places on you.

What does self-acceptance actually feel like in your daily life now, compared to a few years ago? Coming out does not automatically mean self-acceptance. Many people assume that once you come out, you have fully embraced who you are, but self-acceptance is a much longer and more layered journey. Even after coming out, queer people continue living in a world shaped largely by heterosexual norms, which can still feel isolating, especially in South Asia. For me, meeting other queer people, connecting with LGBTQIA+ organizations, and hearing stories like my own helped me embrace myself more fully. Even today, self-acceptance remains an ongoing journey rather than a final destination.

LGBTQ+ in Nepal & Around the World

What has travelling to other countries taught you about the acceptance spectrum? Any specific country or city where you

felt most free and accepted?

Traveling has shown me how differently societies approach identity, freedom, and acceptance. Visiting Berlin was especially eye-opening. I was struck by how normalized individuality felt there, with people simply allowed to exist without constant judgment. That kind of social freedom creates healthier communities for everyone, not just queer people.

Nepal has made remarkable legal progress compared to much of South Asia, but there is still a significant gap between policy and lived reality.

Where do you feel Nepal is ahead, where are the next battles, and what gives you hope for LGBTQ+ rights in Nepal??

Nepal has made remarkable legal progress compared to much of South Asia, but the next priorities include easier access to accurate identification documents for transgender and non-binary individuals, marriage equality, and stronger anti-discrimination protections. What gives me hope is seeing queer representation reach decision-making spaces, with leaders like Bhumika Shrestha and a younger generation that is helping build a more

inclusive and empathetic Nepal.

Family Moments

When Parakram came out to you, what was your first internal reaction and has that reaction changed over time?

Dad(Upendra SJB Rana): From the moment Parakram came out, we felt proud of his courage and honesty. It takes immense strength for a child to trust their parents with something so personal. We believed it was our responsibility to stand by him completely, and that support helped him grow into his authentic self with confidence.

Mom(Sneh Rana): My first reaction was worry because I knew the world can still be unkind to the LGBTQIA+ community. But that quickly turned into admiration and pride. Seeing the courage it took for him to share his truth at 17 made me incredibly proud, and over time that pride has only grown stronger. Today, I speak about my son and his identity openly and proudly.

Acceptance only matters when it is visible. How have you shown up for Parakram, and what role do parents play in helping children flourish beyond gender norms and social expectations?

Dad: We believe support should be visible, not just spoken about privately. By standing beside Parakram

openly, we hope to have helped create a community where LGBTQIA+ children feel accepted and celebrated. A parent's support plays a vital role in building a child's confidence and sense of self-worth.

Mom: Supporting Parakram means being present, attending queer events, and encouraging his work. Being LGBTQIA+ is not a choice, and when a child shares their truth, it is an act of trust. Parents should move beyond social expectations, love their children unconditionally, and allow them to flourish as they are.

Has Parakram's openness about his identity changed how your family talks to each other?

Dad: Absolutely. Conversations around the LGBTQIA+ community, current events, and social issues now happen very naturally within our family, often even around the dining table when everyone is together. What makes me especially happy is seeing every generation in the family, including grandparents, participate in these discussions openly and thoughtfully. It has definitely created more awareness, openness, and honesty within the family as a whole

Mom: Parakram's journey has sparked honest conversations among our relatives and friends as well. It has helped people ask questions, understand more, and become more accepting. I believe these open discussions are an important part of how society gradually changes.

➔ “When parents stand confidently beside their children, it leaves very little room for shame to survive.”



JAPANESE RESTAURANT Kotetsu

Located on the 1st floor of Radisson (Radisson Hotel), Lazimpat — Japanese Restaurant Kotetsu.

A Japanese Mama san is always present at the restaurant. With Japanese music playing in the background, you might even forget you are in Nepal and feel as if you are in Japan while enjoying authentic Japanese cuisine. It is well known as a Japanese restaurant highly recommended by Japanese people.

Inside, there is both a sushi counter and a teppanyaki counter, where you can watch skilled chefs prepare sushi and cook on the iron griddle right in front of you — part of the dining experience. In addition to popular items such as nigiri sushi, sashimi, steak, and tempura, there are many other recommended Japanese dishes to enjoy.

Come and experience Japan for yourself.



Kaisendon **(Seafood Rice Bowl)**

A bowl of vinegared sushi rice topped with assorted fresh seafood sashimi. Includes salmon, tuna, scallops, shrimp, marinated mackerel, sea bream, yellowtail, shredded squid, and salmon roe. Best enjoyed with wasabi soy sauce poured over the top.



Futomaki **(Thick Sushi Roll)**

A type of rolled sushi made by wrapping vinegared rice and various ingredients in seaweed. Contains tuna, cucumber, rolled omelet, simmered gourd strips, shiitake mushrooms, and imitation crab.

**Unagi Nigiri
(Eel Sushi)**

A Kansai specialty:
three pieces of eel nigiri,
featuring fluffy, grilled eel
glazed with a savory sauce.

The sauce caramelized
on the surface is perfectly
delicious.



Goya Champuru

A stir-fry of bitter melon
with tofu and egg, a
representative Okinawan
dish. Topped with bonito
flakes, it pairs perfectly
with beer.





Grilled Salted Mackerel

Mackerel grilled to crispy skin and juicy, tender flesh, served with grated daikon radish.



Sara Udon

This noodle dish features crispy fried thin noodles topped with a rich stir-fried meat and vegetable sauce. Also delicious with Worcestershire sauce or vinegar added to taste.

Farm to Table

NEW DINING EXPERIENCE FOR YOUR FAMILY



A SUSTAINABLE dining concept called "Farm to Table" links customers directly to the food's source. At Sarangkot, visitors can enjoy freshly harvested ingredients from Sarangkot Mountain Lodge's own local farm that have been carefully prepared into authentic meals that are molded by the culinary customs of the area. This experience offers a closer connection to the natural world and the local way of life while celebrating freshness, community, sustainability, and mindful dining.

Experience For You & Your Family

Farm to Table creates meaningful memories for today's modern families and experience-driven travelers. You can have a sustainable experience that combine travel, food, and culture.

This experience enables you to

- Savor organic food that is fresh and healthful.
- Re-establish a connection with the natural world and live slowly.
- Discover the ingredients and farming customs of the area.
- Take part in engaging family-friendly activities.
- Encourage sustainable tourism and local farmers

How Can You Experience This?

Enquire Sarangkot Mountain Lodge and book your dates for visits. You can engage in immersive activities and carefully chosen dining to experience the Farm to Table journey. The encounter could consist of:

- Visits to nearby farms with a guide
- Gathering seasonal herbs and vegetables
- Engaging with nearby farmers and community members
- Experiences cooking traditionally with regional cooks
- Meals that are carefully chosen and made with recently harvested ingredients

It can be part of a stay, family vacation, wellness retreat, fun activities for children or a culinary getaway.

Why This is the Best Season to Experience It?

The seasonal produce is at its freshest, allowing you to fully appreciate the flavors and authenticity of locally grown ingredients; the clear mornings, cool mountain breeze, and picturesque backdrop further elevate the overall dining and outdoor experience, making it perfect for families, couples, and lifestyle travelers seeking a refreshing escape into nature. Sarangkot is blessed with lush greenery, fresh harvests, pleasant weather, and vibrant landscapes.

This season is one of the most lovely seasons to experience farm life in Sarangkot since it brings with it abundant foliage, fresh harvests, good weather, and bright sceneries. Visitors may fully enjoy the flavors and authenticity of locally farmed ingredients because seasonal produce is at its freshest.



neststyle

SARI | KURTI | CASUAL WEAR

Ekantakuna, Lalitpur
Insta: nest_stylektm
FB: Nest Style KTM
9801051757



50% FLAT DISCOUNT

Meetings & Celebrations at **Holiday Inn Express** Kathmandu Naxal

AT HOLIDAY INN EXPRESS

Kathmandu Naxal, every gathering is thoughtfully designed to combine purpose, comfort, and seamless functionality. Whether hosting a corporate meeting, training session, networking event, intimate celebration, or social gathering, the hotel

offers a versatile banquet venue that adapts effortlessly to diverse requirements.

Featuring modern interiors, flexible seating arrangements, an in-built projector, high-speed Wi-Fi, and essential event amenities, the space provides the ideal setting for productive

discussions, impactful presentations, and memorable occasions. From the moment guests arrive, the hotel's dedicated team ensures every detail is managed with precision and efficiency, allowing hosts to focus fully on their event experience.

The venue comfortably accommodates multiple event formats

- **20–35 guests in Boardroom Style**
- **40–50 guests in Cluster Style**
- **100–150 guests in Banquet Style**



Strategically located in the heart of Kathmandu, the hotel offers excellent connectivity to key business districts, government offices, and prominent city landmarks, making it a convenient meeting point for both local and international guests arriving from different parts of the city.

With convenient parking facilities, airport accessibility, flexible event packages and a highly experienced culinary and service team specializing in customized outdoor catering setups tailored to your taste, Holiday Inn Express Kathmandu Naxal ensures a seamless and memorable event experience.

Complemented by customized dining options, warm hospitality, efficient service, and the trusted comfort of the globally recognized Holiday Inn Express brand, the venue creates a refined yet welcoming environment for gatherings of every kind.



BY IHG

KATHMANDU NAXAL

For Reservation
+977 9802356463
reservations@hixkathmandu.com

 **WorldLink**

6G



Enhanced Coverage 40% More Coverage than Wi-Fi 5



Seamless Performance 4x throughput than Wi-Fi 5

500 Mbps

Rs. 1,334/-*

Per Month

*T&C apply.

Shifting
your
Relationship
with Food
for

Lasting

This piece reframes wellness by shifting the focus from control and restriction to awareness and nourishment. It explores how guilt, imbalance, and emotional patterns shape our relationship with food, and why rebuilding trust with the body is key to lasting health. True wellness, it argues, comes not from perfection but from consistent, compassionate choices.

By Sonal Talgaonkar



Wellness

Health is not just about what you eat but it's about how you feel when you eat. There comes a point for many of us when eating stops feeling simple. You sit down to eat, but your mind is louder than your hunger.

Calories, carbs, guilt, "I'll start tomorrow" the noise never really stops.

For many people today, eating isn't just about food. It's about control, confusion, and quiet frustration. Lasting wellness often begins when we learn to return not to perfection, but to that sense of ease and trust with food.

Look out for the following patterns:

- Feeling guilty after eating certain foods
- Overeating after long periods of restriction
- Constantly thinking about food
- Struggling to recognise true hunger or fullness

And the most frustrating part? The harder you try to control food, the harder it feels to stay consistent.

From Control to Awareness

Instead of asking:

- What should I avoid?
- How can I eat less?

You begin asking:

- Am I actually hungry?
- What will make me feel satisfied and energised?
- How do I feel after this meal?

This shift sounds simple, but it's powerful. It allows you to work with your body instead of constantly fighting it.

Why Balanced Meals Change Everything

When meals are unbalanced for example, high in refined carbs but low in protein and fats it leads to energy spikes and crashes.

This leads to:

- Frequent cravings
- Mid-day fatigue
- Overeating later in the day
- Balanced meals, on the other hand, create stability

A simple combination of:

Protein (eggs, paneer, dal, chicken), Fibre (vegetables, fruits, whole grains), Healthy fats (ghee, nuts, seeds). It helps regulate blood sugar, improve satiety, and reduce the constant mental noise around food. Often, what feels like a "lack of willpower" is actually just a lack of nourishment.

Letting Go of Food Guilt

Guilt is one of the biggest barriers to lasting wellness. When food is labelled as "good" or "bad," every choice becomes emotionally charged. You either feel proud or disappointed, "on track" or "off track."

- This creates a cycle: Restriction → Craving → Overeating → Guilt → Restriction again

Breaking this cycle does not require stricter rules, it requires a different mindset.

Food is not a reward or punishment. It is nourishment. It is also enjoyment. It is part of life.

Understanding Emotional Eating Without Judgment

Food is often tied to emotions such as comfort, celebration, stress, boredom.

And that's human. The goal is not to eliminate emotional eating, but to become aware of it.

Ask yourself:

- Am I hungry, or am I overwhelmed?
- What do I actually need right now? Food, rest, or a break?

Sometimes, food is part of the answer. Sometimes, it isn't. The difference is awareness, not restriction.

Rebuilding Trust With Your Body

If you have spent years ignoring hunger cues or following external rules, it's normal to feel disconnected from your body. Rebuilding that trust takes time.

Start small:

- Eat when you feel genuine hunger
- Stop when you feel comfortably full (not overly full or overly restricted)
- Pay attention to how foods affect your energy and mood
- Slow down during meals, even a few extra minutes make a difference



Ms. Sonal Talegaonkar

Sonal's Nutrofit
Clinical Nutritionist
Whatsapp:
+91 9967707376
+977 9861556858
(Post-graduation in Clinical Nutrition,
Mumbai University, India)
Find us on Instagram & Facebook
(sonalsnutrofit)

The Food Alchemy

HOW THE LICCHAVI-NEWAR DIET ENGINEERS
MONSOON IMMUNITY





Ayurvedic Chatamari Base (makes 4-6 crepes)

Ingredients (gluten-free, easy to digest)

- 1.5 cups rice flour (or soaked & blended basmati rice for better digestibility)
- ½ cup mung dal flour (or soaked yellow moong dal blended smooth, classic Ayurvedic superfood for protein & lightness)
- 1–1.25 cups water (adjust for thin crepe consistency)
- ½ tsp turmeric (anti-inflammatory, adds golden glow)
- ½ tsp cumin powder
- Pinch of hing (reduces bloating)
- 1 tsp grated ginger
- Salt to taste (rock salt/Himalayan preferred)
- 1 tsp ghee or coconut oil for cooking (ghee is

tridoshic & enhances nutrient absorption)

Optional funky boost: Add a handful of finely chopped spinach or fenugreek leaves (methi) to the batter for extra detox & iron.

Method

- Mix all dry ingredients. Gradually add water + ginger to make a smooth, thin batter (like dosa/crepe consistency). Let it rest 15–30 mins (or ferment lightly overnight for probiotic funk).
- Heat a non-stick pan on medium. Brush lightly with ghee.
- Pour ladleful of batter, swirl into thin round. Cook 1–2 mins until edges crisp.

Funky Ayurvedic Toppings

- Finely chopped or grated veggies: tomato, onion, carrot, zucchini, bell pepper (rainbow for prana!)
- Organic egg on top, can use just egg whites too.
- Top with mashed spiced chickpeas or more dal for vegetarian options.
- Sprinkle hemp seeds, roasted pumpkin seeds, or microgreens. Add a dash of lemon zest or amla powder for vitamin C zing.
- For dessert vibe make plain base with jaggery, cardamom, nuts & coconut – lighter than traditional sugar version.

Ayurvedic Benefits:

- Rice + mung = complete, easy-to-digest protein (like mini kitchari pizza!).
- Spices kindle agni (digestion) without heaviness.
- Light on the system after water-cleaning rituals.
- Customizable for Vata (add ghee), Pitta (less chilli), Kapha (more spices/veggies).

This version is crispy, colorful, flavorful, and festival-ready while feeling nourishing and modern-funky. Experiment with toppings, make it your family's signature!



AS THE sun sits heavy over the Kathmandu Valley in the month of Jeth, the Newar community prepares for Sithi Nakha. To the casual observer, it is a day for cleaning ancient wells (tuns) and stone spouts (hitis). But through the lens of cultural food science, Sithi Nakha is a sophisticated annual "Biological Reset."

Dating back to the Licchavi Period (400–750 CE), this festival demonstrates how our ancestors used food alchemy to synchronize human physiology with the shifting seasons.

The Ayurvedic Transition: Ritu Sandhi

In Ayurveda, we are currently in Ritu Sandhi, the junction between the drying heat of summer and the damp humidity of the monsoon. During this time, our Agni (digestive fire) weakens, and our immunity (Ojas) fluctuates. The Licchavi Vaidyas (physicians) understood that to survive the grueling rice-planting season (Sina Jyapu), the body required a specific nutritional "loading phase."

Breaking Down the Sithi Nakha Food Formula: A Nutritional Analysis

The traditional feast of Sithi Nakha is a masterpiece of functional medicine. Let's deconstruct the science behind the ingredients:

Maas Wo/ Bara (Black Lentil Patties): The Protein Matrix

- The Science: Black gram (Maas) is the most nutrient-dense of all legumes. It is rich in Potassium, Magnesium, and Calcium.

- Ancient Logic: Ayurveda classifies Maas as Balya (Strength-giving). By soaking and grinding the lentils into a fermented-like paste, the Newars effectively "pre-digest" the proteins, making them bio-available for immediate muscle repair after the physical labor of cleaning the city's water infrastructure.

Chatamari: The Glycemic Fuel

- The Science: Made from rice flour, Chatamari provides complex carbohydrates.
- The Logic: Unlike heavy steamed rice, this thin, steamed-then-cripsed crepe offers a quick-release energy source. It prevents the blood-sugar spikes and subsequent lethargy that heavy meals cause, keeping the Smart Families active and alert.

Haku Musya (Black Soybeans): The Antioxidant Shield

- The Science: These are packed with Anthocyanins, the same powerful antioxidants found in blueberries.
- The Logic: Working outdoors in the pre-monsoon sun causes oxidative stress. The Newari tradition of incorporating roasted black soybeans (Bhatmas) provides a cellular shield against DNA damage and inflammation.

The Catalyst: Ginger, Garlic, and Cumin

No Sithi Nakha feast plate is complete without these aromatics.

- Antimicrobial Defense: As we clean old water sources, we are exposed to bacteria. Garlic (Laba) and Ginger (Palu) act as natural broad-spectrum antibiotics and antivirals, priming the gut's immune lymphoid tissue (GALT) to fight off monsoon-borne pathogens.

The "Hydraulic" Science of the Newar People

The genius of Sithi Nakha lies in its dual-purpose. We clean the External Water (the wells) so the community doesn't get sick, and we clean the Internal Water (our blood and lymph) through a high-protein, alkalizing diet.

By honoring Lord Kumar Kartikeya (the commander of the divine army) on this day, we are essentially honoring the "Commander" of our own bodies: our Immune System.

Modern Takeaway for the Smart Family

This Sithi Nakha, as you enjoy your Wo and Chatamari, remember that you are participating in a 1,500-year-old clinical trial. You are consuming a calculated, Licchavi-era pharmaceutical formula designed to make you resilient, strong, and ready for the rains.

Smart Family Tips: Modernizing the Ancient Feast

While the traditional recipe calls for shallow frying in mustard oil, you can maintain the Licchavi nutritional profile with a lighter, modern touch:

- The Non-Stick Revolution: Use a high-quality cast-iron or ceramic non-stick skillet. This allows you to

cook Wo/ Bara with just a light brush of oil rather than a pool of it, preserving the crispy texture without the excess saturated fat.

- The Air-Fryer Twist: For a truly low-oil version, lightly brush your Wo patties with mustard oil and air-fry them at 180°C for 8-10 minutes. This mimics the traditional "seared" finish while reducing oil content by nearly 80%.
- Keep the Skins: When preparing your lentil paste, don't peel off all the green or black skins. These are rich in dietary fiber and essential minerals that modern diets often lack.
- Veggie-Boosted Chatamari: In the spirit of "Smart Nutrition," finely grate seasonal carrots or spinach into your Chatamari batter. This adds micronutrients and fiber without altering the traditional base.
- The "Slow-Fire" Secret: Cook on low-to-medium heat. In Ayurveda, slow cooking preserves the Prana (life force) of the ingredients and ensures the center of the lentil patty is fully cooked, preventing the bloating often associated with undercooked legumes



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

PARENTING.

TALKING TO KIDS ABOUT SUBSTANCE ABUSE **When & How**

Child Counsellor Disu Bhandari explores the rising trend of substance abuse and vaping among school-aged children in Kathmandu. The article shifts the focus from the substances themselves to the underlying emotional needs such as the desire for belonging and coping with pain while offering a roadmap for parents to begin prevention through early, honest conversation.

By Disu Bhandari

IT WAS an ordinary school day in Kathmandu when I noticed a quiet shift in a 14-year-old boy. Once active and engaged, he had become withdrawn, distracted, and irritable. Weeks of gentle observation and careful conversation revealed the truth he had begun experimenting with substances through older peers. What started as curiosity had slowly become a coping habit.

This is not an isolated story anymore. In my own counseling sessions, I am seeing more children stepping into this space earlier than we expect. The question is no longer whether to talk about substance use but WHY, WHEN and HOW.

Substance abuse involves the harmful use of psychoactive substances like alcohol, tobacco, cannabis, and other drugs. For adolescents, the risk runs deeper because their brains are still developing. These substances interfere with memory, emotional control, and decision-making.

According to the World Health Organization, early exposure increases the likelihood of long-term dependence. The United Nations Office on Drugs and Crime also stresses that prevention must

begin early. In Nepal, this becomes more complex due to cultural acceptance of alcohol in certain traditions, increasing urban exposure, and easy access to tobacco products.

One growing concern I have repeatedly encountered is vaping among students from Grades 6 to 10. Many children are quietly buying vape devices using their tiffin money. These devices are small, easy to hide, and often go unnoticed at home.

But what is more concerning is WHY they are using them.

When I sit with these children, they don't talk about addiction, they talk about identity. Some want to feel "grown up." Some are trying to fit in. Others are silently dealing with emotional pain, friendship conflicts, rejection, or early heartbreak. For them, it is not just about the substance; it is about belonging and coping.

Vaping is often misunderstood as harmless, but the World Health Organization warns that it still exposes children to nicotine and can act as a gateway to further substance use.

What may surprise many parents is how early this

begins. The UNICEF identifies adolescence (10–19 years) as a high-risk period, with experimentation often starting between ages 13–15 and sometimes even earlier today.

That is why conversations must begin sooner than we think.

WHEN should parents start talking about it?

Between ages 6–10, children can understand the difference between healthy and harmful. By 11–13, they are already facing peer pressure. By 14 and above, they need honest discussions about addiction and emotional coping. This is not a one-time warning, it is an ongoing conversation.

But HOW we talk matters more than what we say.

Children open up when they feel safe, not judged. Instead of giving lectures, ask questions. Instead of general warnings, talk about real situations they see like vaping in schools. Most importantly, try to understand the reason behind their behavior. When a child feels heard, guidance becomes easier.

At the same time, we must look at ourselves.

In many Nepalese homes, adults drink, smoke, and celebrate openly in front of children, often assuming, "They are too young to understand." But children are always watching. What we normalize becomes their silent lesson.

Even in meaningful traditions like aila

during sagun, liquor during celebrations, the moment carries a message beyond culture. Without explanation, a child may not see tradition, they may see permission. But when a parent pauses to explain the meaning and boundaries, the same moment becomes guidance instead of confusion.

Ignoring a child's presence does not protect them, it quietly teaches them.

Children do not need perfect parents. They need aware adults, ones who are willing to turn everyday moments into lessons of clarity, honesty, and care.

Because when children turn to substances to feel grown up, to belong, or to cope, it is not just a behavioral issue, it is a signal. A signal that something deeper needs attention.

And sometimes, one honest, timely conversation at home can prevent a struggle that no one else will ever see.

My final thought: It is not enough for parents to simply keep their eyes open, children are not shaped by our presence, but by the direction we quietly model every day.



Disu Bhandari Manandhar
Disu Bhandari Manandhar is a Child Development Specialist and Parenting Coach at Smart Parenting Nepal.

➔ The UNICEF identifies adolescence (10–19 years) as a high-risk period, with experimentation often starting between ages 13–15 and sometimes even earlier today.

Children are growing up surrounded by differences in identity, expression, and culture, inclusion begins with the simple lessons of empathy, respect, and emotional safety at home. This article explores how Nepali families and schools can raise compassionate, confident children who learn to embrace diversity.

By Priyanka Chaguthi

RAISING



INCLUSIVE CHILDREN

"When a child feels safe to be who they are, they learn to let others be who they are too." A few weeks ago, during a classroom activity, a child quietly told the teacher, "I don't like playing the games the boys play. I like drawing and dancing more." The room fell silent for a moment. A few children giggled. The teacher paused not because she didn't know what to say, but because she knew this moment mattered.

Instead of correcting or dismissing, she smiled and said, "That's wonderful. Everyone likes different things. That's what makes us unique."

The activity continued, but something deeper had shifted. A child felt seen. And the rest of the class learned something powerful from a response.

This is where inclusion begins.

As we prepare for Pride Month this June, conversations around identity, acceptance, and belonging become more visible across the world. But for many families in Nepal, these conversations may still

feel new, uncomfortable, or even confusing. The question is not whether children will encounter diversity, they already do. The real question is: how are we preparing them to understand and respect it?

As a child and parenting consultant, I believe that raising inclusive children is not about introducing complex concepts too early, it is about nurturing emotional safety, empathy, and respect from the very beginning.

Understanding Inclusion in Today's Context
Inclusion is often misunderstood as "teaching

children about differences." But inclusion goes deeper. It is about creating a space where differences are not just acknowledged, but respected. During Pride Month, this includes understanding that people may express themselves differently through their interests, their personalities, their identities, and the way they relate to the world.

For children, this does not need to be explained in complicated terms. What they need to understand is simple:

- Everyone deserves respect
- Everyone deserves to feel safe

- No one should be made fun of for being different

The Nepalese Context: Balancing Tradition and Change
Nepalese society is rich in tradition, values, and community bonds. Families often play a central role in shaping children's beliefs and behaviors. However, as society evolves, children are increasingly exposed to diverse ideas through schools, media, and global interactions.

This creates a delicate balance.

Parents may feel unsure about how to address topics related to identity, especially during Pride Month. Some may worry: Is my child too young? What if I say the wrong thing?

But avoiding the conversation does not protect children, it leaves them to form their own understanding from incomplete or incorrect sources. Instead, we can approach inclusion in a way that aligns with both our cultural values and



modern realities by focusing on respect, kindness, and dignity.

Responding to Children's Questions with Confidence

Children are naturally observant. They notice differences in behavior, expression, and relationships. When they ask questions, it is not out of judgment, it is out of curiosity.

A child might say

“Why does that person look different?”

“Why do they behave like that?”

In these moments, the goal is not to give a perfect explanation. The goal is to respond with openness and respect.

FOR EXAMPLE

“People are all unique in their own ways. What matters is that we treat everyone kindly.”

Three important things to consider while responding:

- Validate the child's curiosity
 - Avoid judgment
 - Aim to build a foundation of empathy
- Creating Emotionally Safe Spaces at Home

When children feel accepted for who they are, they naturally extend that acceptance to others.

THIS MEANS

- Allowing children to express themselves without fear of shame



When children feel accepted for who they are, they naturally extend that acceptance to others. And when children feel safe within themselves, they are less likely to judge others.

- Avoiding rigid expectations about “how they should be”
- Encouraging their interests, even if they differ from traditional norms

For example, if a boy enjoys dancing or a girl prefers activities that are not traditionally expected of her, the way parents respond matters deeply. Acceptance in these small moments teaches children that being different is not wrong.

And when children feel safe within themselves, they are less likely to judge others.

The Role of Schools in Inclusive Education

Schools are powerful spaces for shaping inclusive mindsets. During Pride Month and beyond, schools can create awareness in age-appropriate ways by focusing on values rather than labels.

ACTIVITIES CAN INCLUDE

- Storytelling that highlights diversity and acceptance
- Discussions on kindness and respect
- Group activities that promote cooperation across differences

Teachers do not need to introduce complex terminology. Instead, they can focus on helping children understand emotions, fairness, and belonging.

Moving Beyond Silence and Discomfort

One of the biggest barriers to inclusion in Nepalese society is silence. Topics related to identity are often avoided because they feel unfamiliar.

But children do not need perfection, they need guidance.

It is okay for parents to say

“I don't know everything, but I believe everyone deserves respect.”

This honesty builds trust. It shows children that learning is a continuous process, even for adults.

Inclusion as a Lifelong Skill

Children who grow up understanding diversity are better equipped to:

- Build healthy relationships
- Navigate social differences
- Work in diverse environments

- Develop strong emotional intelligence

A Reflection for Families

That child in the classroom who loved drawing and dancing did not need a lecture on identity. They needed acceptance.

And the other children did not need a complex explanation. They needed a model of respect.

As families, we have the opportunity to shape how the next generation sees the world. Not through grand speeches, but through everyday responses.

Because when we teach children that it is safe to be themselves, we also teach them that others deserve that same safety.

And that is the true meaning of raising inclusive children not just during Pride Month, but every single day.



Priyanka Chaguthi

Priyanka Chaguthi is the Founder and Consultant of Vygotsky Child Parent Consulting and Learning Center, where she specializes in child psychology, emotional regulation, and brain-based parenting approaches. Her signature course, Know Your Child's Brain, has emerged as one of the most impactful learning platforms for parents and educators, with multiple successful batches conducted both online and offline. For consultations, trainings, or collaborations, she can be reached at: pchaguthi@gmail.com

Building Emotional Safety at Home

Why children need more than love, and parents need more than patience.

Emotional safety is the invisible foundation that helps children feel accepted, understood, and secure even when they make mistakes or experience big emotions. This article explores how respectful boundaries, authentic connection, and a parent's own emotional regulation create a home where children can truly be themselves and thrive.

By Mridula Saria

A child spills something. A child refuses to listen. A child cries over something that looks small. A child says, "I hate you." A child hides the truth. And in that tiny moment, the child is not only learning about the rule but something deeper:

"Is it safe to be me here?"
"Is it safe to make mistakes?"
"Is it safe to feel big

feelings?"
"Will love remain when I am difficult?"

That is emotional safety.

A home can be full of love and still not always feel emotionally safe to a child. Because emotional safety is not only about how much we love our children. It is also about what happens





when they are difficult to love in that moment, which we all face so more than often. All those times, when they need us most, being also the times when we end up usually at our worst, for several reasons which trigger us like when they cry loudly, refuse to listen, speak rudely, when they are too clingy or completely overwhelmed.

We are taught, and fully aware of the need to ‘discipline’ our child. However, we often miss out on one very important aspect, that these are also the moments where emotional safety begins. This is something most of us were never taught or had never seen growing up. Hence, this is also an area that we need to build new neural pathways for, but doesn’t make it any less important in parenting.

One of the biggest misunderstandings in parenting today is that emotional safety means allowing everything. Let me tell you, that it does not.

Emotional safety does not mean children can hit, shout, break things or decide every boundary in the home. It means the child can meet a boundary without losing connection.

Janet Lansbury, in her work on respectful parenting and “*No Bad Kids*”, reminds us that children learn best through respectful feedback, correction and modeling rather than shame, manipulation or coercion. Her work is rooted in the idea that discipline should not attack the child’s dignity.



Emotional safety means: the child can feel without being shamed, make mistakes without being labelled, hear “no” without losing connection, and experience boundaries without fear of emotional abandonment.

“The secret to enlisting our children’s cooperation is... respect.”, *Janet Lansbury, No Bad Kids*

So, what does emotional safety sound like then? It sounds like this:

“I won’t let you hit.”
 “I can see you’re very angry.”
 “I’m here.”
 “The answer is still no.”
 “We will get through this.”

The boundary remains. But the child does not feel emotionally abandoned inside the boundary.

However, just these words are not enough and this is where I would like to defer from all the social media posts we see, “Say this instead of this”. It’s not untrue, but the bigger truth is that children do not only respond to our words. They respond to our tone, face, breath, speed, eyes, and body. Not to forget our energy.

There have been so many instances where I have said the “right” thing, but if my nervous system feels threatening, my child experiences threat, regardless of what I say, and the tone I use. If it is not coming from a place of authenticity, it won’t work.

This is where *Dr. Dan Siegel’s* work becomes so important. In *The Whole-Brain Child*, Siegel and Tina Payne Bryson explain how children’s developing brains need connection before they can access reasoning, reflection, and learning. Their well-known phrase, “name it to tame it,” points to the power of helping children identify feelings so those feelings become less overwhelming.

At home, this means that before correction, a child often needs emotional orientation.

“You’re upset because the game ended.”
 “You wanted more time.”
 “You felt left out.”
 “You were scared I would be angry.”

Naming does not excuse behaviour but it does give the child’s nervous system a map. And once the body feels safe, the mind becomes more available.

Children experience safety in the everyday rhythm of home. Not just in what we explain to them in tough moments. It’s in the way we wake, touch, correct or speak to them. It’s also in moments where we listen to their story (even when it’s too long) and in the way way

we return after we have been harsh.

In fact *Emmi Pikler’s* work emphasized respectful care should begin from when our children are just babies, slowing down, inviting cooperation and treating the child as an active participant rather than an object to be managed.

Magda Gerber’s simple reminder captures this beautifully: “We all need someone who understands.”

Even a baby being lifted, changed, dressed, or fed is receiving a message:

“You matter.”
 “Your body matters.”
 “You are not just being managed.”
 “You are being related to.”

And as children grow, this becomes:

“I’ll knock before entering.”
 “I’ll listen before correcting.”
 “I’ll tell you what is happening.”
 “I’ll not shame you for needing help.”

Emotional safety is built in the repeated experience of being handled with dignity. This is important because many parents misunderstand this. Emotional safety does not mean: children can do whatever they want, parents never say no, every feeling becomes the child’s authority, the home has no expectations. Emotional safety means: the child can feel without being shamed, make mistakes without being labelled, hear “no” without losing connection, and experience boundaries without fear of emotional

abandonment. A child's brain does not ask, "Is my parent technically right?" It asks, "Am I safe right now?"

When a child is overwhelmed, the thinking brain is not fully available. So, lectures, threats, explanations, and moral lessons often do not enter. The parent's tone, face, breath, pace, and body become the child's first message of safety or threat.

"Before a child can borrow our words, they borrow our nervous system."

One important thing to remember as a parent is, your child must never have to choose between attachment and authenticity.

Many children learn early that some parts of them are easier to love and more acceptable than others:

The cheerful part is welcomed.
The obedient part is praised.
The high-achieving part is celebrated.
The polite part is easier to love.

I am sure a lot of us can relate to this.

But what happens to the angry part?

The jealous part?

The confused part?

The "I don't know" part?

The "I made a mistake" part?

The part that says, "I am not okay"?

Gabor Maté's work reminds us that children



When a child is overwhelmed, the thinking brain is not fully available. So, lectures, threats, explanations, and moral lessons often do not enter. The parent's tone, face, breath, pace, and body become the child's first message of safety or threat.

are born with a need for both attachment and authenticity. In simple words, a child needs to feel:

"I can belong here, and I can still be myself."

This is the heart of emotional safety. A child should not have to become smaller, quieter, happier, more convenient, or more successful in order to feel loved.

The emotionally safe home says:

"You are not allowed to hurt others."
"But your feelings are welcome here."
"You are responsible for your actions."
"But you do not have to hide your inner world from me."

Another truth that we often choose to ignore is that Parents need safety too. A parent cannot keep offering emotional safety from an empty nervous system. Many parents are not reacting, not because they do not love their children. They are reacting because they are depleted. With too many decisions, much invisible labour, little rest, noise, guilt and too much pressure to be everything, by evening, even a small

behaviour can feel like a threat.

So, the question is not only:

"How do I become more patient?"

Sometimes the deeper question is:

"What is emptying my capacity every day?"
"Where do I need rhythm?"
"Where do I need support?"
"Which decisions can be reduced?"
"What am I expecting from myself that no nervous system can sustain?"

Children do not need homes where no one ever loses patience. They need homes where people know how to come back.

"I shouted. That must have felt scary."
"You were not wrong to feel upset."
"I am working on how I speak when I am angry."
"The limit was needed, but my tone was not okay."
"I love you even when we have hard moments."

This is emotional leadership. Children do not always process emotions through lectures. Sometimes a story can reach where explanation cannot. Sometimes, instead

of saying, "You are feeling jealous of your sibling," we tell a story about a little moon who thought the stars had taken her place. Sometimes, instead of saying, "You need to be brave," we tell a story about a small seed waiting underground before it is ready to rise.


From a *Waldorf/Steiner* lens, emotional safety is not only psychological. It is also environmental and sensory. A child feels safety through rhythm. Through warm lighting. Through predictable mornings. Through slower transitions. Through unhurried meals..

A chaotic home does not always mean an unsafe home, but for many children, especially sensitive children, too much unpredictability can keep the nervous system alert.



Mridula Saria is a parenting educator and mother who works closely with parents to help them reconnect with themselves and raise children with compassion, clarity, and connection. You can follow her reflective parenting journey on - www.mridulasaria.com

BODY.

A person wearing a helmet and riding a motorcycle is positioned in the center of a paved road that stretches into the distance. The road is flanked by tall, golden-brown grasses and dense green trees. The scene is captured in a cinematic style with soft lighting, suggesting a late afternoon or early morning setting. The motorcycle's headlight is on, and the rider is looking forward.

GROUND

Presence Doesn't Always Look Like Meditation

MOMENTS

Grounding does not always look like meditation or wellness routines. Sometimes, it is found in the simple everyday activities that bring us fully into the present moment, whether through movement, focus, creativity, or quiet rituals. Humans keep trying to industrialize inner peace when half the time it's hiding in a garden, a long drive, or a moment of stillness.

By Vijay Vaidya

THERE'S A certain image that comes to mind when people hear the word grounding. Usually, it involves meditation cushions, yoga mats, incense, breathwork, or a silent retreat somewhere in Pokhara. The wellness industry has shaped grounding into something polished and intentional. While

those practices absolutely can be grounding, they are not the only way to reconnect with yourself.

In reality, grounding often happens in much quieter, more ordinary moments.

Anything that brings you fully into the present moment can

become a grounding practice. It doesn't have to look spiritual. It doesn't have to be peaceful. And it definitely doesn't have to involve sitting cross-legged trying to empty your mind.

For some people, grounding looks like swimming laps in a pool, the repetitive movement, the sound of water, the focus on breathing. For others, it might be Muay Thai training, where the intensity forces complete concentration and leaves no room for overthinking. Even driving a motorcycle down an open road can create that same feeling: your attention narrows, your senses sharpen, and for a moment, your mind stops racing ahead of you.

For me, grounding comes through yoga and long motorcycle drives. Yoga slows everything down. It creates a

space where I stop thinking about what's next and return to my body, my breath, and the present moment. Motorcycle rides do something similar, but in a completely different way. There's something about being fully focused on the road, the movement, the air, and the surroundings that quiets mental noise almost instantly. Both bring me back to myself, just through different forms of movement.

My father has his own version of grounding. He likes to sit in the garden for an hour or two, quietly plucking weeds from the soil. When asked why he spends so much time doing it, he simply says it feels meditative. And in many ways, it is. The repetitive movement, the focus, the stillness, it pulls him fully into the moment without him ever calling it a "practice." That's the thing about grounding. We often overcomplicate it.

Many people become discouraged from trying grounding practices because they assume it requires meditation or yoga, especially if those things don't naturally resonate with them. There's often this pressure to "do wellness correctly," as though calmness only exists within a carefully curated routine. But grounding is much more accessible than that. It can exist inside anything you genuinely enjoy doing: cooking, gardening, running, painting, cleaning, surfing, lifting weights, walking your dog, or simply sitting quietly with your thoughts. The goal is not perfection or performance. The goal is presence.

In a world where our attention is constantly pulled in different directions, grounding is simply the act of returning to the present moment. And more often than not, it can be found in the everyday activities we already love doing.

DING

NT



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.

Breaking FREE



Understanding Addiction and Finding Your Way to Healing

Addiction is not a failure of willpower, but a deeply human struggle rooted in pain, emotional wounds, and the brain's reward system. This piece explores how addiction develops, the emotional realities behind it, and why healing begins with compassion, support, and understanding rather than shame.

By Sneha Agrawal

The word “addiction” comes from a Latin word meaning “bound to” or “enslaved by” and that’s exactly what it feels like. Addiction is when you can’t stop doing, taking, or using something, even when you know it’s hurting you.

Many people think addiction is just about being weak or lacking discipline. It isn’t. Addiction is a real condition that changes how the brain works, how it feels pleasure, makes decisions, and handles emotions. It’s not a character flaw. It’s something that can happen to anyone.

What Happens in the Brain

Addiction takes hold in three main ways: a powerful urge to use or do something, losing control over it and continuing even when the consequences are serious. Over time, it can affect your emotions, your motivation and your ability to make clear decisions.

For a long time, people only associated addiction with alcohol or drugs. But today, we know that behaviors like gambling, gaming,

shopping, or constantly scrolling online can become addictive too. For example, someone might tell themselves “just one more video” at midnight, only to look up and realize it’s 3am and repeat the same cycle the next night. They all trigger the same reward systems in the brain.

Signs to Look Out For

- You keep trying to stop, but can’t like someone who promises every Monday “this is the last time,” but finds themselves back in the same pattern by Wednesday
- It’s taking over your daily life and responsibilities like missing work, skipping meals, or withdrawing from family
- You need more of it to feel the same effect. What used to feel like relief

➔ For a long time, people only associated addiction with alcohol or drugs. But today, we know that behaviors like gambling, gaming, shopping, or constantly scrolling online can become addictive too.

now barely takes the edge off

- When you try to stop, you feel anxious, irritable, or physically unwell

The Emotional Side of Addiction

Addiction is often less about the substance or behavior itself, and more about the pain underneath it. Many people use it to escape loneliness, grief, stress, or feelings of emptiness. For example, someone who recently lost a loved one might turn to alcohol just to sleep at night and slowly, without realizing it, find they can’t sleep without it. It becomes a way of coping when healthier options feel out of reach.

Healing

Recovery isn’t just about stopping a habit. It’s about understanding why the habit started in the first place; the wounds, the unmet needs, the emotions that were too hard to face. Think of it like a tree, cutting the branches doesn’t kill the roots. Real healing means going deeper.

SOME HELPFUL STEPS INCLUDE

- Admitting the problem and its effect on your life
- Reaching out for help - therapy, support groups, or rehabilitation
- Surrounding yourself with people who support your healing
- Learning new, healthier ways to handle stress and difficult emotions like journaling, exercise, talking to a trusted friend, or practicing breathing techniques

- Being kind to yourself throughout the process

Setbacks happen. Someone in recovery might go months doing well, then have one hard week and slip back into old habits. They don’t mean you’ve failed. They mean you’re human, working through something deeply difficult. Real healing is slow, steady, and built on small steps forward.

Breaking free from addiction means more than just removing a bad habit. It means rebuilding your sense of self, your purpose, and your relationship with life.

Healing begins when understanding replaces judgment, and support replaces shame.



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.

HOME. ●

JAPANESE MINIMALISM
COLLABS SCANDINAVIAN
TEXTURES

Japan



IF YOUR HOME feels cluttered, chaotic, or visually overwhelming, Japandi may be exactly what you need.

Japandi is a design style that blends two seemingly distant aesthetics: Japanese minimalism and Scandinavian functionality. Japan and Scandinavia sit on opposite sides of the globe, yet they share remarkably similar design philosophies. Both value simplicity, craftsmanship, natural materials, and the belief that a home should feel peaceful, practical, and deeply comforting.

The result is an interior style that feels warm rather than sterile, minimal without being empty, and elegant without trying too hard. Japandi is not about owning less but more about surrounding yourself only with things that are useful, beautiful, and meaningful.

WHAT EXACTLY IS JAPANDI?

The word “Japandi” combines “Japanese” and “Scandi” (short for Scandinavian). This hybrid style merges the best of both worlds.

From Japanese interiors, Japandi borrows restraint, balance, and the concept of “wabi-sabi”, which celebrates

the beauty of imperfection and natural aging. A weathered wooden stool, a handmade ceramic vase, or a linen curtain with soft creases all embody this philosophy.

From Scandinavian design, Japandi adopts functionality, comfort, and the concept of “hygge” (pronounced hoo-ga), which emphasizes coziness and wellbeing. Think soft lighting, warm textures, and furniture designed to be both beautiful and useful.

Together, these philosophies create homes that feel grounded, uncluttered, and deeply livable.

THE CORE PRINCIPLES OF JAPANDI

At its heart, Japandi is about one simple idea: less, but better.

Every item in the room should serve a purpose, whether practical or emotional. Instead of filling spaces with decoration for decoration’s sake, Japandi encourages careful choices and intentional living.

NATURAL MATERIALS

Japandi embraces materials that feel authentic and tactile:

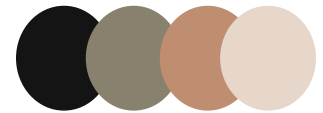
- Solid wood
- Rattan and bamboo
- Linen and cotton
- Stone and clay
- Handmade ceramics

Glossy plastics and overly synthetic finishes are kept to a minimum. The appeal lies in texture and honesty, not shine.

COLOUR PALETTE

The colour palette is soft, soothing, and inspired by nature:

- Warm white
- Beige and taupe
- Sand and stone
- Earthy browns
- Charcoal and matte black
- Muted greens like olive and sage



These colours create a sense of quiet and allow natural materials to take center stage.

FURNITURES

Furniture tends to be simple and low-profile, with uncluttered silhouettes.

japandi



THE FIVE ESSENTIAL ELEMENTS OF JAPANDI

1. Simple furniture with clean lines
2. Earth-toned colour palette
3. Organic textiles like linen and cotton
4. Open, airy spaces with minimal clutter
5. Wood, clay, and matte finishes

No ornate carvings, bulky forms, or unnecessary embellishments. The beauty lies in proportion and craftsmanship.

INTENTIONAL SPACES

Every object should earn its place. If something does not serve a function or bring a sense of calm, it may be time to let it go. Ruthless, but fair.

WHY JAPANDI WORKS SO WELL IN NEPALI HOMES

One of the most appealing things about Japandi is how

naturally it complements Nepal’s architectural and craft traditions.

Nepali homes already feature many materials that align beautifully with this aesthetic:

- Natural timber
- Exposed brick
- Terracotta pots
- Handwoven textiles
- Handmade paper
- Clay and ceramic accessories

A clean-lined sal wood bench, a lokta paper lamp casting a warm glow, or muted dhaka cushions can fit seamlessly

into a Japandi-inspired interior.

You do not need to rely on expensive imported furniture. Many of the elements required are already available locally, often handcrafted with remarkable skill.



Experience Luxury
SILK
Finish



Bathroom Botanicals

Your bathroom could be more than just a utility place to get ready. It's the one room where you're guaranteed a few quiet minutes alone. With the right plants and a handful of intentional touches, that small, steamy space can become the most restorative room in your home. Call it eccentric, call it extra, the "crazy plant lover" aesthetic is officially a design movement, and it looks absolutely stunning.

By Malika Joshi





BOSTON FERN



SNAKE PLANT



PEACE LILY



EUCALYPTUS



There is a running joke that plant lovers will find a way to put greenery absolutely everywhere. Windowsills, kitchen shelves, bedroom corners and yes, balanced precariously on the edge of a bathroom sink. If you've been called a "crazy plant person" for keeping ferns next to your shampoo, consider it a compliment. Because what was once a quirky personal habit is now one of the talked-about trends in home design: the biophilic bathroom.

Biophilic design, a term that sounds suspiciously academic, is the practice of incorporating natural elements into built environments. In simpler terms, it is the art of making your home feel less like a sealed concrete box and more like a place where your nervous system can unclench and will look more aesthetically pleasing for your eyes.

The concept goes far beyond placing a lonely succulent on a windowsill and hoping for emotional transformation. True biophilic design intentionally weaves plants, natural textures, light, water, and organic forms into living spaces to create environments that support wellbeing. And increasingly, designers and wellness experts are focusing their attention on one of the most overlooked rooms in the home: the bathroom.

At first glance, this may seem like an odd choice. Bathrooms are often treated as purely functional spaces, tiled, polished, and scrubbed into sterile perfection. But when you think about it, the bathroom is uniquely suited to become a miniature indoor ecosystem. It is warm, humid, enclosed, and centered around water. In other words, it is practically a greenhouse with good lighting and a toothbrush holder.

By introducing carefully selected plants and natural materials, the bathroom can become more than a place to rush through morning routines. It can become a restorative retreat, a personal spa, and a daily reminder that humans are, despite their enthusiasm for spreadsheets and social media, still deeply connected to the natural world.

Why Nature Belongs in the Bathroom

The appeal of bathroom greenery is not just aesthetic, though a lush fern draping elegantly from a shelf certainly doesn't hurt. Numerous studies suggest that exposure to plants can reduce stress, improve mood, and promote a greater sense of calm. Even brief contact with nature, whether through foliage, natural scents, or sunlight, has measurable effects on mental wellbeing.

The bathroom is already a sensory environment. Steam rises, water flows, and routines naturally slow down. Adding plants amplifies this atmosphere, softening hard surfaces and creating a feeling of sanctuary. The result is a room that does not merely serve a practical purpose but actively contributes to your physical and emotional

wellbeing. The bathroom's humid environment does much of the work for you.

Plants That Actually Thrive in Bathrooms

Not all plants appreciate the warm, damp conditions of a bathroom, but those that do are among the most beautiful and resilient species available.

BOSTON FERN

The Boston Fern is perhaps the most iconic choice for a biophilic bathroom. Its feathery fronds cascade dramatically, instantly softening sharp lines and hard surfaces.

Boston ferns thrive in humidity and indirect light, making them ideal for bathrooms with frosted windows or moderate natural illumination. Suspended from a ceiling hook or perched on a high shelf, they create the feeling of stepping into a boutique



Experience Luxury SILK Finish

spa or a particularly stylish rainforest.

BIRD'S NEST FERN

The Bird's Nest Fern offers a more architectural look. Its broad, rippled leaves grow in a rosette shape that feels both sculptural and serene.

This plant tolerates lower light and fits comfortably on countertops, windowsills, or even the back of the toilet, proving that even the most mundane corners of the home deserve a little dignity.

SNAKE PLANT AND ZZ PLANT

For bathrooms with less humidity or minimal natural light, Snake Plant and ZZ Plant are excellent options.

Their upright forms add structure, and they tolerate conditions that would send some plants into immediate decline.

EUCALYPTUS

Eucalyptus offers visual beauty, natural fragrance, and therapeutic benefits in one elegant bundle. Hung from a showerhead or nearby hook, fresh or dried stems release aromatic oils when exposed to steam.

The result is a cool, mentholish scent that fills the bathroom within moments.

The primary compound, eucalyptol, is known for helping clear nasal passages, easing congestion, and promoting relaxation.

Shower Bouquet

You can make your own shower bouquet with eucalyptus which is simple.

- Gather five to ten stems of fresh or dried eucalyptus.
- Trim the ends evenly.
- Tie the stems securely with an elastic band.
- Hang the bundle near the showerhead, close enough to catch steam but away from direct water.
- Replace fresh stems every one to three weeks. Dried bundles can last a month or more.

For a more layered fragrance, you can combine eucalyptus with Lavender for relaxation, Rosemary for clarity and Mint for refreshment.

Intentional Design

Biophilic design is not about stuffing every available surface with greenery. It is about placing each element

deliberately to create balance, rhythm, and calm.

CHOOSE A FOCAL POINT

A single dramatic plant can have more impact than a dozen scattered specimens. A large Boston fern in a textured ceramic pot, for example, becomes an instant focal point and anchors the room.

USE NATURAL CONTAINERS

Terracotta, stone, ceramic, woven baskets, and weathered wood enhance the organic quality of living plants. They introduce texture and warmth that glossy plastic pots simply cannot replicate.

Chrome has its place, but it tends to whisper "public restroom" rather than "restorative sanctuary."

LIGHTING MATTERS

If your bathroom has a window, maximize natural daylight with sheer curtains or light-filtering blinds. Even modest exposure can make a significant difference.

For darker bathrooms, small warm-toned lights can be discreetly integrated into shelves or cabinetry. They keep plants healthy while

maintaining a soft and welcoming atmosphere.

COMPLEMENTARY NATURAL ELEMENTS

Plants are only one part of the biophilic experience. To deepen the connection to nature, incorporate

- Wooden bath trays
- Linen towels
- Stone soap dishes
- Bamboo accessories
- Pebbles or shells
- Earth-toned textiles

The Wellness Benefits of Bathroom Greenery

A thoughtfully designed bathroom can:

- Reduce stress and mental fatigue
- Encourage slower, more mindful routines
- Improve perceived air quality
- Support relaxation and better sleep
- Create a stronger emotional connection to home



SUPER LUXURY
INTERIOR EMULSION



SLIDE INTO FINE LIVING WITH GERMAN- ENGINEERED SOLUTIONS



Homes today are becoming more thoughtful in the way they use space. Clean layouts, minimal visual clutter and furniture that works smarter are all part of this shift. One upgrade that quietly transforms both functionality and aesthetics is switching from traditional hinged doors to sliding door solutions. They do not just save space; they change how a room feels and flows.

Maximising Space with Large Wardrobes

In bedrooms, wardrobes often take up the most visual and physical space. Sliding systems like Hettich's TopLine L and TopLine XL K2 make a noticeable difference here. Since the shutters glide sideways instead of opening outward, there is no need to leave extra clearance in front, allowing for better space

planning, especially in urban homes where every inch matters. Pairing these with smart wardrobe accessories ensures there is a designated space for everything, keeping your storage organised and easy to use. Designed to handle large panels with ease, these systems offer smooth, stable movement along with a clean, modern look.

Flexible Living with Sliding Folding Dividers

Open spaces are great, but sometimes you need flexibility to create privacy or define zones. Hettich's sliding folding systems like WingLine 230 offer that adaptability. One of its standout features is the absence of a bottom track, which keeps the floor completely uninterrupted. This not only enhances the visual appeal but also



makes movement across spaces more comfortable. It works well for dividing living and dining areas or even creating a temporary workspace when needed.

Upgrade Your Doors with Sliding Elegance

Traditional doors can often feel bulky, especially in compact layouts. Sliding door systems like TopLine 80 offer a more refined alternative. They move smoothly, take up less

room, and allow for wider panels, which can make the space feel more open and connected. It is a subtle shift, but one that adds a sense of ease and modernity to everyday living.

Efficient Storage for Compact Spaces

Sliding solutions are not limited to large applications. Even smaller cabinets can benefit from them. Systems like SL 56 are ideal for kitchens, bathrooms or

study units where space is tight. They allow easy access without needing extra room to open shutters, while still maintaining a neat and streamlined look.

Entry-level Sliding Solutions

Not every upgrade needs to be expensive to feel premium. SlideLine 18 and SlideLine 16 PLUS are great examples of solutions that strike the right balance between cost and performance. Built with German engineering, they are reliable, easy to install and designed for everyday use. Whether it is a wardrobe, a cabinet or a simple storage unit, these systems bring consistency and durability without making the project heavy on budget.

Sliding systems are more than just a functional upgrade. They bring a certain polish to the home, making spaces feel organised and visually calm. With German engineered precision, these solutions are built to last, offering smooth performance over years of use with minimal maintenance. While they introduce a premium feel, their durability ensures that the investment makes sense over time.

Bringing these sliding solutions into your home is about making everyday interactions simpler and more intuitive, while also creating a space that feels modern, elegant and built for the way you live.

➔ Sliding door systems like TopLine 80 offer a more refined alternative. They move smoothly, take up less room, and allow for wider panels, which can make the space feel more open and connected.

MARKET.



CG Meridia AI air fryer gains market traction in Nepal

CG, one of Nepal's leading electronics and home appliance brands, has said its first AI-powered smart air fryer under the CG Meridia portfolio gained significant market traction within six months of its launch.

The company said the appliance has become a popular choice for households seeking healthier cooking options, a trend it linked in part to recent unseasonal rain and damp weather. The Meridia model is Nepal's first AI-integrated air fryer and features an internal camera that

automatically identifies the type and weight of food to select optimal cooking settings.

CG said the fryer also offers smart control through the CG Smart Home App, enabling users to monitor and manage cooking remotely via Internet of Things connectivity. Designed for medium to large families, the unit has an 8-litre capacity and uses a water spray technology intended to keep food juicy inside while maintaining a crunchy exterior.

Xiaomi launches Redmi A7 Pro in Nepal with larger battery, bigger display

Xiaomi has launched the Redmi A7 Pro in Nepal, offering a larger battery, bigger display and upgraded software to its entry-level lineup. The device is priced at Rs 17,999 and is available now through Xiaomi's retail channels in Nepal with a two-year warranty.

The new model is offered in four colours - Sunset Orange, Palm Green, Mist Blue and Black and features a 6.9-inch HD display housed in an 8.15 mm slim body.

Xiaomi said the Redmi A7 Pro is powered by a 6000 mAh battery with 15 W fast charging

Camera hardware includes a 13 MP AI dual rear camera and an 8 MP front camera with a larger sensor and night mode for low-light shooting. It is available in a 4 GB + 64 GB configuration, supports memory extension up to 8 GB and accepts up to 2 TB of expandable external storage



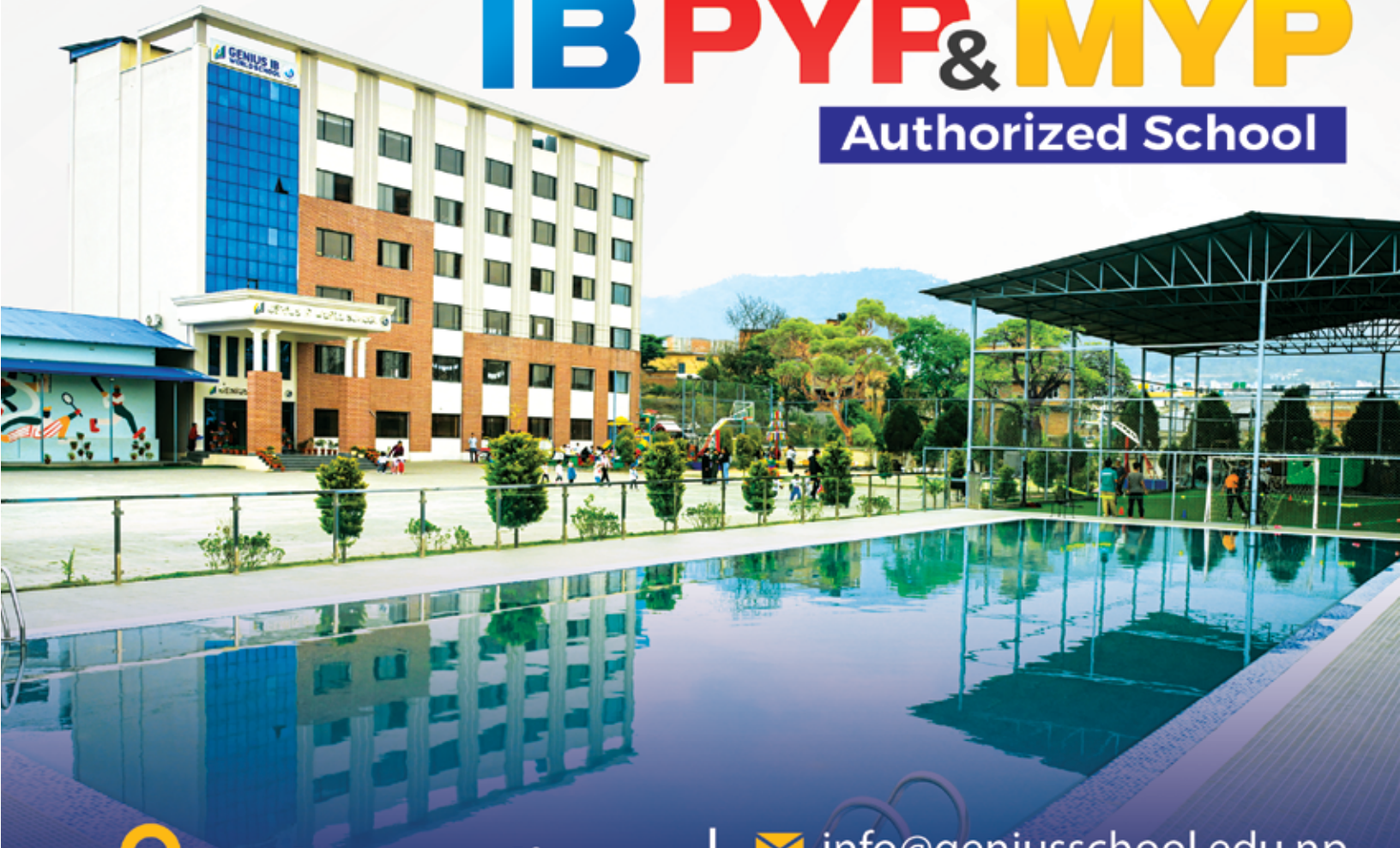
GENIUS School



CULTIVATING CURIOSITY FOR BETTER TOMORROW

Leading
IB PYP & MYP

Authorized School



Lubhu, Lalitpur



info@geniusschool.edu.np



www.geniusschool.edu.np



01-5582564, 9861168031

The Celestial Trinity

Understanding Your "Big Three"

IF YOU'VE ever read a horoscope and thought, "This doesn't sound like me at all," you aren't alone. Most people identify solely with their Sun sign, but in the world of astrology, your cosmic identity is far more than just one constellation. To truly understand your natal chart, you must look at the "Big Three": your Sun, Moon, and Rising signs. Together, this power trio creates a comprehensive portrait of your personality, emotions, and outward persona.

The Sun Sign: The Core Identity

The Sun sign is the one most people know, it's determined by your birthday. In astrology, the Sun represents your ego, vital energy, and core spirit. It is the "boss" of your chart, dictating your fundamental character and what motivates you to get out of bed in the morning. It is how you shine and where you seek to leave your mark on the world.

The Moon Sign: The Inner World

While the Sun is your outward light, the Moon represents your shadow side. Your Moon sign is determined by the specific position of the moon at the exact moment of your birth. It governs your emotions, subconscious, and intuition. If you feel like a "different person" when you're alone or with loved ones, you are likely feeling your Moon sign. It dictates how you process feelings, your sense of security, and your private reactions to life's ups and downs.

through which you view the world. The Rising sign represents your persona. It is your physical appearance, your style, and the "vibe" you project before someone gets to know your deeper Sun or Moon qualities.

How To Find Your Big 3

To find your Big Three, you need your date, city, and exact time of birth. While your Sun sign is based solely on your birthdate, the Moon moves quickly and the Rising sign changes every two hours, making the specific minute of your birth essential for accuracy. Once you have these details, you can enter them into a natal chart calculator like Cafe Astrology (you can search it in Google) or AstroCharts. These tools map the sky at the moment of your arrival, revealing the Sun (your core), the Moon (your emotions), and the Rising sign (your outward persona) that make up your unique cosmic signature.

➔ Your Moon sign is determined by the specific position of the moon at the exact moment of your birth. It governs your emotions, subconscious, and intuition

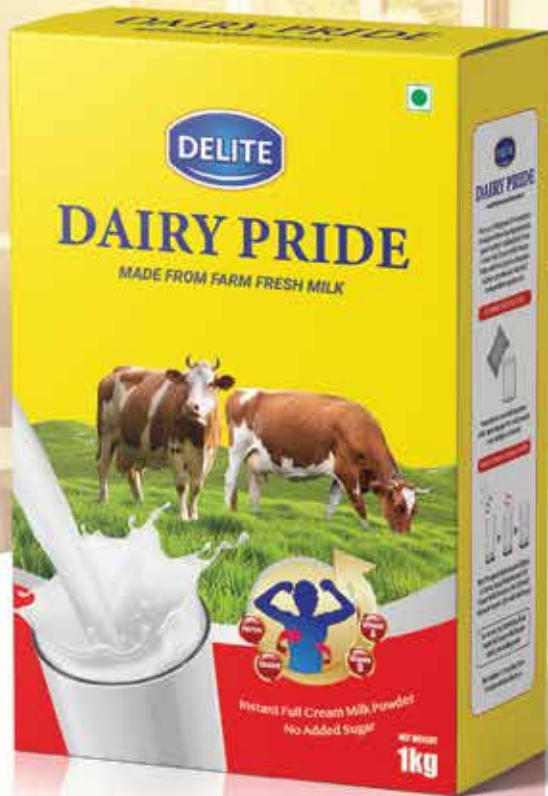
The Rising (Ascendant) Sign: The Social Mask

The Rising sign is the zodiac sign that was peaking over the eastern horizon the moment you were born. It acts as the "front door" of your personality, the first impression you give to strangers and the lens





DAIRY PRIDE Mother's Pride



Instant Full Cream Milk Powder
No Added Sugar



Happily Manufactured by:
SUJAL DAIRY PVT. LTD.

Available at:
Daraz, Foodmandu-Onemart, Smartdoko, Merokirana, Giftmandu, Fasto
Bhat-Bhateni, Bigmart, KK Mart



HOTEL SHANKER
Old World Elegance

SUNSHINE, STILLNESS & STORIES

An afternoon by the pool, a refreshing drink, and moments that feel effortlessly calm.



Lazimpat, Kathmandu | 977 1 4510151/152 | shankerhotel.com.np, sales@shankerhotel.com

WWW.SHANKERHOTEL.COM.NP