

SMART

# FAMILY

➔ ISSUE 89 ➔ RS 120

A pregnant woman with long brown hair is the central figure. She is wearing a long, black, textured coat over a black dress, and black gloves. She is standing in a hallway with light blue walls and white columns with gold-colored capitals. Her right arm is raised, touching the wall. The lighting is soft, highlighting her face and the texture of her coat.

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Little Feet

THE SANDHYA & AABHUSHAN BLUEPRINT

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# CONTENT.



## STARTER

### COLUMN

- Spirituality in the Leadership - 8

### ONE QUESTION

- What is something you're most grateful for in 2024? - 10

### INSPIRE

- Kishor Kayastha: Capturing the Art and Soul of Photography - 14



## PARENTING

### COLUMN

- Exploring the Magic of Winter - 24

### EVENT PROMOTION

- If a thing is worth doing, it's worth doing right. - 26

### OCCUPATIONAL THERAPY

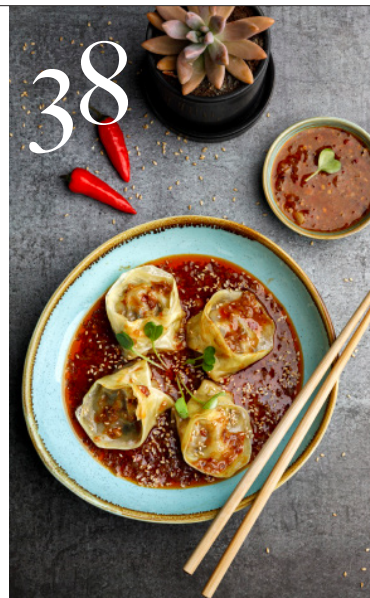
- Language Humans are born with - 30

### DENTAL HEALTH

- Are You taking Care of Your Child's Teeth?- 32

### COVER STORY

- The Sandhya & Aabhushan Blueprint: Where Empires Meet Little Feet - 18



## FOOD

### FOOD INNOVATION

- KODO : An Ayurvedic Winter Superfood- 34

### MUST TRY

- Family Feast Fiesta - 38

### WINTER WARMERS

- Chef's Special Recipes - 42

### RESTAURANT REVIEW

- Elegant Dining with Gourmet Awadhi: Kakori - 46

- A Japanese Culinary Haven: Momotarou - 50



## BODY

### MENTAL HEALTH

- Winter Blues: Coping with Seasonal Disorder - 54

### YOGA

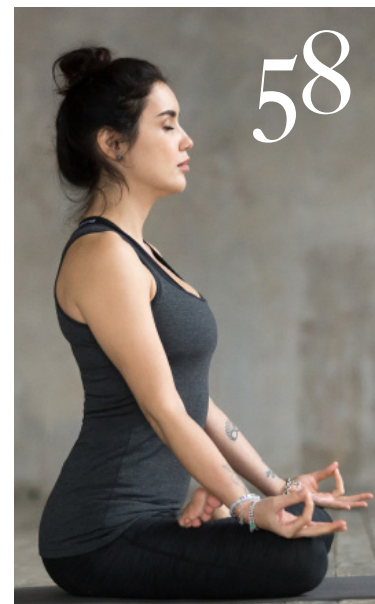
- Pranayama: A Personal Reflection to Stay Warm During Winter - 58

### FITNESS

- The Only Medicine Your Body Truly Needs - 60

### NUTRITION

- Nutrition for Chronic Disease Management - 62



## HOME

### QUICK TIPS

- Warming Essentials- 64

### HOME DECOR

- Grow & Glow- 66

### MARKET - 68

### EVENT PROMOTION

- A Unique Turn to Cake Mixing at Hotel Shanker - 70

### ETIQUETTE

- Trekking Etiquette- 74

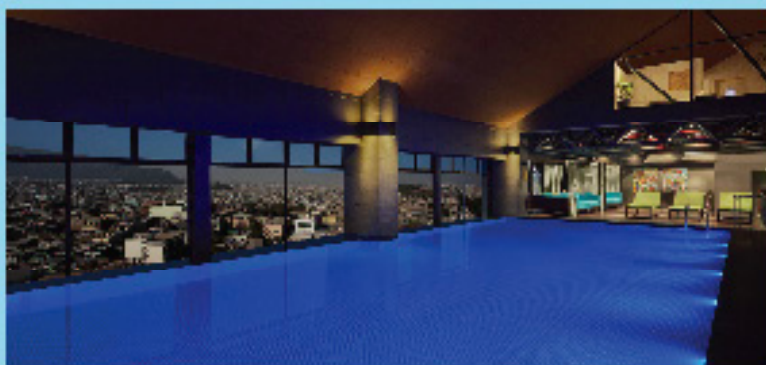






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# EDITORIAL.

As 2024 comes to a close, it's a time to pause and reflect on the lessons learned and the direction ahead. Figures like the Buddha and contemporary voices like Sadhguru teach us that true leadership isn't just about power. It's about guidance rooted in love, intelligence, and empathy.

In today's world, where technology often isolates us rather than connects us, the call for compassionate leadership has never been clearer. Whether it's the rise of artificial intelligence or global health challenges, such as managing chronic diseases through better nutrition, leaders must be those who understand the interconnectedness of all things. Entrepreneurs like Sandhya and Aabhushan, who balance thriving businesses with a growing family, show us that leadership in life, as in business, is about nurturing relationships and fostering resilience.

This winter, as we gather with family and friends, we also reflect on our role as parents, caregivers, and mentors. Parenting articles remind us that nurturing our children's growth, whether through developing emotional intelligence or physical health that shapes

future leaders. Teaching our children about kindness, self-care, and balance is an investment in a future where compassion drives decision-making.

In the same spirit, the seasonal Winter Warmers article celebrates the warmth of community and nourishing foods. From Kodo millet, a nutritious, Ayurvedic superfood perfect for winter, to winter recipes that bring comfort to the table, the season invites us to reconnect with traditions that promote well-being.

As the year winds down, let's remember to take care of ourselves and others. To those celebrating milestones, whether through marriage or personal achievements, congratulations! If you're planning a wedding or recently tied the knot, contact us to share your story in our upcoming wedding issue as we are coming up with a Wedding Issue soon.

Stay warm, stay compassionate, and embrace the leadership of love this winter season.

Smart living starts here,  
The Smart Family Magazine Team



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**PRINTED AT**

Saugat Printers Pvt. Ltd

**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.



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# PRESAGE



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# STARTER.

## Spirituality in the Leadership

In the last five thousand years, spiritual leaders like the Buddha have shaped society, but true societal change requires a shift in leadership. With the rise of technology and global threats, Sadhguru argues that spiritual wisdom—rooted in love, compassion, and intelligence—must guide modern leadership to prevent war and conflict.

---

By Sadhguru





**IN THE LAST** five thousand years, we have produced incredible yogis of enormous power and capability in this country. And yet, you have not even heard of most of them. All of them made a tremendous difference to the small groups of people around them and in terms of spiritual well-being, everything that needed to be done was done.

Still, when it comes to social realities and transforming social situations, Gautama the Buddha sticks out. It is not that he was more enlightened than anybody else. No. Then why did this one man cause such a big wave that is still on? Because Emperor Ashoka and his family became his disciples, the whole mechanism of the empire became an instrument to spread a spiritual process.

Spiritual capability is one thing, social reality is another thing. If you want something to happen in the world, if you sit here and meditate, your quality will definitely change and because of that, the world's quality will change. But if you want something to happen in your lifetime, if you wish for some dramatic change in the world, something about leadership must change.

Right now, whether it is political, military, or economic leadership, they are only thinking of conquest. Everybody is trying to conquer somebody. Today, technology empowers all kinds of fools. Anybody can become powerful with just a laptop in his hand. You don't need guns. With just one instrument you can become super powerful if you just know how to use it.

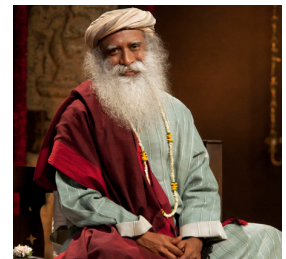
When this is the technological reality, some shift must happen in the leadership. If you do not strive for it, the whole world will pay in a very big way and we are already paying. If you look at the climate change that is happening and the projections that are being made, if you look at the way things are developing, smaller countries are going for world-destroying arms. It will not be long before people who are using fire bombs will have nuclear bombs, and you cannot control them by force forever.

If a spiritual element enters into the leadership – political, economic, or otherwise – on the planet, then the need for war could be taken away to a large extent. It may not be an absolute insurance but it could ensure to a large extent

that the world is not run on somebody's ideology, belief system, or holy book, but rather on the simple sense of what is needed for humanity to exist here. If the world ran out of human intelligence, love, and compassion, the need for war could be taken away to a large extent.

It is time we understand that unless a spiritual element enters into people, the need for endless conquest is always there. As long as it is there, war is just a question of consequence and opportunity.

➔ Spiritual capability is one thing, social reality is another thing. If you want something to happen in the world, if you sit here and meditate, your quality will definitely change and because of that, the world's quality will change.



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

# What is something you're most grateful for in 2024?

As 2024 comes to end lets all reminisce our most cherished moment. We present you these inspiring young personality's glimpse of joy, gratitude, and fulfillment they experienced this year. From family milestones to career achievements, they've experienced moments that have deeply touched their hearts and added a ray of sunshine in their memory lane.

By Malika Joshi



## ➔ Sambriddhi Rai

*Singer/ Songwriter*

My parents are well into their late 60s. But they don't want to retire. In fact, my mom constantly asked me if I could get her a part time job. Then destiny presented us with an opportunity to open a cafe and I chimed in. I was able to gift my parents a cute cafe to run all on their own. What a blessing for me to be able to do that as their daughter.





# Genius IB World School honors Nepali Women's Football Team Annual Sports Meet

Genius IB World School celebrated the Nepali national women's football team during its Annual Sports Meet at the Nepal Army Physical Training Ground in Lagankhel.

A total of 26 members of the team, including their coach and manager, were recognized with a cash award of NPR one hundred and thirty thousand and a letter of appreciation, presented by the school's founding chairman, Naveen Kumar Joshi. This recognition aimed to highlight the team's substantial contributions to Nepali sports and to inspire future generations of athletes.

Team captain Anjila Tumbapo Subba expressed her sincere gratitude during the event, thanking the school for acknowledging their hard work and for encouraging young athletes.

The felicitation aligns with Genius IB World School's commitment to promoting a culture of sports and holistic development among its students. The Annual Sports Meet not only celebrates athletic accomplishments but also emphasizes the values of discipline, teamwork, and perseverance.

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➔ **Anna Sharma***Actress*

This year, I am incredibly grateful for my niece, Reign, who is my middle sister's son. I've never experienced a love like this before—it's overwhelming, pure, and unconditional. Reign has completely changed the way I see the world, awakening a nurturing, protective, and caring side of me I never knew existed. Every time I look at him, I feel an indescribable joy and an immense sense of gratitude for his presence in our lives.

Watching my sister as a mother has been equally heartwarming. Her new chapter has melted my heart. Her love and care for Reign inspires me deeply, and it has brought our family even closer. I will forever be grateful to my sister for giving us the joy and light he brings to our lives.

➔ **Roneeshma Shrestha***TV Presenter/ Emcee/ Content Creator*

It's been an overwhelming year for me, especially on the professional front. I'm deeply grateful for the chance to be part of projects that went beyond my dreams.

If I had to pick one highlight, it would undoubtedly be hosting The Voice Kids. From being a fan watching it on TV to standing on that stage with millions watching—it was truly surreal.

I'm so thankful for the love and appreciation I receive from my cherished ones, and even from strangers who believe in and support me. Above all, I'm grateful for the little things, everyday blessings that make life so beautiful.

➔ **Mr. Foodie Nepal***Food Vlogger*

Looking back at 2024, the most memorable moment has to be the time when I surprised my family, especially my mom, with a brand-new car. I've been able to fulfill the promise that I made to my late father 15 years ago, bought a new car & dedicated to him. It was a moment when everyone was in tears & everyone was overwhelmed. The full video is on YouTube as well.

Not only this year, this is going to be the best highlight of my entire life.



A photograph of three women standing side-by-side, dressed in traditional Nepali clothing. The woman on the left wears a blue patterned top and a red shawl. The woman in the center wears a red top and a white shawl. The woman on the right wears a white top and a red shawl. They are all adorned with traditional jewelry, including necklaces and earrings. The background is dark and textured.

KISHOR KAYASTHA

# Capturing the Art and Soul of Photography

Explore Kishor Kayastha's principle of photography and how he invests his passion into his profession to become the most renowned photographer in Nepal. As he prepares for one of Nepal's most significant photography exhibitions, his art continues to bridge local roots and global recognition, offering the world a glimpse into his identity and Nepal's soul.

---

By Malika Joshi in conversation with Kishor Kayastha, photographer

From a boy with a box camera to a name celebrated on both national and international platforms, Kishor Kayastha's journey is as riveting as the stories his photographs tell. His work transcends beyond

capturing fleeting moments and more into preserving emotions, culture, and identity. With a mastery of technicalities, a crazy and creative style, and a visionary approach, Kayastha's photography embodies a sense of

belonging. For him, every shot is more than just a profession—it is a connection, a story, and a reflection of his growth. From a curious dreamer to a master storyteller, his lens doesn't just capture—it

feels, turning passion into timeless art.

With a portfolio spanning commercial, artistic, and socially conscious photography, Kayastha's versatility and innovation have earned him a



significant place in the visual arts. His exhibitions and collaborations not only highlight the beauty of Nepal but also provoke thought and inspire change. Through his lens, Kayastha continues to push boundaries, leaving an indelible mark on the world of photography, especially in Nepal. From successfully acing his first exhibition to now hosting one of Nepal's finest photography showcases on January 7, Kishor Kayastha's journey reflects his growth as an artist and his enduring passion for the craft.

How has your approach to photography evolved over two decades, and what have you learned about the art and business of photography?

Over the years, my approach to photography has transitioned from instinctive exploration to intentional storytelling. Initially, it was about capturing what I saw; now, it's about interpreting what I feel and how I connect with my subjects. I've learned that photography is as much about understanding emotions and context as it is about technique. On the business side, I've realized the importance of branding, networking, and balancing artistic integrity with commercial viability. It's a delicate dance, but one that sustains both passion and profession.



**Storytelling and artistic expression are two sides of the same coin in my work. Every frame I capture is a chapter of a story, but it must also stand as an aesthetically compelling piece of art.**

Do you see your role as a Nepali photographer in representing Nepal's culture and traditions to a global audience?

Absolutely. I see myself as a cultural ambassador. Nepal is a treasure trove of heritage, and my photographs are a medium to showcase its intricate traditions, monuments, and the resilience of its people. Through exhibitions and collaborations, I aim to bridge the gap between Nepal and the global stage, offering a glimpse into our country's soul through my lens.

How do you balance storytelling with the artistic elements of photography?

Storytelling and artistic expression are two sides of the same coin in my work. Every frame I capture is a chapter of a story, but it must also stand as an aesthetically compelling piece of art. Balancing these involves understanding the essence of the subject while experimenting with composition, light, and shadow to evoke emotion and intrigue. The story

gives the photograph depth, while the artistic elements ensure it captivates.

How do you ensure your work remains authentic despite advancements in technology?

Technology is a tool, not the creator. I stay true to my vision by using technology to enhance rather than overshadow the essence of my work. My focus is on preserving the narrative and emotions that define the photograph, ensuring it doesn't lose its soul to over-editing or artificial enhancement. Authenticity comes from understanding the subject deeply, something technology can never replace.

Can we see your personal growth mirrored in your creativity in photographs?

Definitely. My photographs reflect my journey—both personal and professional. From the melancholic tones of my early works in Bhaktapur to the abstract reflections and panoramas of recent years, each phase of my life has left its imprint. Growth as a person has expanded my perspective

as an artist, allowing me to explore themes of identity, impermanence, and cultural pride.

What is your philosophy of photography in one sentence, and how has it evolved since the early 2000s?

"Photography is the art of seeing the extraordinary in the ordinary." In the early 2000s, I focused on capturing beauty as it appeared. Now, my philosophy has deepened to include the interplay of emotions, stories, and cultural nuances within that beauty.

Which photography project stands out to you, and why?

The Dreams and Reflections series is particularly close to my heart—my photographs reflected my dreams. It marked a turning point in my exploration of abstract expressionism and surrealism, blending reality with imagination. This project stands out because it pushed me beyond traditional boundaries and allowed me to create a unique visual language.

With international exposure, do you find more challenges or inspiration in your journey?

Both. International platforms bring the challenge of meeting diverse expectations and competing with global standards. However, they also offer immense

inspiration—exposure to varied perspectives, ideas, and techniques. This duality keeps me motivated and constantly evolving.

Where do you see Nepali photography heading in the future, and what role do you envision for yourself? Nepali photography is at an exciting juncture, with more artists experimenting with styles and subjects. I see it gaining recognition as a serious art form globally. My role is to mentor emerging photographers, share my experiences, and contribute to building platforms that showcase Nepali talent to the world.

Tell us about Mustang—your exhibition and the creative process behind it. Mustang is a celebration of Nepal's mystical landscapes and culture, focusing on the interplay of nature and tradition in one of the country's most breathtaking regions. The creative process involved immersive travel, understanding the essence of Mustang, and connecting with its people. The exhibition captures its raw beauty and timeless spirit through vibrant panoramas and intimate portraits, making it a tribute to a region that feels like stepping into another world.

Your portfolio spans multiple categories, each reflecting an extraordinary vision. What inspires this

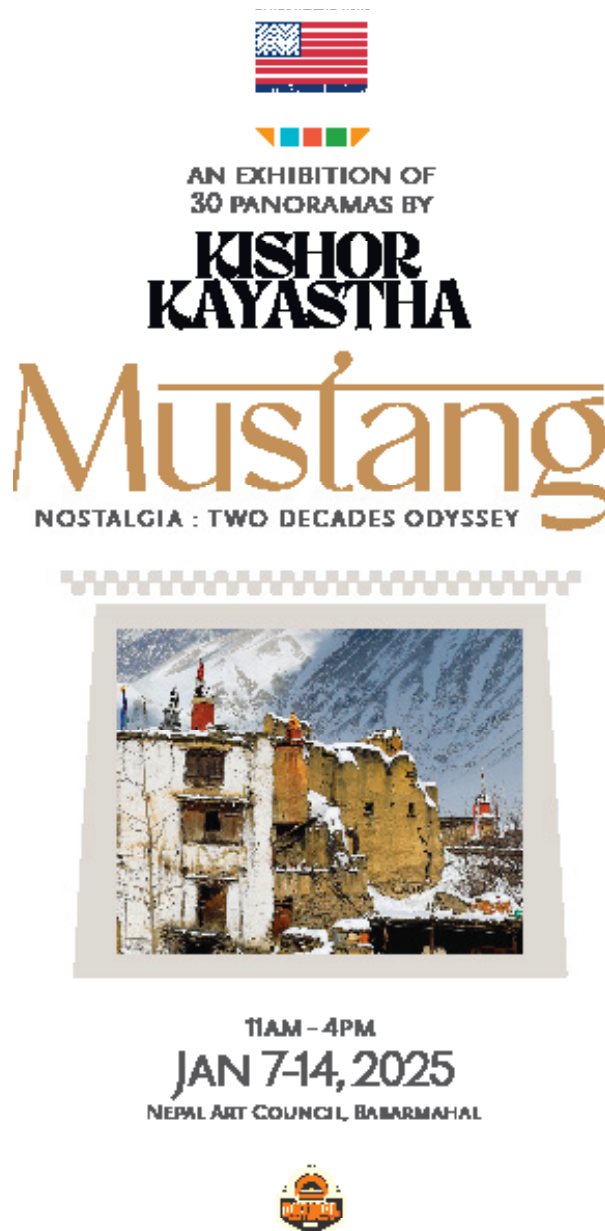
uniqueness in your work? The culture and environment I immerse myself in naturally inspire the extraordinary. When I began my photography journey, I consciously worked to perfect every frame, meticulously crafting each shot. Over time, this quest for perfection has become instinctive, allowing me to create images that resonate with depth and precision. Today, I subconsciously possess an eye that naturally sees extraordinary vision. I believe photography is fundamentally

straightforward, following universal principles. The key lies in infusing your work with creative distinction and your unique philosophy to make it truly remarkable.

Spirituality and your photography journey, what's your say on that? I believe my journey in photography and spirituality is deeply intertwined. Spirituality has heightened my awareness of the life I live and the dreams I've manifested, guiding me toward a greater sense of purpose.

It has opened pathways for exploration, allowing me to capture images with a perspective rooted in gratitude and depth, setting my work apart from others. Over time, my approach to photography has become less materialistic, focusing more on the essence of the life I'm living and the stories it tells. Spirituality has shown me how the universe aligns to support my journey, fulfilling the dreams I envisioned when I first started. It's as if life has been steering me toward my passion, embedding principles in my path long before I consciously recognized them.

How did your photography journey shift from local recognition to international exposure, and what does it mean for Nepali photographers? I had a strong egoistic desire to do everything and showcase my art only in Nepal, but it was through a friend's connection that my work was first recognized in Germany. More recently, I worked on a fashion shoot in Mumbai, and now my photos will be featured on hoardings in a foreign country. This achievement not only marks a personal milestone but also brings attention to the untapped potential of Nepali photographers on the global stage. It's a proud moment for me and a sign of growing recognition for Nepali talent.



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# Where Empires Meet Little Feet

**In this article, we uncover the remarkable journey of Sandhya and Aabhushan—two visionary entrepreneurs who’ve built thriving empires while nurturing their growing family. As they balance the demands of business and the excitement of parenthood, they reveal how their shared ambition, resilience, and unwavering partnership drive their success.**

---

By Ritika Shakya

They say the journey of building something meaningful is never easy, but if you look at Sandhya and Aabhushan, it's clear that they've turned that challenge into an art. Their lives, much like their businesses, are a beautiful blend of hustle, heart, and moments of quiet reflection. Take Sandhya, for instance. In the world of fashion and entrepreneurship, she's like the calm in a storm steady, focused, but also daring enough to make waves. Running Salt and Aadhya, she's been setting trends for years, but lately, her resilience has taken on a new form. At eight months pregnant, while most people would be slowing down, she's still in the thick of it, balancing meetings, managing her teams, and still making room for family. It's like she's running a marathon and setting the pace, all while carrying a bundle of joy.

And then there's Aabhushan. If Sandhya is the fire, he's the steady hand that keeps the flame burning. Together, they've built empires, but what's more inspiring is how they've built their life. He's always been the one to encourage risk-taking and pushing boundaries in business, yet with a soft spot for the family, he's about to grow. For him, fatherhood is just another chapter to write in the story of their shared vision, a chapter he's ready to embrace, come what may.

It's funny, isn't it? How two people, so different in their approach, can create something that fits together perfectly. It's like watching two pieces of a puzzle, each strong on its own, but together, they form something extraordinary. And as they prepare for their biggest adventure yet, parenthood, you can't help but wonder how they'll shape the next generation of leaders just as they've shaped their businesses.

## **Sandhya KC Actress, Fashion Influencer and Founder of Salt & Aadhya**

In the third trimester, you're still managing your businesses and setting trends. How do you maintain this pace, and what drives you during this phase?

I feel lucky that my third trimester has been relatively smooth, but maintaining a certain lifestyle has certainly helped. I work out every day for two hours, regardless of how I'm feeling in the morning. Business-wise, I treat Salt like it's my child—it's only three years old, and I have a responsibility to nurture it and see it grow. That sense of responsibility keeps me going, even when my body is telling me to slow down. It's a bit like pushing through the tough days—sometimes you have to do more than you think you're capable of.

What misconceptions about pregnancy and working women do you wish to challenge through your journey? I think it's important to recognize that every woman's journey is unique. If you're someone who wants to be independent, ambitious, and make a difference, your path will look different from the normal that's okay. We often have to sacrifice, persevere, and push through challenges more than others, but I believe that women with strong ambitions can achieve anything, whether pregnant or not. Yes, we need to take care of ourselves physically, but that shouldn't stop us from going after our goals or ambitions.

Your brands, Salt and Aadhya, are reflections of your creative energy. How has pregnancy influenced your perspective on fashion and entrepreneurship?

# Winter's Fashion

WITH SANDHYA KC

**Sandhya KC makes winter fashion look effortless, blending warmth with elegance and power. Pregnant and stylish, she's setting trends with bold choices that speak confidence, not just style.**

By Ritika Shakya in Collaboration with SALT

Winter style is tricky. You want warm, but not bulky. Stylish, but not over-the-top. Sandhya KC, though? She makes it look like a breeze. Picture this: a black long coat. Not just any coat—it was drama, elegance, and power sewn together. It moved like it had its own story. The sharp lines, the perfect flow—everything screamed, I mean business, but with flair. Underneath? A red short coat, but not just any red. It was deep, maroon, almost wine-like. The kind of shade that warms you up just by looking at it. It wasn't loud, but it didn't whisper either. It spoke.

And the fabric? Mobwife fur. Soft as a secret, luxurious as a dream. You'd think being 8 months pregnant would slow her down. Nope. She's out here redefining what it means to dress with power. That red coat, paired with a pant-shirt combo and long boots? Absolute fire. It wasn't just fashion, it was a mood. Confident. Bold. Like a mob queen stepping into a boardroom.

Then there's that black long coat again, but this time over a sleek black dress. High heels, too. Can you imagine? Eight months in, and she's walking like she owns the room. Style isn't just about clothes, though. It's how she carries them. Effortless, like she's telling the world, pregnancy won't stop me from being fabulous.

And the accessories? A salt bag slung casually, paired with Gucci goggles. The salt bag—so unexpected, yet it worked. She's setting trends without even trying. She even said Mobwife fur is the thing for 2025. Honestly? No argument there. She's already living in the future while we're just trying to catch up.





Pregnancy has given me a new appreciation for fashion. I'm not someone who likes to flaunt my pregnancy, so I've been experimenting with different silhouettes, cuts, and fabrics that allow me to stay fashionable but, most importantly, comfortable. It's taught me how to blend style with practicality, something that's important in both fashion and business. As an entrepreneur, you can't always predict what's coming, so flexibility and adaptability are key.

How do you balance being a public figure, an entrepreneur, and now preparing for motherhood?

I don't think 'balance' is the right word—it's more about equilibrium. There are moments when one aspect of my life requires more focus than another, and I just adjust. Sometimes business demands my full attention, other times it's about preparing for motherhood or spending time with family. But the most important thing is having a solid support system—my family and my husband, who understands the challenges and always has my back. It makes all the difference.

What lessons from your entrepreneurial journey are you planning to bring into your role as a mother?

Focus, discipline, and resilience—those are the key lessons I plan to bring into motherhood. As a parent, I think it's vital to teach these values early on. When you grow up with



I don't think 'balance' is the right word—it's more about equilibrium. There are moments when one aspect of my life requires more focus than another, and I just adjust. Sometimes business demands my full attention, other times it's about preparing for motherhood or spending time with family.



a sense of discipline and focus, you learn how to face struggles head-on, and that's how you build strength and independence. I want my child to grow up knowing that setbacks are a part of life, but they don't define you. How you respond to them is what matters.

**Aabhushan Jyoti Kansakar**  
**President of Debajyoti Group**  
**Founder/CEO of Jeevee**

As a visionary who thrives on calculated risks, how are you approaching fatherhood, a journey that is both unpredictable and deeply transformative? I approach fatherhood the same way I've approached every challenge in my life—without stressing about the unknowns. I've mentally prepared myself for this role, and I see it as my responsibility to raise children who are strong, independent, and have the courage to change the world, no matter what obstacles come their way. Just like in business, I'm not afraid to face unpredictability; it's part of the journey, and I'm ready for it.

How do you champion Sandhya's resilience and choices?

I've always admired Sandhya's energy and resilience. She's not only my wife and business partner, but also someone I learn from every day. We are very different in many ways, but our values are perfectly aligned, and



# 12<sup>TH</sup>

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that's what makes her such an exceptional leader. Her determination is inspiring, and I'm in awe of her ability to handle both her professional and personal life with grace. I support her in every way I can—whether it's with our businesses or her pregnancy—because I believe in her ability to achieve whatever she sets her mind to.

In the high-pressure world of business, you've built empires with clarity and precision. How do you plan to bring that same mindset to creating a balanced and forward-thinking family dynamic?

I've always believed that a person's character shapes their success. The core of that character is discipline, resilience, intelligence, and the ability to problem-solve. As parents, it's our responsibility to raise children who are not dependent on us but who can go out into the world and thrive—not just survive. It's our duty to build character in them, not shield them from every challenge or struggle. Life is tough, and they need to learn how to fight their own battles.

What is your take on the evolving role of modern fathers, and how do you envision contributing equally or differently to parenting alongside Sandhya?

I've always believed that men and women are different, and that's okay. We have different roles and responsibilities—whether

through evolution or creation, we complement each other. Men, in general, are less emotional and often handle stress differently, but we also tend to lack empathy. That's where mothers come in—they nurture with empathy. As fathers, it's our role to provide discipline, teach strength, and protect only when needed. If fathers try to step into the nurturing role, then who's going to take on the father's role?

With your strong entrepreneurial legacy, how do you plan to merge bold leadership with the nurturing challenges of fatherhood?

I want to make sure my child grows up bolder and more courageous than I ever was. As leaders and parents, it's our responsibility to leave behind a legacy that makes the world, our country, and our children better than we found it. I believe it's our duty as parents to teach our children how to survive and thrive, much like we see in the animal kingdom. Too often, I see parents trying to give their kids material things or luxuries they never had as children, but we don't subscribe to that idea. Instead, we want to raise our children to be independent and capable of achieving anything on their own.



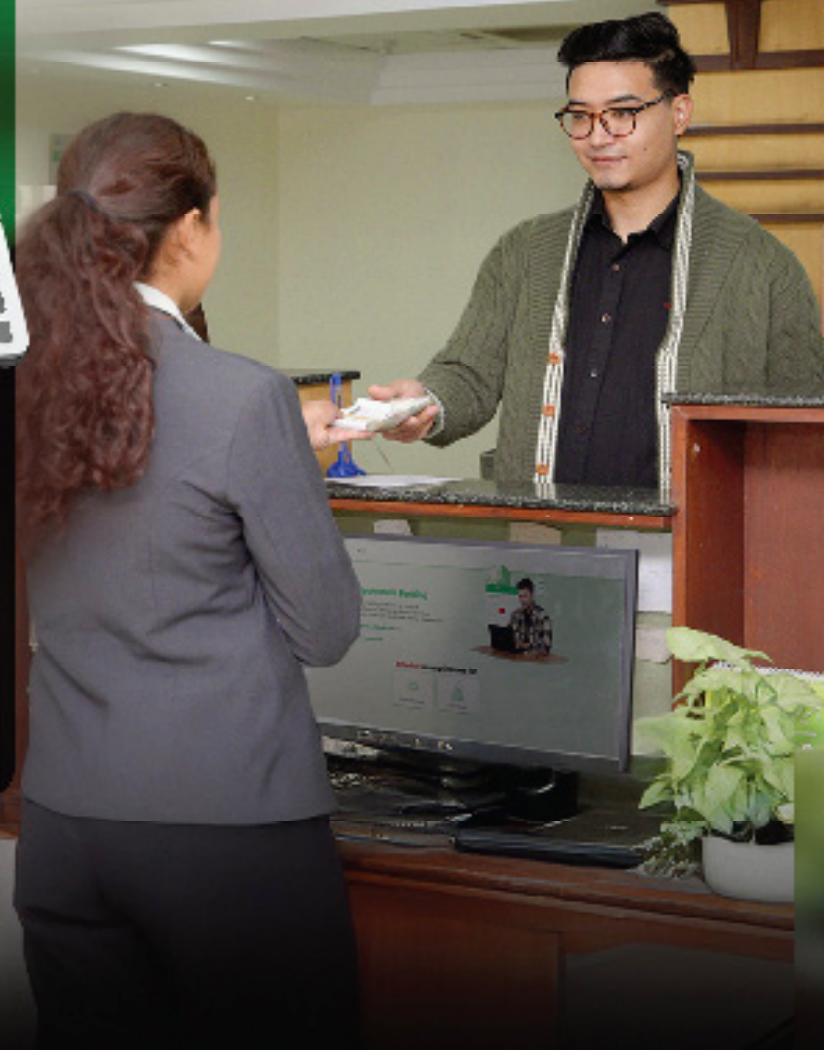


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# PARENTING.

## Exploring the Magic of Winter

**Winter vacation provides children with the perfect opportunity to recharge, explore, and bond with family. It's a time to engage with culture, traditions, develop new skills, and practice mindfulness, ensuring a balanced and enriching break. Be a smart parent and involve them in nourishing activities this winter break!**

By Bharati Adhikari

**WINTER VACATION** is a wonderful time for kids to relax, explore, and engage in activities that they may not have time for during the school year. It provides an opportunity for families to bond, travel, and experience seasonal activities. While it's essential for children to rest and recharge, incorporating some learning activities or reading time can keep their minds engaged, ensuring they're ready to jump back into school when vacation ends.

In Nepal, winter break holds special importance for kids as it aligns with the country's distinct winter season, offering a much-needed respite from the academic year. This break allows children to enjoy cultural festivals like Tamu Lhosar, Maghe Sankranti, and Christmas, fostering cultural awareness and family bonding. Winter break also provides kids with a chance

to reconnect with their heritage. Families often travel to their ancestral homes, where children can learn about traditional practices, customs, and values. This seasonal break is an ideal time for kids to focus on creative and practical skills, engage in cultural and community activities, and develop hobbies. Additionally, the break allows children to rest and rejuvenate, which is crucial for their mental and physical well-being, ensuring they return to school refreshed and motivated.

In this fast-paced era of shifting social structures, it's essential to be mindful and thoughtfully plan our kids' winter break to ensure they grow and flourish. Incorporating mindfulness activities like meditation, journaling, or nature-based art projects also encourages children to be more present and reflective, boosting their emotional awareness. By

engaging kids in physical, mental, and emotional activities, a mindful winter vacation helps them return to school not only refreshed but also more self-assured and inspired. Winter break is an ideal time for young children to bond with family and create cherished memories, and family picnics play an essential role in this experience. For kids in their early years, a family picnic offers more than just a fun outing; it's a chance to strengthen family ties, develop social skills, and explore nature in a relaxed setting. Being outdoors during winter, especially in the warmth of family, helps children build resilience to seasonal changes and appreciate the natural world around them.

Here are some mindful winter vacation tips for parents of early childhood development (ECD) children, focusing on a balanced mix

of learning, relaxation, and family bonding:

- **Engage in Nature Walks:** Bundle up and take your child on short nature walks to explore winter's unique sights. Look for birds, winter plants, or animal tracks in the snow. These walks encourage appreciation for nature, as well as mindfulness in observing seasonal changes.
- **Plan Family Story Time:** Designate an evening for family storytelling with winter-themed books or personal stories. This fosters a love for reading and listening, supports language development, and helps children learn family values and cultural heritage.
- **Create a Cozy Art Corner:** Set up an art corner at home with crayons, paints, and winter-themed crafts like making snowflakes or





pinecone decorations. Creative activities help children express emotions and develop fine motor skills, encouraging calm and focus.

- Have a Screen-Free Day: Dedicate one day of the week to being screen-free and fill the day with board games, puzzles, or building blocks. Engaging children in hands-on activities develops problem-solving skills and strengthens family bonds.

- Outdoor Play in the Sun: On sunny winter days, let children play outside to get fresh air and vitamin D, which is essential for their growth. Simple outdoor activities like kicking a ball, sledding, or building snowmen promotes physical development and resilience to the cold.
- Cook or Bake Together: Involve kids in simple kitchen tasks like stirring dough or arranging ingredients. Cooking together teaches patience, boosts fine motor skills, and

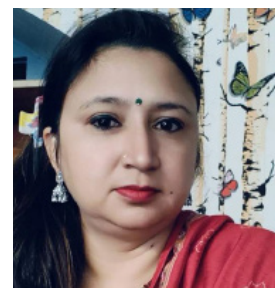
encourages trying new foods.

- Create a Winter Gratitude Jar: Have your child share things they're grateful for each day of the break, writing or drawing them to place in a jar. This practice builds a positive mindset and helps children learn appreciation.
- Unwind with Bedtime Meditation: End the day with a calming bedtime story or short guided meditation to help kids relax and process the day. This establishes a mindful bedtime routine

that encourages peaceful sleep and reflection.

These activities make winter break meaningful, encouraging children to experience joy, connection, and learning during the season.

➔ Set up an art corner at home with crayons, paints, and winter-themed crafts like making snowflakes or pinecone decorations. Creative activities help children express emotions and develop fine motor skills, encouraging calm and focus.



Bharati Adhikari, Principal of Barhakhari Kids Foundation and a Parenting Education trainer at Smart Parenting Network. She is also an MPhil scholar at Kathmandu University, focused on enhancing educational practices and parental support. With a strong background in leadership and training, Bharati is committed to fostering growth and positive change in education.





# "If a thing is worth doing, it's worth doing right."

This event article highlights the successful Loreto Convent alumnae reunion in Kathmandu, where graduates from around the world reunited to celebrate their shared memories, honor departed souls, and rekindle old friendships. Organized with love and dedication, the event was a testament to the strength of the Loreto sisterhood.

---

By Ritika Shakya in Coordination with Dawa Lama





WHILE MOST OF DARJEELING'S PRESTIGIOUS HILL SCHOOLS boast

strong alumnae networks, Loreto Convent has long been an exception. Loreto Convent being a renowned institution has educated notable figures such as:

- **Sri Aurobindo** (1872–1950), Indian nationalist, philosopher, yogi, and guru

- **Vivien Leigh** (1913–1967), British two-time Oscar-winning actress

- **Leila Seth** (1930–2017), the first female Chief Justice of an Indian state

- **Princess- Shanti Singh, Sharada Shah, Sobha Shah, Jayanti Shah of Nepal**

- **Jetsun Pema**, activist, and sister of the 14th Dalai Lama.

My two soulmates, Sangita and Sonam, both from St. Joseph's Convent in Kalimpong, often joked about

“adopting” me into their alumnae circle. Every two years, they would regale me with stories of their gatherings. Their teasing was the final push I needed to take on the monumental challenge of organizing an alumnae meet for Loreto Convent in Kathmandu.

Before committing fully to the project, I turned to my husband, Uttam, an ex-LC student (1960s), and asked if he could sponsor the dinner for the event. His wholehearted support gave me the confidence to move forward. With his blessing, I enlisted the help of two dear friends, Binita and Dibya.

- **Binita** (Class of 1979), a retired nurse from Hong Kong, managed the accounts—a vital task given the scale of the event.

- **Dibya** (Class of 1982) enthusiastically took charge of organizing the Lalitpur District activities.

Then, as if sent from above, **Manu Dewan** (Class of 1965) joined the core team. She coordinated with senior alumnae, her cousins, and overseas attendees. Manu's dedication went above and beyond, including collecting heartfelt video messages and photos from those unable to attend, which

were compiled into a beautiful montage shown on a large screen and streamed live.

## REGISTRATION

Social media played a pivotal role in connecting alumnae from across the globe. Seventy women from the batches of 1964 to 2015 traveled from as far as Boston, Hong Kong, Bangkok, Mumbai, Delhi, Vadodara, Calcutta, Muzaffarpur, and Darjeeling for the Global Reunion on September 21 and 22, 2024.

## DAY 1 – Purna's Museum Resort

The event began with a memorable moment—Binita, dressed as a nun with a rosary in hand, descended the stairs and, in a stern voice, commanded, “Line up, girls, no giggling.” The ladies, delighted and surprised, lined up by house colors, led by prefects holding flags. We played childhood



We sang our school song with heartfelt enthusiasm, followed by a poignant moment of remembrance for departed souls.







games and danced with joy, reliving cherished memories.

### DAY 2 – Miraval

The gates of Miraval, located in the Budhanilkantha hills, were transformed to read "Loreto Convent Darjeeling, Estd. 1846." Attendees marveled at the sight as they entered and found school photos, programs, hymns, and diary excerpts adorning the trees. Ketaki Chester Shah, cousin of former King Gyanendra Shah, had the honor of cutting the red ribbon. We sang

our school song with heartfelt enthusiasm, followed by a poignant moment of remembrance for departed souls. The memorials included Ambika Shrestha, Princess Jayanti Shah, Sharda Shah, Princess Shanti Singh, and other dear friends.

The evening ended with a lively dance and cocktail dinner, graciously hosted by Pan Asia.

### GIFTS

The bond of sisterhood was further sealed with meaningful farewell

gifts, all made in Nepal: a beautiful tote bag, a 2025 plantable calendar, a fridge magnet, a bookmark, and a handmade Nepali paper journal—all generously sponsored by kind souls.

### SPONSORS

A heartfelt thank you to the sponsors who made this grand reunion possible: Uttam Kumar Sherpa, Tashi Tenzing Sherpa, Yangzin Sherpa, Chamba Choden, Rani Gurung Kakshapati, Prabha Rana, Ayushma Dwa Sherpa, and Umeed Sherpa.

### A FINAL THOUGHT

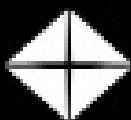
The success of this reunion was a testament to the power of teamwork and the strength of sisterhood. Every detail, from the thoughtfully chosen gifts to the heartfelt tributes and the warmth shared between old friends, made this event truly unforgettable. Dawa and her team, with their impeccable planning and passion, have left a lasting legacy that will continue to bring the Loreto Convent alumnae closer together for years to come.



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# Language Humans are born with

**This article explores the concept of a "universal language" that humans are born with, emphasizing the importance of early emotional connections in language development. It highlights how infants begin to communicate through gestures, facial expressions, and responses to their caregivers, laying the foundation for language, cognitive, and emotional growth.**

---

By Ganga Gurung

THROUGHOUT HISTORY, there lived several rulers who have conducted what has also been labeled a “forbidden experiment” of “ordinary human interaction deprivation” by some scholars. The curiosity of knowing what language gods have given humans before our environment

influences it has intrigued many from the BC period.

Once lived a king who ordered 50 newborn infants to be brought into his castle. The newborns were to be fed, nursed, bathed, or washed but in no way were the foster mothers/nurses to speak and communicate with them. The experiment was to determine if there

was a natural language children would demonstrate once their voices mature. But “the king labored in vain, for the children could not live without clappings of the hands and gestures, and gladness of countenance, and blandishments”(within a year).

There is always more to language than meets the

eye. Before language, there are many components of development a child needs to attain before they understand they are someone with their agency who can have an impact in the world.

During the earliest days of a child’s life, they know themselves primarily through their responses



to their physical world: gas, bubbles, movements, sights and sounds, textures, and other sensations. They begin having their special person, i.e. parents, they respond particularly to their parents, including the voices, smiles, and special smells of their parents. And patterns of movement create states of shared joy. This is the subtle beginning of communication and language, via tiny responses.

Along with interest in the world comes a special love for the world of human relationships. Not just any relationship, infants learn to figure out their special people- the parents or primary caregivers. The infant singles them out as the most important aspect of their world and lets them know they are special by brightening up, looking in the eye, and smiling at them. That's how they experience shared smiles, joy, and love. They feel safe with them. They discover and deepen their intimacy. These exchanges of gestures further the wheel of communication and language.

The ability to be intimate forms the basis of all future relationships. The infant learns about warmth, love, and how joyful people can be, and lays a foundation for forming loving relationships throughout life. Mastery of this milestone cements motor, cognitive, and language skills. The infant learns to use their body to become close to parents, recognize their face, their speech/sound and sources, and pay attention for 30 secs or more. These skills provide a foundation for later

capacity to think, move, and talk.

Playing interactive games while leaning in close to your child, talking to them in animated/lively voices (low or high pitch), and moving right to left, captures a child's attention. Touching your child, stroking their limbs, gently rocking them, wiggling their fingers and toes while talking to them with exciting words, facial expressions, and widening eyes entices your child. The baby shows signs of falling in love in the form of responses, smiles, sounds, and cooing and you will find that "gleam in your baby's eyes" when the baby is fully engaged. Look into the signs and the child may reach out to be picked up, smile or vocalize, push away food or break and bang toys to express protest or anger, cling to you, or show caution or fear. All these can be considered efforts for communication and then we can build up from there by responding to the child and thus giving them the ultimate reward and motivation for further communication, the rich human connection!

All of the above happens by 12 months of age.

"Still face experiment" is widely known today where a child gets distressed emotionally when they do not get any reactions or responses from their caregivers while they attempt to communicate and form a connection. Although the child recovers quickly if they get a "still face" from the parents/caregivers for a short period, long-term

deprivation results in severe psychological effects.

Infants love to copy adults, and meaningful relationships form the basis of the need for intentional communication, and thus language is developed.

Children who receive warm nurturing, enriching interactions and do not have developmental challenges acquire language skills automatically given they receive the above-stated pre-requisites.

Thus, in my opinion, the universal language humans are born with is that of felt safety, nurturing, understanding, and empathy.



Ganga Gurung, a Pediatric Occupational Therapist with 5 years of clinical experience, is the co-founder of Bloom Park Clinic and Bloom Park Store Pvt Ltd., Nepal. She has also served as Project Lead and member of International Chapter of All India Occupational Therapists Association (ICAOTA) and Secretary of Association of Nepal Occupational Therapists (ANOT). She has worked as a freelance consultant/expert for rehabilitation activities by the LCDMS, EDCCD-Ministry of Health and Population, WHO-Nepal and Handicap International-Nepal.

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# Are You taking Care of Your Child's Teeth?

Your child's smile lights up your world, but did you know that healthy teeth and gums are key to their overall growth? Caring for their oral health starts even before that first tooth appears! In this article, we'll walk you through easy and effective tips to keep your child's teeth strong and healthy, ensuring a bright smile that lasts a lifetime.

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By Dr. Kriti Bisural, Dental Surgeon, Doctor Teeth Dental Clinic, Sanepa, Lalitpur







**YOUR CHILD'S SMILE** is precious, and taking care of their teeth is essential for their overall health and development. Even before the first baby tooth appears, maintaining good oral hygiene is crucial. Here's a guide to ensure your baby's oral health is on track.

### **Importance of Baby Teeth**

Baby teeth help with the development of speech and vocabulary.

They make chewing easier, aiding in proper nutrition until permanent teeth arrive.

Baby teeth maintain space for permanent teeth to grow properly.

They contribute to the proper development of the jawbone and shape your child's face.

### **How to Maintain a Healthy Oral Cavity** **Cleaning Gum Pads and Teeth:**

Clean your child's mouth even before teeth appear. Gently wipe the gums with a soft, damp cloth or gauze after every feed, or at least twice a day.

Once the teeth erupt, use a small, soft-bristle toothbrush for both the teeth and tongue.

For children under 3 years, a grain-sized amount of toothpaste is sufficient. For ages 3 to 10, use a pea-sized amount.

Always use fluoridated toothpaste, as fluoride helps prevent tooth decay and strengthens teeth. Teach your child how to brush and



**Schedule regular dental visits once their teeth start to erupt. This will ensure proper guidance on oral hygiene, brushing techniques, feeding habits, and other preventive measures like fluoride application or sealants.**

spit, but swallowing small amounts of toothpaste isn't harmful.

#### **Feeding Habits:**

Avoid using bottle feeding and breastfeeding as pacifiers, as sugars from these feeds can turn into acid, leading to tooth decay.

Try not to let your baby fall asleep while breastfeeding, and limit night feeds.

Don't introduce sugary juices, drinks, or honey to a child's meals before one year of age.

Avoid gummy foods that stick to the teeth, and always encourage rinsing after meals.

As your child grows, offer more raw, crunchy fruits, cheese, and yogurt for snacks.

#### **Habits to Watch**

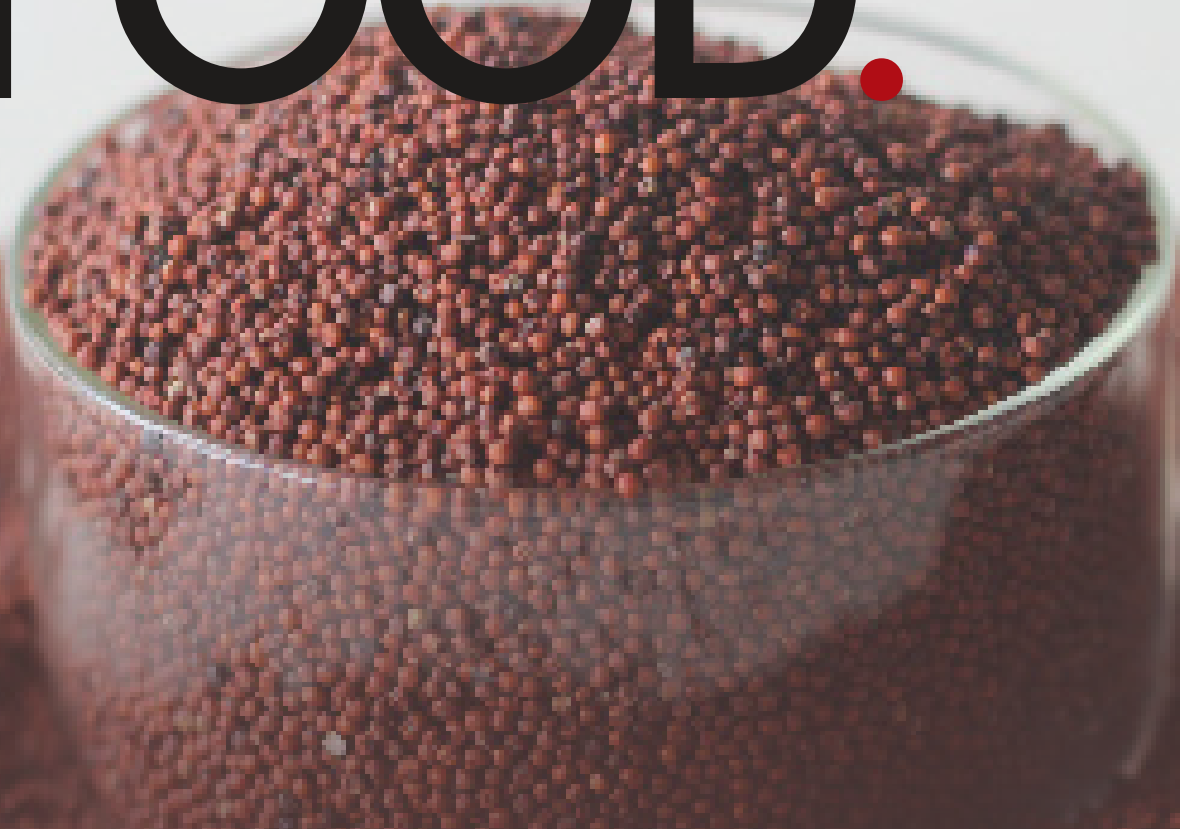
Keep an eye on thumb-sucking, mouth breathing, and nail-biting, as these habits can affect the alignment of permanent teeth.

Choose pacifiers with proper shapes that won't affect your child's dental and

facial anatomy. Consulting a dentist is a good option.

As a parent, it's essential to prioritize your child's dental health for their overall growth. Schedule regular dental visits once their teeth start to erupt. This will ensure proper guidance on oral hygiene, brushing techniques, feeding habits, and other preventive measures like fluoride application or sealants. After all, a healthy mouth leads to a healthy life!

# FOOD.



NEPALI RED MILLET

# KODO

AN AYURVEDIC WINTER SUPERFOOD

Rich in nutrients and grounding properties, Kodo millet is revered in Ayurveda for balancing the body's energies (tridoshas) and strengthening immunity. From warming digestive benefits to its versatile use in traditional Nepali dishes, Kodo millet offers a nourishing, sustainable choice for winter wellness.

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By Chef Sandeep Khatri



AS THE COLD WINDS of winter sweep across Nepal, our bodies naturally crave warmth, nourishment, and comfort. In Ayurveda, winter, or Hemanta Ritu, is a time to build strength and immunity by consuming grounding, warming, and nutrient-rich foods. One of the best winter foods rooted in Nepali tradition is red millet, commonly known as Kodo. This humble grain has sustained generations in the Himalayas and is now celebrated worldwide for its health benefits and versatility.

With its ability to balance the tridoshas—Vata, Pitta, and Kapha—Nepali red millet is not only a staple for winter wellness but also a cultural emblem.

### Why Kodo is Perfect for Winter

- **Warming Properties**  
According to Ayurveda, millet has a heating energy (ushna veerya) that combats the cold and stabilizes Vata dosha, which tends to increase during winter. It provides warmth and sustenance, essential for enduring the frosty mornings and chilly evenings of the Kathmandu Valley.
- **Rich in Fiber for Digestive Health**  
Winter can slow down digestion, leading to bloating and discomfort. The high fiber content of Kodo millet aids digestion and prevents constipation, keeping the Agni (digestive fire) strong. A healthy digestive system is key to maintaining immunity and energy during winter.
- **Builds Strength and Endurance**  
Kodo millet's rich nutrient profile—including

↓

Packed with antioxidants and essential minerals, Kodo millet strengthens the body's immune defenses, protecting against common winter ailments like colds and flu. When paired with warming spices like ginger and turmeric, it becomes a natural remedy for seasonal health challenges.

calcium, magnesium, and iron—helps fortify bones and muscles, making it an excellent choice for those braving harsh winter conditions. This could explain the legendary stamina and strength of Nepal's Sherpas and Gurkhas, who have long relied on millet as their dietary cornerstone.

- **Immunity Booster**  
Packed with antioxidants and essential minerals, Kodo millet strengthens the body's immune defenses, protecting against common winter ailments like colds and flu. When paired with warming spices like ginger and turmeric, it becomes a natural remedy for seasonal health challenges.
- **Versatile and Sustainable**  
Red millet's adaptability is another reason for its widespread use. Whether in savory pancakes, porridge, or traditional brews like Kodo ko Raksi (millet spirit), its rich, nutty flavor lends itself to numerous dishes. As a gluten-free grain, it's also suitable for those with dietary restrictions.

**The Ayurvedic Connection:**  
**Balancing the Tridoshas**  
Kodo millet is versatile in Ayurveda, as it balances all three doshas when prepared thoughtfully:

- **Vata:** Kodo's warming and grounding properties pacify the dryness and coldness of Vata during winter.
- **Pitta:** Its cooling aftertaste (Madhura Vipaka) helps regulate Pitta when eaten in moderation.
- **Kapha:** Millet's lightness and ability to prevent mucus build-up make it ideal for Kapha-prone individuals during winter.

**Best Preparations for Tridoshic Balance:**  
Cook millet with ghee and spices like cumin, black pepper, and turmeric to enhance its digestibility and benefits. Pair with honey or jaggery for additional warmth and energy. For maximum benefits, millet is best paired with warming spices like turmeric, ginger, and cumin and cooked in ghee, which enhances its digestibility and balances its dry nature.

### The Cultural Heritage of Kodo in Winter

In Nepal, millet has long been associated with winter rituals and traditions. From Kodo ko Raksi (millet spirit) enjoyed during festive gatherings to millet pancakes prepared as wholesome breakfasts, the grain's versatility has been celebrated for centuries. Thakali kitchens, known for their rich culinary heritage, serve tempered rice grains with millet spirit—a dish comparable to a Scottish hot toddy, spiced with cloves and cardamom. This practice not only warms the body but also nourishes the soul during the colder months.

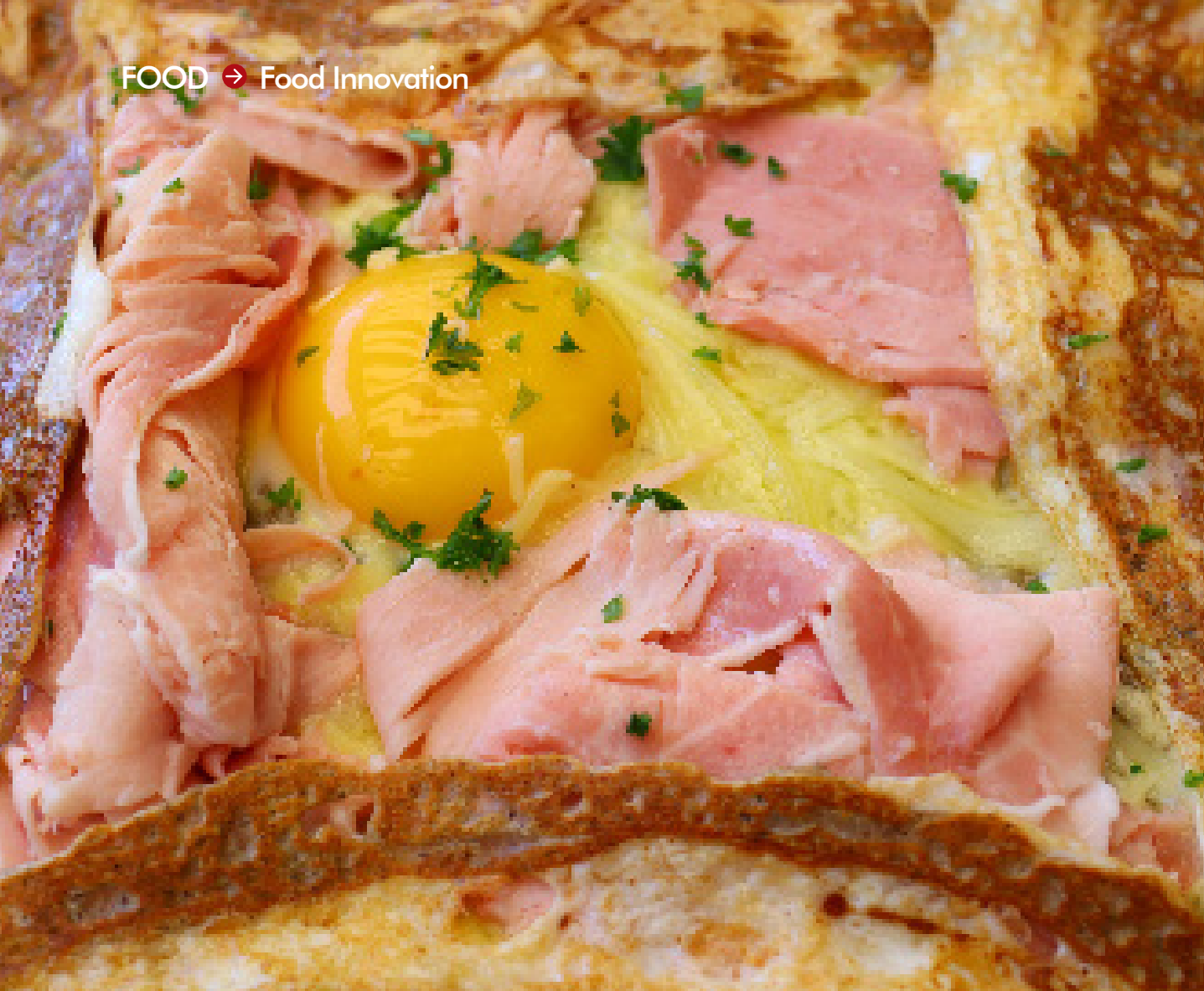
### Millet Kodo: A Nutritional Powerhouse and Ayurvedic Winter Superfood

As winter settles over Nepal, bringing crisp mornings and chilly evenings, our dietary needs shift to warmer, more nutrient-dense foods that provide both comfort and energy. Among the many treasures of Nepali cuisine, Kodo millet (red millet) stands out as a winter essential. Its warming properties, high nutritional value, and connection to Ayurvedic traditions make it a perfect grain for this season.

### Modern Revival of Kodo Millet

With a global focus on sustainable and nutrient-rich diets, Nepali millet is gaining popularity beyond its traditional borders. While Indian Ragi and Maharashtrian Jowar are well-known, the unique properties of Nepali red millet set it apart. Its superior fiber content and rich earthy flavor make it an ideal choice for winter menus.

Millet and honey—a simple yet divine combination—is a winter favorite. Millet's



flexibility allows it to shine in both savory and sweet dishes, whether as crepes, bread, or dumplings.

#### Recipe: Ayurvedic Kodo Millet Pancakes (Savory Crepes)

This recipe combines the traditional essence of Kodo millet with Ayurvedic principles. While the dish is designed to be vegetarian, eggs or minced meat can be added for an optional protein boost.

##### Ingredients:

- 1 cup Kodo millet flour
- 1/2 cup rice flour (optional, for a smoother texture)
- 1/4 cup finely chopped spinach or fenugreek leaves (Methi)
- 1 tsp grated ginger
- 1/2 tsp turmeric powder

- 1/2 tsp cumin powder
- Salt to taste
- Water to make a thin batter
- 1 tbsp ghee or mustard oil

##### Optional Ingredients:

- 2 eggs, beaten (for added protein)
- 1/2 cup cooked minced meat (chicken or mutton) or sautéed vegetables

##### Instructions

###### Prepare the Batter:

In a large mixing bowl, combine Kodo millet flour, rice flour, turmeric powder, cumin powder, and salt. Gradually add water to form a smooth, thin batter.

###### Add Greens and Optional Ingredients:

Mix in chopped spinach or fenugreek leaves and grated ginger. If desired, add eggs and/or cooked minced meat for additional flavor and nutrition.

###### Cook the Pancakes:

Heat a non-stick pan and grease it with ghee or mustard oil. Pour a ladleful of batter onto the pan and spread it thinly like a crepe. Cook on medium heat until the edges lift and the bottom turns golden brown. Flip and cook the other side until done.

###### Serve Warm:

Serve these savory pancakes with a dollop of ghee or spiced chutney. For a sweeter version, drizzle honey or jaggery syrup over the pancake.

This winter, let's celebrate Kodo millet by incorporating it into our meals, honoring its Ayurvedic wisdom, and sharing its rich traditions with the world. Whether you're in the chilly Kathmandu Valley or elsewhere, this humble grain promises warmth, health, and vitality.



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



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# Spaghetti Bolognese

Rs. 635



Spaghetti Bolognese is the ultimate family-friendly dish, offering a perfect blend of flavors that appeal to all ages. With its rich tomato sauce, tender minced meat, and a generous sprinkle of Parmesan, it's a comforting meal that fills the house with warmth. Infused with aromatic herbs and fresh basil, each bite is both satisfying and delicious. Easy to prepare and ideal for family gatherings, Spaghetti Bolognese is a versatile meal that can be customized with your favorite ingredients, from vegetables to spices, making it perfect for any taste. With its balance of nutrition, taste, and simplicity, Spaghetti Bolognese is a timeless family favorite that brings everyone together around the table.

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# Braised Lamb Shank

Rs. 2450



Braised lamb shank is a must-try dish for anyone who loves hearty, flavorful meals. Known for its rich taste, this cut of meat is slowly cooked to perfection, becoming tender and succulent as it simmers in a savory braising liquid of red wine, broth, tomatoes, and aromatic vegetables. Fresh herbs like rosemary and thyme infuse the lamb with earthy aromas, while the slow-cooking process transforms the meat into a melt-in-your-mouth delight. Often paired with mashed potatoes, polenta, or sautéed vegetables, this dish is especially elevated when served with Risotto alla Milanese. Perfect for special occasions or a cozy weekend dinner, braised lamb shank offers a taste of rustic Italian comfort at its finest.

The menu at The Chimney features a creative fusion of Asian and Western influences, offering a delectable selection of classic dishes and innovative creations. Whether you're in the mood for a hearty meal or a light bite, the diverse menu has something to satisfy every palate. The restaurant also boasts an impressive drink selection, with expertly crafted cocktails and fine wines that pair perfectly with the cuisine. Open daily from 12:00 PM to 10:30 PM, The Chimney is the perfect spot for a leisurely lunch, a romantic dinner, or a casual evening with friends. Whether you're a local or a visitor, dining at The Chimney is an experience that captures the essence of Hotel Yak and Yeti's renowned hospitality and culinary excellence.

  
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The Chimney, Lal Durbar Palace, Hotel Yak and Yeti  
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# Vegan Dandan Noodle

Rs. 815



Dandan Noodle is a vegan dish, a vibrant medley of fresh ingredients, expertly combined to create a satisfying delight. Tossed in a savory sauce with a subtle chili kick, it features a perfect balance of sesame seeds and crushed peanuts, adding delightful texture and a nutty richness. The finishing touch of fresh spring onions enhances the dish with a burst of color and flavor, proving that plant-based meals can be both indulgent and nourishing.

With thoughtfully selected ingredients that excite the palate and support a health-conscious diet, it offers an exceptional dining experience. We recommend to combine it with Matcha Latte which gives an enhanced taste to the dish.

**Located in Lazimpat, The Nomad is a boutique hotel founded in 2019, crafted for urban travelers seeking comfort and convenience on a budget. Its sleek interiors, warm hospitality, and central location offer easy access to the city's cultural gems. The hotel features two in-house dining options: Piano Piano, serving Italian cuisine with fine wines, and Everfresh Café, offering wholesome meals made from farm-fresh ingredients.**

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# Szechuan Chilli Wonton

Rs. 745 / 1145



Szechuan Chilli Wontons are a must-try for anyone looking to spice up their winter meals. With their soft, melt-in-your-mouth wrappers filled with savory meat or vegetables, these wontons are comfort in every bite. What makes them stand out is the bold Szechuan sauce perfect blend of chili oil, garlic, and Szechuan peppercorns—that brings just the right amount of heat and numbing warmth to balance the flavors.

This dish isn't just about spice; it's about comfort and warmth, making it perfect for family gatherings. The juicy filling and fiery sauce create an irresistible contrast that will please both kids and adults. Whether served as an appetizer or snack, Szechuan Chilli Wontons bring the bold, rich flavors of Chinese street food right to your table, making them a must-try for cozy, flavorful winter moments.

**An Asian saga unfolds at FuAsian Bar & Kitchen, the rooftop restaurant atop the Holiday Inn Express in Kathmandu, Naxal. The setting is an expansive, yet intimate, space - choose from cosy indoors or open-air al fresco dining. An exquisite spread of Pan-Asian cuisine leaves you spoilt for choice: think culinary delights like Sushi, Dim sums, Chinese and Thai delicacies. While the impressive selection of fine wine, spirits, and crafted cocktails adds the finishing touches to this delicious tale.**



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# Winter Warmers

## CHEF'S SPECIAL RECIPES

This winter, let the culinary masters from top hotels bring warmth to your table with their signature recipes. From hearty soups to spiced delights, these dishes are crafted to chase away the chill and fill your home with the comforting aromas of the season. Get ready to indulge in flavors that celebrate the magic of winter!

By Ritika Shakya

## Braised Lamb Shank



### Recipe

#### Ingredients (Serves 4):

Lamb Shank - 12 Pcs  
 Sunflower Oil - 2 Ltr  
 Coriander Seeds - 5-7 gram  
 Whole Garlic - 2 Number  
 Rosemary - 10 Gram  
 Bay leaf - 5-6 Leaves  
 Whole Black Pepper - 10 Gram  
 Salt - 1 Table Spoon  
 Onion - 500 gram  
 Tomato puree - 1.5 Can  
 Ginger - 20 gram  
 Garlic - 45 Gram  
 Coriander Leaves - 20 Gram  
 Kashmiri Chili powder - 10 Gram  
 Thick Yoghurt - 120 Gram  
 Fennel Powder - 15 Gram  
 Garam masala powder - 10 Gram  
 Salt to Taste  
 Mustard oil - 100 MI  
 Saffron Rice/Whole grain/Basmati Rice 300 gram  
 Desi/ Pure Ghee - 100 Gram  
 Saffron - 5 Gram

#### Procedure:

- In a saucepan, place 2 liters of oil along with coriander seeds, whole garlic, rosemary, bay leaf, whole black pepper, and 1 tablespoon of salt. Add the cleaned lamb shank, cover the pot, and place it in a preheated oven. Cook for 3 hours at 65°C. Remove from the heat and let it cool while still submerged in the oil.
- Chop the onion and blend the ginger and garlic to make a fine paste.
- Wash and soak the rice for 30 minutes.
- In another saucepan, heat 100 ml of mustard oil. Add the chopped onion and cook until golden brown. Add  $\frac{3}{4}$  of the ginger-garlic paste and cook further. Add chili powder, fennel powder, and garam masala powder, and cook for a few seconds. Add the tomato purée and cook for another 15 minutes. Lower the heat and gradually mix in the yogurt, stirring continuously. Add salt and adjust the seasoning. Once the gravy is ready, strain it to achieve a smooth consistency.
- Bring the strained gravy back to a boil. Remove the lamb shank from the oil, place it in the gravy, and simmer for 1 minute. Adjust the seasoning if needed.
- In another pan, heat 50 grams of ghee. Add the remaining ginger-garlic paste and sauté briefly. Add water, salt, saffron, and the soaked rice. Cook until all the water is absorbed, ensuring the rice is not overcooked.
- Remove the rice from the heat and divide it into four equal portions.
- Heat butter in a pan, add garlic, and sauté briefly. Add all the vegetable scoops, season with salt and pepper, and toss for a while.

#### Assembling:

- On a plate, place one portion of rice. Arrange 3 pieces of lamb shank, add a scoop of vegetables, and pour enough gravy over the top.
- Garnish with fresh coriander sprigs and serve hot.

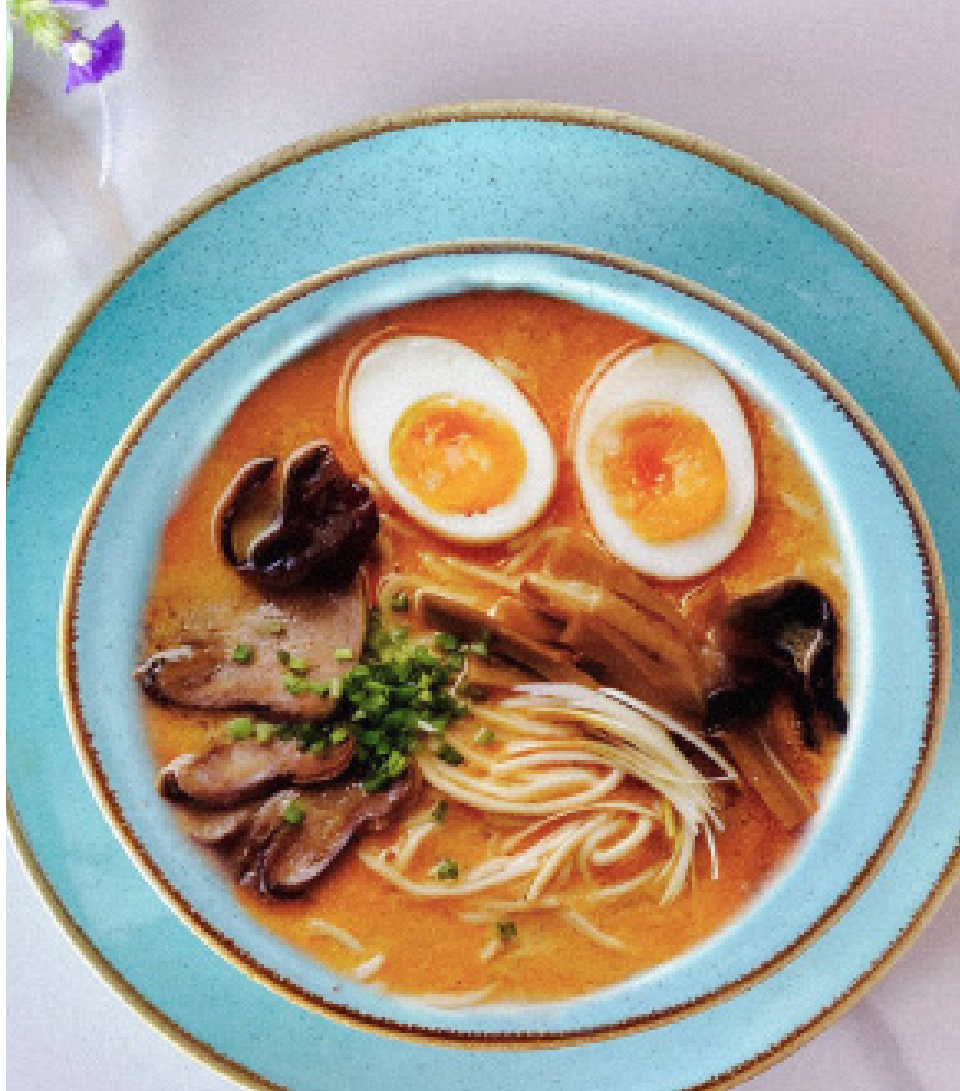
This dish is a delicious treat for winter!



### ABOUT THE CHEF

Avanish Jain, Executive Chef at The Soaltee Kathmandu, has 25 years of experience in fine dining, banquet management, and international cuisine. He combines seasonal ingredients with global influences, creating visually stunning dishes. Jain's leadership ensures kitchen efficiency and prioritizes guest satisfaction.





### ABOUT THE CHEF

Chef Krishna Prasad Jaisi, a 17-year-old expert in Asian cuisine, has gained extensive experience in Malaysia, Afghanistan, and India. He returned to Nepal in October 2023 and now works at Holiday Inn Express Kathmandu, showcasing his expertise in creating authentic Asian dishes. His dedication to perfection and his passion for Asian cuisine have made him a true master of art, elevating the local dining scene in Nepal.

# Spicy Miso Ramen

Miso ramen is a beloved Japanese comfort food known for its rich broth and satisfying noodles. It's perfect for cold winter months, with its combination of miso paste, spices, and vegetables. The dish is a soul-warming, hearty meal that combines traditional Japanese flavors with a modern twist, making it a favorite for cozy nights or warming lunches.

## Recipe

### Ingredients:

- Ramen stock broth – 300ml
- Oil – 1 tablespoon
- Garlic – 1 tablespoon, minced

- Onion – 1 tablespoon, chopped
- Miso paste – 10g
- Soy sauce – 10ml (Kikkoman soy sauce or any preferred brand)
- Cooking sake – 5ml
- Light soy sauce – 5ml
- Ramen noodles – 100g
- Dashi powder – 1 teaspoon
- Kombu (seaweed) – 1 piece (soaked in water for flavor)
- Chili paste – to taste (for spice)
- Corn kernels – a handful
- Broccoli florets – a handful
- Pok choy – a few leaves
- Mushrooms – a handful, sliced
- Chicken – cooked or grilled, sliced (optional)
- Boiled eggs – 2, halved (soft or hard-boiled as preferred)
- Nori seaweed – 1 piece

### Procedure:

**Prepare the Broth:** In a medium saucepan, heat the oil over medium heat. Add the minced garlic and chopped onion, sautéing until fragrant and softened, about 2-3 minutes.

**Add Miso Paste:** Stir in the miso paste, soy sauce, cooking sake, and light soy sauce. Allow the mixture to cook for another minute, allowing the flavors to blend together.

**Add Broth and Dashi Powder:** Pour in the ramen stock broth and add the dashi powder and kombu seaweed. Stir gently and bring the broth to a simmer. Let it cook for 5-7 minutes to allow all the flavors to meld.

**Add Spice:** Stir in the chili paste to your preferred spice level. Taste and adjust as necessary to achieve the desired heat.

**Cook the Noodles:** In a separate pot, cook the ramen noodles for 4-5 minutes in boiling water. Drain and set aside.

**Prepare the Vegetables:** While the noodles are cooking, blanch the broccoli, corn, pok choy, and mushrooms in the simmering broth for a couple of minutes until tender.

**Assemble the Bowl:** In each serving bowl, add the cooked ramen noodles. Pour the hot, flavorful miso broth over the noodles, ensuring the vegetables are evenly distributed.

**Garnish:** Top each bowl with slices of chicken (if using), halved boiled eggs, nori seaweed, and a sprinkle of extra chili paste if you prefer more heat.

**Serve and Enjoy:** Serve immediately and enjoy the comforting warmth and depth of flavors in each bowl of Spicy Miso Ramen.

# Tandoori Trout



Trout, a healthy fish source, is not limited to salmon. Rainbow trout, originating from Nepal's spring water, is grown in Annapurna region and Langtang Valley using clean Himalayan Rivers. Trout is a protein and omega-3 fatty acid source, making it an excellent addition to a balanced diet. We offer a delectable tandoori trout recipe you can enjoy with your loved ones in winter.

## Recipe

### Ingredients:

#### Tandoori Trout:

- Trout - 1 portion
- Ginger / Garlic Paste - 20 gm
- Green Chili Paste - 15 gm
- Mustard Oil - 15 ml
- Salt - 1 tea spoon
- Lemon - 3 pic
- Hung Curd - 30 gm
- Coriander Powder - 10 gm
- Cumin Powder - 15 gm
- Kashmiri Lal Mirch - 20 gm
- Butter - 20 gm
- Garam Masala - 10 gm
- Kasoori Methi - 5 gm

#### Mint Chutney:

- Mint Leaf - 10 gm
- Garlic - 20 gm
- Coriander Leaf - 5 gm

## Procedure:

- Cut and wash the fish thoroughly, then make 3 to 4 deep incisions across the fish.
- In a bowl, mix salt, green chili paste, ginger garlic paste, and lemon juice.
- Rub this marinade into the fish and set it aside for 30 minutes.
- Heat oil in a small pan, then add red chili powder. Cover and heat for 2 minutes.
- Mix the heated oil with the marinade.
- Add all the spice powders along with butter and hung curd, and then rub this mixture into the fish. Set aside for 2 hours.
- After marinating, skewer the fish and cook it in a tandoor for 6-8 minutes.
- Serve hot with mint chutney.



## ABOUT THE CHEF

Chef Amit Mondal, Executive Sous Chef at Yak and Yeti, is a seasoned culinary professional with a passion for creating exceptional dining experiences. He oversees the culinary operations, ensuring high standards of quality, presentation, and innovation, inspiring the kitchen team to deliver memorable meals.



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# Elegant dining with Gourmet Awadhi: Kakori

Kakori at The Soaltee Kathmandu offers an upscale dining experience, specializing in premium Awadhi - North Indian cuisine. Known for its exquisite selection of gourmet dishes, including delicate kebabs, tandoori specialties, and rich curries, the restaurant delivers exceptional quality in both food and service. With its elegant ambiance and high-end offerings, Kakori is the perfect choice for those seeking a luxurious North Indian dining experience in Kathmandu

By Malika Joshi





## ALOO NAZAKAT

Aloo Nazakat - crispy potato barrels stuffed with a delicious mix of grated potatoes, pomegranate, coriander, and mint. The perfect blend of spices adds a warm kick to each bite while the pomegranate adds a burst of sweetness. The soft melt-in-mouth interior contrasts beautifully with the crunchy exterior. Served with a side of tangy mint, dates, and tomato chutney, it's an ideal appetizer that offers both comfort and a touch of luxury. Perfect for anyone craving a savory snack with a twist.



## PANEER LAUNGLATTA

Another vegetarian standout dish that takes paneer to a whole new level. Soft cubes of paneer are stuffed with spinach and cheese, making it extraordinary. These rolls are served in a fragrant, sweet garlic-flavored tomato gravy, which adds a savory touch of sweetness. The balance of spices, along with the fragrant gravy, creates a rich texture and an astonishing experience that is sure to please both paneer lovers and those seeking a flavorful vegetarian option.



## LAHSONI JHEENGA

Lahsooni Jheenga is a tantalizing tandoori-styled prawn with the bold flavors of garlic and succulent prawns. The prawns are infused with a deep, smoky flavor from the tandoor, while the creamy marinade adds a luxurious texture and a subtle tang. The garlic's boldness complements the natural sweetness of the prawns, creating a mouthwatering combination. This dish surely gave me an aromatic seafood experience.



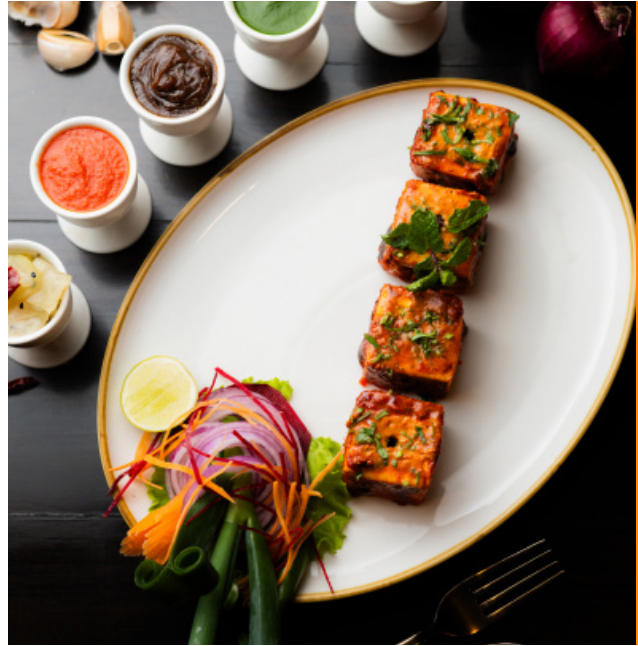
## TEEKHE MACHLI KA TIKKA

Teekhe Machli ka Tikka is a fiery and flavorful dish that gives a satisfying kick. Tandoor-cooked fish cubes marinated in a spicy red chili paste, yogurt, and aromatic cardamom seeds, give the fish a rich, smoky flavor with a kick of heat. The tanginess of the yogurt balances the spiciness, while the cardamom adds a unique fragrance that elevates the dish. Grilled to perfection, the fish is tender on the inside with a slightly crispy exterior, making it an exciting choice for spice lovers.



### ROGANI NALLI

Rogan Nalli is a rich and indulgent dish that showcases tender lamb shanks slow-cooked in a luxurious blend of spices, yogurt, and herbs. The meat is so tender it effortlessly falls off the bone, absorbing the deep flavors of the aromatic sauce. The rich, robust gravy is both savory and slightly tangy, making every bite a flavorful journey. Paired with naan or rice, Rogan Nalli was a standout and decadent meal, perfect for those who enjoy bold flavors and aromatic curries.



### HARE PYAZ KA BHARWAN PANEER TIKKA

Hare Pyaz Ka Bharwan Paneer Tikka is a mouthwatering vegetarian dish. The paneer is stuffed with a vibrant filling of fresh green onions, herbs, and spices, creating a burst of flavor with every bite. Grilled to perfection, the soft, flavorful interior makes this dish a standout. The subtle heat from the spices combined with the freshness of the green onions offers a flavorful balance that is sure to please any palate.



### SAKUREWALI PHIRNI

Sakurewali Phirni is a luxurious saffron-infused rice pudding that exudes elegance in every spoonful. The rich, creamy texture is elevated by the aromatic saffron, while the crunch of pistachios and mixed nuts adds a delightful contrast. This dessert strikes the perfect balance between sweetness and richness. It surely is a lavish and must-try item - my sweet tooth kept going for another spoon.



As the Executive Chef at The Soaltee Kathmandu, Avanish Jain brings with him over 25 years of distinguished experience in fine dining, banquet management, and international cuisine. Chef Jain is renowned for crafting innovative menus that seamlessly combine seasonal, locally sourced ingredients with global culinary influences, creating fusion dishes that captivate the palate. A master of both traditional and contemporary culinary techniques, he is dedicated to presenting dishes that are not only of the highest quality but also visually stunning, offering guests an unparalleled dining experience.



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# A JAPANESE CULINARY HAVEN

# Momotarou

Momotarou is a serene Japanese eatery with branches in Thamel, Sanepa, Bhaisepati, and Pokhara. Known for its inviting ambiance and authentic flavors, it offers a delightful escape to experience the warmth of Japanese food culture right here in Nepal.

---

By Malika Joshi





## BUTA DONBURI

Buta Donburi is a Japanese pork rice bowl that embodies comfort and flavor in every bite. The tender, thinly sliced pork, is cooked in a savory-sweet soy-based sauce and topped beautifully with steamed rice. Garnished with green onions and sesame seeds, the dish offers a perfect balance of sweetness and umami. The rice bowl served with miso soup and pickled radish is a simple yet hearty choice for a quick and satisfying bite.



## BENTO BOX

The Bento Box – a delightful variety of flavor, nutrition, and artistry. Bento Box comes with rice, sushi, dumplings, egg rolls, crispy and warm potato rolls, and chicken. Each compartment is filled with fresh, vibrant ingredients, offering a harmonious balance of carbs, protein, and flavors. Perfectly portioned for one person and packed with variety, the Bento Box would be your portable meal to have on a busy day.



## DYNAMITE CHICKEN SUSHI

The Dynamite Chicken Sushi is a bold fusion dish that perfectly blends spicy and creamy flavors. The fresh avocado, cucumber, and crab stick rolled into sushi rice, creates a fresh base while the perfectly cut, crispy chicken on top adds a savory crunch. The creamy mayo and spicy sriracha sauce drizzled above the sushi roll made each bite both irresistible and indulgent. One of our favorites - It's a must-try!



## FRESH TUNA NIGIRI & SALMON NIGIRI

Sushi Lover's classic choice- Fresh Tuna Nigiri impresses with its clean, oceanic taste, perfectly complemented by the light tang of seasoned sushi rice. Each bite of tuna with sushi rice offers freshness. The Salmon Nigiri stands out with its vibrant orange hue and buttery texture, offering a subtly sweet sensation. Served with wasabi, these nigiri have a simple outlook but bring a wave of flavor as soon as they touch the taste bud.



## SUKIYAKI

Sukiyaki- A Japanese Classic Worth Savoring. One of the most loved Japanese dishes- udon noodles tossed in a sweet-savory broth made from soy sauce and sake along with perfectly complementing tender pork, fresh vegetables, and tofu. Momotarou also serves this dish in chicken and beef options, the beef option being a standout. It also comes with raw egg- whisk and dip in raw egg before eating to add richness to the flavors. It's a comforting meal, perfect for sharing.



## CHASHU-MEN

Chashu ramen is a delectable bowl of comfort. Freshly made ramen noodles combined with finely extracted bone stew with perfect tender slices of braised pork belly- it is a top choice for winter. The generous portions of chashu (pork belly) are tender and juicy, offering a sweet and meaty flavor that pairs beautifully with the noodles. The chicken bone and roasted pork combined with fresh green onions and pak-choy elevate the dish further, making it perfect for dipping and sipping. A true treat for ramen lovers!



## SEAFOOD UDON

The Seafood Udon at Momotarou is a comforting bowl of rich, savory broth filled with thick, chewy udon noodles. The dish is packed with fresh seafood including shrimp, mussels, wakame, and fish cake; each adding a distinct burst of flavor. The umami-filled broth creates a medley with the tender noodles, while the addition of wakame and fish cake enhances the overall taste. With nori, spring onions, and sesame on the side, this dish is must try for seafood lovers and an exciting choice for the rest.

From the moment you step in, Momotarou welcomes you with a soothing Japanese essence. The interiors are cozy, featuring comfortable indoor seating that exudes warmth. For those who prefer an outdoor setting, they have tranquil ample outdoor seating covered in greenery. The welcoming staff and their Mugicha (Japanese tea that Momotarou serves before meals) are the charms at Momotarou. The aroma of dishes and the exquisite presentation showcase the culinary artistry. Every bite delivers a comforting taste, leaving you longing for more.



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RESTAURANT

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A person with long dark hair, wearing a light blue long-sleeved shirt and dark pants, is running across a green field. They are wearing red sneakers. In the background, there is a large, misty splash of water, possibly from a waterfall or a large pool. The overall scene is bright and airy, with a soft focus on the background.

# BODY.

## Winter Blues

COPING WITH  
SEASONAL DISORDER

The crisp and cold winter air can lead to physical and emotional changes, making individuals feel lethargic, irritable, or less motivated. In some cases, this may escalate to a condition known as Seasonal Affective Disorder (SAD). Sneha Agrawal provides advice to cope up with this seasonal shift.

---

By Sneha Agrawal, Psychologist



Winter Blues is a common term used to describe feelings of sadness, low energy, and mood changes that occur during the winter months. It is typically linked to the decrease in sunlight, shorter days, and colder temperatures that many people experience in the winter. This shift in season can lead to physical and emotional changes, making individuals feel lethargic, irritable, or less motivated. In some cases, this may escalate to a condition known as Seasonal Affective Disorder (SAD), a more severe form of depression that follows a seasonal pattern.

How do shifts in season and cardiac rhythm during winter impact emotional resilience, and what are some overlooked ways to strengthen this resilience?

Seasonal changes, especially in winter, can affect emotional resilience due to daylight, temperature, and hormonal regulation. Shorter days and longer nights reduce exposure to natural light, disrupting circadian rhythms and affecting serotonin and melatonin production, leading to fatigue and low mood.

To improve emotional resilience, prioritize natural light exposure in the early morning, alternate between hot and cold water, and engage in short indoor exercises like tai chi, yoga, or dance.

Can the Winter Blues be influenced by psychological factors beyond just biological ones, such as our associations with the

winter season or past experiences, if so, how can we change the narrative of the season?

Psychological factors beyond biology can significantly impact the "winter blues" by shaping our experiences of the season. Personal associations, memories, and cultural narratives can amplify or mitigate feelings of sadness, isolation, or lethargy. By consciously shifting our interpretation and engagement with winter, we can rewire our emotional response, finding comfort in simple seasonal pleasures and celebrating the season's unique offerings like fresh snow, sunlight, fresh fruits or holiday festivities.

Could the Winter Blues be linked to deeper emotional states like unresolved grief or burnout that are merely triggered by the season rather than caused by it? Winter Blues can act as a catalyst for deeper emotional states such as

unresolved grief or burnout, rather than being the sole cause of these feelings. Seasonal changes—like reduced light, colder weather, and increased isolation—can magnify underlying issues, bringing them to the surface. This confluence can surface deeper emotions that are not necessarily caused by the season but are exacerbated by its conditions. By addressing root causes, you can move beyond simply managing the Winter Blues and work toward lasting emotional resilience.

What role does social isolation during the colder months play in exacerbating Winter Blues, and how can we maintain meaningful connections even when physical activity or outdoor gatherings decrease?

Social isolation during the colder months significantly exacerbates the Winter Blues by reducing opportunities for human connection, which is vital for emotional well-being. When physical activity or

outdoor gatherings decrease, it becomes easier to withdraw, leading to feelings of loneliness and disconnection. This isolation can amplify symptoms of sadness, lethargy, and low mood.

To maintain meaningful connections, focus on creating indoor traditions, embracing technology for virtual gatherings, and initiating regular check-ins with loved ones. Cozy gatherings, volunteering, or joining indoor group activities can foster a sense of community and purpose. By intentionally prioritizing social bonds and reframing winter as a season for connection and warmth, it's possible to counteract isolation and build emotional resilience.

Modern living, which is stagnant on-screen time and often ignores natural daylight rhythms is one of the contributing factors of Winter Blues. What adjustments can be made to avoid such consequences? Participating in social activities, such as meeting friends and family, and planning outdoor events like picnics or dinners can also be beneficial

For individuals already managing other mental health conditions, like anxiety or PTSD, how does the Winter Blues interact with these, and what specialized coping strategies might they require? Seasonal changes, such as reduced sunlight and increased isolation, may worsen anxiety, trigger

➔ Engage in grounding practices, such as sensory-focused techniques or breathing exercises, to manage heightened anxiety and intrusive thoughts. Use reflective tools like journaling or therapy to process emotions safely.

flashbacks, or deepen feelings of hopelessness associated with PTSD. The lack of sunlight can exacerbate neurochemical imbalances, while the introspective nature of winter might heighten focus on distressing thoughts or memories.

Prioritize light therapy to stabilize mood and energy, and maintain a structured daily routine to create predictability and reduce stress. Engage in grounding practices, such as sensory-focused techniques or breathing exercises, to manage heightened anxiety and intrusive thoughts. Incorporate gentle physical movement like yoga and connect with trusted social supports to counter isolation. Use reflective tools like journaling or therapy to process emotions safely, and consider professional guidance for tailored interventions. By combining these approaches, individuals can navigate winter's challenges with greater resilience.

Could an individual's genetic predisposition to Vitamin D absorption or melatonin regulation make them more

susceptible to Seasonal Affective Disorder?

Yes, genetic predispositions to vitamin D absorption and melatonin regulation can make individuals more susceptible to Seasonal Affective Disorder (SAD). Variants in vitamin D receptor or metabolism genes may reduce vitamin D levels, impacting serotonin production and mood, while melatonin receptor gene variations can disrupt circadian rhythms during reduced daylight. These combined effects heighten vulnerability to SAD symptoms like fatigue and low mood. Personalized strategies, such as vitamin D supplementation, light therapy, maintaining regular routines, and exploring genetic testing, can help manage these risks effectively.

Is there any standard/ personalized therapy available to help individuals cope with such seasonal disorders?

Starting and maintaining a Cognitive Behavioural Therapy (CBT) specifically designed for Seasonal Affective Disorder (SAD), along with medication—particularly selective serotonin reuptake

inhibitors (SSRIs) for moderate to severe cases—can greatly assist individuals in managing their symptoms. Additional strategies may include vitamin D supplementation, which has shown benefits.

Personalized treatment approaches can involve Chrono therapy to adjust sleep patterns, genetically-informed treatments for optimizing vitamin D or melatonin regulation, lifestyle coaching, and integrative methods that combine physical activity with mindfulness practices. Digital therapeutics, such as apps for tracking mood and light exposure, can also be valuable.

The most effective treatment plan will depend on the severity of SAD and the individual's specific needs, making professional guidance essential for tailoring these therapies effectively.



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



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# Pranayama

A PERSONAL REFLECTION TO STAY  
WARM DURING WINTER

In Kathmandu's winter, pranayama helps me stay warm and strengthens our lungs amidst the pollution. Practices like Kapalabhati and Bhastrika generate internal heat, while Tibetan monks use Tummo to harness inner warmth for spiritual clarity. Both offer ways to stay healthy during the cold months.

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By Vijay Vaidya



WINTER IN KATHMANDU has a way of sneaking up on you. One day, you're enjoying the last rays of autumn sun, and the next, you're bundled up in layers, your breath forming little clouds in the air. For someone like me, who doesn't particularly love shivering through the season, pranayama has been a bit of a winter lifesaver.

Let me start by saying: that Kathmandu's air doesn't make things any easier. The dust, the pollution, the endless haze—it's like your lungs are constantly waging a battle. I've had days where my chest feels tight and my throat scratchy after just a short walk outside. But that's where pranayama, the ancient art of breath control, comes in. Not only does it help strengthen the lungs (which we all need in this valley), but certain types of pranayama can also generate warmth in your body.

Take **Kapalabhati**, for instance. It's often called the "shining skull breath," but I call it the "internal heater." The rhythmic, forceful exhalations get your blood pumping and create this amazing warmth from the inside out. When I do a few rounds of Kapalabhati in the morning, I feel this gentle heat radiating through my chest and core. It's like I've put on an invisible layer of warmth. And bonus: it clears out your sinuses, which is a blessing

when winter colds start making the rounds.

Another favorite of mine is **Bhastrika**, or "bellows breath." The name says it all—you're mimicking the action of a bellows stoking a fire. The deep, active inhalations and exhalations energize your entire body. I've noticed that after just a couple of minutes, my fingers and toes, which are usually freezing in the mornings, start to tingle with warmth. It's like jumpstarting your internal furnace.

Of course, winter isn't just about staying warm—it's also about staying healthy. And with the dusty air of Kathmandu, lung health is non-negotiable. I've started incorporating **Nadi Shodhana**, or alternate nostril breathing, into my evening routine. It's calming, yes, but it also feels like giving your lungs a little detox. There's something deeply cleansing about it as if you're balancing out all the strain your respiratory system goes through during the day.

Then there's **Ujjayi**, the "victorious breath." It's slower and gentler than Kapalabhati or Bhastrika, but it creates this soothing warmth that feels like a cozy blanket for your insides. Ujjayi is my go-to when I'm winding down at night. It's like a signal to my body that it's okay to relax now, even if the temperature outside is dipping below freezing.

I've learned that staying warm in winter isn't just about piling on scarves and sweaters—it's about how you nurture your body from the inside. Pranayama gives me that extra edge. It's a way to beat the chill while also caring for my lungs in a city that constantly tests them.

So, if you're looking for a way to warm up and stay healthy this winter, why not give pranayama a try? All you need is a quiet corner, a few minutes, and your breath. Believe me, your body will thank you. And in Kathmandu, where the air can feel more foe than friend, that's no small thing.

#### Tummo Monks

Since we are on the topic of keeping warm, let me tell you about a group of Monks in the Himalayas who practice the ancient art of Tummo.

Tummo is also a tantric practice for inner heat, developed around the concept of the female deity. The purpose of tummo is to gain control over body processes during the completion stage of Anuyoga or Anuttarayoga Tantra ('highest yoga tantra').

The practice begins by visualizing the body's energy channels, winds, drops, and chakras. Inner heat, generated through specific breath-holding exercises, helps vital winds enter the central channel, leading to blissful

experiences. The practice also involves focusing on seed syllables at the chakras and combining them with meditation on emptiness. Over time, practitioners aim to master this process, achieving heightened states of clarity, inner heat, and bliss.

Scientific studies have explored the effects of tummo, demonstrating notable increases in body temperature, metabolism, and thermal power output among expert meditators. While the practice's effects on body temperature have been investigated, its primary purpose within Tibetan Buddhism remains focused on spiritual development, combining visualization, breath, and meditation to harness the inner fire and achieve profound states of enlightenment.



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 bal-ance, inversions, back bending, power Ashtanga, restorative yoga breath work, and pranayama, ensuring correct asana execution.

➔ The deep, active inhalations and exhalations energize your entire body. I've noticed that after just a couple of minutes, my fingers and toes, which are usually freezing in the mornings, start to tingle with warmth. It's like jumpstarting your internal furnace.

# Fitness

THE ONLY MEDICINE YOUR BODY TRULY NEEDS

**In today's fast-paced world, where artificial intelligence shapes our lives and modern medicine extends our longevity, there is an alarming trend that technology cannot solve: the rising epidemic of obesity and related lifestyle diseases. Fitness, as simple as it sounds, is more crucial than ever—and NOT being fit is a disease in its own right**

By Sukadev Karki

## Why Fitness Matters Now More Than Ever

Winter is often seen as a season for comfort, indulgence, and slowing down. However, the reality is that every season, including winter, is an opportunity to work on the best project you'll ever have of yourself. If you've been waiting for the right moment to prioritize your health, let this serve as your call to action. If not now, then when?

Obesity rates are climbing at unprecedented levels

globally. Despite medical advancements, there is no magic pill or quick fix for fitness. Unlike medications for other ailments, achieving physical wellness requires consistent effort, discipline, and understanding of your own body. Your body has an innate ability to become stronger, fitter, and healthier—if you provide it with the right stimulus.

## Understanding Your Body: Fitness and Physiology

The human body is an extraordinary machine

designed to adapt to stress. When you engage in regular physical activity, your muscles, cardiovascular system, and even your brain respond by growing stronger. This process, known as adaptation, is key to achieving lasting fitness. Here's how it works:

### Physical Stress Triggers Growth

Exercise creates controlled stress in your muscles and organs. For example, lifting weights causes microscopic tears in muscle fibers and cardiovascular workouts

challenge your heart and lungs to supply oxygen efficiently. The body adapts to stress in response to these challenges, your body repairs itself and becomes stronger. Muscle fibers grow thicker, your heart becomes more efficient at pumping blood, and your endurance improves. With consistency, these adaptations become permanent.

### Consistency is Key

The more consistently you expose your body to physical activity, the more profound and lasting these adaptations become. This





Our training routine should seamlessly integrate into our daily life, improving our posture, movement, and efficiency. Whether it's refining how we sit, perfecting our technique while climbing stairs, or making everyday tasks like lifting a shopping bag easier, our approach ensures we're not just fit but also functionally capable.

is why “everyday fitness” matters—it keeps your body in a state of readiness, health, and vitality.

### Fitness is a Disease-Prevention Medication

Beyond helping you achieve a sculpted physique, fitness is one of the most effective ways to prevent chronic illnesses. Regular exercise reduces the risk of heart disease, diabetes, and even certain cancers. It boosts your mood, sharpens your mind, and strengthens your immune system. Fitness isn't just about looking good—it's about building a resilient body that can fight off disease and age gracefully.

### Breaking the Winter Excuse

Winter can be a tough season for fitness enthusiasts, with shorter days, colder temperatures, and festive distractions. However, it's also a time when excuses can pile up. Instead of retreating under the covers, consider this:

- Home Workouts Are Effective: From bodyweight exercises to yoga, practice with what you have, if you don't have access to the gym

- Consistency Trumps Intensity: Even a 20-minute daily workout can yield significant benefits over time.
- Set Goals, Not Limits: Winter can be the season you defy expectations and achieve your personal best.

Here's a small challenge for you! Tag us in our story and we will send you an exciting gift hamper - use Befit or Smart Family Instagram handle- If you work in a gym try this and tag us with your time

- 21 50% Bodyweight Thrusters
- 21 Calories in Airbike
- 5 50% Bodyweight Thrusters
- 15 Calories in Airbike
- 9 50% Bodyweight Thrusters
- 9 Calories in Airbike

If at home, try this and tag us with your time:

- 40 Bodyweight Squats
- 20 Hindu Push Ups
- 20 Bodyweight Squats
- 10 Hindu Push Ups
- 10 Bodyweight Squats
- 5 Hindu Push Ups

### Where We come in

Established in 2015, Befit Fitness Studio proudly stands as Nepal's first personal training studio, setting the standard for fitness excellence. Our team comprises Nepal's best-certified personal trainers, each bringing years of experience and expertise

to the table. Beyond their qualifications, our trainers are competitive athletes excelling in sports such as Bodybuilding, Street Games, Powerlifting, Calisthenics, and Mixed Martial Arts.

At Befit, we believe that fitness is more than just looking physically attractive—it's about enhancing our functional capacity. Our training routine should seamlessly integrate into our daily life, improving our posture, movement, and efficiency. Whether it's refining how we sit, perfecting our technique while climbing stairs, or making everyday tasks like lifting a shopping bag easier, our approach ensures we're not just fit but also functionally capable.

We understand that not everyone has access to our studio or a gym. That's why we offer personalized home solutions, sending our team of expert trainers directly to your home to guide you through tailored fitness programs. Additionally, if you're looking to create a dedicated workout space at home, we assist in setting up your home gym, ensuring you have the right equipment and guidance to

achieve your fitness goals effectively.

Every journey begins with thorough assessments tailored to understand your unique needs, strengths, and goals. This ensures every training program is not only effective but also designed to offer a personalized touch. With Befit, you're not just working out—you're building a foundation for a stronger, healthier, and more capable version of yourself.

Your fitness journey starts here, with a team dedicated to helping you achieve your goals, wherever you are.



SUKADEV KARKI  
ACE CPT | Sports Nutritionist  
NSCA CSS | Crossfit L1  
Head Lecturer - Nepali Youth  
Fitness Academy Co-Owner -  
Befit Fitness Studio

# Nutrition for Chronic Disease Management

INSIGHTS FROM HOSPITAL DIETITIANS

**This article will explain how dietitians contribute to the care of chronic diseases by utilizing a proper diet. To do so, it will explore how dietitians address and treat such concerns, such as explaining the dietary restrictions of diabetic and hypertensive patients and heart patients, and how such patients' diets are professionally controlled.**

By 3C Management

Chronic diseases cannot be managed by single interventions, and nutrition is a very important intervention. The awareness about the specialized diet amongst chronic disease patients is being actively propagated by dietitians who work in various hospitals in Nepal, including patients with diabetes, heart problems, and hypertension, to name but a few. Through the development of patient-specific diets, they assist patients in reducing the impact of their conditions and enhancing their well-being. One of the things most vital to managing the disease is glycemic control for diabetic patients. Specifically, dietitians monitor such patients' meals and help them formulate diets that include carbohydrates, proteins, and fats without fluctuating blood sugars. They also ensure that the patients understand the concept of portion control, how to read labels on foods, and general knowledge of foods that diabetics are allowed to consume in their meals, which are fundamental components for managing the disease.



Patients with heart disease must take foods that are low in fat, cholesterol, and sodium to avoid worsening their condition. Dietitians prepare nutritious dietary meals for the heart with foods such as fruits, vegetables, whole grains, and lean protein. They also provide information concerning how to prepare different meals and avoid high fats in the process, as well as information on the need to engage in physical activities when taking the meal. The condition known as hypertension or high blood pressure can be controlled by keeping the

intake of sodium low while at the same time taking potassium, magnesium, and calcium in sufficient quantities. Dietitians develop meal plans in which several portions of fruits, vegetables, and low-fat dairy products are recommended and restricted foods high in salt content. The strategy used in this approach assists in controlling high blood pressure, hence minimizing cases of stroke and heart attack.

The ordinary creation of the meal plan is not the sum of the work of dietitians. They abide by the same practice,

continually monitoring the patient's progress and altering the dietary advice where necessary. It also provides the best and most efficient nutrition care to the patients, which is based on the patient's individual needs. Other functions include public awareness efforts on the diets to be taken by patients suffering from chronic ailments, which are also part of the responsibilities of a dietitian. From community meetings to health awareness/health fairs and numerous educational initiatives, dietitians promote an understanding of how food can be used to improve chronic diseases. Such measures enable patients and their families to be at the forefront of restoring nutritional balance by opting for healthier dietary regimes. Across the hospitals of Nepal, dietitians are playing a vital role in the control of chronic diseases. Their focus on nutrition and dedication to the patients are transforming the lives of so many people despite chronic diseases.



# AMINU

## Cold, Dry Winters Making **Your Skin Dull?**

Say goodbye to **flaky**, dull skin this winter with Aminu. Packed with nutrient-rich, skin-loving ingredients, our clean formulas hydrate deeply and bring your glow back—no matter how chilly it gets outside.



# CLC BLOCK

CELLULAR  
LIGHTWEIGHT  
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## CLC BLOCK

CLC is condensed form of Cellular Lightweight Concrete. Also known as Foamed Cement or Light Weight Concrete worldwide with its greater advantages from past 60 years. It is prepared from a precise mixing of cement, sand, foam, water and other additives for accurate mixing without altering its original chemical and physical properties.

## NEST CLC BLOCK

Nest CLC Block is manufactured with European technology and with German chemicals, which are developed especially for the building material industry. So it possess unrivalled technical properties and physical characteristics.



**LIGHT IN WEIGHT**  
Nest Block are three times less weight than clay and concrete blocks.



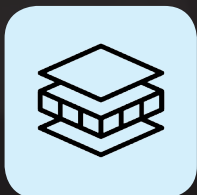
**ECO FRIENDLY**  
Environment-friendly. The production process of Nest Block or its use does not release any harmful effluents to ground, water or air.



**FIRE RESISTANCE**  
Nest Block offers great fire protection. Fire rating of cellular concrete is far superior to that of brickwork or dense concrete.



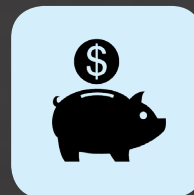
**EASY TO HANDLE**  
Nest Block can be easily sawn, carved, nailed or drilled using ordinary tools.



**THERMAL INSULATION**  
Wide range of Nest Block density gives the builder multiple options for finding the most practical & economical solution.



**SOUND INSULATION**  
Extensive range of Nest Block density offers effective, proven & cost-effective solution to acoustic performance.



**MATERIAL SAVINGS**  
Saves cement, sand & labor cost. Also saves steel cost if building is designed by considering light weight block.



**LOWER WATER ABSORPTION**  
Nest Block contains millions of closed cells which resist moisture and water from passing through it.

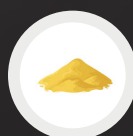
## RAW MATERIALS



CEMENT



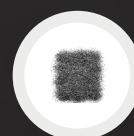
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Old Gyanodya School Premises

# HOME.

## Warming Essentials

The AC temperature is rising as the surrounding air grows colder. Needless to say, it is the time to delve into a winter wonderland. Whether you are in the process of unpacking heating devices or in search of new alternatives, these essentials are going to be your best friend.

By Shreya Malla

### Digital thermos bottle

As your refreshing cold water turns into dark boiling coffee, it's time to upgrade your ordinary plastic bottles. Thermos bottles have been a go-to staple for Nepali households for ages –but here's the fun part. An LED temperature-displaying thermos keeps your coffee well-insulated and provides a real-time temperature display.



### Fireplace heater

When designing a chic home together with keeping the



essence of comfort, electric fireplace heaters integrate both. Adding elegance to an ordinary room, these heaters vivaciously warm up the surrounding air. This fireplace heater is no exception in this world where modern technology has fueled innovation.

### Electric heating blankets

After a long, frosty day, all you need is an even longer nap. Heated blankets take these naps to a greater level. You will be enveloped in a cozy layer of warmth. Additionally, it is a lifesaver

when it comes to relieving physical pain, so your elders might appreciate it even more.

Bonus tip: Don't forget the safety guidelines!

### Gloves... also electric

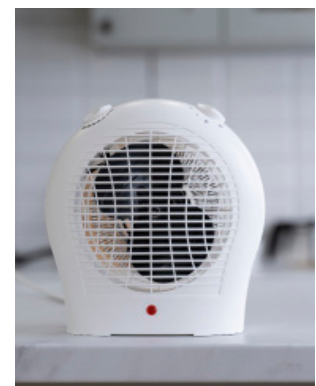
When regular woolen gloves—one that guarantees instant warmth—fail to live up to these words, heated gloves are now drastically going to change the game. These battery-powered, rechargeable gloves are efficient, and they especially cater to those with constantly frosty hands; often very painful.

### Portable fan heaters

If convenience and budget rule out all the other factors, fan heaters are the way to go. They are sufficient to tackle the declining temperature degrees for an entire room and are available in a range of sizes and prices to check your boxes.

Here's the question: are these items a must-have essential? In short, it depends.

Technology has provided a multitude of avenues to fulfill your needs. To utilize the sources and best equip yourself for the bitter days, indulge in this tech hunt.







Experience Luxury  
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Finish





# Grow & Glow

Season's greetings from The Green Owl. How quickly we have come to the end of another year. Let's round it up with some amazing herbs and plants that you should try and grow in your garden not just for their beauty and health benefits but for how they can benefit you in your skin & beauty care...naturally

By Manta Khatri, Green Owl

The age-old art of making beauty products from natural ingredients is something steeped in our culture. We have so many herbal cosmetic brands right here in Nepal and I am truly loving some of the skin care products that I have purchased.

From Rosemary to Roses to Lavender, we have easy access to so many common flowers with great skin benefits that can be brought into our daily beauty regimes. Why not try making simple beauty products from useful garden plants that are incredibly easy to grow?

You can transform your garden into a beauty sanctuary if you put your mind to it.

Plants are so rich in nutrients like vitamins, minerals, and antioxidants which help to nourish your health and your skin. They are gentle unlike some of



the chemically produced creams and cleansers. Some plants have the most beautiful aroma that has such a calming effect.

Ingredients like rosewater and shea butter have stood the test of time due to their effectiveness.

So, if you are looking for a naturally beneficial New Year resolution, let me help you out. Grow your garden of dreams with these amazing plants and enhance your health and your beauty.

The humble Aloe Vera is a superstar in skincare. Can be used for sun relief, for hydrating your skin, or as a face mask. They are so easy to grow!

My favorite is the Lavender. I love everything about this plant including their tiny blue blooms and the aroma of the fresh leaves when plucked. Lavender oil is commonly found in





lotions and serums for its antibacterial properties.

Rosemary is another superstar when it comes to aroma and with all the antioxidants they possess. The oil is a very precious ingredient for skincare products. Again, a very easy plant to grow.

Mint is magical whether it be in a tea, a smoothie, or on your face. Mint leaves are so refreshing and have antiseptic properties that benefit oily skin types by controlling excess oil production.

Sweet basil isn't just great in cooking, its oil has all the antibacterial properties one needs to fight that acne-causing bacteria!

Tea Tree oil & Rosehip Oil are both excellent for

reducing scars and are used in the form of face cleansers. These plants are more of a shrub hence you might not be able to grow them in your city garden, but if you have the space, go for it!!!

Chamomile tea is a drink I drink every day and then use the residue to make a face mask because it soothes my skin and makes it soft and supple.

Coconut oil has become a staple in many beauty routines. It deeply moisturizes the skin and hair while providing antibacterial benefits.

Green Tea is another superhero with multiple benefits, for your health and your skin. The leaves are packed with antioxidants making them popular in eye creams and facial sprays.

Jobaba oil closely resembles human sebum, making it an excellent moisturizer

for all skin types. It absorbs quickly without clogging pores, perfect for use in facial oils and lotions.

Calendula flowers, yes, they are so easy to grown and you should be planting them by January. They have medicinal properties that can heal cuts and wounds hence you find them in ointments and balms.

Honey while not technically a plant, comes from flowers! So, keep a beehive if you must. Its natural antibacterial properties make it ideal for masks and cleansers.

The beautiful and timeless rose flower that offers us so many benefits like rose water and rose oils, both are excellent moisturizers for your skin.

Hibiscus flowers contain the Alpha Hydroxy Acids

(AHAs) which help to gently exfoliate the skin.

These plants not only enhance beauty but also connect us to nature's wisdom about skincare health. Growing them in your garden is easy and you will have natural remedies at your fingertips. You can enjoy the process of nurturing them while reaping their beauty benefits all year round.

If we consumers become more conscious about what we apply to our skin then plant-based ingredients will continue to thrive in this industry. Be a little conscious when choosing your cosmetic products and try and stay as natural as possible. Embrace the power of plants—your skin will thank you!



## SUPER LUXURY INTERIOR EMULSION



# MARKET.



## 📍 Fairfield by Marriott Kathmandu Celebrates Christmas with Special Children

Fairfield by Marriott Kathmandu, in partnership with Artbeat, celebrated Christmas with special children by painting the hotel's windows with festive designs and adorning the Christmas tree. The "Invisible Gifts, Visible Impact" event highlighted the intangible yet profound gifts of kindness, connection, and shared experiences. The initiative underscores the hotel's belief that the true essence of Christmas lies not only in material gifts but also in empowering communities and

creating meaningful growth opportunities. The collaborative art session saw the children, guided by the Artbeat team, paint vibrant Christmas-themed designs on the hotel's windows, demonstrating the power of art in building connections and fostering inclusion. The event concluded with the lighting of the Christmas tree, symbolizing hope, joy, and togetherness.



## 📍 Holiday Inn Express Kathmandu Naxal Celebrates Its First Anniversary

Holiday Inn Express Kathmandu Naxal, the first-ever Holiday Inn Express in Nepal, is celebrating its first anniversary. As part of IHG Hotels & Resorts, the hotel has become the preferred choice for guests and companies alike, earning the prestigious title of Best New Business Hotel in Nepal. Located in Naxal, the hotel offers quick access to Tribhuvan International Airport, UNESCO World Heritage Sites, corporate offices, embassies,

restaurants, and vibrant nightlife. The hotel boasts 100 sunlit guestrooms, including a Suite, offering sweeping city or Himalayan views. The Express Café & Bar serves FreeExpress Start Breakfast, Grab & Go options, and a diverse all-day menu. The rooftop bar & kitchen, FuAsian, offers breathtaking Himalayan views paired with exquisite Asian cuisine, handcrafted cocktails, and fine wines.



## 📍 Hotel Yak & Yeti Inaugurates Wish Tree to Kick Off the Festive Season with Charity

Hotel Yak & Yeti has launched its Wish Tree, a unique tradition to start the festive season with charitable work. The hotel collects the wishes of underprivileged children in wish cards and displays them in the lobby. Hotel guests, visitors, and employees can contribute to fulfilling these wishes. On behalf of the children, the hotel collects gifts and distributes them to individual children on a pre-informed date before Christmas. This year, Hotel Yak & Yeti

has collected the wishes of 47 underprivileged children from the Joint Disabled Unity Awaz Center of Gokarna. The event was attended by prominent figures from foreign diplomatic bodies, INGOs, national/international companies, socialites, and influencers.



# Smart Family Resort Partners

Through collaborative efforts with these esteemed Hotels and Resorts, you can find Smart Family Magazine in the rooms of the resorts. We aim to reach a broader readership, ensuring our magazine is readily accessible to all who seek inspiration, insight, and entertainment.

|                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>The Terraces Resort and Spa<br/>Suryabinayak-7, Bhaktapur, Nepal<br/>+977 9802322755<br/>info@terracesresort.com</p>                                                                                                               |  <p><b>SOALTEE</b><br/>WESTEND RESORT<br/>NAGARKOT</p> <p>Soaltee Westend Resort Nagarkot<br/>Shantidada - 6, Nagarkot<br/>reservation@soaltee.com<br/>+977 1 6680244, 9820733273.</p>                                     |  <p><b>Mystic Mountain</b><br/>HOTEL<br/>Nagarkot</p> <p>Hotel Mystic Mountain<br/>Baluwapati, Nagarkot<br/>+977-15913205, 15913206, 9851277701, 14001108,<br/>14526646<br/>info@hotelmysticmountain.com</p>                                                                               |  <p><b>CLUB HIMALAYA</b><br/>Nagarkot<br/>BY ACE HOTELS</p> <p>Club Himalaya, Nagarkot<br/>Windy Hills, Nagarkot, Bhaktapur<br/>+977-01-6680080/83/46<br/>info@clubhimalaya.com.np<br/>9801321201 / 9801321203 / 9801321204<br/>info@acehotelsnepal.com</p>                |
|  <p>Landmark Bhairahawa<br/>Singapore Colony, Rupandehi<br/>Corporate Office: +977-1-4004706,<br/>4004707</p>                                                                                                                          |  <p><b>Barahi</b><br/>Jungle<br/>Lodge</p> <p>Barahi Jungle Lodge<br/>Meghauri, Chitwan<br/>Tel : +977 985-1355826, +977 986-6300265<br/>cityoffice@barahi.com, sales@barahi.com<br/>bjl@barahi.com</p>                    |  <p><b>RIVERSIDE SPRINGS</b><br/>RESORT</p> <p>Riverside Springs Resort<br/>Kurintar, Chitwan<br/>Tel : 056-410029, 4100501 9801801336 (7am - 10pm)<br/>City Office : Palpali Chhen, Sanepa, Lalitpur.<br/>Tel : +977-1-5444263, 5446696<br/>Email : sales@rsr.com.np   www.rsr.com.np</p> |  <p>Landmark Forest Park<br/>Paryatan Marg, Baghmara, Chitwan National Park<br/>+977-56-580311, 580241<br/>reservation@landmarkforest.com</p>                                                                                                                              |
|  <p><b>Park Village</b><br/>RESORT</p> <p>Park Village Resort<br/>Budhanilkantha, Kathmandu<br/>info@ktmgh.com, info@pvh.com.np,<br/>pvhsales@ktmgh.com<br/>+977-1- 4375280, 4375279, +977 9851020727</p>                             |  <p><b>GOKARNA FOREST</b><br/>RESORT</p> <p>Gokarna Forest Resort<br/>Rajnikunj, Thali, Kageswari Manahara – 5, Kathmandu<br/>+977 1 4451212<br/>info@gokarna.net<br/>+977 980-1044305</p>                                |  <p><b>HAATIBAN</b><br/>HIMALAYAN HEIGHT RESORT</p> <p>Haatiban Himalayan Height Resort<br/>Pharping, Dakshinkali, Kathmandu<br/>+977 980-1309842, +977 01-4914399, 4914800<br/>info@haatibanresort.com</p>                                                                               |  <p><b>KAVYA</b><br/>HIMALAYAS</p> <p>Kavya Himalayas<br/>Mandan Marg, Baghmara, Chitwan National Park<br/>+977 9745617619<br/>reservations@kavyaresortandspa.com<br/>sales@kavyaresortandspa.com</p>                                                                     |
|  <p><b>Dhulikhel Lodge</b><br/>Resort</p> <p>Dhulikhel Lodge Resort<br/>Dhulikhel, Kavrepalanchowk<br/>977-11-490114 / 490494 / 490493<br/>977-01-4991353 / 4992964<br/>dldrduhli@gmail.com<br/>info@dhulikhellodgeresort.com</p>    |  <p><b>DMR</b><br/>DHULIKHEL MOUNTAIN<br/>RESORT</p> <p>Dhulikhel Mountain Resort<br/>Panchkhal Municipality-5, Khawa<br/>Kavrepalanchowk<br/>+977 011 490660/662/664<br/>info@dmmepal.com<br/>+977 01 4520776/778</p>   |  <p><b>Hotel Country Villa</b></p> <p>Hotel Country Villa<br/>Mandan-Deupur, Nagarkot, Kavre<br/>01668012728<br/>014006612/13/14<br/>reservation@hotelcountryvilla.com</p>                                                                                                               |  <p><b>Himalaya</b><br/>Drishya Resort</p> <p>Himalaya Drishya Resort<br/>Banepa Municipality, View Tower Marg, Kavre, Banepa<br/>+977 011-665342/43/44<br/>reservation@himalayadrishyaresort.com<br/>+977 9851311441/9851311442<br/>sales@himalayadrishyaresort.com</p> |
|  <p><b>Hotel</b><br/><b>Sarathi</b></p> <p>Hotel Sarathi<br/>Dhulikhel, Kavrepalanchowk<br/>+977 11 490884, 9851339531<br/>info@sarathihotel.com</p>                                                                                 |  <p><b>RUPAKOT</b><br/>RESORT<br/>HARMONY WITH NATURE</p> <p>Rupakot Resort<br/>RUPA-6, MAIDAN, KASKI<br/>+977-9802832457, +977-9802832460/61<br/>info@rupakotresort.com<br/>+977-1-4004687, sales@rupakotresort.com</p> |  <p><b>AAGANTUK</b><br/>RESORT</p> <p>Aagantuk Resort<br/>Banepa Municipality, View Tower Marg, Kavre<br/>+977 011 4904191   20   21   22<br/>+977 9801907536   37, 01-5348157<br/>info@aagantukresort.com</p>                                                                           |  <p><b>Landmark</b><br/>POKHARA</p> <p>Landmark Pokhara<br/>Lakeside-6, Pokhara<br/>+977-61-452908, 453096<br/>reservation@landmarkpokhara.com</p>                                                                                                                       |
|  <p><b>Godavari</b><br/>Village Resort<br/>Kathmandu-Nepal</p> <p>Godavari Village Resort<br/>Godavari Municipality Ward No. 3,<br/>Taukheil, Lalitpur<br/>+977-1-5560675 5560777 5560062<br/>gvrsales@godavarivillageresort.com</p> |  <p><b>SARANGKOT</b><br/>MOUNTAIN<br/>LODGE<br/>POKHARA</p> <p>Sarangkot Mountain Lodge<br/>Sarangkot, Pokhara<br/>sml@barahi.com<br/>Tel : +977 985-1355861, +977 985-6067928<br/>cityoffice@barahi.com</p>             |  <p><b>HOTEL BARAHI</b><br/>POKHARA</p> <p>Hotel Barahi Pokhara<br/>Lakeside, Pokhara<br/>+977-061-450617<br/>cityoffice@barahi.com</p>                                                                                                                                                  |  <p><b>Bhotekoshi</b><br/>Heli Resort and Spa Ltd</p> <p>Bhotekoshi Heli Resort and Spa<br/>Naya Pool, Bhotekoshi, Sindhupalchowk<br/>+977 1 5900770, +977 1 5900750<br/>info@bhotekoshiheli resort.com</p>                                                              |

## ➔ A Unique Turn to Cake Mixing at Hotel Shanker



Marking their 60th year, Hotel Shanker added a unique twist to the traditional cake-mixing event by involving their residential guests instead of the usual lineup of media personalities and public figures. This thoughtful gesture highlighted the hotel's commitment to valuing their in-house guests,

making them feel celebrated and cherished. Hotel Shanker believes that their guests are the heart of their legacy. By taking this initiative, the hotel blended Western traditions with Nepali hospitality, offering guests a unique experience.

The event was more than just a celebration—it

was a way of giving back. Guests participated with enthusiasm, contributing not only to the festive mix but also to an atmosphere filled with laughter. This initiative's motive is to leave a lasting impression, ensuring that the spirit of Nepal's hospitality will remain a cherished memory for all those who attended.



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HARMONIZING WITH THE TRAIL

# TREKKING ETIQUETTE

Trekking is more than scaling heights or crossing valleys; it's a soulful dance with nature, local traditions, and fellow adventures. But the beauty of the experience depends on how respectfully we engage with the environment, the people, and the creatures we meet. Here's a guide to trekking etiquette that will elevate your journey from a simple trekker to a trail guardian.

By Malika Joshi

## Know Before You Go

Research your trekking route thoroughly. Familiarize yourself with local customs, traditions, and regulations. For instance, certain areas may have restrictions on camping, firewood collection, or loud activities. Awareness is your first step toward a harmonious journey.

## Respect the Rhythm of the Land

The trails often lead through the homes of indigenous communities and the sacred spaces of nature. Greet everyone with humility—whether it's a shepherd tending to yaks or a villager working the fields—with a heartfelt Namaste. Avoid & reswwpect touching sacred artefacts unless explicitly invited.

## Leave No Trace

The mountains aren't just a backdrop; they're a fragile ecosystem. Carry your trash, and if you can, pick up after others. Avoid using single-use plastics, and opt for reusable water bottles and bags. By leaving no trace, you ensure the trails remain pristine for future trekkers.

## Share the Path

Trekking routes are lifelines, not just for adventurers but also for locals, porters, and animals carrying goods. On narrow trails, always give way to uphill trekkers—they're working harder against gravity. Step aside for mule caravans or yaks, giving them ample space to pass. If you're part of a group, ensure you don't block the path for solo hikers or faster travelers.

## Silence is Golden

Although it's fun to have conversation—keep noise to a minimum and avoid blaring music or loud chatter. The rustle of leaves, chirping of birds, and distant roar of a waterfall are sounds best experienced without interruption.

## Keep Your Emotions in Check

Weather can shift rapidly, and trails can test your patience. A delayed porter, a slower group member, or an unplanned detour, altitude, exhaustion, and unforeseen challenges can lead to frustration. Losing your temper—whether it's with locals, guides, or fellow trekkers—creates unnecessary tension. Stay calm, patient, and adaptable. A trek is as much about mental strength as physical endurance.

## Follow Group Dynamics

If trekking in a group, keep pace with the slowest member. Avoid rushing ahead unless it's agreed upon, as splitting the group can lead to safety concerns. A good trekker is also a team player.







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