

SMART FAMILY

→ ISSUE 85 → RS 120

Anchored by
Family,
Driven by
Dreams

YUNITA KHATRI

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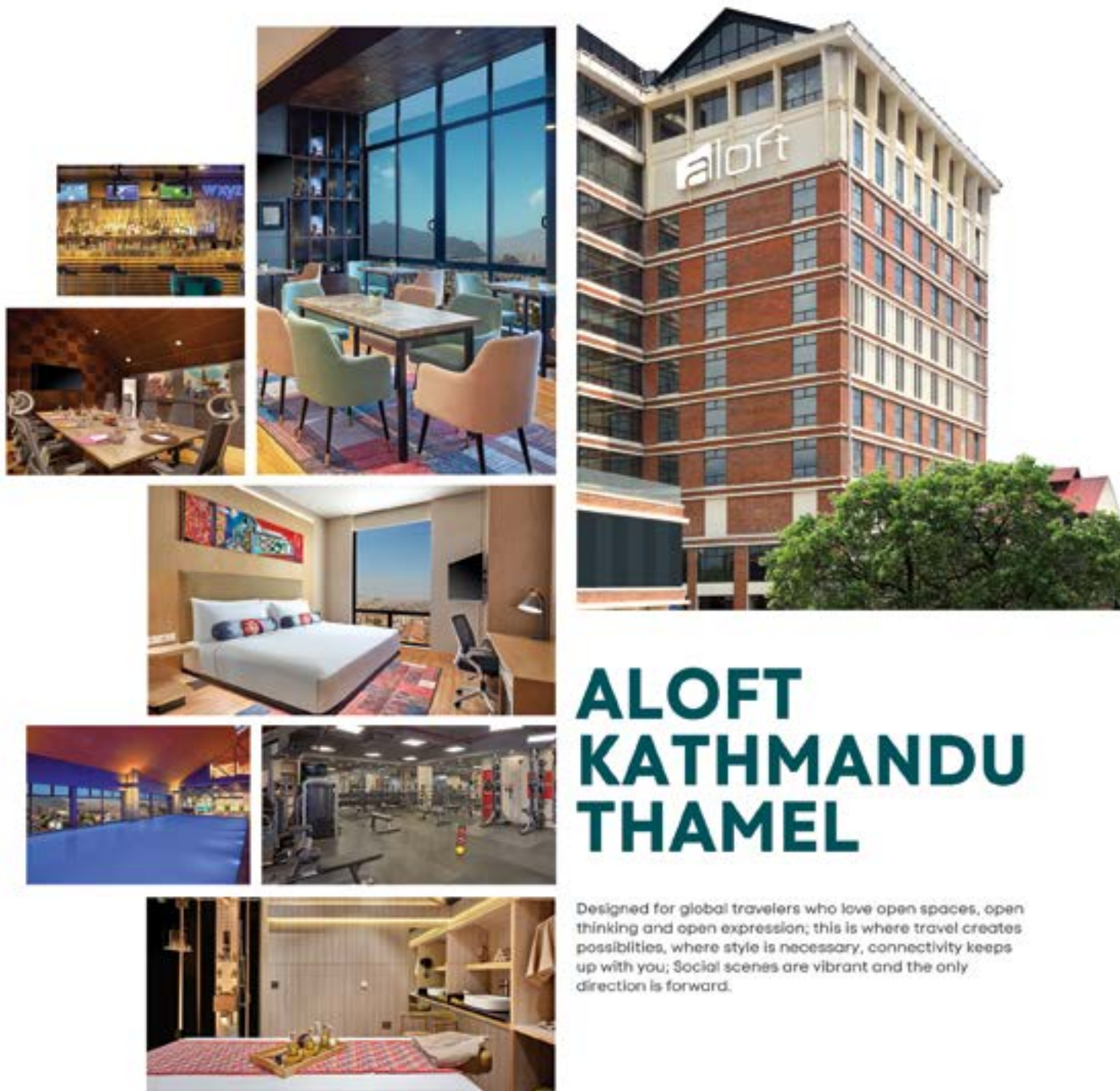
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ALOFT KATHMANDU THAMEL

Designed for global travelers who love open spaces, open thinking and open expression; this is where travel creates possibilities, where style is necessary, connectivity keeps up with you; Social scenes are vibrant and the only direction is forward.

EDITORIAL.

Welcome to the 85th issue of Smart Family Magazine, where we celebrate the essence of family, wisdom, and discovery on every page. As we embrace the heart of Bhadra, our latest edition is brimming with engaging content designed to enrich your family life and spark inspiration.

In this issue, we're thrilled to bring you a range of topics that blend reflection, adventure, and practical wisdom. Dive into Sadhguru's profound insights on the interplay between confidence and clarity in our lead article, "Confidence without Clarity Is a Disaster."

As the Bhadra month unfolds, Nepal's vibrant festivals Gai Jatra, Father's Day, Janai Purnima, and Teej create a tapestry of celebration and reflection. Discover how these traditions bring communities together and infuse everyday life with joy and significance. For the adventurous spirits among us, we follow an intrepid couple exploring Patagonia's rugged landscapes in "The

Ultimate Patagonia." Their journey through this stunning wilderness promises unexpected twists and a glimpse into nature's raw beauty.

This issue also offers culinary delights with innovative recipes, including a unique lentil-based vegetarian salami and a fresh take on Newari cuisine with creative fusion dishes.

Finally, we address contemporary challenges with practical tips for managing sensitive skin and explore the growing need for comprehensive rehabilitation services in Nepal.

We hope this issue of Smart Family Magazine enriches your days with wisdom, adventure, and culinary delights. Thank you for being part of our family, and we look forward to sharing these exciting stories with you.

Happy readings,
SF Editorial Team.



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The name "Kavya" translates to "poem," and this poem is truly majestic. The design seamlessly blends traditional regional handicraft with contemporary art, each spacious villa is adorned with beautiful furnishings, offering a lush space complemented by breath-taking views that gaze upon the awe-inspiring peaks of the Himalayas, attracting guests from the corners of the world.

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At Kavya Renegade, our buildings are inspired by the surrounding hills, seamlessly blending into the natural landscape and offering an unparalleled mountain living experience, with breathtaking views of the Himalayas boasting a 320-degree panoramic view. Every moment feels like a dream come true. Step onto the veranda and immerse yourself in the sensation of floating amidst the sky as the beauty of nature envelops you in tranquility and awe. Discover the magic of mountain living at Kavya Renegade.





At Maya Himekaya, we invite you to indulge in the exquisite art of living, where every detail reflects our commitment to providing an exceptional escape. From lush accommodations to rejuvenating spa experiences, your journey with us is crafted to ensure that every moment reflects the essence of elegance and tranquility.





STARTER.

Confidence without Clarity is a Disaster

In "Confidence without Clarity Is a Disaster," Sadhguru reveals the pitfalls of mistaking confidence for true understanding. Through engaging anecdotes, he highlights the importance of clarity in decision-making. Sadhguru offers practical steps to cultivate clarity, ensuring we make informed choices in both personal and professional realms.

By Sadhguru

PEOPLE THINK confidence is a kind of substitute for clarity – it is not. Let's say whenever you want to make big decisions in your life, either professional or family-related, all you do is get yourself a coin and flip it, "Heads we will do this, tails we will do that." It will work fifty percent of the time! And if you are right only fifty percent of the time, there are only two professions you can pursue – you can either be a weatherman or an astrologer. If you are in any other job, you will most likely be fired.

There is a city called Mangalore on the west coast of India. It is a beautiful, quaint, little town and I have been associated with this place for some time. I had not gone there for almost four or five years, and then I happened to visit. There was a homeopathic doctor there who was over seventy-five years of age, but he was still managing a small clinic. I went there to visit him, not as a client, but just to see him. The clinic is in the Malabar region – the land of the king cobra – snake bites are common. Outside the clinic, there was an

advertisement that said, "A common antidote for all types of snakes." I know enough about snakes. I have lived with them, I have them all around me, I have been bitten by them any number of times, and I have been very closely associated with them for a very long time. So, I know enough about them to survive.

Essentially in India, there are two basic varieties of venoms. One is a neurotoxin and the other affects your cardiovascular system; a very small number of snakes have both. These are two completely different kinds of chemicals, so there cannot be a common antidote. Today, because people cannot identify what a snake is, doctors are administering an antidote for both together, which is very damaging to the system.

I went in and was in conversation with the doctor. Then I asked him, "How did you allow this board to come up in your clinic? This is not right. Someone is claiming there is a common antidote." But he is a very wise doctor. He said, "See, almost ninety

percent of the Indian snakes are harmless, and this antidote works ninety percent of the time."

Ninety is a good percentage for anything. Confidence is like that. If a snake bites you, just look up at the sky and say "Dam-doom-dis-dis-dis!" the venom will go away. Really! You must say it with enough vigor, it goes away. It works ninety percent of the time! And people will get more confident because it works ninety percent of the time. That is a fool's way to exist, isn't it? What you need is clarity, not confidence.

If we want life to happen the way we want it, the first and foremost requirement is to be clear about what it is that we really want. Even simple practices can go a long way in creating this. Every day when you wake up in the morning, sit up on your bed cross-legged, sit with your hands open, eyes closed, and just look at everything you are not. Appreciate all that you have gathered – your home, your family, your relationships, your qualifications, your body, your clothes – everything. Be thankful for that.

At the same time, identify everything that is not you as "This is what I have gathered," and mentally keep it aside. What you gather can be yours, but it can never be you. Spend ten minutes in the morning and ten minutes in the night every day. This will bring clarity.

If one is properly initiated by a Guru, this particular process can take on a new dimension. But till such an opportunity comes in your life, you can do this by yourself. It will have a big impact on your clarity.



Every day when you wake up in the morning, sit up on your bed cross-legged, sit with your hands open, eyes closed, and just look at everything you are not. Appreciate all that you have gathered – your home, your family, your relationships, your qualifications, your body, your clothes – everything.



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.



Bhadra Special

A TIME OF TRADITION, CELEBRATION AND JOY

As the month of Bhadra (August/September) dawns, Nepal is a buzz with a series of vibrant festivals that bring communities together in celebration and reflection. This period is marked by Gai Jatra, Father's Day, Janai Purnima, and Teej, each offering unique cultural significance and colorful traditions that add laughter and triumph to the atmosphere.

By Malika Joshi

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



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The month of Bhadra brings a full-blown celebration of festivals that reflect the rich cultural heritage and deep-rooted traditions of Nepal. From the somber yet joyous Gai Jatra to the heartfelt bonding on Father's Day. The spiritual renewal of Janai Purnima, and the vibrant celebration of Teej, these festivities offer a profound connection to our roots and remind us of the enduring values of family, faith, and community. As we partake

in these celebrations, we embrace the essence of what it means to be part of a shared cultural legacy and joy that our ancestors have left behind for us.

Janai Purnima (Bhadra 3 / August 19th)

Janai Purnima and Raksha Bandhan, are celebrated on the full moon day of Bhadra. It is a significant festival for Hindus as men change their sacred thread (janai) and women tie the sacred thread after performing

religious rituals. The new thread signifies a renewal of their vows (for males) and spiritual purity.

Additionally, this day is celebrated as Raksha Bandhan, where sisters tie protective threads (rakhi) around their brothers' wrists, symbolizing their prayers for their brothers' well-being and the brothers' lifelong vow to protect their sisters. This festival strengthens the bond of love and protection

within families, making it an emotional and meaningful occasion and not just another traditional occasion.

Gai Jatra (Bhadra 4 / August 20th)

Gai Jatra is one of the most unique and colorful festivals celebrated primarily in the Kathmandu Valley. This festival commemorates the death of loved ones and involves a procession where families who have lost a member during the year parade a young boy dressed as a cow.

Gai Jatra started as a tradition to participate in humorous performances to alleviate sorrow, thus infusing the festival with an element of satire and comedy. Today, it continues to be a day of remembering the deceased with a blend of sorrow and laughter, as satirical street performances and humorous plays become the order of the day narrow alleys of Kathmandu, Patan, and Bhaktapur filled with colorful costumes, masks, and the melody of Newari music.

Father's Day (Bhadra 17 / September 2nd)

Father's Day, known as Kushe Aunsi in Nepal, is a day dedicated to honoring fathers and their contributions. This festival, celebrated on the new moon day of Bhadra, is a time when children express their love and respect for their fathers by offering gifts, special foods, and ceremonial blessings.

Families gather to celebrate with rituals that often include presenting

→ This festival commemorates the death of loved ones and involves a procession where families who have lost a member during the year parade a young boy dressed as a cow.

sacred grass (kush) to fathers, symbolizing purity and devotion. For those whose fathers have passed away, the day is spent visiting shrines and performing rituals to pay homage to their memory. Pashupatinath Temple in Kathmandu sees a surge of visitors, as people offer tarpan (libations) to honor their deceased fathers. Kushe Aunsi is a beautiful reminder to strengthen the paternal bond and appreciate the privilege they provide us.

Hartalika Teej (Bhadra 21 / September 6th)

Teej is a joyous festival for Hindu women, celebrated over three days in Bhadra. It is dedicated to the goddess Parvati and the union with Lord Shiva, symbolizing marital bliss and the well-being of spouses. Women dress in red saris, fast, and gather at temples to sing, dance, and perform prayers.

The first day, known as Dar Khane Din, involves feast where women gather to enjoy elaborate meals before beginning their fast. The second day, the main day of Teej, is marked by strict fasting, dancing, and singing devotional songs. The final day, Rishi Panchami, is dedicated to ritual purification and worship of the seven sages (rishis).

Teej is not only a religious observance but also a celebration of sisterhood and solidarity among women. It provides a platform for women to express their joys, struggles, and hopes, reinforcing their communal bonds.

Celebrating with a Sweet Touch

Julie's Cakes is prepared to bring a little sweetness to the celebrations as families come together to reflect on these events. Julie's Cakes has a range of options to make your celebrations more memorable, whether you're honoring the sentimental link of Raksha Bandhan with a beautifully crafted cake or embracing Father's Day with a delicious treat.

Originally a personal hobby, Julie Pradhananga's love of baking has grown into a well-known bakery that is a symbol of excellence and client-focused business. Every celebration is crowned with a dash of elegance and happiness thanks to Julie's Cakes, which offers gluten-free options as well as customizable cakes to suit every occasion.

Consider making a customized cake for Raksha Bandhan that celebrates the unique relationship between siblings. Julie's Cakes can make your ideas come true with blooming sweetness, whether it's a cake with a creative design that brings back family memories or a cake with traditional symbols. Enjoy these treats on Father's Day that honor the important role dads play in our lives. Julie's Cakes ensures that every bite increases happiness throughout the day by providing a variety of selections that satisfy both health-conscious preferences and decadent cravings.

As you honor these cherished traditions, let



Julie's Cakes be a part of your celebration, bringing people together with a blend of taste and love. In the heart of these festivals, amidst the laughter, rituals, and heartfelt moments, the sweetness of a well-crafted cake can perfectly symbolize the joy and togetherness of Bhadra's celebrations.

Cake suggestion for fathers day and Raksha bandhan : Eggless cake, fruit cake ,

customized carrot cake & banana cake , butterscotch flavoured cake, cake with substitute ingredients like almond flour cake.

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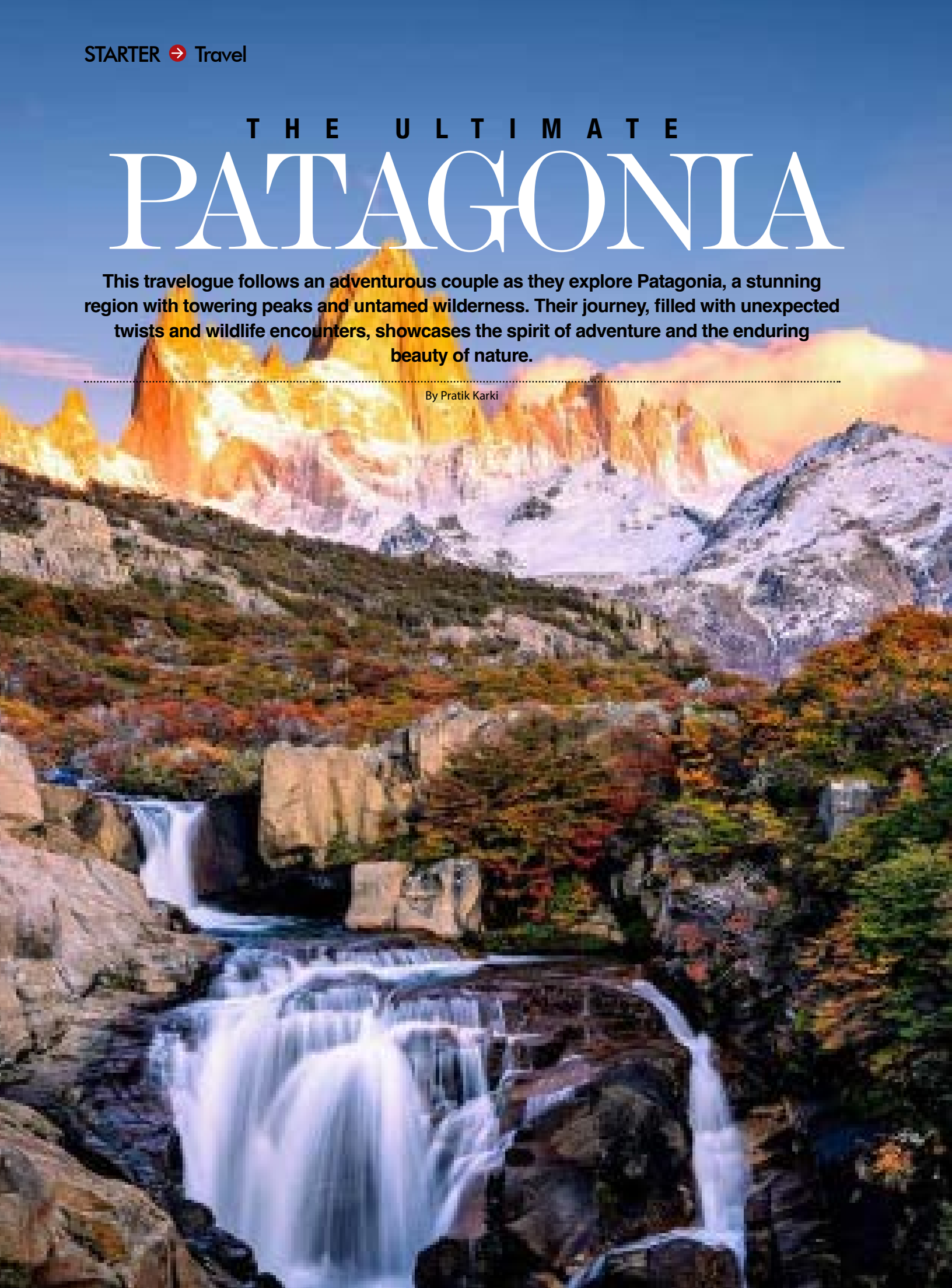
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THE ULTIMATE PATAGONIA

This travelogue follows an adventurous couple as they explore Patagonia, a stunning region with towering peaks and untamed wilderness. Their journey, filled with unexpected twists and wildlife encounters, showcases the spirit of adventure and the enduring beauty of nature.

By Pratik Karki



WE HAVE always loved the mountains. Back in Nepal, we used to trek frequently. We felt completely alive when we were in the wilderness. Unknown about what was in store for us, we were very excited about our trip to Patagonia. Many of our friends had been telling us many stories about this place and it was a dream for us to get there.

When we started researching, we made a list of places we wanted to go but we didn't want to miss any of it but had limited time and so much to explore. In the beginning, we had thought that we would do the famous W trek, all around Patagonia, even through Chile. Our Chilean visa was in process and we expected it to be an E-visa. However, it turned out to require a physical meeting, which we missed as we were already in Argentina. This is what happens when we travel, plan

A doesn't always work so, we need to have plan B, C, D, and even E.

We explored different means of transportation after finalizing our itinerary but were flexible if any adventures came along the way. The only way to reach the Patagonian region was to fly in as the road transportation would take us a lot of time and would be even more expensive. We were worried that the season would not allow us to get there as everyone was telling us that winter was coming and once it started to snow, we wouldn't be able to experience the Patagonia. We checked the flight after 2 days of landing in Buenos Aires where we had already booked our Airbnb for a few days.

Our plans changed when we checked the weather forecast. It was clear that we needed to act quickly due to the few

sunny days ahead. So, we immediately booked our flight for El Calafate. We were feeling a bit anxious as many told us that the flights don't land on time and it would be wiser if you had a day or two of extra days when you plan your itinerary. Taking the advice seriously, we had done so but everything was perfect. Our flight took off on time from Buenos Aires. It was a 3-and-a-half hour-long flight, traveling across 2050 km.

After a lot of research, everyone suggested that we should take an immediate bus to El Chalten which was only a 3-hour bus ride from there. We found bus tickets at the airport without any delay. As we endeavored on the road, the journey was pristine and majestic. The song 'Almost Heaven, Patagonia' played in my head. It was one of the most beautiful road trips we had ever been to. The

road is also very popularly known as the Ruta 40 which is considered as one of the best roads for a road trip in the world. As the bus was driving along the road, the majestic Mt. Fitz Roy started to appear and as we traveled further, the view of it started to look grander as we were getting closer towards it. We even saw many Guanacos along the way, one of the native animals in Patagonia.

After we reached El Chalten, popularly known as the trekking capital of the world, found a traveller companion Constantine with whom we went to the hostel and checked in. The town was beautiful and we could see some snow-peak mountains. The breeze was cold and quiet. We decided to travel together and head straight for the Torres del Paine trek, which would bring us to the base of Mt. Fitz Roy. It was an 18 km long trek and



As we endeavored on the road, the journey was pristine and majestic. The song 'Almost Heaven, Patagonia' played in my head. It was one of the most beautiful road trips we had ever been to.





We were thrilled to witness the Perito Moreno Glacier from the top and at the entrance we found a cruise option that was being offered to watch the glacier up close. Without giving it a thought, we took our tickets and entered to watch the glacier, first walking.

we were super excited for it, not knowing what lay ahead of us. We had to rush as time was limited and we had a long way to go. We started walking and were left stunned along the way to witness the landscapes, nature, and the whole vibe. It was fully in the wilderness as there were no hotels, no shops or nothing to be seen, anywhere nearby. We kept walking and reached many viewpoints along the way where we stopped and stared at the view, left mesmerized.

It was getting more and more difficult. We doubted whether we could make it. Many were camping, and the trek typically takes a few days, but with our limited time, we had to hurry. We pushed ourselves and reached the top after a treacherous climb of a couple of hours in the end. We were the last ones to reach the top and the wind was very strong. Usually, people start in the early morning but we start in the afternoon that too after a flight and a bus ride. Even though we struggled, we finally made it to the top. It was stunning and we felt accomplished to have made it. We rested for a while, took some deep breaths, and beautiful pictures, celebrated with our sandwiches, and slowly started to realize that we had a whole way to get back. We thought it would be easy on our way down but as we started to move, we realized that we were on for a lot of excruciating pain. We kept walking on our way back and it

was slowly starting to get dark and we were getting worn out and even limping, with water starting to drizzle. At times, the body had given up and only the will had been carrying us.

While we made our journey back, it seemed to us that we were the last people as there was no one to be seen. After about 5 hours, around 8 pm, we met a group of Filipinos. They turned out to be interesting, and we enjoyed their company as we headed back together. Suddenly, time started passing fast and we enjoyed our conversations along the way. They even gave us medicines to help with the pain. Around 11 pm, One of the guys heard rustling in the woods and, using a flashlight, revealed a pair of eyes staring back—it was a Puma. Most of us couldn't believe what we had seen and some of us started to get very frightened. After a while, we could no longer see or hear the animal. One of the guys in our group had an injured leg and Constantine helped him along the way. Finally, we saw some town lights and that was the most relieving feeling ever which was around 1 pm. We reached the town shortly and parted ways with the Filipinos who handed over a few hundred-dollar bills to Constantine for his help and support who guided us all back safely.

We checked in our hostel and ordered a few pizzas and beers. After an hour of dinner,

conversations, and laughs, in all the pain, and feeling like a robot, we finally went to sleep. The next day, we wanted to treat ourselves to a better stay in luxury and found a beautiful cabana with Mt. Fitz Roy at the backdrop that was just perfect. We decided to go to see the waterfalls, the condors, and a few viewpoints that day after taking some rest in the cabin. They also had a pool table and table tennis which we played as both of us were sporty, enjoying ourselves, and sipping our coffee.

All of the locations that we were looking to visit were not so far. In the next days, we went to the waterfall which was called Chorrillos del Salto and it was only a couple of kilometres away. The owner of our hotel was very friendly and kind and decided to drop us to the waterfall. After a short walk, we reached the waterfall. The waterfall was beautiful and it felt serene when we stayed close to it, enjoying its sounds and the atmosphere. When we reached there, it was not very busy so we could enjoy the serenity, had a picnic lunch and the best photos. Soon, there were a lot of people who came in and so, we slowly headed out. We walked our way back to the hotel and decided to just stroll around the picturesque town. We cooked ourselves some Nepali dinner as we were missing the flavours of our home.

The next day, we decided to go to the viewpoint, El Mirador

De Los Condores next to the town to catch the view from the top from where we could also see the Condors. We walked through some viewpoints and as we climbed, we could see Mt. Fitz Roy from a different angle, which looked majestic as it is. For the first time, we saw the Condor and many of them. These were gigantic birds, even larger than the humans that are about 10-12 feet, and are the largest birds in the world. We enjoyed our day at a slow pace, with the postcard view, sipping wine, and a brunch that we had taken for ourselves.

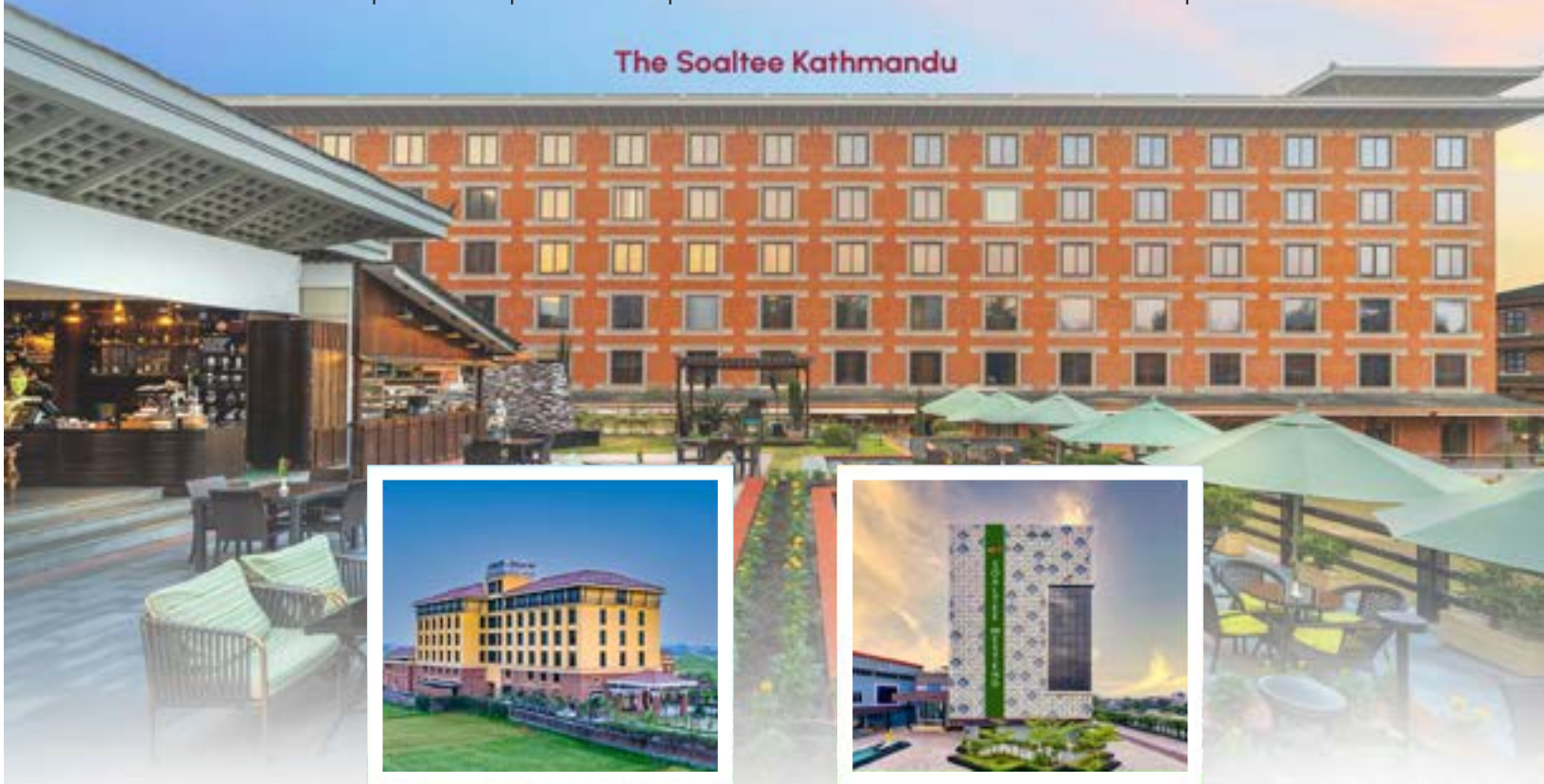
The best thing about the Patagonia was that there was no charge to get anywhere. Even the treks were for free. Nature was free as it should be. The next day, we had to take our bus back to Calafate. We checked out of the hotel and headed back to Calafate. We had not booked our stay in Calafate as we wanted to hunt around for the best places around town, be sure, and only then confirm. Before we went to the hotel, we wanted to book our bus for the famous, 'Perito Moreno Glacier' which was one of the highlights of our trip. Not sure, if everything would be busy and packed, we rushed to the bus station to confirm our tickets.

After reaching there, as it was late at night, everything was closed but only an hour for it to open, we decided to wait and grab a bite with a coffee. Meanwhile, we met

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many travelers, some locals, and many tourists like us. We collected different opinions and decided that we would not take the package as if we just took the bus tickets two way, it would be easier and cheaper. Until then, we were looking for accommodation nearby and found a few options but not very satisfactory. We got on the line to get our tickets as it wasn't packed at all and we got the best bus seats for our trip to Perito Moreno Glacier on the next day.

We decided to take a walk to the nearest accommodation and checked out a few places. The first few that we saw, we were not very satisfied with the view or the price or the rooms until we came across one particular hotel that was offering a whole apartment at the price, we were offered the room which if we would take, it would be a rip-off but we got the best deal. With the landscape view of the whole city which was next to a beautiful lake and a whole apartment with a heater and a kitchen. We went to the departmental store nearby and grabbed ourselves a few bottles of wine, food, vegetables to cook, and some snacks for the trip. Both of us cooked

ourselves a scrumptious meal and enjoyed it with a sip of the finest wine.

The next morning, we had an early trip to the glacier. In a hurry, we made ourselves breakfast, washed dishes, and packed our bags to check out of the hotel. We were getting late but made it right on time for the bus. Even when we were traveling to the glacier, we were soaking up the astounding views along the way, driving right at the time of sunrise through the lake. The bus was full and after a two-hour drive, they stopped us to collect our money for the tickets as it would be hassle-free for us while entering the glacier zone as the driver and his assistant sorted everything out for us. They dropped us in the spot gave us a few hours to stroll around and asked us to meet at a spot by 5.

We were thrilled to witness the Perito Moreno Glacier from the top and at the entrance we found a cruise option that was being offered to watch the glacier up close. Without giving it a thought, we took our tickets and entered to watch the glacier, first walking. There were pathways built with iron and wood that would take

us hours to go around. Like children, we started walking and realized, the ways were not ending and we had limited time to get to the cruise. So, we went through different areas caught different views from different directions, and rushed our way to catch our cruise.

When we boarded the ship, it left the port to sail across and around the Perito Moreno glacier. We were left mesmerized when we saw those big blocks of ice holding themselves together, in different shapes and sizes. It was worth every dime we paid. We sailed back with the sunset and walked our way to catch the bus. As we were there before time, we couldn't find our bus. We walked around to look at the bus and were walking with some fellow travelers. When we spotted the bus, I rushed to board it, thinking it would take a shortcut. Instead, it went a different route, and I accidentally left my wife behind, who had no phone and no money with her. The bus reached the bus stop and she also came back as her fellow travelers were with her, however, she was furious and had thought I abandoned her,

even the fellow travelers had thought so.

Well, these sorts of adventures become stories later and we laugh about it. After finishing with Calafate, we took a 28-hour bus ride to Bariloche, a honeymoon destination and snowboarding paradise also in Patagonia. We decided to take the bus as we wanted to explore the road, we had to follow the Ruta 40 road all along the way which was 5194 km long right from the bottom south to the north which we traveled all through. Stay tuned for more details on our adventure in the next edition.

PRATIK KARKI & SHIVANGINI RANA

Pratik Karki, a entrepreneur and visionary change maker, holds key roles as the Chief Administrator at Kathmandu International School, CEO of Canaveda, and President of Udhhyogi Group Public Limited. Princess Shivangini Rana, a self-taught abstract artist in Kathmandu, hails from a royal lineage in Tripura, India. Her artistic journey, influenced by her illustrious ancestors, led her to boarding school in India and further studies in Switzerland and Spain.



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SWOSTISHREE GURUKUL

I B W O R L D S C H O O L



S G M U N 3 . 0

A Transformative Journey for Young Leaders

FOLLOWING OUR school's motto, "Learning Today, Leading Tomorrow", Swostishree Gurukul IB World School proudly organized SG MUN 3.0. This endeavor was more than just an event; it was a testament to our commitment to shaping high school learners into global citizens and responsible leaders.

The journey began with a dedicated team of young organizers, comprising recent WIMUN, New York award winners and our bright Grade 10 and SEE appeared students. Their unwavering dedication was truly inspiring. Countless hours were spent crafting persuasive pitches, reaching out to potential partners, finding

sponsors and meticulously planning every aspect of the conference. Witnessing their transformation from aspiring leaders to confident organizers was a proud moment for us.

SG MUN 3.0 was not just about the event itself; it was a platform for holistic development. Our students honed their communication skills while interacting with delegates, sponsors, and the organizing team. The constant problem-solving and decision-making challenges sharpened their critical thinking abilities. Most importantly, this experience nurtured their leadership qualities. Delegating tasks, motivating the team, and ensuring everyone's voice was heard instilled a sense of responsibility and ownership.

As an IB World School, we believe in providing opportunities for students to explore their potential and develop a global perspective. SG MUN 3.0 perfectly aligned with this philosophy. It was a platform for our students to step out of their comfort zones, collaborate with peers from different backgrounds; with more than 37 schools from Nepal and India, and develop the skills necessary to become future leaders. From initial fear to approach sponsors to collecting 18 of it to bringing UN as strategic partners, their learning experience took heights.

The challenges that our learners faced during the planning and execution of SG MUN 3.0 were immense,

but the rewards were even greater. The experience has undoubtedly left an indelible mark on our students, equipping them with the tools to navigate the complexities of the world and make a positive impact.

SG MUN 3.0 was more than just a Model UN conference; it was a transformative journey for our young leaders. As they embark on the next phase of their lives, we are confident that the skills and experiences gained from this endeavor will serve them well. We look forward to witnessing their continued growth and achievements as they embody our school's motto and become the leaders of tomorrow.

SWOSTISHREE GURUKUL

Embarking on the IB Diploma Programme (IBDP) Journey

SWOSTISHREE GURUKUL, an established IB World School offering the Primary Years Programme (PYP) and Middle Years Programme (MYP), is excited to announce its candidacy for the International Baccalaureate Diploma Programme (IBDP). Our vision is to become a full-fledged IB Continuum School, providing a seamless, world-class education from early childhood to the end of high school.

The IBDP is a rigorous, internationally recognized pre-university course that prepares students for higher education and life beyond. It fosters critical thinking, independent learning, and a global perspective. At Swostishree Gurukul, we believe that the IBDP is the perfect culmination of our commitment to holistic development and academic excellence.

Why choose Swostishree Gurukul for the IBDP?
We are confident that Swostishree Gurukul is the ideal environment for students aspiring to excel in the IBDP. Our school offers a unique blend of academic rigor, cultural richness, and international exposure. Our expert faculty, trained

in the intricacies of the IB framework, are passionate about nurturing students' potential and guiding them towards success.

The IBDP at Swostishree Gurukul will be more than just academics. It will be a transformative experience that shapes well-rounded individuals. Our emphasis on values and cultural heritage, coupled with a global outlook, creates a harmonious learning environment where students can thrive.

The IBDP curriculum is designed to challenge students intellectually and personally. It develops essential skills such as time management, communication, and research. By engaging with real-world issues and exploring diverse perspectives, students gain a deep understanding of the world around them.

Graduates of the IBDP are highly sought after by top universities worldwide, often receiving generous scholarships. The school maintains strong partnerships with leading universities in China and India, providing students with pathways to advanced education through full and partial scholarship



➔ The IBDP is a rigorous, internationally recognized pre-university course that prepares students for higher education and life beyond.

programs. Moreover, the in-depth knowledge acquired through the program can lead to advanced standing at university, potentially reducing study time by up to six months.

We invite you to join us on this exciting journey as we prepare to offer the IBDP. Let's create a legacy of

high achievers who are not only academically brilliant but also compassionate, responsible, and global citizens.

NEHA K C | PRINCIPAL,
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Many thanks to all the students, parents and well wishers
for your love and support!

SG MUN 3.0



SG MUN 3.0

The Organizers talk about their Experiences



IVANA SHRESTHA

Being part of the organizing committee for SG MUN 3.0 was an incredibly rewarding experience. The planning, teamwork, and dedication from everyone involved ensured the event's success. I want to extend my heartfelt thanks to the school, my friends, and all participants for their unwavering support and enthusiasm, which made this event a great success.



AGRATA BISTA

SGMUN 3.0 was a great experience for me. It went much better than I had expected. As it was my first time being a member of the OC, I expected to face many challenges, but with the help from my seniors, I think I did pretty well and even got to be the MC twice.



DIPOL ADHIKARI

SGMUN 3.0 was so much fun! Working as the IT Head was a hard job but I enjoyed every bit of it. All of us, the entire organizing committee, worked hard and it paid off as the event was a grand success!



SAISH RAJ ONTA

The third iteration of SGMUN was an extraordinary experience for me. I learned a lot about the ins and outs of organizing an MUN. Overall, it was an experience where I grew mentally and obtained valuable skills.



SHREYANN NAMGALE LAMA

SGMUN 3.0 was a great experience for me. It taught me many things, such as leadership and hard work. It also was enjoyable with all the events that were held. I would definitely love to be a part of it once again.



REEVA MAHARJAN

SGMUN 3.0 was truly a wonderful experience for me! We worked very hard and it was a complete success! Congratulations to all of us! My sincere gratitude to Swostishree for this opportunity!



SUNICHA BHATT

SGMUN 3.0 was such an enriching experience for me and the entire team! We all learnt a lot and we learnt to work as a team. Many thanks to all the participants! And many thanks to our school Swostishree for this experience!



Learning Today
Leading Tomorrow



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Fashion Etiquette

YOUR GUIDE TO STYLISH SELF-EXPRESSION

Fashion is more than just what we wear; it's a powerful form of self-expression. In today's dynamic world of TikTok and Instagram, where trends come and go in the blink of an eye, it's crucial to navigate fashion with a blend of personal flair and social awareness. Here, we explore modern fashion etiquette—guidelines designed to help you express yourself confidently while respecting others and the diverse contexts in which fashion unfolds.

By Aliza Thapa



Respect Cultural Appropriateness

Fashion is not just about looking good; it's about understanding and respecting cultural contexts. Whether you're attending a wedding or exploring a new city, knowing what's culturally appropriate shows consideration and enhances your fashion IQ. For instance, wearing a Saree or Lehenga to a wedding demonstrates respect for tradition and celebration, while avoiding potentially insensitive choices.

Mind the Weather

Planning a getaway? Checking the weather forecast isn't just practical—it's fashionable! Being weather-ready ensures you're comfortable and stylish wherever you go. Whether it's packing sunscreen for a beach holiday or layering up for a chilly city break, adapting to weather conditions shows forethought and ensures you're prepared for any fashion scenario.

Know Your Style

The cornerstone of great fashion etiquette is knowing yourself. Understanding your body type, what colors complement your complexion, and which styles make you feel confident is key to curating

a wardrobe that reflects your unique personality. Fashion isn't just about trends; it's about finding what makes you shine.

Embrace Compliments

In social settings, compliments are like fashion currency. Whether you receive one or give one, gracious acceptance and genuine praise create positive vibes. A simple "Thank you" is not just polite but also acknowledges the effort put into someone's personal style. Remember, sharing compliments fosters a community where everyone feels valued and stylishly supported.

Pattern, Texture, and Color Palette

While mastering patterns and textures might seem daunting, understanding your color palette and how it complements your skin tone can elevate your fashion game. Whether you prefer bold prints or understated classics, knowing what works for you ensures you always look and feel your best. Fashion isn't about following trends blindly; it's about choosing pieces that resonate with your personal style.

Respect Each Other's Style

Fashion is subjective, and everyone has their own

unique taste. Respect for others' choices, even if they differ from your own, is a cornerstone of modern fashion etiquette. Avoid criticism and embrace diversity in fashion. Let others express themselves freely, knowing that confidence is the most stylish accessory anyone can wear.

Addressing Fashion Mishaps

While respecting individual style is paramount, there are times when a discreet intervention can save the day. If you notice a wardrobe malfunction like a visible bra strap or a stain, offering assistance in a tactful manner is a gesture of kindness and good fashion etiquette. Remember, it's about helping others feel as confident as they look.

Trendsetting and Timeless Classics

Whether you're a trendsetter always ahead of the curve or someone who prefers timeless elegance, embrace your style identity. Sustainable fashion is gaining momentum, advocating for quality over quantity and conscious consumption. Investing in pieces that withstand fleeting trends ensures your wardrobe remains both chic and environmentally responsible.

Couture for All

Luxury labels or thrifted treasures—fashion celebrates diversity in taste and budget. Repeat outfits proudly, as sustainability is not just a trend but a responsibility. Whether you splurge on designer pieces or find joy in thrifted gems, your fashion choices reflect your values and individuality.

Fashion as Self-Expression

Ultimately, fashion etiquette is about celebrating individuality while navigating social norms with grace. It's about dressing for yourself first and embracing the joy of self-expression through style. Trends may come and go, but confidence and authenticity never go out of fashion.

In conclusion, whether you're attending a formal event or lounging with friends, let your fashion choices reflect your personality and values. By respecting cultural sensitivities, embracing diversity, and dressing for yourself, you contribute to a stylish and inclusive fashion culture. Remember, the best-dressed individuals are those who wear their confidence and kindness with every outfit. So, step out boldly, express yourself stylishly, and let your fashion speak volumes about who you are.

Fashion etiquette isn't just a set of rules; it's a celebration of individuality and a nod to the ever-evolving landscape of style. Embrace it, enjoy it, and let your wardrobe tell your unique story—one stylish choice at a time.



Ultimately, fashion etiquette is about celebrating individuality while navigating social norms with grace. It's about dressing for yourself first and embracing the joy of self-expression through style.



Anchored by Family, Driven by Dreams

Meet Yunita Khatri, a young lady whose journey from being crowned Miss World Diversity 2018 to becoming a key figure in the fashion and entertainment industries is nothing short of inspiring. Balancing a burgeoning career with her education, Yunita is driven by a deep commitment to diversity and inclusion. In this feature, she shares her career milestones, the invaluable support of her family, and why she considers them a "smart family."

By Ritika Shakya

Can you tell us about your journey from being Miss World Diversity 2018 to your current role in the fashion and entertainment industry?

Winning Miss World Diversity 2018 was a transformative moment that significantly impacted my career in the fashion and entertainment industries. The title provided a platform to advocate for diversity and inclusion, which is a cause close to my heart. It also offered me the incredible opportunity to travel the world, experiencing diverse cultures and fashion scenes globally. This exposure broadened my

understanding of fashion and inspired me to explore various roles within the industry, from modeling and acting to creative direction and production. Traveling internationally allowed me to see firsthand how fashion evolves in different regions, and it reinforced my belief in the importance of representing diverse voices and styles. This journey has been about more than just personal growth, it's been about using my platform to inspire and empower others to embrace their unique identities. Likewise, I'm committed to continuing this work and making a positive, lasting impact in the industry.

How has your family supported you throughout your career, and what role do they play in your success?

To be honest, "In the beginning, my family struggled to accept my career choice, as it didn't align with their expectations. However, as they recognized my keen interest and saw my growth and commitment, they began to support me wholeheartedly. Their encouragement and belief in my abilities have been invaluable, and I am deeply grateful to everyone who believed in and trusted me throughout this journey. Their support has been a cornerstone of my success, allowing me to pursue my

passions with confidence and determination."

How do you balance your professional commitments with your family life?

Balancing professional commitments with family life can be challenging but manageable. I balance work and family by setting clear boundaries and prioritizing my time. I schedule dedicated periods for both, communicate openly, and stay organized to ensure I'm present and effective in both areas.

What are your biggest ambitions and goals for the future, both personally and



This exposure broadened my understanding of fashion and inspired me to explore various roles within the industry, from modeling and acting to creative direction and production.





I find inspiration from a mix of individuals and experiences, but my everyday motivation comes from my mom. As a single mother, she has faced numerous challenges with incredible resilience and a positive attitude. Her unwavering love and effort have been a constant source of inspiration, even though she's not familiar with the fashion industry.

professionally?

My primary professional goal is to advance into a leadership role where I can make a meaningful impact. I strive to build strong relationships, maintain a healthy work-life balance, and seek continuous personal growth. I don't have a single, fixed ambition because I love exploring new interests and setting fresh goals. For me, life is an adventure, and I enjoy embracing new opportunities and challenges as they come.

Are there any specific projects or causes you are passionate about that you would like to pursue?

I'm passionate about various projects and causes, though I don't have a specific focus. My enthusiasm lies in exploring different opportunities and pursuing whatever ignites my interest. I'm driven by a desire to explore and take on new challenges, and I'm eager to dive into any project that sparks my passion. My goal is to stay hungry for new experiences and pursue them as fully as possible.

How would you describe your fashion style, and what influences it?

My fashion style is a mix of classic and modern influences. I enjoy incorporating timeless pieces with modern trends to create a look that feels both stylish and unique. My style is influenced by a combination of current fashion trends, personal comfort, and the need to express my individuality. I also draw inspiration from various sources, including fashion icons, cultural influences, and my own experiences, aiming for a look that is both elegant and uniquely expressive.

What are some of your favourite fashion trends or pieces that you think every woman should have in her wardrobe?

While individual tastes vary, I believe certain timeless pieces are essential in every woman's wardrobe. Some of my favourite fashion trends and essential pieces for any woman's wardrobe include a well-fitted blazer for a polished look, a classic white shirt for versatility, and a pair of high-quality jeans that flatter the figure. Additionally, a little black dress is a timeless piece that can be dressed up or down, while comfortable yet stylish shoes and a few statement accessories can elevate any outfit. These staples provide a solid foundation for creating

a variety of stylish and functional looks.

Who or what inspires you the most in your life and career?

I find inspiration from a mix of individuals and experiences, but my everyday motivation comes from my mom. As a single mother, she has faced numerous challenges with incredible resilience and a positive attitude. Her unwavering love and effort have been a constant source of inspiration, even though she's not familiar with the fashion industry. Additionally, I draw inspiration from media personalities, celebrities, and entrepreneurs who shape and innovate their fields. Each of these sources contributes to my drive and ambition in both my personal and professional life.

How has your experience as a TV host influenced your approach to fashion and public appearances?

My experience as a TV host has greatly shaped my approach to fashion and public appearances. It has highlighted the need for a polished and confident appearance, as it directly

affects how I am perceived on-screen. I've learned to select outfits that balance my style with professional expectations, ensuring that they are both eye-catching and appropriate for the context. This role has also made me more attuned to the nuances of how fashion choices can enhance my presence and communicate professionalism. Overall, it has refined my understanding of the intersection between personal style and public image.

How would you describe your family as a "smart family"?

I would describe my family as a 'smart family' because we prioritize education, critical thinking, and informed decision-making. However, being 'smart' goes beyond our intellectual capabilities for us. It also means being supportive, fostering happiness, and maintaining peace within the family. We value understanding each other's thoughts and emotions and avoid judgment and toxicity. A smart family, in my view, creates a friendly, nurturing environment where feelings are respected, and personal growth is encouraged.

PARENTING.

Beyond the Job Ticket

REDISCOVERING THE HEART OF HIGHER EDUCATION

In today's job-focused world, colleges often seem like mere stepping stones to employment. Yet, their true essence lies in nurturing critical thinkers, ethical leaders, and lifelong learners. "Beyond the Job Ticket: Rediscovering the Heart of Higher Education" explores how higher education's rich legacy goes far beyond job preparation, shaping adaptable, thoughtful, and engaged citizens ready to make meaningful contributions to society.

By Alok Khatri



In today's world, educational institutes are focused on providing job-specific skills to their students. College placement is one of the primary external communications we see across the board. However, this direction overshadows the traditional essence of colleges as centers for broad learning and personal growth. If we zoom out and look at the historical picture, it becomes clear that higher education's true calling stretches far beyond merely equipping individuals for specific careers. Colleges hold a special place in nurturing critical thinkers, active citizens, ethical leaders, and lifelong learners. This piece delves into higher education's rich, expansive role, challenging today's view that its main purpose is job preparation.

A Brief Look Back

Traditionally, higher education aimed to mold well-rounded individuals poised to enrich society. These age-old ideals celebrated intellectual virtues and civic duties. Yet, as the industrial age unfolded and modern economies demanded specific skills, educational goals began leaning heavily towards vocational training. Despite this shift, the deep-seated value of a well-rounded education persists, upheld by institutions that advocate for a comprehensive learning experience.

Cultivating Minds

At the core of an enriching college education is the cultivation of critical and analytical thinking. Schools like Amherst and

Swarthmore, with their liberal arts ethos, prompt students to traverse a variety of disciplines. This diverse exposure not only broadens the intellect but also primes students to solve complex issues from various perspectives—invaluable skills, no matter the career path chosen.

Programs like the University of Pennsylvania's Integrated Studies Program exemplify how bridging different knowledge areas fosters innovation and creativity. These experiences affirm that college isn't about churning out narrowly skilled workers but about fostering adaptable, thoughtful individuals ready for a constantly evolving world.

Encouraging Community and Leadership

Colleges also play an important role in fostering civic engagement and ethical leadership in our societies. Initiatives that combine learning with community service, like those at Georgetown University, show how education can transcend classroom walls to enhance community life and civic involvement. These efforts not only educate students about social issues but actively involve them in crafting and executing solutions, nurturing a lasting dedication to community service.

On a global scale, programs like Stanford University's initiatives prepare students for ethical engagement worldwide, equipping them to make principled

decisions in a complex international arena.

Personal Growth and Exploration

College is a transformative phase where students explore their identities, interests, and values. The residential college systems at places like Yale and Rice offer vibrant communities that intertwine academic, social, and personal development. These settings help students grow resilient, self-aware, and community-oriented.

Moreover, the emphasis on extracurriculars and student organizations opens doors for self-expression and leadership, helping students discover and hone their passions and skills. This holistic educational approach demonstrates that personal and academic growth go hand in hand.

Embracing Lifelong Learning

In a fast-changing world, the capacity to keep learning and adapting is crucial. Especially in today's time of AI advancement, this capacity becomes even more critical. Innovative pedagogies, like those practiced at MIT's Media Lab, encourage creative thinking and engagement with advanced technologies, preparing students to steer and adapt to future changes. These educational experiences underscore the importance of flexibility and ongoing learning, essential in a world expecting multiple career shifts and continual technological advancements.

Continuing education programs, like those at the University of Wisconsin–Madison, remind us that learning doesn't stop at graduation. By offering educational opportunities for all stages of life, these programs affirm that education is a lifelong journey crucial for both personal fulfillment and professional success.

Colleges are more than just stepping stones to the job market; they are breeding grounds for developing the intellectual, civic, and personal capabilities of individuals. As we look ahead, it's vital to preserve and enhance the broader educational missions of these institutions globally. I believe it becomes even more critical in the current context of information overload and technological noise. This enriched vision of education does more than fill job vacancies; it builds adaptable, thoughtful, and engaged citizens ready to make meaningful contributions to society.



Alok Khatri, the Founder of Tangible Careers, a company building the new infrastructure of Talent Development in Nepal and the Global South. He is also an International Coach Federation-certified coach (ICF-ACC) with over ten years of coaching experience. He has traveled and worked in more than 30 countries and coached people from more than 15 countries.

Choosing Early Education

UNDERSTANDING PRESCHOOL VS. KINDERGARTEN
AND SUPPORTING YOUR CHILD AT HOME

In Nepal, early childhood education is challenging due to no set age for formal learning. Experts recommend enrolling children between 18 months and 3 years for foundational development. Preschool and kindergarten offer distinct benefits, with preschool focusing on holistic growth through play and kindergarten preparing children for primary school with a structured curriculum for early education.

Disu Bhandari



The appropriate age for children to spend with family before school age is not fixed in Nepal. Most parents remain uncertain about the right age for early childhood education, as school placement is often influenced by local norms. However, determining when to start early childhood education depends on the child's maturity, individual circumstances, and family situation. Experts generally recommend enrolling children in early childhood education centers between 18 months and 3 years, but foundational education should begin at home. Teaching etiquette, cultural norms, manners, and customs is crucial during this developmental stage, as 80% of the brain develops by age 3 and 90% by age 5. Therefore, focusing on social behavior, values, and practical life skills at home before formal schooling them with 'ka kha ga' is essential because education encompasses more than writing and letter learning.

Understanding the distinction between preschool and kindergarten is crucial for parents navigating their children's educational journey. Both play significant roles in a child's development, yet they differ in age range, curriculum, and objectives. Preschool focuses on cognitive, emotional, social, and physical development through play-based activities and a child-centered

approach. It aims to build social skills, language abilities, and confidence. Kindergarten, part of Nepal's basic education system, prepares children for primary education with activities that foster reading, writing, counting, number recognition, and problem-solving skills.

Preschool typically serves children aged 2.5 to 3.5 (Playgroup to Nursery), while Kindergarten is for ages 4.5 to 5.5 (LKG to UKG). Despite these guidelines, statistics from 2079 indicate children as young as 1.5 years old being enrolled in Playgroup and 2.5 years old in Nursery, highlighting varying practices.

The main focus of pre-school is to develop a child's cognitive, emotional, social and physical abilities through recreational activities and a child-centered approach. Children learn through exploration, hands-on learning and cooperative play. Pre-school helps children develop social and emotional skills, language and communication skills. It builds confidence through encouragement and praise. Kindergarten on the other hand, is formal education. It is a part of basic and primary education system in Nepal. Kindergarten curriculum focuses on preparing children for primary education. Children engage in age-appropriate activities that develop their reading, writing, counting, number recognition and problem-solving skills.

Attending preschool is optional, while Kindergarten is mandatory. Parents may opt to start their child's education directly at Kindergarten, skipping preschool. Alternatively, children below the age of four can spend time at home fostering social education, love, affection, responsibility, and confidence through simple tasks like cleaning up toys, demonstrating manners, and encouraging independence. After they cross the age of four, admitting them in kindergarten would also be an effective decision that parents can take.

When selecting a preschool or kindergarten, parents should consider factors such as physical infrastructure, learning materials, teacher qualifications, health and nutrition services, location, transportation, and fees. Both levels of education play pivotal roles in holistic child development beyond English learning and writing.

In pre-primary and kindergarten, reading is taught through playful activities involving art, music, and exploration, enhancing creativity and making learning enjoyable. Therefore, parents should recognize these stages as opportunities for holistic growth rather than mere language and writing skills. One of the major reasons behind this argument, is that children's hands are not

developed enough to write by the age of 5.

Parents should utilize scaffolding techniques, providing temporary support and guidance while gradually promoting independent learning and skill development. This approach includes encouraging children to complete homework independently without physically guiding their hands or tracing letters, allowing them breaks in-between homework, and so on.

In conclusion, parents must grasp the distinctions between preschool and kindergarten, value both formal and informal education, and prioritize practical education during early childhood for optimal growth and development.



Disu Bhandari is Principal of Eurasian School and Head of Pre School Department, Guheshwari Boarding High School. Disu Bhandari Manandhar, with her 23 years of experience in the Education Sector, is an esteemed expert in child development and parenting. As the Head of the Pre School Department at Guheshwari Boarding High School, her comprehensive skills set includes counseling, education, training, and facilitation of SPN and National Parenting Packages. Her profound knowledge and dedication have made her a cornerstone in the field of education and child development



Attending preschool is optional, while Kindergarten is mandatory. Parents may opt to start their child's education directly at Kindergarten, skipping preschool.

FOOD.

Convert Lentil to Veg Salami

EMBRACING TRADITION AND INNOVATION

This article highlights the potential of lentils in vegan cuisine, showcasing their versatility and nutritional benefits. With a little creativity and a few simple ingredients, you can transform lentils into a delightful vegetarian salami that satisfies both your taste buds and your dietary needs.

By Chef Sandeep Khatri

Plant Based



In an era where the vegan trend is booming, finding innovative ways to stay connected to our culinary roots while embracing plant-based alternatives can be incredibly rewarding. Many people who have enjoyed various meat delicacies are now turning towards veganism due to their affection for animals or personal realizations. However, maintaining nutritional balance and satisfying flavors can be challenging. This is where the potential of lentils comes into play.

As someone who has extensively worked on setting Ayurvedic and vegan food menus for Nepal and India, I have gained profound insights into the compound composition of each ingredient. Among these, legumes, particularly lentils, hold a special place in Ayurvedic cuisine. Known for their tridoshic properties, lentils are beneficial for all doshas: lean and mean Pitta, mid-built Vata, and healthy and obese Kapha. This versatility makes them an excellent base for vegan meat alternatives.

Nutritional Value of Lentils

Lentils are a powerhouse of nutrition. They are rich in protein, fiber, vitamins, and minerals, making them an excellent meat substitute. Here are some key nutritional benefits:

➔ Among these, legumes, particularly lentils, hold a special place in Ayurvedic cuisine. Known for their tridoshic properties, lentils are beneficial for all doshas: lean and mean Pitta, mid-built Vata, and healthy and obese Kapha.

- Protein: Lentils are a great source of plant-based protein, essential for muscle growth and repair.

- Fiber: High in dietary fiber, lentils aid in digestion and help maintain healthy cholesterol levels.

- Vitamins and Minerals: Lentils are packed with iron, folate, magnesium, and B vitamins, crucial for overall health.

Ayurvedic Significance of Lentils

In Ayurveda, lentils are known for their tridoshic properties, meaning they can balance all three doshas (Vata, Pitta, and Kapha). This makes them suitable for everyone, regardless of their body type. Lentils are also considered sattvic, promoting clarity of mind and a sense of calm.

Crafting Lentil-Based Vegetarian Salami

Creating lentil-based vegetarian salami is an exciting culinary adventure. You can experiment with various types of lentils and beans to achieve different textures and flavors. For a texture similar to Italian salami, you can use Nepali red beans or rajma kidney beans. Alternatively, besan (gram flour) can be used to create a mock chicken texture. The key lies in the seasoning and spices, allowing you to customize the taste to your preference.

INGREDIENTS

- 250 grams of lentils (Moong Dal or your preferred type)
- 1 teaspoon salt
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika (alternative Kashmiri Mirch) or spice up with Nepali Dalle Chili or Nepali Timbur Pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon black pepper
- 1 tablespoon soy sauce
- 1 teaspoon liquid smoke (optional for a smoky flavor)

INSTRUCTIONS

- Soak the Lentils: Soak the lentils in water for at least 8 hours or overnight. Drain and rinse them thoroughly.
- Fermentation: Place the soaked lentils in an airtight container and leave them at room temperature for 24-48 hours to undergo anaerobic respiration.
- Blend and Season: After fermentation, blend the lentils into a smooth paste. Add salt, olive oil, smoked paprika, garlic powder, onion powder, black pepper, soy sauce, and liquid smoke. Mix well.
- Shape and Cook: Shape the lentil mixture into a log or salami shape. Wrap it tightly in parchment paper or aluminum foil.
- Steam or Bake: Steam the lentil salami for 30-40

minutes or bake it at 180°C for about 45 minutes until firm.

- Cool and Slice: Allow the salami to cool completely before slicing. Store in the refrigerator.

Experiment and Customize

The beauty of this recipe lies in its flexibility. You can experiment with different beans, lentils, and seasonings to create unique flavors and textures. Whether you prefer a smoky, spicy, or herby flavor profile, the possibilities are endless. This homemade lentil-based salami is not only a great meat alternative but also a nutritious addition to your vegan diet.

Embracing the vegan trend while honoring our culinary traditions is a fulfilling journey. Lentils, with their nutritional value and adaptability, offer a fantastic opportunity to create delicious and healthy vegan meat alternatives. By experimenting with various legumes and spices, you can craft custom-made vegan meats that cater to your taste preferences. So, why not give it a try and enjoy the best of both worlds?



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.



Khe Sa Gha



Play on Takha



Jackfruit Choila Taco



Tongue Skewers

Modern Newa Delights

T R A D I T I O N M E E T S I N N O V A T I O N

"Tradition Meets Innovation" explores how Katakchu's duo reimagines traditional Newari cuisine, incorporating modern flavours and techniques. The article showcases inventive dishes from the Kathmandu Valley, blending tradition with modern elements, bringing authentic flavors to the consumer.

By Ritika Shakya



Meet Pratistha and Sarbesh, culinary visionaries transforming Newari cuisine with modern innovation, they deliver unique Newari fusion dishes to various events, seamlessly blending tradition with contemporary flair. Their creations, such as "Play on Takha" and "Jackfruit Choila Taco," bring the rich flavors for your private events, offering a delightful experience that honors heritage while embracing innovation. This is more than just catering; it's a

culinary journey where tradition meets the future, redefining Newari cuisine for the modern palate.

Khe Sa Gha

For something extraordinary, "Khe Saga" takes center stage. This auspicious Newari dish, known for its duck egg and fish components, gets a fresh, Western-inspired twist. Imagine devilled eggs with a luxurious duck egg, creamy mayonnaise made from its own yolk,

and a crispy pan-fried fish for added crunch. It's a harmonious blend of tradition and modernity that makes every bite a celebratory experience.

Jackfruit Choila Taco

The "Jackfruit Choila Taco" is a testament to how Newari cuisine can beautifully mesh with global flavors. Picture this: delicate rice flour tortillas wrapped around smoky, spicy jackfruit choila instead of traditional meat. The result is a burst of flavors and textures that delight the senses and challenge culinary expectations. It's a fusion dish that's as inventive as it is delicious.

Play on Takha

Let's start with "Play on Takha," a dish that reimagines the classic Newari delicacy Takha. Traditionally a gelatinous meat treat, Takha is now elevated with a modern spin. They have preserved the essence of Takha with

a blend of rich gelatinous meats, including tongue and cheek, set beautifully in a terrine-like presentation. Paired with tangy lapse (hog plums) and zesty tomato chutney, this dish offers a sophisticated fusion of textures and flavors, celebrating both the old and the new in every bite.

Tongue Skewers

Paying homage to Newari heritage, "Tongue Skewers" showcase a medley of traditional ingredients like intestines, ears, and liver, slow-cooked and marinated to perfection. Grilled and served with a vibrant spring onion salsa, this dish is a modern take on Newari offal that balances bold flavors with a fresh, contemporary twist.

Pan-Roasted Fish

For a dish that's as sustainable as it is exquisite, look no further than the "Pan-Roasted Fish." A fresh catfish filet is seasoned and pan-roasted to tender



Pan-Roasted Fish



Dyakula Pie



Juju Dhau Cake

perfection, complemented by spiced mustard greens. The innovation here is in the use of every part of the fish: the skin becomes a crisp cracker, and the bones are turned into a nutrient-rich broth. This dish not only showcases conscientious creation but also delivers a taste that's both ethical and unforgettable.

Dyakula Pie

Next up is the "Dyakula Pie," an inventive spin on the traditional Newari buff stew. Imagine dyakula, the rich, hearty stew, transformed into a savory pie, reminiscent of a chicken patty. The broth from the stew is poured over the pie, adding a flavorful sauce that enhances its savory essence. Served with a crisp side salad, this dish provides a delicious bridge between Newari tradition and modern culinary artistry.

Juju Dhau Cake

To round out this extraordinary culinary journey, indulge in the "Juju Dhau Cake." Inspired by Russian honey cake with a Nepali twist, this dessert features layers of delicate sponge cake with creamy Juju Dhau icing. Locally sourced honey adds a sweet, authentic touch, and the black sesame ice cream served alongside complements the cake's rich flavors. It's a delightful ending that's both satisfying and kind to your palate.

To know more about this chef duo and their future pop up events, follow them on Instagram to stay up to date.



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Family Feast Fiesta

Where Every Bite Matters

T H I R D S E R I E S

Welcome back, Smart Family! We hope you've relished every moment of our previous culinary series. Each dish was crafted to delight your taste buds and create unforgettable family memories. Have you had the chance to try them? We'd love to hear about your favorites!

By Smart Family Food Team

As we kick off our third series, "Family Feast Fiesta," prepare for a delightful exploration of top-rated culinary creations that promise to enchant your palate. In this new collection, we present a handpicked selection of standout dishes from renowned restaurants, each chosen for its exceptional flavor and quality. These featured meals have earned the coveted Smart Food tag, a testament to their ability to turn an ordinary meal into an extraordinary experience.

Experience Family Feast Fiesta: From savory comfort foods to innovative culinary masterpieces, "Family Feast Fiesta" is designed to offer something for everyone. Whether you're in the mood for a hearty classic or eager to try a new twist on a traditional

favorite, our curated list promises a gastronomic adventure that will bring joy to your dining table.

Share Your Food Journey: We want to hear from you! Have you tasted any of the featured dishes? Share your Smart Food Story with us on Instagram or Facebook using the hashtag #SmartFamilyFood. Don't forget to tag us in your posts and let us know which dishes have become your new favorites. Your feedback inspires us to continue bringing you the finest in food.

Prepare to explore a fresh array of gastronomic wonders in this new series. Let's make every meal an extraordinary experience—because every bite matters!

Giant Tiger Prawns



Rs. 4500

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.

A Tiger Prawn is considered a delicacy for its unique taste and luxurious texture. It is often described as rich, sweet, and indulgent, making it a prized ingredient in many gourmet dishes. If you enjoy seafood, trying our succulent grilled Giant Tiger Prawns can be a memorable and deliciously pleasing experience for you.

It is carefully grilled to perfection with a sides of luscious saffron tourney potatoes, sautéed vegetables, butter glazed asparagus and rich lemon butter sauce, and they've got you covered.

With their sweet, succulent and buttery taste, these lobsters are packed with protein and filled with nutrition. While it may seem intimidating, grilling ensures that the freshness of the lobster is preserved at its best.



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Nourish Bowl

Rs. 790



You are what you eat! So why not be a Nourishing Bowl of Not-So-English Breakfast goodness?

The Nourish Bowl from Nourish by Avata is a must-try for any smart family. This beautifully arranged bowl features a colorful combination of nourishing ingredients.

Packed with nutrient-rich ingredients like green peas, quinoa, grilled tofu, maple beetroot, lettuce, and boiled quail eggs, it offers a balanced mix of flavors and essential nutrients. Its appealing presentation and vegan option cater to different dietary needs, making it a versatile choice.

Plus, it's quick and convenient, perfect for busy families who want a healthy and satisfying meal without extra fuss. So, redefine your dining experience with a commitment to conscious choices.

Stepping into Nourish by Avata, you are welcomed into a serene and inviting atmosphere, designed to offer a respite from the bustling city life. The space is thoughtfully curated to encourage relaxation and connection, making it an ideal spot for gatherings with loved ones or peaceful solo dining. We serve delicious vegan and vegetarian dishes that embody the essence of holistic wellness. Join us and be part of a movement towards healthier, more mindful living. Experience the difference that conscious eating can make in your life.

Nourish
BY AVATA

AVATA Wellness Center
Baluwatar, Kathmandu, Nepal
9802332347

Business Lunch: A perfect mid-day indulgence



Rs. 1,599

A must-try at Le Sherpa is the 'Business Lunch,' perfect for entrepreneurs, professionals, business leaders, and their important meetings. Every dish on the blissful lunch menu is prepared with attention to detail, using the freshest local ingredients, and is served promptly, making it the perfect choice for mid-day indulgence. The 3-course Business Lunch includes a starter, main course, and dessert, offering various options (vegetarian to non-vegetarian) to satisfy different tastes. The starter includes Farmer's Market Salad and Sherpa Soup, providing a balanced introduction to a productive lunch.

The main course offers the utmost satisfaction and delights with three different options: Pan-Seared Local Fish, Grilled Chicken Leg, and Tofu Steak. The most popular dish is the Pan-Seared Local Fish, served with spiced tomato cream sauce, organic brown rice, and boiled vegetables. Lastly, the dessert includes Chocolate Mousse Cake, which offers a melt-in-the-mouth taste for a joyful ending to the lunch. At Le Sherpa, they not only provide a break but an escape from the chaos and a productive way to move the day forward.

Tucked away in a serene, green estate, Le Sherpa offers a fine quality experience unlike any other in Kathmandu. By collaborating with both local and international culinary talents, Le Sherpa has curated a menu that celebrates exquisite European cuisine made with the freshest local ingredients, perfectly paired with a selection of fine wines. Over the past decade, it has become a premier destination for those seeking a refined dining experience in the city's heart.

Le Sherpa
RESTAURANT

Maharajgunj (Opposite to
President's House)
014528606

Texas BBQ Combo



Rs. 1590

The Society Fine Dining Redefined, a serene oasis in Chandol, Kathmandu, offers luxurious, multi-cuisine dining for every taste. Their spacious family restaurant features a dedicated kids' play area, perfect for family outings. With valet parking for your convenience, choose from inviting indoor seating, a scenic outdoor terrace, or exclusive VIP sections. Immerse yourself in a captivating atmosphere, enjoying everything from authentic Nepali delicacies to global flavors.

Whether you're savoring a family dinner or celebrating life's special moments like birthdays, engagements, and baby showers, The Society ensures every visit is unforgettable. At The Society, every meal becomes a cherished family memory, making it the perfect destination for families seeking an extraordinary dining experience.

Looking for a family meal that's sure to impress? This Texas-style BBQ is just what you need. Imagine tender, smoky meat, marinated in aromatic home-ground spices, and slow-cooked for 3-5 hours to perfection. Each bite bursts with rich flavours, making it an irresistible treat.

But it's not just about the meat. This BBQ comes with crispy fries, a variety of fresh lettuce, warm bread, and a selection of sauces that cater to every taste. The colourful mix of vegetables adds a wholesome touch, ensuring there's something for everyone.

Why is it a must-try? Because it's more than just a meal—it's an experience. This BBQ brings the family together, turning dinner into a moment of shared stories and cherished memories. It's a taste of Texas that's perfect for a weekend treat or a special family dinner.

Don't miss out on this flavorful feast. Add it to your must-try list today and enjoy a meal that's as satisfying as it is delicious!



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Cibo's Menu Must-Haves

Cibo Bistro offers a warm, inviting atmosphere with vintage charm and a cozy outdoor nook. Celebrated for its fresh, high-quality ingredients and delightful Italian dishes, it's the perfect spot for meals with loved ones or casual meetings. Discover the must-try dishes that make Cibo a standout in Pulchowk.

By Ritika Shakya

Cibo Bistro, celebrates 17th year in operation serving Mediterranean inspired recipes. Founded in 2007, "How do you pronounce Cibo?" 'CHEE-BOW", it means food in Italian! Fresh ingredients and honest food are the soul of our operations. When I walked into Cibo Bistro, I

was immediately struck by its cozy, welcoming vibe. The place has a charming mix of antique pieces that give it a unique, vintage feel. It's the kind of spot where you instantly feel at home. I found myself drawn to the small outdoor space, a perfect little nook to enjoy some fresh air

while savoring a meal. Whether you're catching up with friends, sharing a family dinner, or even having a casual meeting, Cibo provides just the right setting. The ambiance is warm and intimate, making it easy to settle in and enjoy good food in good company.

The company's success is attributed to its commitment to delivering high-quality food with consistency using the best ingredients available. With a dedicated team of chefs and service staff, Cibo is ready to serve the best meals and welcome guests.



FALAFEL with HUMMUS

The meal began with a delightful Falafel served with Hummus. The deep-fried patties, made from mashed chickpeas, herbs, and spices, were crispy on the outside and tender on the inside. The accompanying Hummus, smooth and creamy, had a perfect balance of tahini, paprika, cumin, and a touch of lemon juice, elevating the falafel's flavor profile.



CHEESE, JALAPENO & POTATO CROQUETTES

Next, I indulged in the Cheese, Jalapeno & Potato Croquettes, one of Cibo's top orders. These potato mash fritters, stuffed with gooey cheese and spicy jalapeno peppers, were a taste sensation. The coriander and parsley salsa, along with the BBQ sauce, provided a refreshing and tangy contrast, making every bite irresistible.



COUS COUS

The Cous Cous was a standout dish, showcasing the flavors of the Mediterranean. The bulgar grain was steamed to perfection, soft and fluffy, and served with a rich vegetable stew. The combination of green and black olives, preserved lemon, chickpeas, apricots, summer squash, carrots, cinnamon, cumin, and oregano, all dressed in chopped mint and extra virgin olive oil, created a harmonious blend of sweet, savory, and fresh flavors.



MUSHROOM FETTUCINE W/ GOAT CHEESE AND ARUGULA LEAVES

The Mushroom Fettuccine was a testament to Italian culinary finesse. Fresh egg pasta cooked al dente was enveloped in a creamy garlic mushroom sauce. The addition of Chittlang Goat Cheese, sundried tomatoes, and peppery arugula leaves added layers of complexity and depth, making it a memorable dish.

CHICKEN BBQ BURGER

The Chicken BBQ Burger was an absolute treat. The homemade brioche bun, extra soft and buttery, housed a juicy chicken patty seasoned to perfection. Topped with caramelized onions, crisp lettuce, tomatoes, and cheese, the burger was a harmonious blend of textures and flavors. The crisp fries and homemade chili mayo on the side made it an all-around satisfying experience.



PISTACHIO ICE CREAM

The meal ended on a high note with the Pistachio Ice Cream. Made with fresh pistachio and almond paste, the gelato was incredibly smooth and creamy, thanks to the crème anglaise base. Served on a sugar cookie nest and topped with caramel sauce, this dessert was a perfect blend of nutty, sweet, and buttery flavors.



PANEER PITA SANDWICH

Cibo's signature Paneer Pita Sandwich lived up to its reputation. The homemade pita bread was soft and chewy, providing the perfect vessel for the grilled paneer and vegetables. The combination of garlic mayo, pesto, and tahini dressing added a rich and creamy element, enhancing the overall taste.



CRÈME BRÛLÉE

For dessert, the Crème Brûlée was a delightful French tradition done right. The vanilla-cream crème anglaise, with a hint of triple sec, was baked to perfection and topped with a caramelized sugar crust. The contrast between the creamy custard and the crunchy sugar was simply divine.



Pulchowk Road, Patan
01 5441940



The heart of any restaurant is its team, without the heart the restaurant operations will not survive. Cibo's beating heart to serve the guests are the team leads, Bishnu (Chef), Anish (Sous Chef) & Daniel (maitre d' outlet) with guidance from Chef owner Sagun.

BODY.

MINDFUL EATING PRACTISES FOR FAMILIES

Mindful eating is a practice that encourages slowing down, savoring each bite, and cultivating a deeper connection with food. This approach enhances the dining experience and fosters a healthier relationship with food. Adopting mindfulness at mealtime can transform eating habits and overall well-being, benefiting both adults and children.

By Sonal Talegaonkar



Juggling work, kids, family, yourself, social life and staying fit is no cakewalk.

Mindfulness is an approach, a bit like meditation, that encourages us to pause and take a moment to reflect on what's going on around us and how we are feeling

When we're busy, it's easy to eat on the go, rushing meals before finishing the next part of our day. Mindful eating centres on trying to slow down at mealtimes, removing distractions and enjoying the food in front of us.

Mindful eating focuses on positives, rather than focusing on food restriction, counting calories and watching the scale for weight control.

Reflect on your emotional connections to food.

- Do you turn to food for comfort or when you're stressed?
- Does your child swing by the kitchen for a snack during a commercial every time they're watching TV?
- Do you frequently order food online?
- Do you fall into the trap of emotional eating?

Examine your family's habits around eating. Better awareness of eating habits allows you to think of alternatives to reaching for

food when you're feeling an emotion, or are trying to unwind, but aren't truly hungry.

Physical hunger comes on slowly, while the urge to eat due to emotions comes on suddenly and urgently.

Learn how to tune in to your body and feel the difference, without guilt or judgment, and teach your child to do the same.

- Eating mindfully encourages us to create a conscious relationship with our food – to be conscious of what we are eating, how we are eating, and what we notice about our food – rather than eating on automatic pilot or while multitasking.
- When parents teach children how to eat mindfully, we are reminded to eat mindfully ourselves – and we may be the ones who need it most.
- As Hippocrates said, "Food is medicine..." Eating mindfully encourages gratitude towards our food and the nourishment it provides – rather than taking it for granted.
- Your stomach takes 20 minutes to tell your brain you are full, so eating mindfully supports developing awareness of when we have eaten enough.
- Food brings people together – it is surrounded by rich traditions of family and community gatherings. Mindful eating invites us to enjoy a meal with no other task but eating – not television, texting, working – just enjoying a meal in solitude or with others.
- Sharing a mindful meal, away from the distractions and busy demands of everyday life, creates a space for kids and families to be present not only with their food, but with each other as well.
- Eating mindfully is an invitation to slow down from everyday life's busyness and savour the moment by savouring our food.
- Kids are constantly bombarded with attention from video games to fast-paced commercials, leaving their minds jumping from one thing to the next. Mindful eating provides a fun and engaging way to focus on and explore one thing at a time, thus building their attention span.
- Kids are surrounded by unhealthy food and manipulative marketing that encourages their consumption. Mindful eating is a way to support children to learn to develop awareness of how they feel during and after eating, which supports them in making healthier food choices
- Eating mindfully nurtures children's natural curiosity by creating a moment for them to reflect on both familiar and novel foods with a beginner's mind.

- Mindful eating can support families with a picky eater by inviting a curiosity about new foods with a playful, light sense of adventure, rather than automatically assuming the food won't be liked.

Benefits of mindful eating

- It helps with digestive issues
- Taking the time to chew your food thoroughly and eat slowly can significantly improve digestion. It's a simple yet effective step toward better gut health.
- It helps treat eating disorders and develops a good food relationship
- By breaking free from the cycle of dieting and guilt around food, mindful eating may help foster a more positive, compassionate relationship with both food and your body. When you choose to eat mindfully, you permit yourself to savour all the flavours, textures, and aromas of your food. Food becomes a source of pleasure rather than just another part of your day.
- It helps you differentiate between physical and emotional hunger



MS. SONAL TALEGAONKAR
Sonal's Nutrofit
Consultant Nutritionist
(Post-graduation in Clinical Nutrition, Mumbai University, India). Find us on Instagram & Facebook (sonalsnutrofit)

➔ By breaking free from the cycle of dieting and guilt around food, mindful eating may help foster a more positive, compassionate relationship with both food and your body.

Why More & More People Are Experiencing Sensitive Skin?

The article discusses the increasing sensitivity to environmental stressors and lifestyle factors, including unprotected sun exposure and harsh skincare products, which can weaken the skin's natural barrier, causing irritation and discomfort. It provides practical tips for managing this condition.

By Punam Shrestha

Sensitive skin is becoming more common these days due to various factors, including exposure to environmental stressors like UV rays, pollution, the use of harsh skincare products, and erratic lifestyles.

Unprotected Sun Exposure

When skin is unprotected from the sun, UV rays can damage the skin's protective barrier, making it more susceptible to irritation. Over time, repeated exposure can lead to chronic sensitivity, characterized by redness, itching, and a feeling of tightness.

Using Harsh Products

Using the wrong skincare products can also contribute to skin sensitivity. Harsh ingredients like sulfates, alcohol, and synthetic fragrances can strip the skin of its natural oils, leading to dryness and weakening the barrier that normally protects against environmental aggressors. This weakened barrier allows irritants to penetrate more easily, triggering an inflammatory response that shows up as redness, itching, and increased sensitivity.

Over-Exfoliation

Frequent use of exfoliants (typically to fade dark spots) or using them incorrectly can further damage the

skin. Over-exfoliating can remove not only dead skin cells but also the healthy layers beneath, compromising the skin's ability to retain moisture and defend against irritants.

Pro Tips to Prevent Sensitivity

1. Sun Protection: Always use a broad-spectrum sunscreen with at least SPF 30, even on cloudy days, to protect your skin from harmful UV rays.
2. Choose the Right Products: Use gentle skincare products designed for sensitive skin. Look for ingredients like hyaluronic acid, niacinamide, bisabolol, and CICA that help soothe

and strengthen the skin barrier.

3. Do Not Over-Cleanse: Frequently washing your face can damage the skin barrier. Wash your face twice a day with a gentle, pH-balanced cleanser.

4. Exfoliate Mindfully: Limit exfoliation to once or twice a week, and use gentle exfoliants to avoid damaging the skin's protective layer.

By protecting your skin from environmental stressors and using gentle, appropriate skincare products and sun protection, you can reduce the likelihood of developing sensitivity and maintain healthy, resilient skin.



Punam Shrestha, an entrepreneur with over 21 years of experience in the beauty industry, began her journey at Poonam Beauty Home & Training Centre. Today, she manages Poonam Beauty Academy in Kathmandu and has introduced several world-class products and procedures in Nepal.

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Globally, about 2.4 billion people are currently living with a health condition that may benefit from rehabilitation, that is around 1 in 3 people. It includes not only people with disabilities or long-term or physical impairments. Rather, rehabilitation is an essential health service for anyone with an acute or chronic health condition, impairment, or injury that limits its functioning.

WHO defines rehabilitation as “a set of interventions designed to optimize functioning and reduce disability in individuals with health conditions in interaction with their environment”.

With advancements in medical sciences, people are living longer, with the number of people over 60 years of age predicted to double by 2050, and more people are living with chronic diseases such as diabetes, stroke and cancer.

Rehabilitation complements other health interventions, such as medical and surgical interventions, helping to facilitate recovery and achieve the best outcome possible. It can help to prevent, reduce, or manage complications of a broad range of health conditions, including diseases (acute or chronic), illnesses, or injuries.

REHABILITATION FOR ALL

As lifespans increase and chronic diseases rise, the need for diverse services like occupational therapy grows. Occupational therapists, for instance, enhance safety and independence at home. This article highlights rehabilitation's importance and challenges, especially in Nepal, where resource shortages hinder access. By addressing these gaps, we can ensure quality rehabilitation for everyone.

By Occupational Therapist Ganga Gurung

Some examples of rehabilitation services include:

- Occupational therapists modify an older person's home environment to improve their safety and independence at home and to reduce their risk of falls, contributing to healthy aging
- Speech-language therapists provide speech and language training to improve a person's communication after a brain injury
- Physical therapists work with patients in intensive care to improve their breathing, prevent complications, and speed their recovery after critical illness
- Educating a person with heart disease on how to exercise safely
- Prosthetists and Orthotists fabricating spinal braces for a person with developing spinal deformities
- PMRs prescribing medicine to reduce spasticity for a child with cerebral palsy
- Psychologists providing psychological therapies for a person with emotional distress following a spinal cord injury
- Prescribing assistive products like reading glasses, walkers, hearing and communication devices, sensory devices, and white canes.
- Social skills training for persons with schizophrenia, autism spectrum disorders, or disorders of intellectual disability

Rehabilitation is highly individualized and is

catered to a person's needs, goals, and what they find meaningful. Rehabilitation can be provided in many different places, such as inpatient or outpatient hospital settings, outpatient physio- or occupational therapy practices, and community settings such as an individual's home, a school, or a workplace.

A good rehabilitation service will have a multidisciplinary team comprising different health workers, including but not limited to occupational therapists, physiotherapists, speech and language therapists and audiologists, orthotists and prosthetists, clinical psychologists, physical medicine and rehabilitation doctors, and rehabilitation nurses. Many other health workers, such as general practitioners, surgeons, social workers, and community health workers may also play an important role in a person's rehabilitation.

Rehabilitation practically is an investment with long-term social, economic, and health benefits as it helps to avoid costly hospitalization, reduce hospital length of stay, prevent re-admissions, return to work and employment, or remain independent at home minimizing the need for caregiver support.

Being an important part of universal health coverage, a key strategy for achieving Sustainable Development Goal 3 – "Ensure healthy lives and promote well-being for all at all ages", rehabilitation is emphasized by many governments around the world.

It is estimated, however, that in low- and middle-income countries, more than 50% of people do not receive the rehabilitation they require.

For a country like Nepal, the scarcity of qualified workforce, lack of awareness and education, our geography, poor availability of resources, improper implementation of health plans, leadership, and governance, unavailability of academic institutions for related programs, lack of dedicated rehabilitation infrastructures play a major role in the gap in rehabilitation services.

The 2015 earthquake was a major awakening call for the need for rehabilitation in emergencies which generated overwhelming rehabilitation needs, health system preparedness, and early response.

In Nepal, the Leprosy Control and Disability Management Section (LCDMS) under the Department of Health Services (DoHS), Ministry of Health and Population (MoHP) is the focal unit for disability, rehabilitation, and related activities. LCDMS works in coordination with various organizations like Handicap International (HI)- Nepal, World Health Organization (WHO)-Nepal, and various levels of hospitals/ healthcare centers to expand its rehabilitation activities to align with the Universal Health Coverage (UHC).

Currently, the majority of the required rehabilitation services (around 90%) are being provided by the private sector including INGOs, NGOs,

and private clinics. The Nepal Government is actively developing plans and policies to expand rehabilitation services in collaboration with various ministries.

Rehabilitation is neither a luxury health service nor an optional one. It is an essential part of health care, requiring it to be delivered alongside other health interventions. Ensuring quality rehabilitation services for all enables a child, adult, or older person to be as independent as possible in everyday activities and enables participation in education, work, recreation, and meaningful life roles. Rehabilitation is essential, for all.



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 is also the Project Lead and member of International Chapter of All India Occupational Therapists Association (ICAIOTA) 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.

Understanding Nutrition Journey

Anjali Goel, a renowned nutritionist, offers practical advice on healthy eating. She provides tips on meal planning, shopping lists, and batch cooking. Goel also shares strategies for nutritious snacks, quick meals, mindful eating, healthier takeout options, and portion sizes. Her advice equips readers to make informed choices and enjoy a balanced diet that fits into their lifestyle, ensuring a healthy and balanced diet.

By Ritika Shakya

Who is Anjali Goel and what inspired you to become a clinical and sports nutrition consultant?

Anjali Goel, a clinical and sports nutrition consultant, offers personalized nutrition services to Nepalese and the Nepalese diaspora worldwide. Her brand, Nutrimantra, focuses on creating customized nutrition plans tailored to individual health goals and lifestyle habits, using ingredients and cuisine from the Nepali Kitchen. With six years of experience, Goel has helped many clients lose weight, reverse medical vitals, and maintain a healthy lifestyle.

Goel believes nutrition and health should be approachable and not an expensive hobby. She has a deep-rooted belief in the power of nutrition to transform lives and is dedicated to living a balanced and healthy life. Her journey into clinical and sports nutrition was driven by personal passion and a desire to make a tangible impact on people's lives. Her sports and fitness experiences

and academic pursuits have fuelled her passion for nutrition and the power of nutrition to transform lives.

What are some common misconceptions about nutrition that you encounter in your practice?

Carbs are the Enemy

In reality, carbohydrates are a crucial energy source, especially for athletes. The key is to choose complex carbs, like whole grains, fruits, and vegetables, over simple, refined ones.

Fat Makes You Fat

However, healthy fats, such as those found in cheese, nuts, and olive oil, are essential for various bodily functions, including hormone production and nutrient absorption. Moderation and the type of fat consumed are what matter.

Supplements Can Replace a Healthy Diet

While supplements can be beneficial in certain situations, they should not replace a balanced diet. Whole foods provide a



complex array of nutrients that supplements cannot fully replicate.

You Have to Eat 'Clean' All the Time

The idea that you must always eat perfectly to be healthy is unrealistic and can lead to unhealthy relationships with food. Balance and moderation are more sustainable and effective for long-term health.

Skiping Meals Helps You Lose Weight

Skiping meals can lead to overeating later and can negatively impact metabolism. Regular, balanced meals help maintain energy levels and support a healthy metabolism.

Some tips for maintaining a balanced diet while managing a busy lifestyle?

Weekly meal planning and shopping list creation.

- Batch cooking and meal prepping to save time and reduce unhealthy choices.
- Stocking pantry, desk, and car with healthy snacks like nuts, fruits, yogurt, and whole grain crackers.
- Choosing quick, nutritious meals like stir-fries, salads, grain bowls, channa chiuira, and a chiuira.
- Be mindful of portion sizes, especially when eating out, to avoid overeating.



The idea that you must always eat perfectly to be healthy is unrealistic and can lead to unhealthy relationships with food.

What are your thoughts on popular diet trends, such as keto, intermittent fasting, and plant-based diets?

Keto Diet

- High in fats and low in carbohydrates, can lead to weight loss and improved blood sugar control.
- Beneficial for individuals with certain neurological conditions.
- Can lead to nutrient deficiencies if not managed well.
- May cause negative side effects like "keto flu," digestive issues, and increased cholesterol levels.
- Requires guidance from a healthcare professional for nutritional balance.

Intermittent Fasting

- Promotes weight loss, improves metabolic health, and enhances longevity.

- Flexible with various methods like the 16/8 method, 5:2 diet, or alternate-day fasting.
- May not be suitable for everyone, especially those with a history of eating disorders, pregnant or breastfeeding women, and certain medical conditions.
- Effective if aligned with lifestyle and dietary preferences.

Plant-Based Diets

- Rich in fruits, vegetables, whole grains, and legumes.
- Can lead to improved heart health, lower risk of chronic diseases, and a smaller environmental footprint.
- Can lead to potential nutrient deficiencies and social and cultural challenges.
- Can be highly nutritious when well-planned.

- Consultation with a healthcare professional or registered dietitian is recommended for tailored diets.

As our new regular writer on nutrition, what topics can our readers look forward to learning about from you in future issues?

Balancing macronutrients and understanding micronutrients.

- Healthy eating on a budget.
- Incorporating Nepali cuisines.
- Efficient meal planning and prep tips.
- Benefits of plant-based diets.
- Debunking common nutrition myths.
- The role of gut health in overall wellness.
- Eating for mental health.
- Special dietary needs guidance.
- Sustainable eating practices.
- Nutrition across different life stages.
- The science and use of supplements.
- Mindful eating practices.
- Evaluating nutrition trends and fads.
- Personalized nutrition based on individual needs.

HOME.

Smart Homes for Smart Families

The Western wave of “smart homes” has become a cornerstone of modern living. “Smart home” is no longer a futuristic dream but a tangible reality. For Nepali families seeking convenience, security, and energy efficiency, smart home technologies offer a seamless blend of comfort and innovation. As we embrace these advancements, we create living spaces that not only adapt to our needs but also enhance our overall quality of life.

Simplified Living at your fingertips

Smart homes are designed to simplify our lives, and

their benefits are manifold. Imagine controlling your home’s lighting, temperature, and security systems with a simple voice command or a tap on your smartphone. This is the magic of smart home hubs like Google Home or Amazon Echo. Picture coming home after a long day, and with a single command, your living room lights dim, your favorite playlist starts, and the air conditioning adjusts to your preferred setting. This level of convenience redefines home comfort, making it easier to unwind and enjoy quality time with family.

Secure and Sound Family

Security is paramount for any family, and smart homes elevate this aspect to a new level. Smart doorbells with video capabilities, such as Ring, enable homeowners to see and speak with visitors remotely. Paired with smart locks, these devices ensure that your home is always protected, whether you’re in Patan or Pokhara. Smart security systems can assure you and provide peace of mind even when you’re away from home by giving real-time alerts.

Step to Sustainability

Smart home technologies are your best friends to start optimizing energy and saving on utility bills. Smart thermostats, like the Nest Learning Thermostat, adapt to your lifestyle, optimizing heating and cooling schedules based on your daily routine. Automated lighting systems, such as Philips Hue, allow you to schedule lights to turn off when not needed, ensuring no energy is wasted. Furthermore, smart plugs and power strips enable remote control of appliances, allowing you to switch off devices that are not in use. Adapting to a smart home ensures comfort and efficiency. Maintaining a cozy home during the chilly Kathmandu winters without the worry of sky-high heating and electricity prices.





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Herb Obsession

It's a fascinating world of herbs and how they can enrich your life. Discover how growing your herbs, even in small spaces, can boost your mood, support your health, and enhance your well-being. From improving sleep to aiding digestion, the benefits are endless. Whether you're a seasoned gardener or new to herb cultivation, you'll find practical tips and inspiration to start your herb garden. Learn and see how these simple plants can make a big difference!

By Mamta Khatri, Green Owl

"Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. "WHO

It is pretty straightforward.... you have to adopt a healthy lifestyle to be healthy. This means you have to focus on your diet, and your exercises and upgrade your environment. We are all familiar with the word 'aromatherapy'. Aroma means fragrance and therapy means treatment. This is a holistic approach to healing and treatment using natural plant extracts.

Ever since Covid, aromatherapy has gained more recognition in the fields of science and medicine.

This ancient art of herbalism can greatly enhance your health in so many ways. I am

a herbalist to the core using them every single day.

Whether it is to help me relieve my stress, help me with my digestive issues, help me sleep better, calm my coughs, or build up my immunity, I reach out to my stash of herbs.

The fun part is growing your herbs. You don't need a huge plot of land to grow them. They can be grown in small boxes in your kitchen, it is as simple as that. Try and grow herbs in your small patch and see how they make a noticeable difference to your mood, stress levels, sleep quality, breathing, and overall wellness.

At the moment I am growing eight different herbs and they have been extremely easy to grow. The added perk of growing herbs in my garden is they shooooo

away pests keeping my flowers safe.

You can grow your culinary herbs, tea herbs, fragrant herbs, and medicinal herbs all in one go. Most herbs like mint, basil, and chives grow best with full sun and light, well-drained, moisture-retentive, fertile soil with plenty of organic matter incorporated.

However, there are certain herbs like rosemary, lavender, and thyme that don't like to be watered too much. It pays to keep such matters in mind when growing any plant. In my experience, it is best to spend time and money growing the herbs that you eat the most instead of trying to grow everything.

Take Tulasi for example. Many of us pray to the Tulasi plant every day as we consider it to be very holy

believing that it protects our home and family from evil. Besides the spiritual significance, the Tulasi is known to have powerful oxidants to boost our immune system, help in maintaining blood pressure and cholesterol levels, and lower sugar levels. We are growing it for religious purposes but are we eating any of it for the benefit of our health?

A little note about growing herbs from seeds - they take time and a lot of patience and they don't always show up. If you are planning to grow an herb garden for the first time, I suggest you buy the small plants first, let them grow big, harvest what you need, and make cuttings to make more plants.

I did this with Lavender because I just couldn't grow any from the seeds that I had purchased. The



➔ What kind of soil do herbs prefer? A blend of compost, soil, and sand works best. Now and then give them an extra dose of nutrition and that is about all they need.

cuttings have been far more successful and now I have enough lavender to last me the whole year.

The benefits of growing your herb garden are endless. Firstly, they are very easy to grow, they don't make much fuss and can be grown in small spaces. Secondly, eating fresh herbs harvested directly from your garden is so much more nutritious than buying stored herbs from the market. Thirdly you can harvest your herbs over and over again. The more you prune your herbs the more they grow - how

wonderful is that? Don't let your herbs give out flowers. Snip off the flowers so that the plant will have more energy to grow their foliage.

Not to mention it is cheaper to have your fresh stash of herbs at your fingertips.

Our country has a long history of using medicinal herbs and till today every elderly person will reach for herbal remedies and tell you the goodness of these herbs. It has been a part of our culture for centuries. Some of the most common herbs we use are Ashwa Gandha, Turmeric, Aloe vera, Neem, Giloy, Tulsi, Ginger, Garlic,

Black Pepper, Bay Leaf, Cinnamon, Coriander, Yarshagamba, Jimbu and bay leaf.

Besides these just mentioned, we have herbs that give us the relaxing effect like lavender, chamomile, thyme, sage, oregano, mint, cilantro, basil, and rosemary. Fortunately, I have been able to grow all of them successfully. The dehydrator has been of such big help in drying my herbs in a very natural way. I use the dried herbs for making potpourri

and for making my herbal concoctions.

What kind of soil do herbs prefer? A blend of compost, soil, and sand works best. Now and then give them an extra dose of nutrition and that is about all they need.

The Green Owl wishes you herbs of success with your herb garden. They are the easiest plants to grow and they grow fast. Before getting your hands dirty, make a list of the herbs you want to grow, read about them get to know the plants, and try and start small, one patch at a time. Herbs are so easy, and do not require a lot of space!

You can do it!



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MARKET.



↑ Vijay Motors introduced 2 new variants of Subaru

Vijaya Motors, dealer of Subaru car has introduced two new Crosstrek and Outback models in Nepal, the Crosstrek Hybrid Eyesight and the Outback Touring Eyesight. Both models, priced at Rs 1.69 crore, are built in Japan and feature Subaru's latest automotive technology for an improved driving experience. The Crosstrek Hybrid features a 2.0-liter four-cylinder engine with an electric motor, delivering 150-156 ps @ 6000 rpm. It features X-Mode for enhanced traction on slippery

surfaces and steep inclines, and the latest EyeSight Driver Assist Technology with a wider recognition range and 14 functions. The Crosstrek offers an 11.6-inch full HD touch panel display and an e-Boxer hybrid that adjusts power between engine and electric motor across three driving modes. The Outback Eyesight features a 2.5-liter boxer engine with 185 PS and 245 Nm of torque, paired with a Lineartronic CVT and all-wheel drive.



↑ Shika Jika Sessions at Fairfield by Marriott Kathmandu: A Night to Remember

Fairfield by Marriott Kathmandu hosted the Shika Jika Sessions in July 2024, a unique event that showcased a mix of music, poetry, and art. The event featured 10 local artists, including 5 singers and 5 poets, who performed remarkable performances. The event was a celebration of local talent and creativity, with live painting by renowned artist Saugat Tamang adding a

unique visual experience. The event was filled with music, dance, delectable food, and beautiful poetry, making it a memorable occasion for all attendees. Fairfield by Marriott Kathmandu is committed to supporting and promoting local artists through innovative and engaging events, and invites attendees to join them every Friday at Kaku Kaku Shika Jika.



↶ Aloft Kathmandu Thamel celebrated its 5th anniversary with its trade partners

Aloft Kathmandu Thamel celebrated its 5th anniversary, marking five years of exceptional hospitality and innovative experiences with its business and travel partners. Since its opening in 2019, the hotel has become a popular destination for both local and international guests. General

Manager Vikram Singh praised the team's dedication, guest trust, and stakeholder support for the milestone. Chairman Prithivi B Pande expressed gratitude for the successful journey and the collaborative efforts of the hotel's team, expressing excitement for the future.

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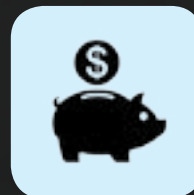
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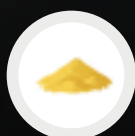
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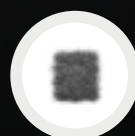
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Facts Vs Myths about Rosemary Water for Hair

Rosemary water has gained popularity as a natural remedy for promoting hair health from social media platforms but with its rise in fame comes several myths. However, as with many natural treatments, myths and misconceptions abound. To help you navigate the world of rosemary water for hair, let's explore the truths behind this herbal elixir and understand its real potential in your hair care routine.

By Malika Joshi

Myth: Rosemary Water Guarantees Hair Growth

Fact: It's said that Rosemary water can guarantee significant hair growth. While some studies suggest that rosemary oil may stimulate hair follicles and improve circulation, results can vary from person to person. It's not a magic solution, and individual factors such as genetics

and overall health also play crucial roles in hair growth.

Myth: Rosemary Water Can Replace Professional Treatments

Fact: While it can be a beneficial addition to your hair care routine, it should not be viewed as a substitute for medical treatments or professional advice, especially for serious

conditions like hair loss or scalp issues. It is suggested to consult a doctor for hair loss and hair growth treatments.

Myth: All Hair Types Can Use Rosemary Water Without an Issue

Fact: While rosemary water is generally safe, it may not suit everyone. People with sensitive skin or certain allergies might experience

irritation or adverse reactions. It's always wise to do a patch test before applying any new product, including natural remedies, to your scalp.

Myth: Rosemary Water Works Overnight

Fact: Hair health and growth take time, and consistency is key. Some users expect instant results from rosemary water. Rosemary water won't work overnight, regular use over weeks or months may show improvements, but it's important to manage expectations and be patient.

Myth: Rosemary Water Can Prevent All Hair Problems

Fact: Many think rosemary water can solve all hair issues, from dryness to dandruff. While it has antibacterial properties and may help with some scalp conditions, it's not a cure-all. A holistic approach, including a balanced diet and proper hair care, is essential for maintaining healthy hair.





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