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*Ancient Nepali Winter
Immunity Wisdom*



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EDITORIAL.

The mornings have started to look darker, fogs has settled in our windows and while golden light of November filters through slowly, we find ourselves on the threshold of winter, a season that makes us want to sleep in as the world slows down. This winter cozy up, and reconnect with what truly nurtures us from within instead of falling for the winter blues.

This month, We at Smart Family have curated stories and insights to help you prepare not just for the chill outside, but for the quiet renewal that winter brings to our minds and bodies. From Sadhguru's guidance on rising above the winter slump in Karthigai to Kiran's journey of discovering purpose in Find Your Ikigai, this issue is a reminder that warmth is something we can cultivate through food, care, connection and also by simply breathing!

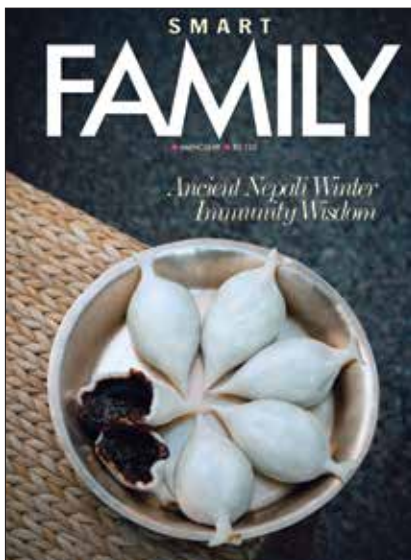
Stay warm and turn the pages to discover how to fuel your winter with nourishing recipes and expert nutrition tips, while

our beauty insiders share their winter glow secrets in "What's Your Winter Skincare Shenanigan?". For families, we explore mindful ways to strengthen both immunity and emotional well-being; from keeping your children's wellness in check to winter-proofing your family's emotional climate.

We also invite you to pause, breathe and sip lemon water for quiet transformation, and slow down enough to notice winter's subtle beauty. Cozy up the indoors this season by curating your own memory wall, and find fashion inspiration through our Zodiac-Based Winter Forecast.

As the days grow shorter, may this issue be a gentle companion with your fur blankets reminding that winter isn't just about enduring the cold, but about finding the light that glows softly within us all.

With warmth and companionship,
Smart Family Magazine



Visit our e-magazine

ON THE COVER:
Yomari, a newari
delicacy .

PHOTOGRAPHY BY:
Suraj Patra Bansha

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Nest

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Nest Media and Digital Pvt Ltd

Lila Marg,
Kupondole, Lalitpur
5423036, 5424637, 9802041460
marketing.nest1@gmail.com

MANAGING DIRECTOR

Nripendra Karmacharya

FINANCE DIRECTOR

Jeena Shrestha

EDITORIAL AND MARKETING

Malika Joshi

PHOTOGRAPHY

Suraj Patra Bansha

MAGAZINE DESIGN

Aaron Karmacharya

SOCIAL MEDIA

Shivani Bhattachan
Anuska Shakya

CONTRIBUTING WRITERS

Sadhguru
Kiran Karki Silwal
Chef Sandeep Khatri
Chham Kumari Gurung
Kirti Agrawal
Neha Lohia
Prakash KC
Sukadev Karki
Sonal Talegaonkar
Vijay Vaidya

OFFICE ASSISTANT

Sunita Magar

SUBSCRIBER DISTRIBUTION

Sunbir Tamang

BOOKSTAND DISTRIBUTION

Kasthamandap Distribution
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The Strong Hybrid Electric Vehicle

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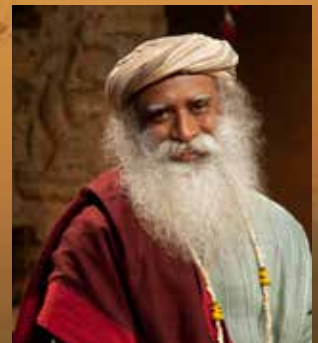
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STARTER.



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.

KARTHIKA

Rising Above the Winter Slump

Sadhguru reflects on how the planet's alignment with the sun influences our energy and vitality. As winter brings natural inertia and emotional heaviness, ancient traditions like lighting lamps during the month of Kartik serve as symbolic and spiritual practices to rekindle inner warmth, awareness, and aliveness.

By Sadhguru

SADHGURU: THIS whole planet is solar powered. The main source of energy for this planet is the sun, and your body is just a piece of the planet. Your ability to ingest the sun's energy determines how much energy you have. So, the movement of the planet in relation to the sun is not only a guideline for us to measure time, but also determines how much energy we carry within us.

During winter, life hits a point of inertia and does not happen at the normal pace. Winter is due to the relative positions of the earth and the sun, but in the norther hemisphere, the forces of gravity work in such a way that there is a kind of stagnation and nothing grows well at this time.

In agriculturally rich country, people often observe that at this time of the year, seeds either do not sprout or sprout very slowly. The very life process slows down, and inertia sets in. Inertia means death; dynamism means life. In a way, a kind of temporary death occurs in all our systems. Mentally, you may become depressed, and physiologically you slow down in many

ways. To make use of this state of inertia as a period of incubation rather than allowing it to affect us mentally and physiologically, we evolved various systems.

During the entire month of Kartik in the Hindu lunar calendar, people light up lamps to keep up the aliveness in their houses. Unlike today when there are electric lamps, people were using oil lamps normally due to economic conditions. They lit one or two lamps for practical purposes. But when this particular month came, they would light as many lamps as possible, at the entrance of the home and inside it, because this is the time when the human mind can become naturally depressive.

A human being cannot escape anything that happens to the planet because what you call as "myself" is just a piece of this planet - a more sensitive and receptive part of the planet than what is there as earth. Whatever happens to the planet will happen a thousand-fold more within the human system. It is just that it takes some sensitivity and receptivity to experience it and make use of it.

What's your Winter Skincare Shenanigan?

From celebrity makeup artists to dermatologists, everyone has their own winter skincare shenanigan to beat the chill. Whether it's hydrating facials, moisture layering, or nightly sheet mask rituals, they reveal how they keep their glow intact when the cold tries to steal it away.

By Malika Joshi



➔ Anish Tamang

Makeup & Body painting Artist | @_divinish

Winter can be ruthless on the skin, so I like to keep things simple but consistent. I start by double cleansing every evening to keep my skin barrier happy, then layer on The Ordinary's Hyaluronic Acid serum followed by a richer moisturizer. Hydration is everything this season inside and out, so I make sure to drink plenty of water. And my little winter indulgence? Moisturizing sheet masks four times a week. It's my favorite ritual to lock in glow when the cold tries to steal it away.

➔ Dr. Shrujana Shrestha

Dermatologist, Laser & Aesthetic Sx | @dr.shrujana

I maintain an elaborate skincare routine throughout the year, with winter bringing hydration to the forefront. With combination skin, I avoid heavy occlusives and increase the frequency of lightweight peptide and ceramide rich moisturizers to strengthen the skin barrier. I slightly reduce retinol use, rely on essence infused sheet masks, and never skip my monthly Hydrafacial or occasional clinic-based skin booster treatments, which provide medical grade exfoliation and deep hydration. I use gentle cleansers, remain consistent with antioxidants, and take extra care of my eyes and lips. SPF is a non-negotiable step every day, and I focus on internal hydration, humidifier use, and quality sleep, because truly healthy, glowing skin always begins from within.



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STARTER ➔ One Question

➔ **Itchya Karki**

Esthetician & Founder, The Beauty Bar | @itchyakarki

My winter skincare shenanigan is all about indulgent hydration!

When the temperature drops, I treat myself to a luxurious 2 hour HydraFacial at The Beauty Bar, it deeply cleanses, infuses antioxidants, and leaves my skin drenched in glow. At home when I can't be at Beauty Bar, I keep the glow going with a cozy ritual like a warm towel steam, a honey mask, and my signature 'moisture sandwich' which is rose water, my fav serum, and a hydrating cream sealed with my favorite ozone facial oil. It's my way of bringing a little salon moment into chilly evenings and keeping that radiant, dewy skin alive all winter long.



➔ **Dr. Priya Bhusal**

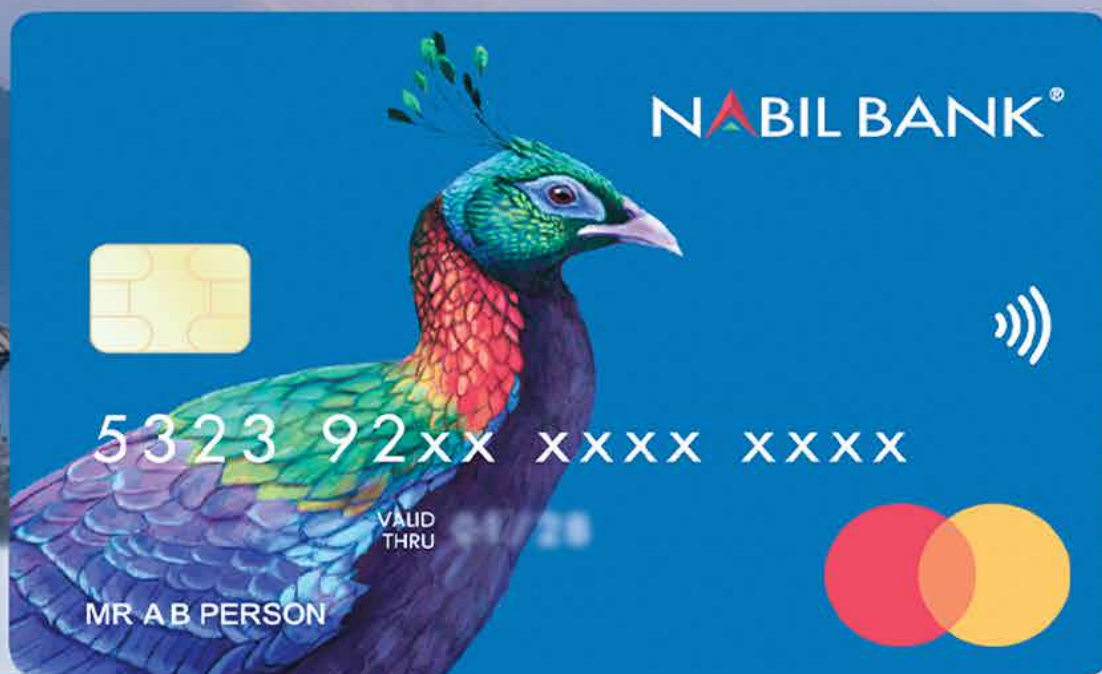
MD, Dermatologist | @rejuvenate_drpriya

In winter, my focus is on hydration and repairing the skin barrier. I start with a gentle cleanser, followed by a good moisturizer and sunscreen as daily essentials. At night, I use a hydrating and antioxidant-rich serum to nourish and repair my skin. I also prefer gentle exfoliation every two weeks and a monthly in-clinic treatment to boost results. And, of course, I never forget to stay well-hydrated. These consistent rituals keep my skin soft, healthy, and winter-ready all season long.



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TOGETHER AHEAD

FIND YOUR ikigai

This feature explores how our early mental programming shapes our adult lives and how discovering one's Ikigai; the Japanese concept of purpose can bring clarity, balance, and fulfillment.

By Kiran Karki Silwal



Did you know that 95% of your life is shaped by how your mind was programmed between the ages of 0 and 7?

Science tells us that during these early years, our brain functions in the Theta wave state, a deeply absorbent, highly programmable phase. What we experience, see, and hear as children quietly becomes the foundation of our beliefs, behaviors, and patterns as adults. You might have wondered, “Why does my life feel ordinary while only a few people seem to truly thrive?”

The truth is that our lives aren’t average, our thoughts are. We often keep thinking the same way day after day, and as a result, we keep living the same kind of life. People upgrade their phones, perfumes, and wardrobes but how often do we upgrade our thoughts? The real transformation begins when we dare to change the way we think.

Discovering My Ikigai

In Japanese, Ikigai means “a reason for being”; the purpose that gives life meaning, joy, and direction.

Few years ago, when I discovered my own Ikigai, my entire perspective on life changed. I began deep inner work, healing old patterns, and realigning with my true purpose. With that transformation came a new mission to help others find their purpose and inner peace too. That’s how my program, “Find Your Ikigai with Kiran,” was born, a journey designed to help you reconnect with your mind, body, and spirit and

live with clarity, confidence, and contentment.

What I Experienced in this course?

This course beautifully blends science and spirituality, offering practical tools for real transformation. I experienced these and you can too!

- Understand how your brain and thoughts shape your life
- Explore the Wheel of Life to find balance and growth
- Engage in self-reflection activities to recognize your patterns
- Learn powerful NLP detox techniques to reprogram your mindset
- Reconnect with your body and energy through mindful routines

Trust me, you never learnt these things in your schools neither your parents taught you but together we can learn to live life with clarity and confidence. And it doesn’t stop with you in this course, you will nurture yourself and your family. By applying simple life hacks and conscious practices, you’ll create a ripple of positive change within your home and relationships.

We don’t truly live in a bungalow or an apartment but we live in our mental home.

That’s why upgrading your mind every day isn’t a luxury; it’s a necessity. I am 100% sure that this program will help you not only find your purpose but also regain your health and vitality.

Why is it urgent to find your Ikigai?

Modern life has quietly made many of us sleep-deprived, distracted, and disconnected. From childhood to adulthood, most people struggle with unhealthy habits, irregular sleep, and poor food choices. Through my own experience, I’ve realized that right nutrition, adequate rest, and a calm mind can transform your energy, focus, and confidence. If you study the world’s most successful people, you’ll find one common truth before they invest in their business, they invest in themselves. They care for their mind, body, and soul. When these three align, life flows effortlessly.

Success Beyond Money

Too often, we confuse success with wealth. But true success goes far beyond money it’s about living with purpose, passion, and peace. This program isn’t just about achieving goals; it’s about building a meaningful life. Real self-love isn’t just about spa days or travel. It’s about nourishing your thoughts, feeding your body well, and upgrading the inner software that drives your life.

A Lifelong Gift to Yourself

In my 11 years of spiritual practice, I have realized that true wealth lies within it. It’s all about how you treat yourself first. When you begin to honor your mind, body, and soul, life responds with abundance, clarity, and love.

Today I see myself as the happiest women in the room because of the inner

work I do every day and I teach only what I have tried, tested these techniques have made my life easy, focused and brought happiness. “Find Your Ikigai with Kiran” offers lifelong tools and wisdom to help you live with purpose, peace, and fulfillment. If you’re ready to nurture yourself and your family, to upgrade your mental home, and to live a more meaningful and balanced life, this is your invitation to begin. Because when you find your Ikigai, you don’t just live, you thrive.

Instagram: @kiranarkisilwal, for one-to-one session



Kiran Karki Silwal
Certified Parenting & Lifestyle coach | NLP -Sub Practitioner| Women in spirituality |Mrs. Nepal World 2nd Runner Up | Podcast: @shinewithkirann IG: @kiranarkisilwal

Winter Wonders



CHUNKY SCARF

The dip in temperature can't stop you from being stylish! Wrap yourself on cold winter mornings with in-trend chunky scarf that comes in multiple vibrant colors. Colorful, chic, trendy and last but not least, warm!

SCENTED Candles

Hand-poured candles infused with natural essential oils and aromas. Perfect for cozy evenings, meditation, or just creating a serene mood at home. They're eco-friendly and can be a small luxury that feels good and does good.

Candle in frame from: [ablazeluxecandle](#)



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Winter is the perfect season to declutter, and a set of durable, stackable storage boxes helps you do just that. From keeping blankets and winter clothes organized, storing kids' toys, or storing summer clothes, they make your home functional without sacrificing style. Smart storage solutions make seasonal transitions effortless.

THERMAL FLASK

Whether it's morning tea, coffee, or just warm water, a thermal flask keeps your drinks hot for hours. Ideal for busy parents, school-goers, or office workers, it ensures that warmth is always within reach even on the go. It will also help in keeping your hydration in check.



HUMIDIFIER

Dry winter air can take a toll on your skin, sinuses, and even your mood. Humidifier quietly restores moisture balance in your home, helping your family breathe easier and sleep better. A must-have especially in homes that rely on heaters all day. Where to get: CG Electronics



JAPANESE RESTAURANT Kotetsu

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

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

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



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Fire & Ice

*Ancient Nepali Winter
Immunity Wisdom*



Winter in Nepal is not a battle against cold, it's a beautiful ritual within. Across mountains, valleys, and plains, each community has evolved its own rhythm of warmth and wellness. From Momo's comforting steam and thukpa's healing broth to renduk's resilience and taruwa's earthy crisp, Nepali winter cuisine is not indulgence but crafted for climate. Rooted in Ayurveda and local ecology, these foods build immunity not through supplements but through alignment.

By Chef Sandeep Khatri

Winter in Nepal is a slow ritual of preparation a seasonal intelligence handed down through generations. While the modern world stocks supplements, our grandmothers quietly built immunity through fire (digestive strength) and warmth (fats, broths, fermented foods, and mindful seasonal rhythm). In this ancient Nepali wisdom, winter wellness is not an external fix but an internal cultivation. Immunity is crafted in the kitchen, in the way we breathe, in how we rest, and in how we align with nature's cooler turn.

Momo: The Steam of Winter

Winter without momo is incomplete. There is

Yomari, a winter delicacy provides energy with its rice flour while the rich filling of chaku and sesame seeds generates internal heat and supports circulation. Packed with natural sugars, iron, and healthy fats, it helps the body stay energized through cold days.

a reason momo tastes different in the cold. The rising steam, the warmth of the chutney, the sesame-timur kick; it becomes more than comfort food. In winter, momo becomes a symbol: heat meeting cold; fire meeting ice. It is a sensory metaphor for how Nepali winter immunity is not just biology, but emotion, ritual, and seasonality.

Thukpa: Broth as Breath

Thukpa is winter medicine disguised as soup. A bowl of warm broth, ginger, garlic, mountain herbs and noodles give a respiratory therapy. The vapor opens the sinus, the spices ignite Agni, and the slow warmth regulates Vata. Thukpa brings the body back into circulation especially on cold nights.

Thenduk: Kneaded Dough, Kneaded Heat
Thenduk is the humble genius of Himalayan food culture, dough torn by hand into clear broth, cooking into soft strips that absorb flavor like memory. This

dish is winter pragmatism: one pot, minimal fuss, maximum warmth. In Ayurveda, this is functional starch - grounding, comforting, and sustaining fire without heaviness.

Renduk: High-Altitude Winter Craft

Renduk is a seasonal engineering. In high altitude communities, climate shapes cuisine. Renduk, slow cooked, often meat-based, layered with spice and fat is resilience food. It is designed to deliver deep warmth, long-lasting satiety, and stable digestion in harsh cold. Renduk is the psychology of survival expressed through flavor.

Difference Between Thenduk and Renduk

Thenduk is essentially hand-pulled or hand-torn noodle strips cooked in broth. The dough is stretched or pinched directly into the boiling soup, giving soft, ribbon-like pieces. It is light, quick to make, and everyday winter comfort food that's more soup-forward, more about broth and alidity.

Renduk, on the other hand, is a slow-cooked winter stew, often meat-centric and designed for stamina at high altitude. It is richer, fattier, more layered, and more sustaining. Renduk is engineered for longer cold exposure, deeper warmth, and calorie density.

Rildok

Rildok is a beloved Sherpa high-altitude dish that transforms humble potatoes into a creamy, sustaining meal. Boiled potatoes are pounded until smooth and elastic, then shaped into soft

potato balls and simmered in a creamy white broth made from yak butter, milk, or light bone stock. The result is a velvety, soul-warming bowl rich in starch and gentle fat that restores body heat and energy in the freezing Himalayan climate. Lightly seasoned with Himalayan salt, garlic, and timmur, Rildok reflects the Sherpa wisdom of balance: nourishing the body with warmth and calm while maintaining simplicity born from mountain resilience.

Mustang, Manang & High-Altitude Winter Reminders

High-altitude food culture is not fashionable storytelling, it is survival science written in taste. In Mustang and Manang, winter is not a temperature drop, it is a shift of existence. Food becomes architecture for endurance. Fat is not indulgent, it is insulation. Broth is not thin-soup, it is respiratory insurance. Renduk, dried yak cheese, barley porridges, smoked meats, fermented greens, these are not random recipes but seasonal logic. High altitude culture teaches one truth clearly: winter must be prepared for, not reacted to. Their cuisine is a reminder that winter wellness is not built during the season, but before the season arrives.

Newari Winter Preparations: Culture of Immunity

Newars understood winter as a time to fortify. Their seasonal eating is not merely culinary identity but is metabolic intelligence. Saag, chiura, haku choila, bone broths, malaa, bhuttan, and the ritual of slowly dried

→ Cover Story

Fildhuk, similarly to jhol momo is a hearty winter treat from Nepal's mountain regions. It is known for its warmth and nourishment. It's rich in fiber and essential minerals that aid digestion and boost immunity. Traditionally served hot with ghee or meat soup, Fildhuk helps maintain body heat and stamina during the harsh winter months.





⬆️ Taruwa is dish made up by dipping vegetables in seasoned batter and pan-fried. The warmth of oil, the grounding of root vegetables, the spice layer, the crunch, it creates immediate heat in the digestive tract.

meats all functioned like winter armour.

Even the famous yomari season in Poush is not random. It is crafted with warm jaggery, rice dough, sesame and steamed to warm body. The Newari winter pantry is a reminder that heritage is not nostalgia, it is lived biochemistry. When cultural food aligns

with season, wellness is not external, it is embodied!

Jaad ko Jhol
(also called Aaila-maa Khwā-yaa Jhol in Newari context)

“Jaad” refers to the sour fermented curd / whey left from alcohol making (raksi brewing base) and “Jhol” means broth / soup. This is

the ancestral winter broth made from the sour whey left after Aaila fermentation simmered with bones to create a warming, collagen-rich winter tonic.

Taruwa: Choudhary's Winter Logic

In the plains, among Tharu, Choudhary and Madhesi households winter wellness

takes a very different, yet equally intelligent form. Here the body does not battle altitude, it battles damp cold and fog. Taruwa is dish made up by dipping vegetables in seasoned batter and pan-fried. The warmth of oil, the grounding of root vegetables, the spice layer, the crunch, it creates immediate heat in the digestive tract and holds the system stable against humidity chills. Mustard oil is central ingredient that's sharp, pungent and Vata-regulating. Combined with gram flour, ginger, turmeric and seasonal produce, taruwa becomes a winter tool.

Kshetri Winter Eating

Among Kshetri households, winter eating has always been about strength with clarity - no excess, but no compromise on warmth. Goat meat curries slow-cooked with timur and sutho, fried buckwheat rotis brushed with ghee, hot jhol of lentils, and rice eaten with a thicker, fattier grav.

Thukpa, a beloved noodle soup, is the perfect winter comfort food. Made with warm broth, fresh vegetables, and meat or eggs, it offers a balanced mix of protein, carbs, and vitamins. The hot, spiced soup not only nourishes but also improves circulation and helps the body fight off cold. Each bowl brings soothing warmth and a sense of home on chilly days.





Rikki Khur, a comforting Himalayan staple, is made from roasted barley flour mixed with butter or ghee and hot water to form a dense, energizing meal. High in complex carbohydrates and good fats, it provides lasting warmth and strength, making it ideal for cold, high-altitude climates. Its earthy flavor and rich texture make it both nourishing and deeply satisfying during winter.

occupation, altitude and season.

Only when canned shortcuts, processed powders, artificial masala, and industrial flavouring entered the kitchen did health begin to drift away.

Our DNA still craves natural food.

Our palate still recognizes ancient memory.

Our body still responds to nature, not packaging.

The soul, mind and body of this land were never western, they were Himalayan, seasonal and intuitive. So let us not imitate the West. Let us take pride. Our food already had what the world is now trying to

➔ From the Sherpa hearths of the high Himalaya to the Lo people of Mustang, from the Tharu–Choudhary plains of the Terai to the Newari inner–valleys, every community of Nepal carried its own winter intelligence.

It is winter pragmatism. Kshetri food culture in cold months focuses on muscle–building proteins, digestible starch, and warming spices, the kind of food that prepares the body for physical resilience in harsh climate. Ghee in morning rice, ginger–heavy achar, and simple root vegetables roasted on a fire all reflect the same principle: winter immunity is earned through simplicity, heat, and nutrient density.

Winter Immunity Was Always Our Inheritance

From the Sherpa hearths of the high Himalaya to the Lo people of Mustang, from the Tharu–Choudhary plains of the Terai to the Newari inner–valleys, every community of Nepal carried its own winter intelligence. Whether it was bone broth, fermented greens, fatty stews, taruwa, thukpa, momo, renduk or jaad ko jhol, these were not

trends. They were metabolic architecture. They were ancestral biochemistry.

Nepal may be geographically small but its food culture is one of the world’s most diverse seasonal immune systems. Every traditional preparation was Ayurvedic at its root: aligned with climate, digestion, terrain,

TRIDOSHA RENDUK SOUP – AYURVEDIC BALANCED HIMALAYAN BROTH

INGREDIENTS

- 2 handful Renduk (dried, lightly fermented greens)
- 1 medium potato diced small





➔ The Sherpa kitchen, like the mountain itself, is a living mandala where Yin and Yang meet in the bowl — the cold of altitude softened by the heat of compassion, creating harmony that sustains both body and spirit.

- 1 tbsp barley flour (jau ko pito)
- 1 tsp ghee
- 1 tsp black sesame seed
- 1 pinch fenugreek seed
- 1 small piece ginger grated
- 2 pinches timbur powder
- Salt to taste
- 300 ml warm water or light veg broth

METHOD

- Warm ghee in small pot, bloom fenugreek until light brown.
- Add ginger and diced potato, sauté briefly.
- Add Renduk and warm broth.
- Stir barley flour slurry (mix flour with 1–2 tbsp water first), then pour slowly.
- Simmer 12–15 minutes until velvety body forms, potato soft.
- Finish with sesame + timbur + salt adjust.

Tridosha Logic

- ginger & timbur → Kapha reducer
- barley & fenugreek → Pitta calmer
- ghee & sesame → Vata nourisher

Personal adjust

- Vata dominant → +1 tsp extra ghee
- Pitta dominant → reduce timbur to 1 pinch

- Kapha dominant → finish with small squeeze lemon
- Serve

Best with barley roti, buckwheat flatbread, or millet roti.

Serving Suggestion: Serve hot, topped with a drizzle of ghee and pinch of timmur. Best enjoyed with barley roti or buckwheat flatbread

The Himalayan Balance of Yin and Yang

In the high Himalayas, food is not merely sustenance — it is philosophy made edible. Rildok, and dishes like it, embody the eternal dialogue between fire and ice, heat and cold, yin and yang. The frozen landscape demands warmth; the human body answers through ghee, spice, and slow simmered broths. Yet even in that warmth, balance is sought — cooling barley, grounding potatoes, and gentle fats temper the flame.

In Ayurvedic and Himalayan thought, this is the art of samta — equilibrium. Fire represents transformation, digestion, and energy; Ice embodies preservation, calm, and endurance. Together, they teach that wellness is not achieved by one force

overpowering the other, but by their conversation. The Sherpa kitchen, like the mountain itself, is a living mandala where Yin and Yang meet in the bowl — the cold of altitude softened by the heat of compassion, creating harmony that sustains both body and spirit.



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.



PARENTING.

Winter Wellness for Children

Nurturing Warmth Beyond the Cold

Winter in Nepal brings both joy and challenges for children. Cozy sunlight, family time, and citrus delights balanced against cold waves and coughs. This feature explores how parents can nurture both physical health and emotional warmth, turning winter into a season of connection, comfort, and resilience.

By Prakash KC

“TRUE WARMTH doesn’t come from the fire in the heater, it comes from the fire in our hearts.”

As the crisp breath of winter sweeps across Nepal’s hills and valleys, homes are filled with both excitement and caution. Parents look for warm clothes, children wait excitedly for school holidays, and everyone feels the first cold morning breeze that tells winter has arrived. Cold weather limits outdoor play and times in the sun, which can leave children, feel tired both physically and emotionally.

Winter’s Dual Impact: Balancing Health and Happiness for Children

Winter is nature’s paradox it brings both joy and vulnerability. On one hand, clear skies and cozy sunlight are perfect for outdoor play, while citrus fruits like oranges and lemons boost immunity. On the other hand, fog, cold waves, and pollution turn into breeding grounds for respiratory illnesses such as flu and pneumonia, especially affecting children in Nepal’s plains and hills. So, winter wellness means more than wrapping up in blankets. It’s about balancing prevention with positivity while protecting children from the chill while letting them experience the warmth of family, fun, and emotional connection.

A Parent’s Guide to Winter Wellness: Ensuring Children’s Health and Comfort

Parents are the true guardians of winter wellness. With thoughtful daily habits, the season

can shift from stressful to soothing. Layering up smartly by dressing children in breathable layers, along with hats, socks, and gloves, helps retain body heat. Serving seasonal goodness, such as citrus fruits, green vegetables, soups, and foods rich in Vitamins C and D, boosts immunity. Be mindful of overly spicy, oily, or heavy foods, which may cause indigestion or discomfort in children. Hydrating warmly is important too, since kids often forget to drink water in winter offer lukewarm water or herbal teas. Letting the sun in for a few minutes each morning aids Vitamin D synthesis and lifts mood. Finally, a regular routine with fixed times for sleep, meals, and study helps children feel secure and balanced throughout the season.

Cultivating Connection: How Emotional Warmth Supports Children’s Well-Being

Physical health is important, but emotional wellness is the heart of winter care. The cold season can sometimes make children feel isolated, especially when outdoor play is limited.

Listening without judgment provides a kind of warmth that no heater can match.

Parents can turn their homes into cozy spaces of creativity and connection, where simple indoor activities keep children engaged while fostering closeness. Reading bedtime stories under a warm blanket creates magical bonding moments, while painting, baking, or crafting

paper snowflakes offers fun projects that spark both joy and learning. These shared experiences also strengthen emotional bonds, releasing oxytocin, the “bonding hormone” which nurtures a child’s sense of security and confidence. These activities strengthen parent-child intimacy. Children benefit greatly when they are encouraged to express their feelings. A home filled with understanding and care becomes the ultimate immunity booster for children.

Motivation in the Frost

Winter mornings can make getting out of bed difficult, and schoolwork may feel overwhelming for children. Instead of using pressure, focus on positive motivation. Encourage them with phrases like, “I’m proud you tried,” rather than, “You should have done better.” Celebrate small achievements, such as finishing a chapter, helping with chores, or keeping their room tidy. Children often mirror their parents’ attitude; by staying positive and patient, parents can teach resilience.

The Season of Togetherness

Winter is not a pause, it’s a gentle invitation to slow down and reconnect. It’s time for morning sunbaths, storytelling evenings, and hearty family meals. When parents turn these routines into rituals of love and laughter, they build memories that outlast the season.

Final Thought

As the cold sets in, our goal is not only to protect our children from the

winter chill but to guide them toward lasting joy. Through our care, our genuine connection, and our compassion, we can build family warmth that turns frosty mornings into moments of resilience and togetherness. The greatest comfort we can give them comes not from a blanket, but from a loving home.



Prakash KC

Prakash KC is Founder and Chief Trainer of Prakriti Academy and Innovation Center Pvt. Ltd., is currently pursuing an MPhil in Educational Leadership at Kathmandu University. He has been serving as the Senior School Supervisor and Counsellor at Southwestern School. In addition to his primary role, he actively contributes as a trainer in the areas of counselling, teaching-learning practices, and positive thinking, both online and in-person. He firmly believes in the transformative power of education and is dedicated to fostering growth, both within himself and in the communities he serves. He is also an esteemed member of Smart Parenting Nepal.

YOUTH LEADERSHIP ENCOUNTER

SWOSTISHREE STUDENTS' TRIP TO MIAMI, USA



Aarjab Bir Singh
Kansakar, MYP III

My recent 10-day visit to Miami was an inspiring and transformative learning experience. Presenting myself with my team on an international platform also boosted my confidence and reinforced my belief that local initiatives, no matter how small, can inspire global action.



Anikait Babu Karki
MYP III

My trip to Miami was an eventful one. I learned many new things with my friends as we visited the Everglades and the flooded grasslands of Florida. We also went to the NSU Marine Environmental Education Center, where we studied different types of local marine life. I found YLE to be a wonderful platform where students from different parts of the world come together.



Deepshikhar Maharjan
MYP III

My experience in Miami was really great. We got to explore many places like Miami Beach, Dania Point, Arcade, etc. We also ate very delicious food from different places. Our presentation went really well, we all tried our best and got compliments from other people on how good our presentation was. The most fun we had was probably the last day at the club, when we were all jumping and dancing.



Sparsha Pradhan
MYP III

This trip to Miami was truly an experience of a lifetime. We were able to meet a lot of people from all over the world and learn more about marine life and ecosystems. We were able to understand other cultures and their hypothesis on Leadership across oceans, uniting cultures to preserve ecosystems. Overall, this trip was extremely memorable and educational.



Aarohi Bade Shrestha
MYP IV

I recently had the chance to experience YLE Miami 2025, and it was truly unforgettable. There were so many people from different backgrounds, all gathered for the same purpose: to learn, grow, and share ideas. The event was full of workshops, talks, and activities that made learning fun and interactive. Looking back, it wasn't just an event; it was a unique experience that I'll always remember.



Aayu Khatri
MYP IV

This year, I had the amazing opportunity to take part in YLE 2025 in Miami, Florida. At the event, I met young people from across the globe—different countries, different languages, and different stories. Overall, YLE 2025 helped me grow as a person, expand my global community of friends, and learn how small actions can make a big difference.



Grishma Sapkota
MYP IV

Going to YLE 2025 in Miami, Florida, was an amazing and life-changing experience. During the sessions, I had the chance to share my ideas, listen to others, and learn how to make a positive impact in my community. The whole experience inspired me to keep growing as a leader and to use what I learned to help others and create meaningful change.



Paridhi Shahi
MYP Year IV

My experience during the Youth Leadership Encounter (YLE) trip was wonderful. The Miami tour was the first part of the programme that I attended. The trip was very educational as I gained knowledgeable insights about their history. On the fourth day, we had our group presentation on the topic "Plastic Packaging and the Ocean".



Princiya Kunwar **MYP IV**

At the Youth Leadership Encounter held at Florida Miami 2025, I had the incredible opportunity to present on marine life and ecosystems. It wasn't just about sharing my knowledge; it was about connecting with others who share the same love for the ocean and its future. The most memorable part of the experience, though, wasn't the presentation itself, but the people I met. I connected with individuals from all over the world and made many new, long-lasting connections.



Parushi Siwakoti **Grade XII**

My experience at the YLE Youth Leadership Encounter in Miami was truly unforgettable. We connected with students from around the world and learned a great deal about leadership, teamwork, and the impact of our daily choices on the planet. What made it even more special was how we got to know our own friends on a deeper level — sharing moments, challenges, and laughs that really strengthened our bond. It was an inspiring, eye-opening journey that I'll carry with me for a long time.



Prisha Rai **Grade XII**

My YLE learning experience in Miami, Florida, was unforgettable. We presented on the topic of conserving marine ecosystems, focusing on our country's solution to reduce single-use plastics and packaging. Through this experience, I developed important skills like communication, teamwork, leadership, and public speaking. These skills have helped me become more confident in expressing my ideas and working with others. It was truly an amazing and life-changing experience.



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As the Managing Director of Swostishree Gurukul IB Continuum School and the Board Member representing the Asia-Pacific Region of ISA, this opportunity allowed me to contribute to discussions on the organization's strategic

direction during the ISA Board Meeting held in Miami, Florida.

The Board Meeting was both productive and inspiring, providing a platform to review the significant progress

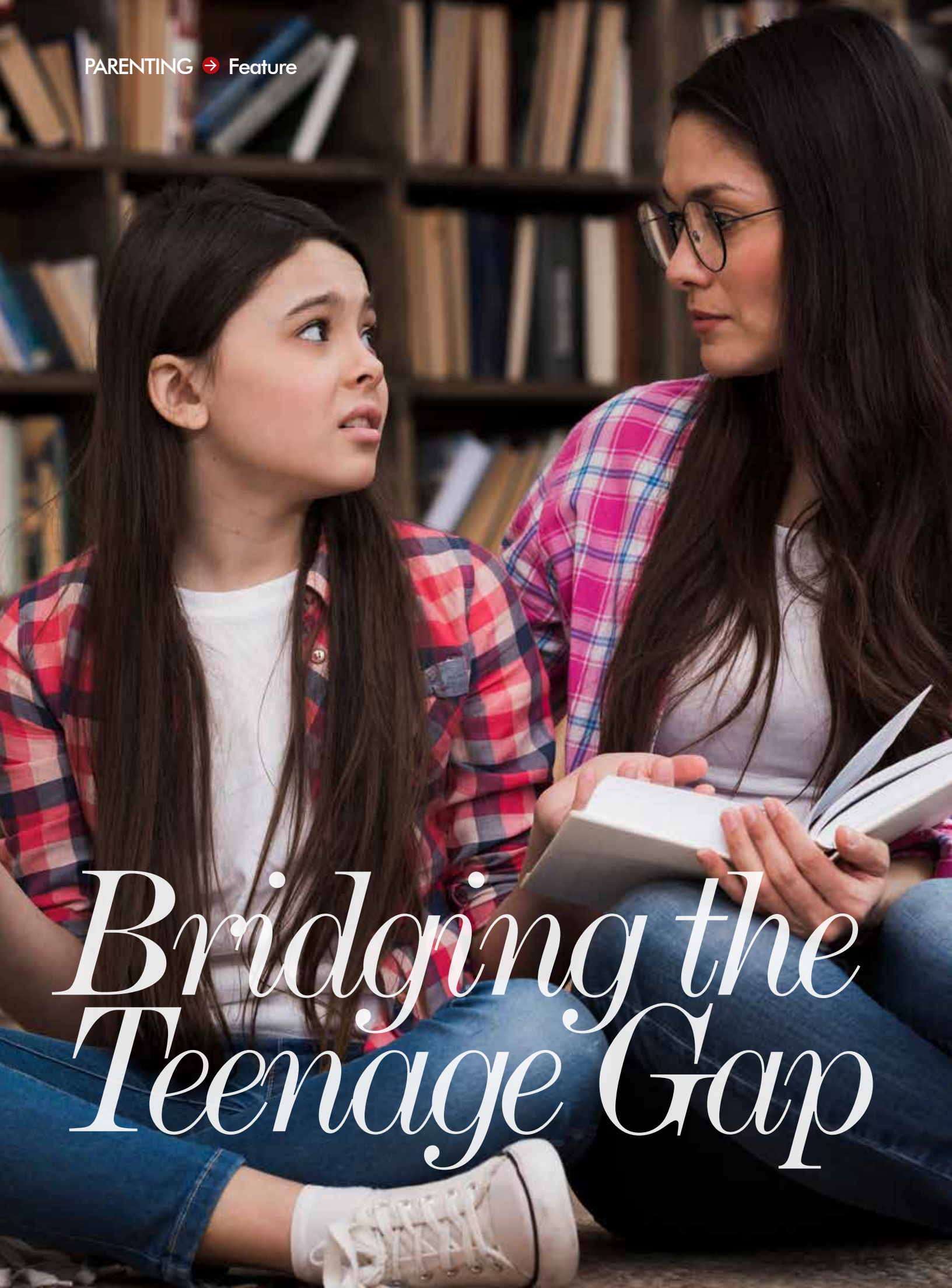


made by ISA in fostering collaboration among member schools worldwide. Members engaged in thoughtful deliberations on future initiatives aimed at enhancing student engagement, leadership training, and cross-cultural

educational exchanges. Swostishree Gurukul is very proud to be a member of ISA.

Ms. Mina Maharjan
Managing Director
Swostishree Gurukul IB
Continuum School

PARENTING ➔ Feature

A young woman with long dark hair, wearing a red and blue plaid shirt over a white t-shirt and blue jeans, sits on the floor. She is looking up and to the right with a curious expression. Next to her, a woman with long dark hair and glasses, wearing a pink and blue plaid shirt over a white t-shirt and blue jeans, sits on the floor. She is holding an open book and looking down at it. They are in a library with bookshelves filled with books in the background.

Bridging the Teenage Gap



As children grow into teenagers, the bond that once felt effortless can suddenly feel distant. Between sarcasm, silence, and screens, many parents struggle to reconnect. This piece explores practical, heartfelt ways to rebuild trust and communication both online and offline, helping parents become the safe space their teens still deeply need.

By Chham Kumari Gurung

DO YOU still remember a time when your children looked at you with so much love and adoration? When they wanted to spend every waking hour with you, even waiting outside the bathroom, wiggling their fingers under the door, demanding to be acknowledged and how they laughed at all of your silly jokes? The same children as they grow into teenagers, seem to turn into individuals beyond recognition. They often doubt your expertise on any matter, debating with you on any given subject and reserve a special brand of sarcasm only for you. Or even worse, they may stay glued to their gadgets, without responding at all to any of your attempts at conversations.

Troubled parents have often consulted with me, lamenting the loss of bond they once shared with their offsprings. On the other hand, teenagers I have worked with have shared how their parents do not seem to be cognizant of their changing needs; that they are talked at, nagged at and criticised, further widening the gap in the relationship. Their parents are no longer the safe space they once were.

The world our children inhabit today is a world

starkly different from the one we did as youths. While we had our own set of challenges, we will never be truly able to fathom the complexities of the online world our children navigate on a day-to-day basis and the direct impact on them.

Ironically, while they may shoot up overnight and tower over you and seem to be extremely well-informed, now, more than ever, they will need our love, patience, guidance and support. The connection they have with you as their primary caregiver will be crucial as they transition into the exciting, beautiful and sometimes frightening world outside. Here are some ways you can rebuild a secure base for them to return to, as you and your children navigate these unknown waters:

Connect Through Their Gadgets

Instead of fighting the technology, use it as a bridge to connect.

- Become a Co-Gamer or Co-Viewer: Ask them to teach you how to play their favorite video game (like Minecraft or Fortnite) or watch a few of their favorite YouTube or TikTok creators with them. This shows genuine interest and gives them a

chance to be the expert, which they will love.

- Use Tech for Shared Projects: Turn screen time into an interactive activity.
- Create Together: Try making a short video, editing photos, learning a coding concept, create a playlist you both enjoy or building a shared world in a game.
- Text on Their Level (with boundaries): If they rarely talk in person, use text or their preferred messaging app for short, fun check-ins or inside jokes. This acknowledges their primary communication style.
- Discuss Digital Citizenship: Use their interests as a springboard to talk about online safety, identifying reliable information, and cyberbullying. This shows you care about their whole life, including their digital one.

Introduce Unplugged Connection

Co-create engaging, screen-free moments that they can enjoy.

Focus on Shared Activities

- Family Rituals:
- o Family Date: Letting your child practice autonomy by letting them choose

the dishes to cook/ order in and a movie of their choice.

- o Family activity: Walk in the neighbourhood/ a drive to nowhere. Parents and teenagers from all over the world have vouched for this. No eye contact is required, which lowers the pressure. Use driving time to simply put on their favorite music and listen together.
- Board Games & Puzzles: Modern board games of their choice. They will definitely gloat over your defeat. Do NOT be a sore loser.

Establish Clear Boundaries & Routines

- "Tech-Free" Zones/Times:
- Mealtimes: Designate dinner (or breakfast) as a mandatory phone/ gadget-free time for the whole family (parents included!). This is vital for conversation.
- Bedrooms at Night: Keep all screens, especially phones, charging outside the bedroom at night to protect sleep and reduce late-night scrolling.
- Model the Behavior: If you are constantly on



Encourage and facilitate activities that naturally require them to put the gadget down: sports, art, playing a musical instrument, or volunteering.

your phone, your message won't be as effective. Put your own device away when you are trying to connect.

- Non-Negotiable Time: Agree on a mandatory unplugged time after school or on weekends (e.g., "From 5 PM to 7 PM on weekdays, devices are charging"). Use this time for family activities, chores, or physical movement.
- Support Offline Hobbies: Encourage and facilitate activities that naturally require them to put the gadget down: sports, art, playing a musical instrument, or volunteering.

Effective Communication

- Be a Great Listener, not a Quick Solver: Teens often want to vent or share, not get a lecture or immediate solution. Listen without interrupting and resist the urge to jump in with advice or judgment.
- Try reflecting: "Wow, that sounds really frustrating," or "So, what I hear you saying is you felt left out."
- Validate Their Feelings: Even if a problem seems small to you, it's huge to them. Acknowledge their emotions with empathy. Avoid dismissive phrases like "It's not a big deal" or "You'll get over it."
- Ask Open-Ended Questions: Instead of

questions that lead to a "yes" or "no" answer, use questions that require more thought, especially during casual moments.

- Try: "What's the most interesting thing that happened today?" or "What are your thoughts on [a current event/school issue]?"
- Pick Your Battles: Overlooking minor issues (like messy rooms or questionable clothing choices) means you'll have their attention and goodwill for the bigger, non-negotiable issues (like safety and core values).
- Be Mindful of Your Reactions: Teens are more likely to open up if they don't fear an angry, critical, or overly emotional response. Try to stay calm even when the topic is difficult- this may not be humanly possible all the time.

If you notice that your teenaged child is experiencing any significant changes in sleeping/eating habits, consistent sadness, hopelessness, or resorting to self-harm or drug use, please seek professional help immediately.



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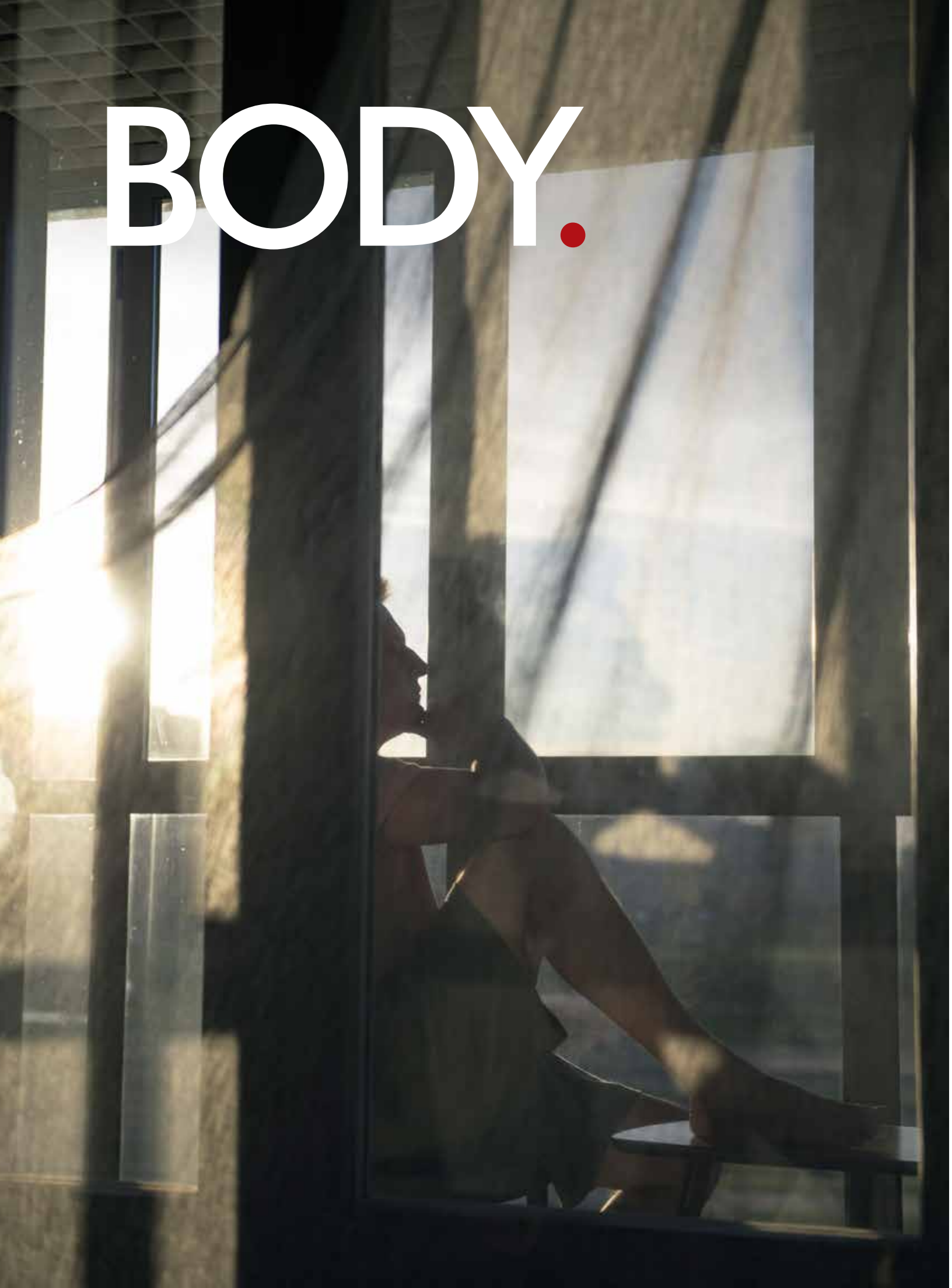


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FROM FROST TO FLOW

The Mindful Way to Winter-Proof Your Family's Emotional Climate

Winter in Nepal brings calm, reflection, and togetherness but also low energy and emotional distance. Counselling Psychologist Kirti Agrawal shares how mindful awareness, gentle routines, and physical closeness can help families stay emotionally warm.

By Kirti Agrawal (Psychologist, M.Phil.)

AS THE mornings grow foggy and the evenings settle into quietness, winter wraps itself around our homes. Not just through the chill in the air, but also through the subtle changes in our moods, routines, and relationships. In Nepal, this season often brings a gentle calm that encourage us to step back, sip chiya, and curl up in cosy beds. Yet, it can also bring low energy, irritability, loneliness and disconnection, especially, as days shorten and our bodies seek more sunlight, movement and emotional warmth.

Winter doesn't just test our physical immunity, it also tests our emotional resilience. Families can get confined indoors but that doesn't always mean they are emotionally connected. Winter can be challenging as it is rewarding. It's an opportunity to connect through mindful emotional check-ins and nurture deeper bonds using mindful awareness, emotional corrugation, physical closeness, and gentle routines.

Mindful Awareness

While we protect ourselves from the cold with blankets and layers, our minds often go on autopilot, trying simply to "get through the season". This shrinks emotional awareness, making us less attuned to our own feelings or those of loved ones.

Mindful awareness provides gentle support for reflection. It does not force cheerfulness, but simply invites us to notice and check in.

- How do I feel today? (example: exhausted, hopeful, or hurried)
- How is my child's energy this week? (quiet, clingy or more tantrums?)
- Is my partner withdrawing or reaching out more than usual?

Daily check-ins acts as a shield for our emotional management. They help us recognize early signs of stress or emotional disconnection, letting family members feel seen and heard and supported.

Emotional Corrugation

Nepal's colder months bring unique challenges: children rely more on screens during vacations, parents juggle work with extra household responsibilities, outdoor socialization decreases, and elders feel more physical discomfort. Instead of reacting impulsively, we can learn to bend with these moments.

Family's harmony doesn't lie in the absence of tension, it lies in our ability to stay calm when challenges arise. That calm is "Resilience".

Emotional corrugation means acknowledging winter challenges and processing emotions without closing ourselves off. When a child throws a tantrum, remind yourself: "This is discomfort speaking." When a spouse snaps, try: "This may be a moment of tension, not rejection." Such reframing does not excuse behaviour but keeps the emotional climate balanced, creating space to understand the feelings and needs beneath the behaviour.

Families that flow through challenges rather than freeze are the ones that stay emotionally warm all winter long.

➔ Reframing does not excuse but keeps the emotional climate balanced, creating space to understand the feelings and needs beneath the behaviour.

Physical Closeness

We often underestimate the power of touch and closeness in regulating emotional health. In the colder months, oxytocin- the 'bonding' or "happy" hormone becomes key source of emotional resilience. Simple gestures like hugging your child before school, sitting close to your parents while watching TV, or holding your partner's hand during evening tea can strengthen these bonds.

In multi-generational Nepali homes, physical closeness is common and beautiful. While it can reduce privacy or create friction, balance is the key. Small gestures matter:

- Sharing a family "blanket moment" while watching a show.
- Sipping morning "chiya" together instead of retreating to separate rooms.
- Enjoying a little "gham tapne" and "suntala khane" time together.

These moments act like emotional vitamins, strengthening the family's collective immunity against loneliness and tension.

Gentle Routine

Winter often disrupts our routines. We may sleep more,

move less, and crave comfort food. While natural, these shifts can lead to emotional stagnation. The solution is gentle structure, not strict discipline.

A mindful winter routine could include:

- Morning light exposure: Step into sunlight for 10 minutes to boost serotonin and mood.
- Shared activity time: Morning walks or light stretching with children.
- Creative indoor activities: Board games, cooking together, journaling, or putting up holiday decorations.
- Digital detox hours: Reduce screen time to protect sleep and emotional balance.

Gentle consistency reassures the brain that all is stable, helping emotional regulation during darker months.

Building Emotional Immunity Together

Just as we prepare for winter with blankets and warm clothes, we can prepare emotionally through kindness, compassion, and shared mindfulness. Think of it as building family's emotional immunity.

Emotionally connected and safe family members regulate their nervous systems better, experience less emotional dysregulation, and develop stronger coping skills. Start with one small change this week: a shared dinnertime, a family gratitude jar, or even a 'cuddles before sleep' rule. Healing and warmth are built slowly, like the morning sunlight melting frost on Kathmandu windows.

From Frost to Flow

Winter is a season to slow down, strengthen bonds, and reconnect. When approached mindfully, the same chill that makes us seek warmth also gives us a reason to gather, pause, hold each other closer, and celebrate.

As frost settles on your windows, ask yourself: What kind of warmth am I nurturing inside my home? Is it hurried and tense, or calm and connected?

True winter prep isn't just about keeping your body warm, it's about keeping your family's emotional climate flowing with gentleness, empathy, mindfulness, and love.



Kirti Agrawal (M.A., M.Phil.) is a Counselling Psychologist | Certified Parenting Coach and Private Practitioner at The Blissful Mind an online-based mental health platform in Kathmandu, Nepal since 2019. With 10+ years of experience in Delhi and Nepal, she specializes in relationship counselling, stress and anxiety management, depression, parenting support, lifestyle coaching etc. Kirti's counselling style is eclectic, drawing primarily from Cognitive Behavioural Therapy (CBT), Mindfulness-Based Cognitive Therapy (MBCT), and Solution-Focused Brief Therapy (SFBT) and others. She believes that a "Journey to a Blissful Mind starts within".



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THE INTERNAL FLAME

BREATHE



Vijay Vaidya explores how warmth isn't just found in sweaters or tea, but within our own breath. Through simple pranayama practices like Bhastrika, Kapalabhati, and Ujjayi, he shows how breath can build inner heat, boost energy, and restore clarity on cold mornings. These techniques awaken circulation, calm the mind, and reconnect you with your body reminding us that true warmth begins from within.

By Vijay Vaidya

THERE'S A particular kind of quiet that comes with cold weather, the way air feels thin, how mornings take a little longer to begin. We reach for sweaters and steaming cups, but sometimes warmth has less to do with what we wear and more with how we breathe.

Here are a few ways I've warmed myself up on misty Budhanilkantha mornings: Pranayama also known as breath work can turn the body into its own fireplace. On cold days, it's one of the simplest ways to build inner heat, wake up circulation, and pull yourself back into your body when everything feels sluggish. The hardest thing is to find the time to do it. We rather just wake up and grab a cup of Chiya or coffee, and get the day started like that. Discipline is hard to maintain, but if you just take 20 minutes for yourself, you will notice a difference. Below are some of my go to Pranayama to do when feeling cold. Try it, and DM me @altitude_yoga and share with me your experiences.

Bhastrika: The Bellows Breath

If your body feels like it's moving through syrup, this is the one. Bhastrika is sharp, rhythmic breathing air in, air out, both with equal strength. It's a bit like fanning a fire: each breath stokes a little more energy. Sit tall, take a deep inhale through the nose, and exhale with the same force. Belly expands on the inhale, draws in on the exhale. Start with ten rounds, then rest. You'll feel it, the pulse of warmth under your ribs, the buzz in your fingers. It's not just about oxygen. Bhastrika

wakes up the nervous system, shakes off lethargy, and sharpens focus. It's the breath that gets things moving both literally and mentally.

Kapalabhati: The Skull-Shining Breath

Kapalabhati is lighter, snappier, more like a spark than a flame. The movement happens in the belly: quick, powerful exhales through the nose; the inhales take care of themselves. As you exhale feel the abdomen pulse inwards. It's cleansing, almost like dusting off the inside of your head. Try twenty quick exhales, pause, and then notice the quiet after. It's a surprisingly satisfying kind of stillness that moment where your body feels alive, your face flushed, and your mind oddly clear.

This breath builds heat, tones the core, and sharpens awareness. But more than anything, it leaves you feeling awake in a clean, uncomplicated way.

Ujjayi: The Ocean Breath (My Favourite)

And then there's Ujjayi, my personal go-to when the air is cold and the day feels a little too loud. It's quieter than the others, but somehow more powerful. You breathe through the nose, keeping the mouth closed, and gently constrict the back of the throat so the breath makes a soft oceanic sound like waves rolling in and out.

It's subtle, steady, and deeply grounding. Ujjayi warms the body from the inside without strain. The warmth feels alive, less like heat and more like presence.

It's also the breath I use during movement, whether I'm flowing through asanas or just walking. There's something about its rhythm that steadies everything, the mind, the pulse, the way you hold yourself. It's the kind of warmth that lasts long after you've finished practicing.

Breath as Fire

What's lovely about these practices is that they remind you warmth isn't always something external. Breath has texture, it can be soft, sharp, or steady, and when you learn how to shape it, you change the way you feel inside your own skin. So, on those slow, cold mornings, try this: sit by a window, close your eyes, and let your breath do the work. You'll feel your heartbeat come back into rhythm, your spine lengthens, and the quiet shift like you just lit a small fire inside yourself.

Feel free to reach out at any time on Instagram. @altitude_yoga, and share all your breath work experiences



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

Fuel Your

As temperatures drop, our immune system works harder, and what we eat becomes crucial. This piece explains how nutrients like Vitamin D, healthy fats, magnesium, K₂, zinc, ghee, nuts, and seeds strengthen winter immunity with simple, kid-friendly food ideas to stay warm, nourished, and resilient through the season.

By Sonal Talegaonkar



EVER WONDERED why cold and flu season hits us exactly when the temperature drops? While we're busy piling on sweaters and sipping endless cups of herbal tea, our immune system is quietly fighting a tougher battle and what we eat can decide who wins.

Let's understand the science in simple words:

In winter, your body undergoes a few natural stressors:

- Temperature drops → More energy is used to stay warm
- Less sunlight → Lower Vitamin D levels

- Higher viral load in the environment → Flu, colds, infections spread faster
- Appetite & cravings change → More cravings for comfort foods, less fruits/veggies
- Because of this, your immune system needs better raw materials (nutrients) to stay resilient.

Vitamin D isn't just about sunlight, it needs healthy fats for absorption, magnesium for activation, and nutrients like K2 and zinc to support mood and immunity. Without these partners, Vitamin D cannot perform at its full potential.

- Vitamin D is fat-soluble, which means your body

absorbs it much better when paired with healthy fats. Get your morning sunlight & healthy fats (ghee, egg yolk, nuts & seeds, avocado, olive oil, yogurt)

- Another important point is that magnesium-deficient body cannot utilize Vitamin D properly, no matter how much you consume. (pumpkin seeds, almonds, makhna, banana, spinach, oats, dark chocolate)
- K2 helps Vitamin D direct calcium to the bones, not the bloodstream. (kimchi, natto, sauerkraut, ghee, cheese (aged))
- Zinc works with Vitamin D receptors and boosts mood regulation (eggs,

chickpeas, pumpkin seeds, paneer, lentils, chicken)

In short, sunlight may spark Vitamin D production, but nutrients like healthy fats, magnesium, K₂, and zinc are what make it truly effective

Nuts and seeds are some of the most powerful yet underrated winter immunity boosters.

- Almonds and sunflower seeds supply vitamin E, a key antioxidant that protects immune cells, while walnuts offer inflammation-fighting omega-3s that also help stabilize mood during darker months.
- Cashews and pumpkin seeds provide zinc



and magnesium — minerals essential for activating vitamin D and strengthening the body's defence system.

- Flaxseeds support gut health and hormone balance, both of which influence immunity, and sesame seeds add warmth, calcium, and healthy fats that nourish the body in colder weather.

A small daily mix of these nuts and seeds can significantly enhance winter resilience, energy, and overall well-being.

Let's dig into the most controversial and misunderstood food – Ghee

Once dismissed as “fattening,” ghee has now reclaimed its place as a nutritional powerhouse, especially in the colder months.

- Modern research is catching up with what Ayurveda has long known: when consumed in moderation, ghee nourishes the body, strengthens immunity, and supports digestion
- During winter, the body's metabolism naturally slows, and digestion becomes heavier. Ghee helps by lubricating the intestinal lining and stimulating digestive enzymes, which improve nutrient absorption and keep the gut balanced

which is a vital foundation for immunity.

- Rich in butyric acid, a short-chain fatty acid that feeds healthy gut bacteria, ghee also helps reduce inflammation and supports a stronger immune response.
- What truly sets ghee apart is its fat-soluble vitamin profile it's a natural carrier of Vitamins A, D, E, and K, which are crucial for hormone balance, bone health, and immune defence. These vitamins need healthy fat to be absorbed properly, and ghee provides just that.

The key, as always, lies in moderation and quality. Opt for pure, grass-fed or A2 cow ghee, and use about 15 ml depending on your activity level.

- Add a spoonful to warm dal, khichdi, or rotis
- Stir into morning coffee or haldi milk
- Use as a base for light sautéing instead of refined oil

Making Immunity-Boosting Foods Fun for Kids

Adults incorporate fair share of healthy habits and food into their daily life, but children often resist healthier nutrient-dense foods. So here's a fun way to make them immune this winter:

- Start with ghee and nuts, two winter essentials. Drizzle a teaspoon of ghee over chapatis or mix it into warm dal and rice as kids won't even notice, but their digestion and immunity will thank you. Turn mixed nuts and seeds into energy laddoos or nut butter spreads, blending almonds,

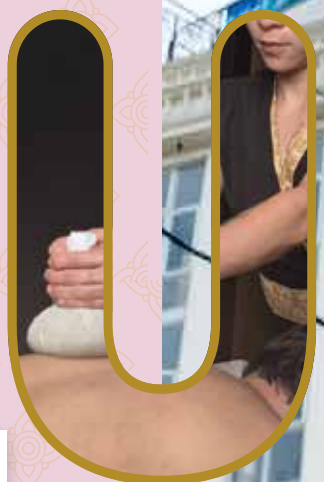
walnuts, and flaxseeds with a touch of honey or cocoa.

- For Vitamin D-friendly meals, serve scrambled eggs cooked in ghee or fortified milkshakes paired with banana or oats to enhance absorption. You can also hide pumpkin or sunflower seeds smoothie bowls, or homemade granola bars.
- Soups and dals are another easy win in winter -add a pinch of turmeric, garlic, and ghee for both warmth and immune support. For fussy eaters, try cheese-and-veggie sandwiches, hummus toast, guacamole toast, spinach parathas, or paneer rolls, which blend immunity-boosting nutrients with kid-friendly flavours.
- And finally, keep it colourful. Kids eat with their eyes first, so bright fruit bowls, rainbow salads can make even the most nutrient-packed foods feel like a treat.

As a nutrition and wellness coach, I've seen how small, consistent food choices be it a spoonful of ghee, a handful of nuts or an extra few minutes of sunlight, can completely transform energy, digestion, and immunity through the colder months.



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



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9802305672



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Glam Made Simple

A Step-by-Step
from the Pro

Skin Prep

Step 1: Start with skincare suited to your skin type. Cleanse thoroughly, moisturize well, and don't forget sunscreen.

Tip: If your skin feels extra dry, add a few drops of face oil before makeup.



Eyes

Step 2: Shape your brows lightly, then apply concealer beneath the brow arch to define the shape. Create your eye base using concealer (one shade lighter than your skin tone) and blend it evenly across the lids.

Step 3: Build your crease using a soft brown eyeshadow.

Apply shimmer to the inner corners and over the crease for dimension.

Use brown eyeshadow or eyeliner to create a softly smudged wing for a smoky effect.

Tip: Apply a thin layer of eyeliner along the lash line for a sharp look, then clean up the edges for precision.

Step 4: Finish the eyes with lashes, either apply falsies or simply curl your natural lashes and coat them with mascara.

Base

Step 5: Apply primer to minimize the appearance of pores. If your skin is already smooth or you don't have primer, you can skip this step.

Step 6: Use a color corrector to neutralize dark spots or pigmentation.

Step 7: Apply your foundation (you can mix two shades for a perfect match). Use a brush to spread it evenly, then blend with a damp beauty blender for a smooth, natural finish. Avoid applying too much under the eyes to prevent creasing.

Tip: For textured skin, use a thin, even layer. It may feel heavy at first but will settle beautifully.

Step 8: Apply concealer under the eyes, on the forehead, chin, and bridge of the nose (as shown in the reference image below). Use a small amount under the eyes, then lightly set with translucent powder.

Step 9: Lightly contour your jawline, cheekbones (from the ear toward mid-cheek), and nose bridge for subtle definition.

Step 10: Apply blush gently on the cheekbones, sweeping slightly upward, and dab a bit on the tip of your nose for a natural flush.

Finish with highlighter on the cheekbones, brow bone, and nose tip for a radiant glow.



Lips

Step 11: Outline your lips, then fill them in with your favorite lipstick shade.

Set your makeup with a light dusting of powder and finish with a setting spray for a long-lasting, flawless look.

Lemon Water

The Winter Wellness Habit That's Quietly Transforming Health

As winter slows us down, a simple ritual is incorporating warm lemon water. Far from being a viral trend, this natural, affordable habit boosts immunity, supports skin health, and recharges energy from the inside out. A gentle reminder that true wellness often begins with simplicity and consistency.

By Sukadev Karki





**Sukadev Karki - NSCA
CSCS**

Founder: National Youth
Fitness Academy
Co-owner: Befit Personal
Training Studio

WHEN THE chill sets in and mornings get slower, most of us reach for hot tea or coffee. But a growing number of fitness enthusiasts, athletes, and wellness seekers in Nepal are starting their day with something simpler, a glass of warm lemon water.

It's not an expensive supplement, not a detox cleanse, and not a viral gimmick. Yet, this humble habit is becoming one of the most talked-about wellness routines because it's natural, affordable, and genuinely effective.

Why Lemon Water Belongs in Your Fitness & Wellness Routine?

Especially in winter, Nepal brings dry skin, low immunity, and sluggish mornings. The combination of cold air and dehydration often leads to fatigue, digestive issues, and weaker resistance to seasonal flu. That's where lemon water, warm, soothing, and packed with Vitamin C makes a difference. This simple drink offers hydration, immune support, and a subtle energy boost, all while helping your body stay balanced through the season.

The Science Behind the Lemon Water

Lemons are a natural powerhouse of Vitamin C, an essential nutrient for collagen production, immune defense, and tissue repair. Collagen is what keeps your skin firm, your joints healthy, and your connective tissues strong and Vitamin C is the key that activates it.

During winter, when dry air and cold temperatures

dull the skin and weaken immunity, that daily glass of lemon water becomes a quiet form of self-care from the inside out.

Top 10 Benefits

- **Boosts Immunity:** Regular Vitamin C intake strengthens your body's defense system, helping you ward off colds and infections common in cold weather.
- **Supports Collagen Production:** Vitamin C helps your body produce collagen keeping skin supple, joints flexible, and recovery efficient after workouts.
- **Improves Skin Hydration & Glow:** Cold air can make skin dull and flaky. Lemon water keeps you hydrated and supports skin cell renewal for a healthier glow.
- **A Gentle Morning Detox:** Warm lemon water helps kickstart digestion, supporting liver and kidney function without harsh "detox" claims.
- **Natural Energy & Mood Lift:** The refreshing scent of lemon enhances alertness and mood, while hydration helps prevent mid-day fatigue.
- **Aids Digestion:** The mild acidity of lemon stimulates digestive enzymes, reducing bloating and improving nutrient absorption.
- **Prevents Kidney Stones:** Citric acid binds to calcium in urine, helping prevent stone formation; a benefit backed by medical research.
- **Supports Iron Absorption:** Vitamin C enhances the absorption of plant-based iron,

helping combat winter tiredness and low energy.

- **Balances Body pH:** Despite being acidic, lemons have an alkalizing effect after digestion, keeping the body's internal environment balanced.
- **Makes Hydration Enjoyable:** Warm lemon water feels comforting on cold mornings and encourages you to drink more throughout the day.

How to Make It a Ritual

Start your day with half a lemon squeezed into a glass of warm (not hot) water. Drink it on an empty stomach, and wait about 15 minutes before your first meal or coffee.

You can also add a pinch of Himalayan pink salt for electrolyte balance or a teaspoon of honey for an immunity boost perfect for chilly winter mornings.

Caution: Moderation is key. Lemon juice is acidic, and too much can affect tooth enamel or irritate sensitive stomachs. Drink through a straw or rinse your mouth afterward to protect your teeth.

This winter, skip the overcomplicated routines and fancy cleanses. Sometimes wellness doesn't come from the newest supplement but from an old, natural habit that's been around for centuries. This will also serve as a reminder that consistency and simplicity still matter most.

Remember to tag us @smartfamilymagazine & @befitPTstudio and share your winter routines with the audiences.

Slowing Down with Winter



This winter reflect on the beauty of embracing a slower, more mindful rhythm as the cold sets in. Through simple pleasures like basking in the winter sun, eating seasonally, moving gently, and nurturing the body naturally, she reminds us that true immunity comes from balance between warmth and stillness, nourishment and rest.

By Neha Lohia

WINTER, FOR me, has never been just about the cold. It's about slowing down. After all the festivals and chaos, I've always felt it is nature's or maybe even God's way of saying, "take things easy now." The world seems quieter, the mornings softer, and the pace of everything finally begins to breathe again.

My two favourite things in winter are simple: hiking and "suntala in the gham." There's something about sitting in the warm sun, peeling an orange, and feeling its sweetness cut through the crisp air. It's the simplest pleasure, but it's also my secret to staying healthy that perfect mix of Vitamin D from the sun and Vitamin C from the fruit, along with a good stretch from the walk.

Taking Care, Naturally

I often hear people say, "Winter is here, time to take care of your health!" And yes, that's true in a sense. But I feel that if you've been taking care of your body all year long, moving, eating right, staying happy then you're already preparing for winter without even realizing it.

For me, immunity isn't something you suddenly "build" when the temperature drops. It's something you nurture, day by day, through

small habits that connect your mind, body, and environment.

Movement - My First Medicine

Whether it's walking, hiking, trekking, or yoga, I make sure I move my body every day. Movement keeps me grounded. It helps my muscles stretch and my mind clear. There's something about the rhythm of your breath matching the rhythm of your steps that just makes everything feel aligned again.

Eating with the Season

Kathmandu's winter brings such rich, comforting foods like ghee, gundruk, lapsi, saag, soups. I love keeping my diet colorful and full of vitamins, minerals, and probiotics. These foods not only warm you up but also nourish you from within. There's a reason why our traditional diets have always been our best immunity boosters, they work with the season, not against it.

Breathing and Being Still

I've realized that immunity isn't just physical, it's emotional too. When we're stressed, the body struggles to protect itself. So, I take time for deep breathing and meditation, even if it's just for ten minutes. Sometimes

it's as simple as sitting in the sun with music or a book, or doing something that genuinely makes me happy.

Vitamin D - My Winter Essential

If I had to pick one thing that truly makes a difference in winter, it's sunlight. I try not to stay indoors all day, even when it's cold. Just sitting in the early morning or afternoon sun gives me that gentle warmth and energy. The fresh air, even if it's chilly, reminds me that I'm alive and connected to the world outside.

Vitamin C — My Favourite Boost

Amla and oranges are my go-to winter fruits. They help me fight off colds, keep my skin healthy, and just feel fresh. I always keep a bowl of oranges around the house they're nature's easiest snack and one of the best immunity gifts.

My Magic Concoction

Every winter evening, I make myself a cup of what I call my "magic drink."

It's a mix of ginger, tulsi, haldi (turmeric), cinnamon, cloves, and black pepper. The aroma itself feels like therapy. It warms my throat, calms my mind, and makes me feel cared for in a way that no store-bought drink ever could.

Sleep: The Forgotten Ingredient

No immunity tip works without proper rest. I try to sleep early and let my body recover. It's during sleep that the body repairs and strengthens itself, something I've come to value more with time.

Layer Up and Stay Hydrated

I've also learned that keeping warm isn't just about comfort, it's about conserving energy. I layer up, especially in the evenings. And even though it's winter and I don't feel thirsty, I remind myself to drink enough water. Hydration is just as important for immunity as food or sleep.

A Gentle Reminder

So yes, winter can be tough but it's also beautiful if you allow yourself to slow down and enjoy it. For me, it's a season of warmth inside and cold outside. It's a time for simple joys, mindful living, and quiet strength.

When I sit in the sun with an orange in my hand, feeling its sweetness and the warmth on my skin, I'm reminded that the best immunity often comes from balance between stillness and movement, nourishment and rest, warmth and light.



Neha Lohia

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

HOME. ●

The Memory Wall

TURNING MOMENTS INTO HOME ART

By Malika Joshi

DIGITALIZED PICTURES have their own charm and easy accessibility but there's something timeless about our old hard copy pictures. In a world where photos often

live inside phone gallery, we suggest you to bring those moments back alive in a memory wall instead of letting them photographs carry dust in your shelf. It turns

your walls into a visual diary, reminding you daily of the people, places, and times that matter most. And the best part? Creating one doesn't have to be expensive.

Unlike a single piece of art, a gallery wall of photos is dynamic and deeply personal. It tells the story of your life, your travels, celebrations, and precious moments, making your house a home. It's a conversation starter, inviting guests to a home that welcomes them to warmth and allows them to immerse in your story.

Using Photos as Décor

Your photographs can do more than just preserve memories, they can personalize your interiors. Play with different print sizes and frame styles to create dimension and interest. Black-and-white photos lend a timeless, minimal look, while color prints add warmth and personality. Try mixing framed pictures with unframed Polaroids or photo strips for a casual, lived-in vibe. You can also experiment with uniform frames for a sleek gallery look or mismatched vintage ones for a cozy, eclectic feel.

Smart Tip: If you have a staircase or hallway wall, use it as a storytelling path, starting with older photos at the bottom and newer ones as you go up.

Polaroid Grids & Cork Boards

Polaroids were outdated till 2024 but it's back in the game! It instantly adds charm and intimacy. Arrange them in tidy grids or playful clusters using string lights, mini clips, or washi tape. For something more flexible, cork boards are perfect. Pin up photos, concert tickets, dried flowers, or love notes and rearrange them whenever your creative mood strikes.

Curating Your Collection

The first step is selecting the photos. Don't feel you have to use only professionally taken shots. Mix in candid snaps, black-and-white classics, and vibrant color photos. A strong memory wall often tells a thematic story:

- **Chronological:** Displaying your family's journey over time.
- **Color Palette:** Selecting images that share a similar tone for a cohesive look.
- **Travel Theme:** A collection of adventures from around the world.
- **Subject Focus:** Focusing on one person, pet, memory etc.





Experience Luxury
SILK
Finish





Winter's Fresh Picks

As winter approaches and the air turn crisp, it's time to fortify our immunity through nature's own medicine: herbs. From turmeric and ginger to Tulsi and peppermint, these everyday super herbs, along with winter fruits like amla and lapsi, help us fight colds, soothe our throats, and build inner warmth naturally. A reminder that true wellness begins in our own gardens.

By Mamta Khatri



SEASON'S GREETINGS from the Green Owl.

Do you feel the morning and evening chills setting in? Autumn is slowly giving way to Winter; the days are getting shorter and the nights longer. Warm cups of tea and soup days are here. It is also the season for colds and cough, runny noses and sore throats - the reason being the drop in temperature.

"Cold air is associated with increased viral infection because you've essentially lost half of your immunity just by that small drop in temperature," said study author Dr. Benjamin Bleier, director of otolaryngology translational research at Massachusetts Eye and Ear and an associate professor at Harvard Medical School in Boston.

What this tells us is that it is now time we check in with our immune system and see that it is protected, prepared and boosted for the winter

blues. When it comes to improving your immune system, the age-old tradition of herbalism always tops the list. It is also one of the easiest dietary adjustment we can make as we have so many super herbs available here in our city.

Today I would like to highlight some of the super herbs that I cannot live without and talk a little about their roles in preventing and fighting winter ailments.

Turmeric and ginger are my two all-time favorites. Turmeric contains curcumin, an anti-inflammatory compound that has therapeutic potential for various neurological disorders.

Ginger is not far behind with its own goodness of speeding up digestion, making sure the nutrients are absorbed but the body. A warm cup of ginger and turmeric tea (with a little pepper to boost curcumin's bioavailability by up to 2000%) can really work wonders in fighting coughs and colds.

Other herbs that I grow in my home-garden especially for the cold winter months

are Tulsi, Rosemary, Thyme, Garlic, Peppermint, Chamomile and Fennel to name a few.

My other favorite among these is a warm cup of fresh Peppermint tea. The menthol from the leaves acts as a natural decongestant helping my blocked nose to open up rather easily.

The Holy Basil (Tulsi) has been one of the most frequently used herb when it comes to fighting off the cough and colds. My mum always gave me a spoonful of mashed Tulsi leaves for almost any quick relief. This sacred plant is popular for its antimicrobial, anti-inflammatory and adaptogenic properties. It will help boost your immunity against respiratory infections.

Besides herbs, here in Nepal there are two very important fruits that are truly beneficial to consume during the cold winter months, The Amala (Indian Gooseberry) and The Hog Plum (Lapsi) You can find both in the market now as this is the season. I always buy my stash of these

fruits and make pickles and candy with them just for the winter months. Both fruits are packed with Vitamin C, antioxidants and fiber provide you with immunity.

Don't forget to include garlic into your daily diet. The allicin in garlic helps your body fight off any invaders.

Winter vegetables like Kale, Spinach, Radish, Tomatoes, all of these can be so easily grown at home in pots, containers on your rooftop.

You can literally create your own home based 'herbal pharmacy' as most of these herbs are so easy to grow in your own garden. Having your own small patch of fresh, chemical free veggies and herbs can make such a rewarding process. It gives us the opportunity to witness little miracles in your own garden as you see yourself learning and gaining knowledge eventually leading you to enhance your own health.

Let us all try and change our mindset from 'dependence' to 'self-reliance'.

SUPER LUXURY
INTERIOR EMULSION





Closet Switch-Up

REFRESH YOUR WARDROBE FOR THE WINTER

AS THE CHILL of winter slowly replaces the warmth of summer, our daily routines start to shift. Mornings are colder, evenings arrive earlier, and the layers of clothing we reach for each day change dramatically. This seasonal transition is the perfect opportunity to give your closet a thoughtful refresh. A seasonal wardrobe swap isn't just about moving summer dresses to storage, it's a chance to declutter, reorganize, and create a space that makes getting dressed a joy rather than a chore. A well-organized closet ensures that every morning starts with ease, warmth, and style, and it can even make you feel calmer and more in control of your space.

Here are some simple closet organization tips:

Empty & Evaluate

Begin by taking everything out of your closet. Seeing all your clothes at once may feel overwhelming, but it's the first step toward clarity. Lay everything out on your bed or a clean surface so you

can view your wardrobe as a whole.

As you sort through each item, create three piles: keep, donate, and discard. Be honest with yourself, if you haven't worn a piece in over a year, it's probably time to let it go. Consider the condition, fit, and style of each garment. Remember, the goal is a functional wardrobe where every item serves a purpose.

Next, separate your seasonal clothing. Store lighter fabrics like cottons, linens, and sleeveless tops in labeled storage boxes or vacuum-sealed bags to save space and protect them from dust and moisture. Bring your winter essentials like wool sweaters, thermal layers, jackets, and coats forward so they're easily accessible. This simple step instantly creates a more organized and practical closet.

Categorize and Prioritize

Once your wardrobe is sorted, it's time to categorize items by type. Group similar items together: shirts, pants,

skirts, dresses, jackets, and so on. This makes it easier to see what you have at a glance and plan outfits more efficiently.

For an extra touch of clarity and visual appeal, arrange clothes by color or pattern. For example, hang all your neutral shades together, followed by brighter tones. Not only does this look neat, but it also makes choosing outfits in the morning faster and less stressful.

Choose the Right Tools

Closet organization is easier and more sustainable with the right tools. Some helpful options include: Slim, uniform hangers to save space and create a clean, streamlined look.

- **Stackable storage bins** for folded items like t-shirts, sweaters, and scarves.
- **Drawer dividers** for smaller accessories such as belts, ties, or jewelry, which can easily become tangled
- **Hanging organizers** for handbags, shoes,

or extra jackets if your hanging space is limited.

In Nepal, stores like Bhat-Bhateni Supermarket, Daraz, and Miniso offer affordable and aesthetically pleasing organizing tools that can elevate the look and functionality of your closet.

Use Vertical Space Wisely

Most closets have unused vertical space. Add extra shelves or hanging rods to maximize that area. Hooks on the inside of the closet door can hold bags, hats, or even everyday shawls and scarves. If your closet is small, make use of clear boxes to store off-season clothes.

A well-organized closet only stays that way with consistent effort. Every few months, take a few minutes to refold, realign, or remove items that no longer serve you. Think of closet organization as an ongoing habit, not a one-time project.

HOME → Kitchen



The Modern Kitchen Essential



THE BRILLIANCE of a modular kitchen doesn't just lie in its sleek cabinets and beautiful finishes; it lies deep within, in the ingenious hardware and accessories that transform everyday clutter into streamlined efficiency. Modular design takes the guesswork out of organization, ensuring every spice jar, pot, and piece of cutlery has a purpose-built home. If you're planning a new kitchen or a smart renovation, here is a breakdown of the must-have modular accessories that will make your cooking space organized.

The Magic Corner Unit

The corner cabinet that deep, dark, and often unreachable abyss is the most challenging space in any kitchen. The Magic Corner accessory is the solution. Install a multi-tiered pull-out system. When you open the cabinet, the front baskets slide out, and the rear baskets glide forward, bringing the entire storage area fully into view and reach.

Why it's essential

- 100% Accessibility: It eliminates awkward reaching and kneeling to access items at the back.²
- Optimal Space Use: It maximizes the usable storage area of a tricky corner, making it ideal for storing bulky items like mixers, large pots,

or appliances you use frequently.

- Application: Perfect for large pots, pans, mixing bowls, and small kitchen appliances.

The Vertical Powerhouse: Tall Units (Larder Units)

The modern Tall Unit is a floor-to-ceiling powerhouse designed for bulk storage replacing the traditional pantry. It is a full-height cabinet typically ranging from 7 to 9 feet tall, featuring multiple internal pull-out wire baskets, shelving, or drawers that extend fully when the door is opened.

Why it's essential

- Massive Capacity: It consolidates all your non-perishable groceries, cereals, beverages, and oils into one central location.
- Easy Inventory: Because the drawers or baskets pull out, you can see your entire stock at a glance, minimizing duplicate purchases.⁵
- Application: The ultimate storage solution for dry goods, canned foods, spices, and cleaning supplies.

Dedicated Organization: Cutlery and Thali Organizers

The fundamental principle of modularity is "a place for everything." This is best exemplified by dedicated organizers that fit perfectly inside your drawers.

Cutlery Organizers

These are precision-molded inserts, often made of durable plastic or sleek stainless steel, that drop into a drawer to create designated slots for spoons, knives, forks, and ladles.⁶ They keep items sorted, sanitary, and prevent items from shifting when the drawer is opened or closed.

Plate Organizers

These are vertical, fixed, or adjustable partitions, usually placed in base cabinets or deep drawers, designed to hold plates and dishes upright. This prevents chipping, makes lifting heavy stacks easier, and saves space compared to horizontal stacking.

The Smart Waste Manager: Integrated Dustbin Pull-Outs

No modern kitchen is complete without a hygienic, concealed waste disposal system.

What it is: A base cabinet drawer specifically designed to house one or two large bins (for segregation). The bins are mounted on a sliding runner, and often the lid remains fixed to the cabinet, automatically sealing the bin as the drawer is closed.

Why it's essential

- Hygiene and Aesthetics: It keeps bins completely out of sight and seals in odors.
- Convenience: The hands-free operation (especially

with a foot pedal mechanism) is highly sanitary while cooking.

- Segregation: Easily accommodates dual bins for wet and dry waste, making recycling a seamless part of your routine.

Below the Sink Solution: Under-Sink Accessories

The space beneath the sink is often wasted due to plumbing pipes. Specialized modular accessories tackle this awkward area.

What it is: U-shaped drawer fittings or shelving units designed with cut-outs to accommodate the pipes, ensuring the space around them remains usable.⁷

Why it's essential

- Storage for Cleaning Supplies: It provides a convenient, dedicated space for sponges, dish soap, cleaners, and liners.
- Protection: The accessories are typically water-resistant, protecting the cabinet material from potential moisture damage.

The Takeaway

Investing in quality modular accessories is not a luxury; it's an investment in efficiency, hygiene, and longevity. These simple pieces of hardware are the engine of your kitchen, turning a beautiful design into a truly functional workspace where you can focus on the joy of cooking, not the frustration of searching for a whisk.

➔ No modern kitchen is complete without a hygienic, concealed waste disposal system.

MARKET.



📶 Ai+ Smartphones Debut in Nepal with CG as Official Distributor

Ai+ smartphones, founded by former Realme CEO Madhav Sheth, have officially entered the Nepali market with CG (Chaudhary Group) as their authorized distributor.

The brand aims to make advanced yet affordable smart technology accessible to everyone. In its first phase, Ai+ has launched two models — Ai+

Pulse and Ai+ Nova with 4GB, 6GB, and 8GB RAM variants. The Ai+ Nova 5G, priced at Rs. 13,999, is Nepal's most affordable 5G smartphone, while the 4GB/64GB model is available for under Rs. 9,000.

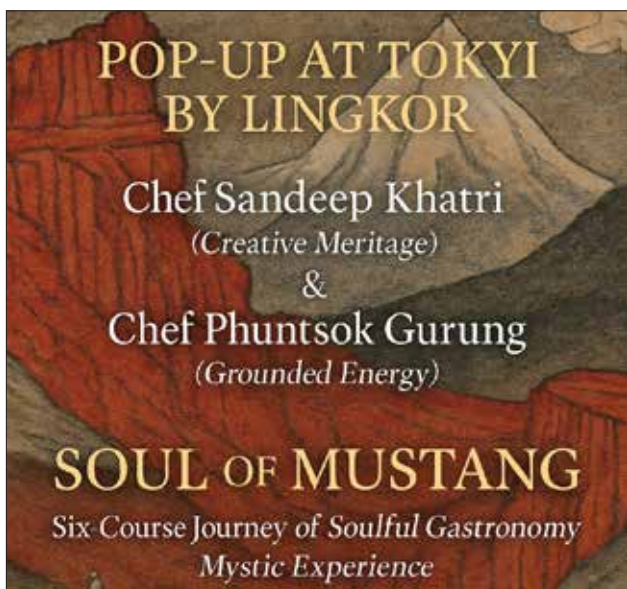
Ai+ smartphones are now available across mobile and electronics stores nationwide.



📶 Aloft Kathmandu Thamel Organizes 11th "Road to Give" Charity Fund Session

Aloft Kathmandu Thamel successfully hosted the 11th edition of Marriott India Business Council's "Road to Give" charity event at Narayan Chour Park, Naxal, on November 3, 2025. The event brought together hotel associates, guests, and fitness enthusiasts for a morning focused on wellness, compassion, and community spirit. Activities included a Short Walkathon and fitness sessions promoting mindfulness and health, with proceeds donated to Manjushree Children's Home and Shree Rescue Animal Welfare.

General Manager Vikram Singh highlighted the initiative's focus on community and care, while Chairman Sanjay Gupta praised its message of collective purpose. Now in its 11th year, "Road to Give" continues to unite Marriott associates across South Asia in meaningful acts of service and inclusion.



📶 Soul of Mustang: Redefining Himalayan Gastronomy by Sandeep Khatri & Phungtuk Gurung

Soul of Mustang: A Himalayan Culinary Renaissance is a minimalist, experiential tasting curated by Pak Maharishi Sandeep Khatri and Phungtuk Gurung, celebrating Mustang's high-altitude ingredients and ancient culinary traditions.

From Hasomaki with Persia fruit and Mustang apple to Barley & Apple Dream dessert, the menu blends local produce, indigenous herbs, and fermentation practices with modern techniques.

Signature elements like aged blue butter and cliff honey honor centuries-old Himalayan wisdom while highlighting subtle, restrained flavors. More than a meal, it is an artistic exploration of mountain cuisine where memory, terroir, and innovation converge offering a soulful, globally relevant vision of contemporary Himalayan gastronomy.

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Flavors of Kathmandu

A DINNER JOURNEY YOU CAN'T MISS

Traditional flavors to global favorites and creative fusion dishes, the city's dining scene has something for every palate. Embark on a flavorful journey where each meal is an Kathmandu is a culinary haven offering a diverse range of dinner options. From rich experience to remember, no matter where you choose to dine.

HUNGER RUSH



BUDDHA EYE RESTAURANT
Chhagdol, Kathmandu

A wild mix of Nepali flavors — crispy wings, kurkure chicken, sukuti sadheko, Mustang aloo, sausages, and smoky chowmein. Price: Rs 999/-

VOLCANO FRIED RICE



JEJU DO
Durbarmarg, Kathmandu

Jeju Volcano Fried Rice originated on Jeju Island. It features Hallasan, the highest mountain in South Korea. Price: Rs 795/-

SPAGHETTI BOLOGNESE



LOOP STUDIO & RESTAURANT
Chhabahal, Lalitpur

Classic comfort in every swirl. Rich, slow-cooked meat sauce tossed with perfectly al dente spaghetti. Price: Rs 390/-

GAMJATANG



HANGKOK SARANG
Gahana Pokhari, Kathmandu

A Korean pork bone soup made by simmering pork bones for a long time. Price: Small Rs700/- Large Rs 1300/-

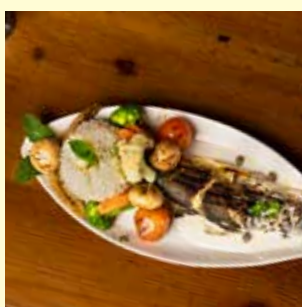
TORTELLINI SAN MARCO



TAYLOR'S CAFE
Naxal, Kathmandu

Delicate sheets of handcrafted pasta are filled with a savory blend of finely minced chicken, simmered in a rich, creamy tomato sauce. Price: 750/-

GRILLED TROUT



D MOKSHYA MUSTANG THAKALI
Gyaneshwor, Kathmandu

Fresh, tender trout grilled to a crisp finish and served with soft rice and lightly sautéed seasonal vegetables. Price: 1400/-

PESTO CHICKEN PANINI



HOLIDAY CAFE
Baluwatar, Kathmandu

A wholesome sourdough sandwich layered with tender grilled chicken, fresh zucchini, juicy tomatoes, and crisp onions, spread with a rich blend of pesto and creamy sandwich sauce. Price: 940/-

ROYAL PISTACHIO



MR. WAFFLES
Manglbazar, Lalitpur

Freshly cooked waffles topped with white chocolate drizzle with homemade pista sauce and pista crumbs. Price: Rs. 199/-

Resort Getaways

Pokhara Edition: Escape to the tranquil charm of Pokhara with our exclusive resort packages. Wake up to serene lake views, majestic peaks of the Annapurna range, and the calming sound of nature all around you. Unwind with luxurious spa treatments, indulge in authentic local and international cuisine, and experience the perfect blend of relaxation and adventure.

RUPAKOT RESORT

Wedding Gift Package (BRONZE)

Inclusions:

- Deluxe Mountain View Room with balcony & simple room decor
- Breakfast & dinner at Panorama Restaurant
- Welcome drink on arrival
- One 30-min dry or steam sauna session
- Polaroid camera (1hr) with 3 reels
- Access to infinity pool & organic farm
- Scheduled shuttle transfers to/from Pokhara
- Price: Rs 14,999/- per couple

SARANGKOT MOUNTAIN LODGE

Honeymoon Package

Inclusions:

- 2 Days | 1 Night
- Bed & Breakfast
- Candle Light Dinner
- 1 Hour Couple Massage
- A Bottle of Wine
- 1 Way Transfer
- Valid on Deluxe Boutique room & for Nepalese nationals only
- Price: Rs 39000/- per couple
- Valid till 31st August 2025

MOUNTAIN GLORY FOREST RESORT & SPA

1 night | 2 days

Inclusions:

- Private villa with Private balcony/terrace with scenic views
- Outdoor swimming pool, Garden walks
- Guided nature walks / forest bathing
- Cycling trails around the resort
- Birdwatching near forest edges, cliffs or rivers
- Swing, Badminton, Volleyball

THE LAKESIDE

RETREAT RESORT

1 night | 2 days

Inclusions:

- Breakfast
- Retreat Exclusive Dinner
- Tea & coffee maker in the room
- Free Wi-Fi (Strong bandwidth)
- Price: NPR 9000 (Deluxe), NPR 12000 (wooden bungalow) - per couple
- Valid till: 25 December 2025

HOTEL ANNAPURNA VIEW SARANGKOT

1 Night | 2 Days

Inclusions:

- Bed and Breakfast
- Tea/coffee maker in the room
- Free WIFI
- Welcome refreshment drinks
- Fruit basket in the room
- Price: Rs.18,000 in double Occupancy and Rs.14,500 in single occupancy
- Valid For : Nepalese, Chinese, SAARC Nationals and South East Asia Country
- Validity : Nov 15th- Dec 20th 2025 & Jan 10th - Feb 28th, 2026
- 30% off if they stay another night.

HOTEL BARAHI POKHARA

BB Package

Inclusions:

- Complimentary Wifi
- CPAI Plan – Accommodation, breakfast & all taxes.
- Outside food is strictly not allowed.
- Free Welcome Drink on Arrival



- Free Early Check-In (Subject to Availability) (1-2Hr)
- Free Late Check-Out (Subject to Availability) (1-2Hr)
- Free 2 Bottles of Water in Room
- Free Buffet Breakfast
- 20% off Food & Beverages
- Price: Rs 12,500

RANIBAN RETREAT

BB Package

Inclusions:

- Lunch/Dinner (Thaali Set): Rs. 1200 pp(Additional)
- Free Parking
- Breakfast from 7 AM (last order by 9:30 PM), check-in from 2 PM, Check-out before 12 PM,
- Queen/Single-sized beds on 1st, 2nd, and 3rd category (king-sized in 4th category only)
- Pickup/drop-off available on request (chargeable)
- Price: Rs. 18,000(Premium Sunrise Room) - per couple



Winter Fashion Forecast

How to Stay Stylish According to Your Zodiac

Aries (March 21–April 19)

Aries use your bold and adventurous personality to make an entrance. Think statement coats in bold colours, leather boots. Athleisure layers can keep up with your energetic vibe.

Taurus (April 20–May 20)

A true lover of comfort and luxury, Taurus thrives in cozy textures. Cashmere sweaters, wool scarves, and earthy tones like olive and caramel can define your grounded yet glamorous winter look.

Gemini (May 21–June 20)

Gemini tends to adore mixing styles. Layer bright knits over turtlenecks, or try patterned scarves and dual-toned jackets to match your mood-swinging charm.

Cancer (June 21–July 22)

Homebody chic defines you, Cancer. Choose soft cardigans, knitted co-ords, and pastel hues. Your fashion reflects warmth and emotional comfort like a wearable hug.

Leo (July 23–August 22)

Leos love drama and luxury. Faux fur coats, gold accessories, and bold prints are your go-to. Even in the cold, you never lose your sparkle.

Virgo (August 23–September 22)

Minimalist and practical, Virgos lean into clean lines and timeless cuts. A well-fitted trench coat, neutral palette, and structured boots will keep you effortlessly polished.

Libra (September 23–October 22)

Ruled by Venus, you have a natural sense of balance and beauty. Opt for coordinated sets, chic hats and caps, and elegant fabrics like silk or suede.

Scorpio (October 23–November 21)

Mysterious and magnetic, Scorpios shine in dark, sultry tones. Black leather, deep maroons, and edgy accessories bring out your fierce allure.

Sagittarius (November 22–December 21)

Free-spirited and outdoorsy, Sagittarius loves adventure-ready fashion. Oversized sweaters, denim layers, and travel-friendly boots keep you stylishly spontaneous.

Capricorn (December 22–January 19)

Classic and career-driven, Capricorns prefer structured

coats, wool blazers, and sleek neutrals. You dress with quiet confidence timeless and effortlessly professional.

Aquarius (January 20–February 18)

This winter, experiment with futuristic silhouettes, oversized puffers, or asymmetrical coats. Play with pops of electric blue or silver, and opt for statement accessories that show off your individuality

Pisces (February 19–March 20)

Dreamy and artistic, Pisces gravitate toward flowing silhouettes and oceanic hues. Think soft knits, shimmer details, and layered scarves that mirror your whimsical side.

This winter, align your wardrobe with the stars and you'll find your unique kind of cozy chic shining through.

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