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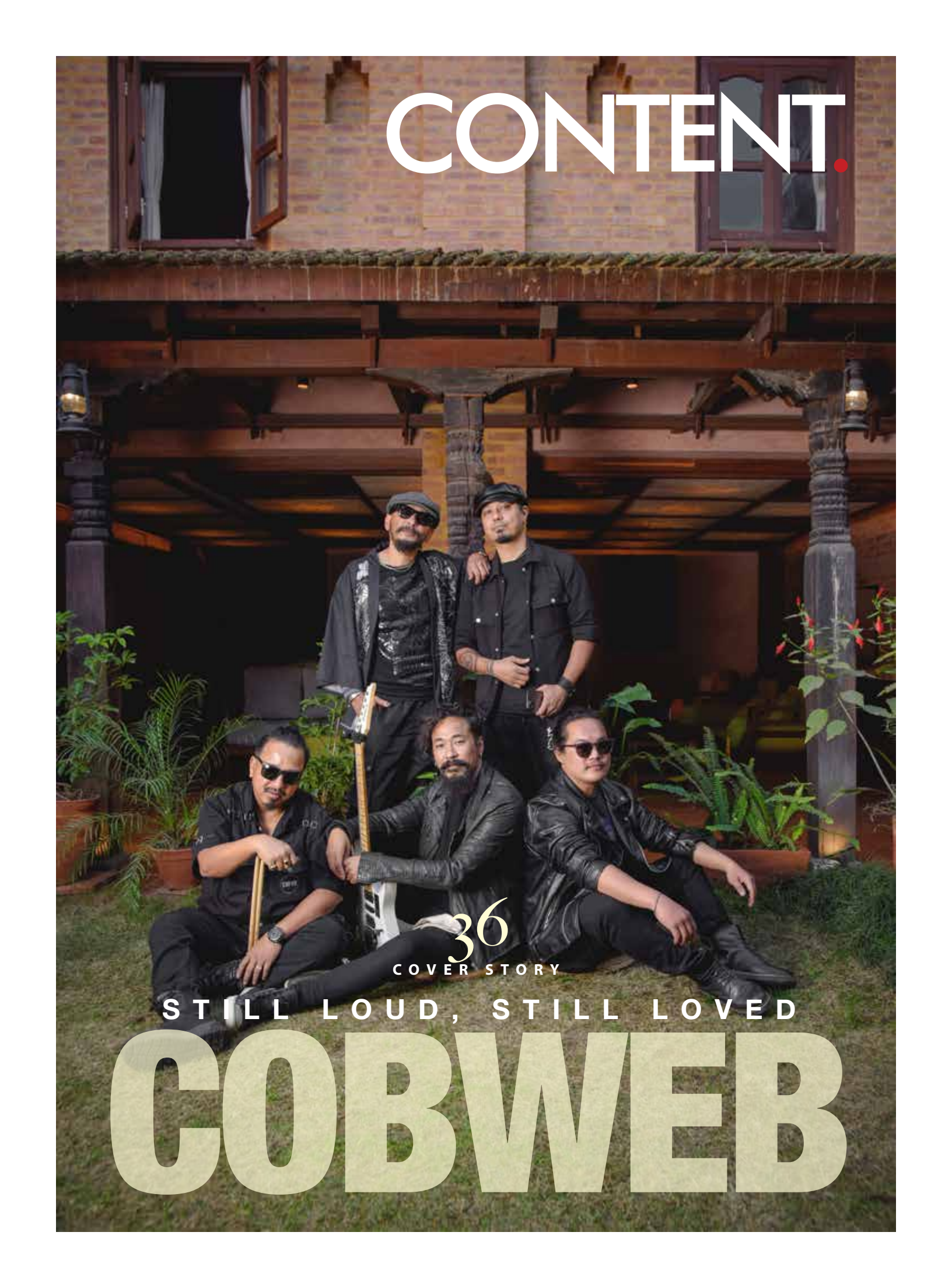


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EDITORIAL.

As the year gently folds into its final days, December arrives with an invitation to celebrate merry Christmas, new year as well as an invitation to pause, to breathe, and to look back with a fuller heart.

2025 has been many things. For some, it was a year of milestones reached; for others, a year of survival. There were plans that bloomed and plans that fell apart, mornings filled with hope and evenings that asked us to simply hold on. And amidst the highs and the lows, yet, here we are, together, still showing up, still finding reasons to care, to try, to love.

This December issue of Smart Family Magazine is our warm wrap around the year that was. It's a space to acknowledge not just the highlights, but the small, often unseen moments that truly shaped us, the conversations at the dinner table, the routines that kept us grounded, the lessons we didn't know we were learning at the time.

You'll find reflections that help you close the year with gratitude, stories that celebrate Nepal's creativity and culture,

wellness pieces that encourage renewal, and parenting pages that honor both the joy and the distance that family life sometimes brings. From mindful rituals and end-of-year travel inspiration to nourishment for body, mind, and home, this issue is designed to help you gently take stock without judgment, without rush.

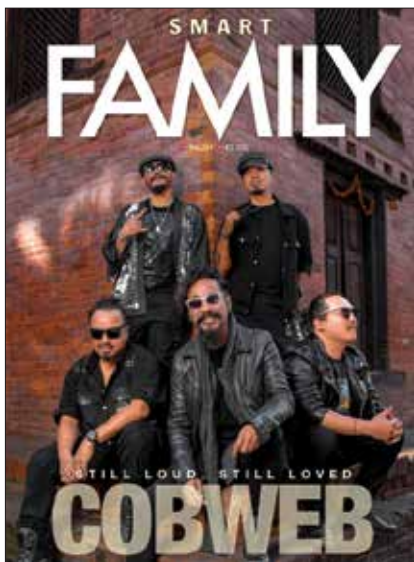
As you turn these pages, we hope you'll ask yourself one simple question: What brought me light this year?

The answer doesn't have to be grand. Sometimes it's enough to recognize that you made it through with resilience, with growth, and with love still intact.

May this season bring you rest where you need it, joy where you least expect it, and gratitude for all that carried you through 2025.

From all of us at Smart Family, thank you for letting us be part of your year.

With warmth and hope,
The Editorial Team



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Kupondole, Lalitpur
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Kasthamandap Distribution
4247241

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

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STARTER.

What brought you light this year?

As we wrap up 2025, let's shed some light on the moment that uplifted us this year. A year will give us some of the low moments but nevertheless we rise again and find ourselves again which make a year worth remembering. From the creatives across town we bring you some of their joyous moment that will light the hope in us to make 2026 year of rediscovering ourself.

By Malika Joshi



Aaditya Shrestha

Director, Filmmaker – The Misfits | @aaditya.feelms

This year hit me with the biggest plot twist: the “savior” I’d been waiting for was just my own stubborn, dream-drunk self. I kept hoping some filmmaking mentor would descend from the heavens, but then one idea struck so hard I couldn’t stop writing, even though I thought I was terrible at it. Broke but burning with ambition, I launched a GoFundMe, and my people showed up like magic, trusting my vision before I trusted myself. We found the perfect cast, built a killer crew, and lived a movie on set. And that’s when it clicked no guide is coming. I am the guide.

Ajay Thapa Magar

*Video-editor, filmmaker,
content-creator | @ajaytm43*

What brought me light this year was giving myself permission to leave behind something I had outgrown. I held onto it for years because it once meant everything, but letting it go opened space for clarity and new possibilities. This year also showed me that I am not defined by who I used to be. I can reinvent myself, follow my curiosity, and choose a direction that feels alive and true. In that shift, I found the courage to grow into a version of myself I'm finally excited about.



Mahima Joshi

*Artist manager | @
mahimaaaaa_____*

This year tested me in ways I didn't expect. There were moments when finding light felt almost impossible, yet I realized that even the hardest days carry a quiet glow of their own. My lows taught me resilience, my challenges pushed me toward hope, and every tough season reminded me that there truly is light at the end of the tunnel. But above all, it was the people in my life who became my brightest light, lifting me, grounding me, and reminding me of who I am. I've always been grateful for them, and this year only deepened that feeling. My people have held me, carried me, and shaped me in ways I never imagined.

Nayan Rai

Director, Co-founder:
Stellar Studios | @na._.yan

I've always been so impatient, someone who lived a little too far in the future, dreaming fast and expecting everything to fall into place on my timeline. And when it didn't, the disappointment hit harder than I admitted. But this year, I slowed down. I started noticing small things, giving myself time, understanding myself better. The more present I became, the more I realized how my work, my family, and my friends quietly ground me. They slow down time in a way nothing else does. Life changes constantly, but in those moments, it feels like something lasting... almost infinite.



Aashutosh Barahi

Actor, Director - Jyasa Films
| @aashutoshbrh

What brought me light this year was the chance to step beyond home and explore the world, only to realize how deeply connected I am to my own roots. Traveling made me appreciate my culture and purpose more than ever. Meeting people who admired our work filled me with gratitude and reminded me why I push myself. This year also quietly rearranged my circle, removing the wrong energies and bringing me closer to my family. It felt like the universe guiding me back to what truly matters.

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Beyond Pajamas & Tents

THE TRANSFORMATIVE POWER OF SCHOOL NIGHT

By Neha K.C, Principal, Swostishree Gurukul IB Continuum School



“SCHOOL NIGHT” is more than a fun event; it is an intentional learning experience designed to support the holistic development of our young learners in PYP Grades 1 and K2. When children come to school in their pajamas, gather to listen to stories, and spend meaningful time with their friends, they are not just enjoying an exciting evening; they are building important lifelong skills.

At Swostishree IB Continuum School, we view School Night through the lens of the IB PYP approach, where learning is inquiry-driven, skill-focused, and rooted in real experiences. This event helps children foster deeper connections with their school community. Sharing stories, singing together, and participating in group activities strengthen

friendships and nurture a sense of belonging. These moments play a vital role in shaping confident, caring, and open-minded learners.

The experience of hiking, exploring nature, and sleeping in tents encourages children to step outside their comfort zone. Such adventures help them become courageous, willing to try new environments and challenges. They also develop

self-management skills: waking up early, organizing their belongings, packing their bags, and taking responsibility for their routines. These seemingly simple actions lay the foundation for independence.

School Night also enhances social and communication skills as children interact, cooperate, and solve small problems together.

Exploration of nature trails and nearby cultural heritages sparks imagination, curiosity, and respect for their environment and community.

Ultimately, School Night is a joyful and meaningful way for children to discover themselves as learners. Through connection, exploration, and independence, they grow in confidence: one experience at a time.





5 COMMON FOODS YOU SHOULD AVOID

In yogic science, foods influence not just the body but the flow of vital energy, or prana. Sadhguru explains why certain commonly consumed foods from garlic and onions to coffee and chili are considered negative pranic, creating imbalance and volatility in the system. Avoiding or limiting them mindfully can support clarity, stability, and emotional balance.

By Sadhguru

SADHGURU: IN Yoga, categorize food in three ways: positive pranic food, negative pranic food, and zero pranic food. Positive substances are those which add prana, or vital energy, to the system. If you eat positive pranic food, your energy will reverberate in a dynamic way. If you eat negative pranic food, it may stimulate your nervous system, but it will take away prana and cause certain deviations in energy. Zero pranic food neither adds nor takes away; it is only eaten for taste.

Vegetables, fruits, nuts, sprouts and dry fruits are all positive. Let us look at the negative pranic foods because it is a short list.

- **Garlic:** Garlic is definitely a very powerful medicine if it is used properly. But if you put it in everyday food and eat it, it can cause much damage to you. If you wish to know how much damage, just make an ounce of garlic juice and drink it on an empty stomach. The reaction will be so violent in the body that we will have to take you to the hospital for a stomach wash.
- **Onion:** Like garlic, similar reactions will happen if you drink onion juice. But even before you consume onion, the body definitely says no to onion; it doesn't like it,

your eyes get irritated and tears flow.

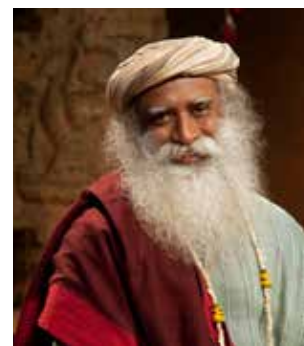
- **Brinjal or Eggplant:** Brinjal actually has some poison in it, a certain substance which is capable of damaging the hypothalamus. Brinjal should be avoided, especially for children.
- **Chili:** You can experiment with this: Don't eat any chili for 30 days and after that, put a little chili into your system; you will have diarrhea immediately. The body treats it like poison and wants to throw it out.
- **Coffee/Tea:** These are very powerful nervous stimulants. Constant abuse of nervous stimulants will destroy your stamina in the long run, as your ability to store energy will be lost.

Other nervous stimulants including drugs, as well as alcohol and other intoxicants, are negative pranic.

Many negative pranic foods have medicinal qualities. In fact, anything, even what we normally consider as poison, can be used as medicine in the right hands. But it is one thing to use a substance as medicine, and a totally different thing to use the same thing as a foodstuff.

If you consume negative pranic foods in too much quantity, they will create a certain volatility within you; they generate energy but with imbalance as they play on your nervous system. If you avoid these, then you will see, you can very easily attain emotional balance.

This is not about becoming some kind of health food freak, "I will not eat this, I will not eat that. I have to eat like this; I have to eat like that." It is just about being conscious. One day if you want to drink one cup of tea, it is all right. But you must know why you are doing what you are doing, and it should be by choice, not by compulsion.



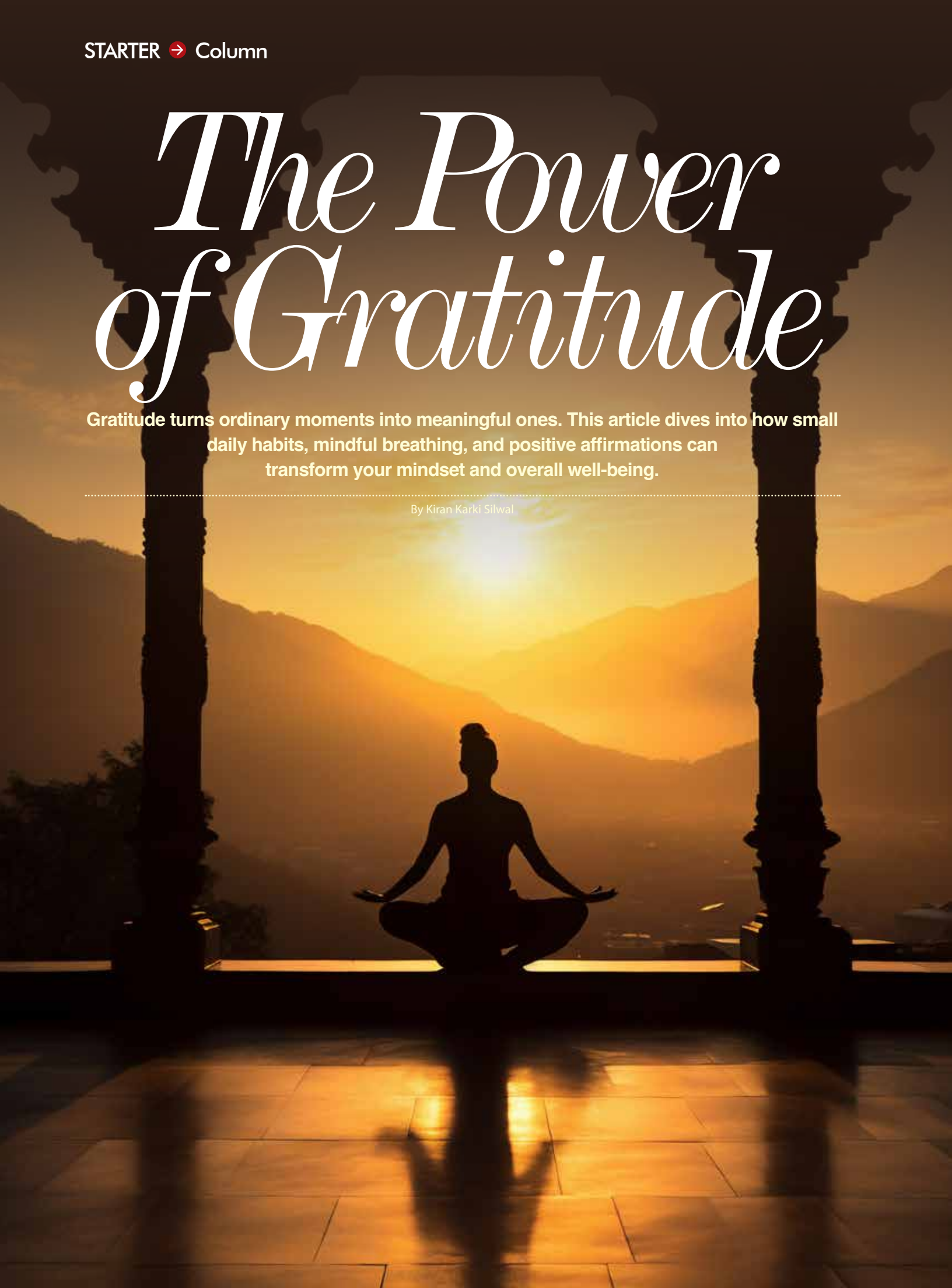
Ranked amongst the fifty most influential people in India, Sadhguru is a Yogi, mystic, visionary and a New York Times bestselling author. Sadhguru has been conferred the Padma Vibhushan by the Government of India in 2017, the highest annual civilian award, accorded for exceptional and distinguished service. He is also the founder of the world's largest people's movement, Conscious Planet – Save Soil, which has touched over 4 billion people.

➔ **You can experiment with this:**
Don't eat any chili for 30 days and after that, put a little chili into your system; you will have diarrhea immediately. The body treats it like poison and wants to throw it out.

The Power of Gratitude

Gratitude turns ordinary moments into meaningful ones. This article dives into how small daily habits, mindful breathing, and positive affirmations can transform your mindset and overall well-being.

By Kiran Karki Silwal



THE WORD gratitude comes from the Latin word 'gratus', which means thankful or pleasing. So, at its core, gratitude is simply being thankful. But gratitude goes much deeper than just the word, it's about genuinely appreciating the people, experiences, and things in your life. It's about being present, noticing the world around you, and shifting your mindset from scarcity ("I don't have enough") to abundance ("I have so much to be grateful for").

Oprah Winfrey once said, "Be thankful for what you have; you'll end up having more. If you focus on what you don't have, you'll never have enough." Research from Harvard and Stanford University supports this regularly practicing gratitude can increase life satisfaction, improve mental health, reduce anxiety and depression, help you sleep better, and strengthen social bonds.

In everyday life, we often take basic things for granted like sunlight, fresh air, and water. Many people think gratitude is only for special occasions. But in reality, we can make every day a

day of gratitude. Imagine if we made saying "thank you" a habit, not just for one day, but throughout our lives, appreciating what we already have.

In Zen philosophy, gratitude is not just an action, it's a way of seeing the world. Gratitude comes from being present, aware, and simple. Here's a simple Buddhist practice you can try:

- Sit comfortably and close your eyes.
- Breathe in and say silently, "I am aware of this moment."
- Breathe out and silently say, "I give thanks for this breath."

This practice reminds us that every breath is a gift, and gratitude starts from within not from outside.

What Happens in Your Brain and Body with the practice of gratitude?

Science shows that practicing gratitude increases dopamine and serotonin, the "happy hormones." Feeling grateful even for small things activates your brain's reward system, making you

feel positive, motivated, and satisfied. Gratitude also promotes calmness and emotional stability.

How to Make Gratitude a Daily Habit

Morning ritual: As soon as you wake up, say thank you for a new day, new life, and new opportunities. Be grateful that you get to live another day.

Gratitude journal: Write down a few things you're thankful for every day, like a safe home, clean water, food, or a loving family.

Celebrate small wins: Appreciate your efforts, whether it's starting exercise, eating healthier, or completing a task on time.

Be kind and thankful: Express gratitude to yourself and others genuinely. Thank your body and mind for keeping you healthy and capable.

Meditation with affirmations: Use positive affirmations for health, wealth, relationships, career, and personal growth.

Some powerful Daily Gratitude Affirmations

Health

"I am grateful for the vibrant health that flows through me."

"My body is a temple, and I treat it with love and care."

Wealth

"I attract wealth by being valuable and contributing."

"I release negative beliefs about money and embrace abundance."

Relationships

"I am worthy of deep, meaningful, and loving relationships."

"I am surrounded by people who uplift and inspire me."

Career

"I am passionate about my work, and it brings me joy."

"I attract opportunities that align with my skills and passions."

Holistic Growth

"My life is filled with purpose, and I live each day intentionally."

"I trust the process of life and let go of all worries."

Daily affirmations and gratitude can literally rewire your brain for success. Life becomes more beautiful when we notice the small things, appreciate them, and let go of what doesn't serve our mental peace.

➔ Research from Harvard and Stanford University supports this regularly practicing gratitude can increase life satisfaction, improve mental health, reduce anxiety and depression, help you sleep better, and strengthen social bonds.



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Culture Curated into Experience

ALOFT KATHMANDU THAMEL'S REDEFINED HOSPITALITY

Aloft Kathmandu Thamel stands as a living gallery where Nepali art, heritage, and modern design fuse to shape an immersive guest experience. Through thoughtful curation, digital installations, and a bold creative philosophy, the hotel redefines hospitality beyond comfort into culture. This feature explores how art became its identity, its energy, and its story.

In conversation with Vikram Singh, General Manager of Aloft Kathmandu

Aloft Kathmandu Thamel is known today as an art-first hotel. How did each of you shape that artistic identity? How do you define “art-led hospitality” in a Nepali context?

The hotel's Artistic Identity begins with the vision of our Chairman, Mr. Prithivi Bahadur Pande, and his wife, Ms. Pratima Pande who has always been connoisseur of Art especially from Nepal, nurturing and assisting via various platforms. Especially, when the hotel was preopening, he saw the opportunities and value paintings and Artworks would add to the hotel and hence he was generous enough to give pieces from his collection as well. Ms. Sophia Pande, whose curatorial

eye and passion for Nepali contemporary art turned that imagination into reality.

Mr. Pande gave us the canvas, Ms. Pratima kept us rooted in cultural truth, and Sophia curated in lots of artworks by majority of Nepali - each piece chosen to speak of our mountains, valleys, rituals, and dreams. My job has been to make sure the art doesn't just hang on the walls; it lives in every corridor, every cocktail, every conversation. We also besides above did Digital Art when we pre-opened the hotel showcasing International Art.

In the Nepali context, “art-led hospitality” is straightforward: we let local creativity lead the experience. A guest walks in and, within moments, feels the pulse of Kathmandu through

powerful, authentic art that sits comfortably alongside Aloft's bold, youthful energy. That fusion is what makes this place unlike any other hotel in the country.

How do you balance the global Aloft brand identity with the hyper-local artistic expression showcased throughout the property?

We balance Aloft's global vibe, bold urban energy, W XYZ cocktails, Re:mix playlists by layering in Nepal at every turn. Physical art hits you everywhere: local sculptures in corners, vivid paintings of Thamel streets and Himalayan myths in corridors and rooms. Digital art keeps it fresh: Niio Art's rotating screens in the lobby and two huge digital displays in the prelobby that explode

with Kathmandu color the second you arrive.

All of this recently earned us the title of Luxury Art Hotel of the Year 2025 – South West Asia at the World Luxury Hotel Awards 2025. We're also proud to collaborate with the Nepal Art Council on conservation and restoration initiatives, giving back to the very artistic heritage that inspires our walls every day.

The hotel sits at the intersection of culture, creativity, and hospitality. How does Aloft's brand philosophy align with Nepal's artistic heritage, and how do you as GM champion that alignment on a strategic level?



Aloft's philosophy of "different by design" aligns perfectly with Nepal's artistic heritage, which thrives on innovation within tradition from ancient stupas to contemporary street art.

As a General Manager, I just make sure that spirit runs through everything we do. From the second a guest steps into the lobby and sees that massive mural bursting with Thamel's chaotic energy, to the sculptures tucked into corners, to the art in every room; it's all proudly Nepali, yet it still has that unmistakable Aloft attitude. The hotel doesn't feel like it was dropped into Thamel from somewhere else. It feels like it grew here. That's the alignment I fight for every single day.

What personal experiences or professional insights influenced your decision to embrace art as a defining pillar of the hotel's identity?

My 25+ years in hospitality across Asia, Africa, America and the Middle East taught me that memorable stays stem from emotional connections. Witnessing how art transforms spaces, it inspired me to embrace it here. Personally, growing up in a culturally rich environment, I saw art as a bridge between people, which influenced my decision to make it a pillar, especially in post-pandemic recovery to attract discerning guests seeking authentic experiences.

What was the curation process like for selecting the artists and installations? Who were the key curators or collaborators you relied on?

The curation began with our Chairman, Mr. Prithvi Bahadur Pande, a lifelong art collector with an extraordinary eye, together with Ms. Pratima Pande, who ensured every choice stayed deeply respectful of Nepali

culture and heritage. Mr. Pande shared pieces from his own collection and set the vision board rooted in Nepal's landscapes, folklore, and diversity. His directive was clear: the hotel must feel like a living gallery of authentic Nepali art while maintaining its vibrant international Aloft identity.

Ms. Sophia Lakshmi Pande then took the lead as curator. Drawing on her experience preserving heritage monuments and running exhibitions through The Kalā Salon, she hand-selected every piece for its bold, emotional, and unmistakably local stories, ensuring each installation flows naturally through the hotel's spaces. The result is a collection that feels personal, alive, and truly one-of-a-kind.

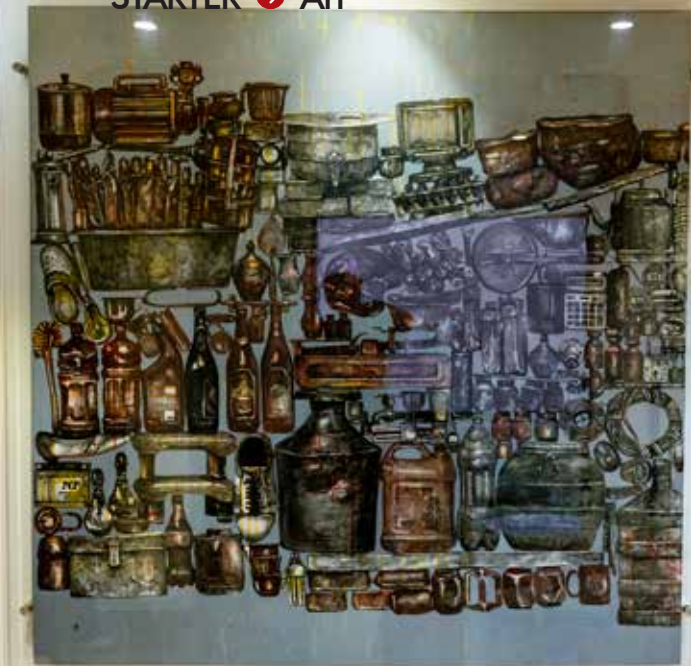
Curating an art-led space requires synergy across teams. How did you guide your team through this vision, and what collaborative dynamics were most

crucial in bringing the concept to life?

The art integration was pure Sophia Pande magic. She hand-picked every artwork and artist, then walked the hotel floor by floor, placing each painting, sculpture, and installation exactly where it felt right. Her vision is in every corner.

Because Sophia's vision was so clear and her passion so contagious, the team just followed her lead without any formal sessions. She walked the floors with us, placing every piece herself, sharing its story until everything felt perfect.

Day-to-day, our Director of Housekeeping, Mr. Dinesh Maharjan, looks after the entire collection with incredible care. He keeps every artwork safe and spotless, and he's become the quiet bridge between Sophia and the rest of us. That daily love and attention is why the art still feels as alive and loved today as the day it was hung.



What drove the decision to integrate digital installations, and how do you see them enhancing the guest experience and Aloft's brand personality?

Aloft has always been the tech-savvy, forward-leaning brand in the Marriott family, so digital art was a natural fit. We partnered with Niiro Art to bring rotating, high-energy digital works into the lobby and public spaces—pieces that shift with seasons, festivals, or mood, keeping the vibe fresh and alive.

The biggest impact is right at the entrance: two massive digital displays now dominate the prelobby, glowing with bold, colourful scenes that capture Thamel's chaos and Nepal's spirit. They're bright, instantly shareable, and hit every arriving guest with pure Kathmandu energy. That first "wow" moment perfectly fuses Aloft's playful modernity with the creative pulse of the city.

Is there any artwork or installation at Aloft that personally resonates with you as a leader? What makes it significant to you?

The pieces I personally love most are the Marvel superhero series hanging in our Nook restaurant. Picture Hulk proudly dressed in full Newari attire, Spider-Man swinging between prayer flags at a gumba, and Maui tearing through Thamel on a scooter, looking right at home.

As a leader, these artworks speak to me deeply. They show that true respect for heritage doesn't mean being serious all the time; it can be bold, fun, and unapologetically playful. That's exactly the spirit I want for our team and our guests: proud of who we are, yet relaxed enough to laugh and invite the world to join in. Every time I walk past and see someone grinning or snapping a photo with "Newari Hulk," it reminds me why we do this, to create

a place that feels warm, confident, and joyfully Nepali. That's the energy I try to lead with every single day.

Have you noticed shifts in the kind of guests Aloft attracts since embracing this creative identity, perhaps more young travelers, creators, or culture-seeking tourists?

Absolutely! since embracing this creative identity, we've seen a notable shift toward younger demographics, including millennials and Gen Z travelers, creators, and culture enthusiasts. Data shows increased bookings from digital nomads, artists, and adventure seekers drawn to our art events and social spaces. This evolution has boosted our occupancy and positioned us as a go-to for experiential stays, with positive reviews highlighting the artistic vibe as a key differentiator.

What overarching narratives or values did you want the art to convey to guests from the moment they step into the lobby to their stay experience?

The overarching narratives we aimed to convey are unity, creativity, and cultural fusion from the lobby's welcoming installations, to room artworks inspiring personal reflection. Values like sustainability, community, and innovation thread through, encouraging guests to explore Thamel's vibrancy while feeling connected to Nepal's soul. The stay becomes a journey of discovery, leaving guests inspired and culturally enriched and also their contribution to Nepal Art and Artists.





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TOGETHER AHEAD

STITCHED IN NEPAL

SPOTLIGHT ON RISING HOMEGROWN BRANDS

Driven by innovation, customer insight, and authentic storytelling, Nepal's homegrown fashion labels are gaining loyal followings. From elevated basics to playful kidswear and minimalist menswear, they're proving that local fashion is more relevant and refined than ever. This piece dives into the visionaries behind three standout labels championing quality, comfort, and homegrown pride.

FORGET THE idea that good fashion only comes from abroad. Nepal's fashion scene is experiencing a refreshing shift, led not by foreign influence but by creators and entrepreneurs at home. Once dominated by export-oriented factories, Nepal's garment sector is now entering a new phase where local brands play an active role in offering choices to the customer. Designers and entrepreneurs are investing in better fabrics, fit, and quality control, pushing the industry toward more structured production and modern retail experiences. Nepal's garment industry has long been known for its craftsmanship and skilled labor, but it is now evolving beyond traditional production. With better design awareness, improved manufacturing practices, and growing consumer trust in local brands, the industry is slowly shifting from a manufacturing base to a creator-driven ecosystem.

ZOOT



QUICK QUESTIONS

What's the most Nepali thing about Zoot?

The brand name zoot, it itself is a nepali word jut.

If Zoot were a person, what would he wear on a first date? He would wear a hooded denim jacket paired with tailored chinos and fresh white sneakers

One item from your collection every guy needs in his wardrobe?

Bomber Jacket; it best suits casual as well as semi-formal style.

Most memorable customer? We had one customer who was super delighted and surprised when we approved an exchange for him five days after the standard return time. it validated our core belief: that offering a level of personal touch and service.

Find them:
<https://zoot.com.np/>

Zoot is not just a fashion brand. It's a philosophy built for the urban modern man. Zoot believes that true style is not just about what you wear, it's about the values you carry and what you stand for. We celebrate this duality of aspiration and authenticity as the core of our vision. We blend classic, minimalist aesthetics with modern sensibilities and Nepali craftsmanship designed for modern men aged 25 to 45

Founder

Shyam Ratna Mali is the entrepreneur behind Zoot, a digital-first menswear brand redefining the modern Nepali man's wardrobe. With a background in branding, digital marketing, and creative design, he brings strategic clarity and creative insight to the label, shaped by his experience with leading Nepali companies and brand consulting work.

What was the original spark behind Zoot?

We believe that fashion is not just about what you wear, or just a functional clothing, it's about the values you carry and what you stand for and way to express yourself. We saw a gap in market; menswear was polarized: it was either strictly formal or purely streetwear. There was nothing in the middle ground. We bridge this gap.

What styles are men What have you learned from the D2C experience so far?

We've learned that Nepali consumers are seeking value, not just products, in a highly price-sensitive market. Our D2C experience shows a growing

group of men willing to invest in a Nepali brand when quality matches its promise. The direct feedback loop allows us to understand their needs in real time, and by respecting their intelligence and delivering genuine quality, customers don't just purchase—they become advocates. We continuously refine our strategy based on this trust..

What do you find most challenging about local production?

Nepal's textile ecosystem is still developing. We need to rely heavily on imported raw materials. Consistency of fabric is also another hurdle.

How do you curate your collection?

Our design process is quite democratic. We don't just sit in a room and follow the trend. We believe in a feedback first approach. We build samples and put them directly in from of our customer persona. We test the fit, feel and the reaction before we go into production.

We focus on timelessness over trends. We blend minimalist aesthetics with modern Nepali sensibilities to create pieces.

What has been your biggest "pinch-me moment" since starting the brand?

It was a specific DM I received from a customer. He didn't just write to say he liked the product; he wrote to ask if he could open a Zoot franchise in his hometown. That was a massive realization for me. At a time when we were worried about getting just one order, here was a customer who believed in the brand so much that he wanted to be a part of it.

HABRE AND YETI



QUICK QUESTIONS

Which age group is the hardest to design for?

Kids aged 12 to 13, as they start becoming more particular about their outfits.

One item parents always come back for?

Parents often come back for our cotton basics like T-shirts, sweatshirts, joggers, and

sweaters for their comfort, quality, and everyday usability.

What are the biggest costs for your brand?

Pre-production, sampling, keeping stock, and spreading the word to keep going!

Habre and Yeti was born from imagination and Upendra's passion to create clothing that nurtures children's comfort, individuality, and creativity. More than a clothing line, it is a vision that celebrates childhood—allowing kids to explore, dream, and express themselves freely in garments that feel as good as they look. Designed with premium, comfortable, and durable fabrics, the brand offers stylish yet thoughtfully priced products for families seeking high-quality children's wear that reflects Nepali heritage.

Upendra Manandhar

Upendra is the creative force and strategic founder behind Habre and Yeti, a kids' clothing brand shaped by his diverse professional journey. Beginning in event management and FMCG promotions, he gained deep insights into consumer engagement and brand storytelling, which inform the brand's vibrant, community-driven identity. His experience in banking added an analytical and structured approach, helping him balance creativity with data and growth with responsibility—values that now guide Habre and Yeti's focus on quality, safety, and sustainability.

What inspired you to start a kids-only label in Nepal?

As a parent of two, I experienced firsthand a clear gap in the kidswear market. High-quality clothing was often overpriced, while mid-range options struggled

with poor fabric quality, inconsistent sizing, and limited twinning choices. These challenges inspired me to create a brand that delivers stylish, well-made, and affordable clothing for children. **H**

How did you come up with the brand name?

As a proudly Nepali brand, we integrated the two iconic Himalayan animals. "The Habre, or Red Panda, representing gentleness, comfort and warmth and "Yeti" symbolizing adventure, imagination and fearless spirit. Together they tell the story of every child: tender at heart, brave in dreams.

How do you select fabrics?

Fabric selection is our top priority since we're designing for children. First, the material must be soft and gentle on the skin. Second, we avoid chemically treated fabrics and instead use a softener wash to ensure comfort and safety.

What are your biggest wins since launch?

Some of our biggest wins include strong customer loyalty with repeat purchases, selling out our entire collection solely through our store without any marketing, and a particularly exciting moment when a customer loved our design so much that they took our T-shirts to Europe to resell them. Currently, our focus is on comfortable, everyday basics rather than fashion or party wear.

Find them:
<https://habreandyeti.com/>

T'S ARMOIRE



Founded in 2017 by Deeya Tamang, T's Armoire was created to design fashion that inspires confidence and effortless style. The name "Armoire," meaning wardrobe in French, reflects the brand's focus on versatile pieces for everyday wear and special occasions. Produced locally in Lalitpur, the brand is known for modern sophistication, timeless silhouettes, and elevated basics, and has grown into one of Nepal's most loved fashion labels through its authenticity, refined design, and commitment to quality.

Deeya Tamang

Deeya Tamang, founded T's Armoire in 2017 with a vision to create fashion that inspires confidence and effortless style, drawing inspiration from London's fashion scene. Building the brand from the ground up, she focused on elevated basics, versatile designs, and quality craftsmanship, taking a hands-on role across design, marketing, and customer experience to ensure every detail reflected her vision.

Find them
<https://tsarmoire.com/>

T's Armoire started in 2017. What was the turning point where you felt, "Yes, this can grow"?

There wasn't one perfect moment. But every time a customer came back, every time something sold out, and every time someone told us they loved the fit and quality, that's when I knew this brand could grow.

How do you approach designing for Nepali women considering diverse body types and preferences?

For me, designing for Nepali women means paying attention to real bodies, not just standard measurements. We listen to customer feedback, we test our pieces on different body shapes, and we adjust the fit until it feels right. Nepali women are diverse, so our goal is simple: make clothes that feel good, fit well, and give confidence. That's always the starting point.

You operate both online and in-store. How do the two experiences differ in customer behavior?

Online shoppers usually know exactly what they want, they browse and make quick decisions. In-store, the experience is more personal; customers take time to feel fabrics, try different fits, and explore styling options with us. The store allows for deeper interaction and trust building, while

online brings convenience and reach. Both channels complement each other and help us understand different customer journeys.

What do you want customers to feel when they wear T's Armoire?

I want everyone wearing T's Armoire to feel confident, comfortable, empowered, and proud to wear a homegrown brand.

A product or collection that surprised you with its success?

While many of our pieces perform well, the OGs jeans consistently stand out. Featuring our classic T's Armoire logo on the back pocket, they have been a customer favorite for the past three years and sell out every time they're back in stock. I'm confident this will remain one of our signature styles for years to come.

QUICK QUESTIONS

Your "most you" outfit from your own collection
Any T's Armoire jeans paired with one of our basics.

Go-to fabric for comfort and confidence
Premium denim. It's the fabric I trust the most. It's also the foundation of T's Armoire, so it reflects both my personal and brand ethos.

What trend are you secretly over?
Burgundy ... it's had its moment.

2025 in Nepal

**A BUZZ-FULL
YEAR**

From monsoon devastation to mountaineering crowds, from Gen Z digital activism to cinema, music, and sporting triumphs, 2025 captured Nepal in motion. A year where crisis met creativity and the choices ahead began to matter more than ever.

2025 was a year Nepal felt intensely, through Gen Z protest, flooded valleys, crowded mountain trails, viral screens, packed theatres, roaring stadiums, and restless digital spaces. Climate disasters exposed long-ignored vulnerabilities, tourism hit euphoric highs with dangerous consequences, and a young, digitally fluent generation reshaped public conversation through culture, content, and collective action. Between catastrophe and creativity, protest and pop culture, the nation witnessed how deeply politics, climate, and everyday life are now intertwined.

CLIMATE AND CATASTROPHE

The monsoon of 2025 reminded Nepal of its deep vulnerability to climate change. Torrential rains brought floods and landslides across multiple districts, taking lives, damaging homes, and cutting off transport routes. Humanitarian groups raised urgent concerns about weak infrastructure, ineffective early-warning systems, and the growing reality that climate change is no longer a distant threat, it is here, reshaping lives every monsoon season. A progress to take, the new interim government did take some precautionary measures and provided helping hand on time for the ones in need.





A Year of Sporting Victory

If art reflected our emotions, sport amplified our hope. 2025 gave Nepal some of its loudest celebrations and they came from the field. Nepal's cricket team qualified for ICC Men's World Cup 2026, moments that sent fans into stadiums,

rooftops, tea shops, and living rooms with the same heartbeat. Flags soared, strangers hugged, and for a moment, politics felt far away. For a nation searching for collective pride, sports didn't just entertain, it healed, united, and

reminded us that we still know how to dream together.

2025 blurred the lines between politics, climate, and creativity. A digitally fluent, outspoken generation forced conversations that had been

ignored for decades. The choices our institutions make now, whether they embrace reform or cling to old habits will decide what the next decade looks like.

MUSIC, ART & THE PULSE OF YOUTH EMOTION

Music continued to mirror the nation's mood. Songs like Monika Thapa's *Kalila Chati*, born from political heartbreak, resonated deeply. Many young aspiring singers like Yabesh Thapa, Samir Shrestha, Dixita Karki, Sacar, Vek, and many more dropped their new song and albums while our classic bands are making comeback with concerts. PhotoKTM's sixth edition arrived in November, expanding photography into public conversation with fresh, bold visuals. TikTok remained the biggest engine of music discovery, while stand-up comedians and creators turned satire into political literacy. Laughter became a form of resistance.





PODCAST AND CONTENT CREATION BUZZ

2025 was a defining year for Nepali podcasts and digital creators. What once began as hobby projects recorded on bedroom evolved into credible platforms offering sharp political commentary, cultural reflection, humor, and deeply intimate storytelling. Podcasters brought nuance where headlines felt shallow; creators broke down complex issues into digestible language that the masses could connect with.

At the same time, content creation transformed from a side hustle into a serious career prospect, especially for young Nepalis. With brand collaborations, monetized channels and live shows many found financial independence through creativity rather than traditional 9-to-5 paths.



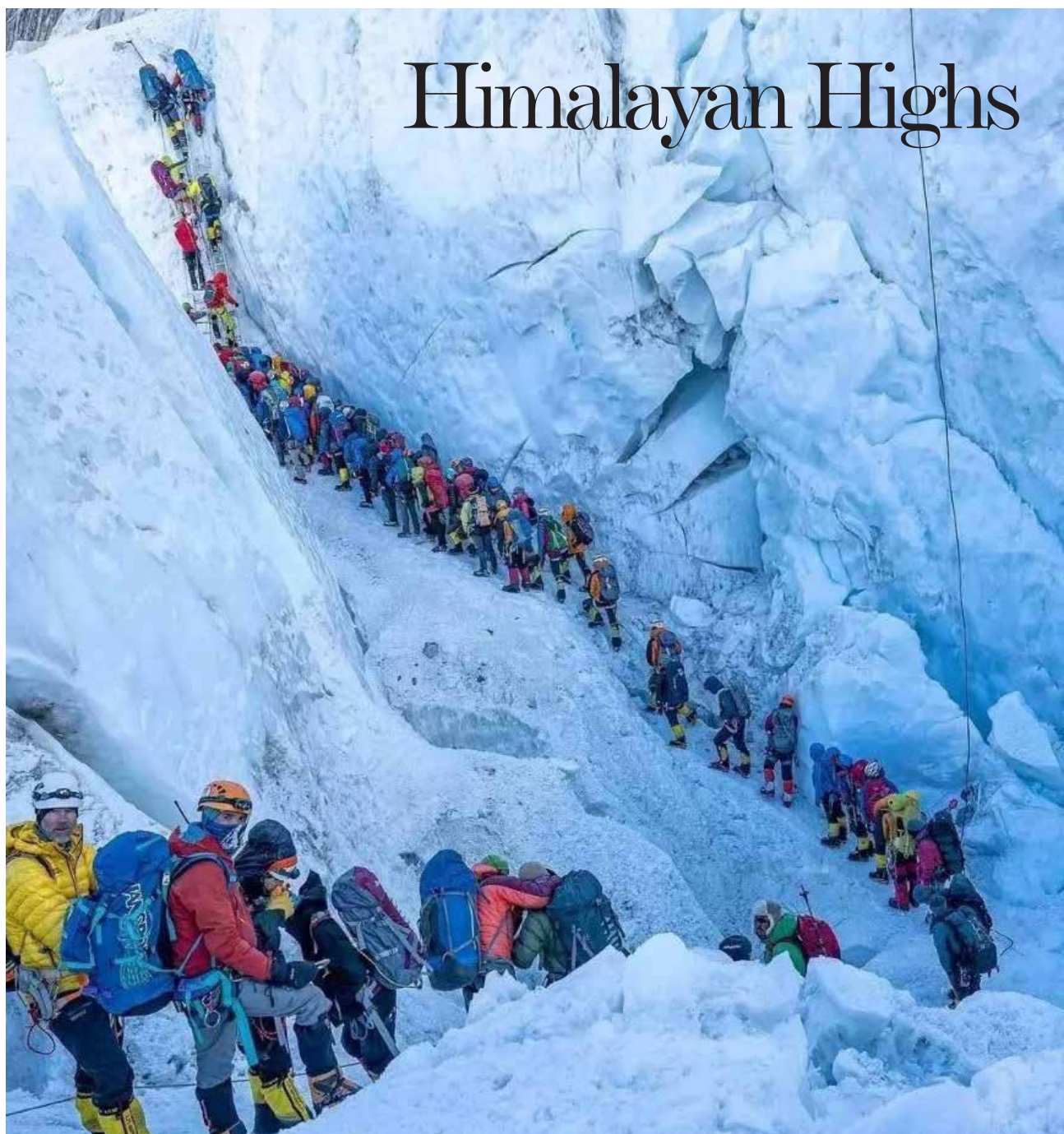
Nepali Cinema Reclaimed Its Audience

Nepali cinema enjoyed a vibrant, hopeful year. The Dashain–Tihar season delivered fresh stories, heartfelt performances, and long-awaited remakes of classics like Maitighar. Box-office favorites such as Khusma, Unko Sweater, Jerry On Top, and Paran pulled audiences back into theatres with nostalgia and new excitement.



CAFÉ & THRIFT CULTURE

Urban life developed its own rhythm and aesthetic. Cafés bloomed in Kathmandu, Pokhara, and every corner where young people gathered. Walls lined with local art, acoustic evenings filling the air, and menus crafted for comfort and Instagram. Thrift stores thrived too, celebrating individuality, sustainability, and budget-friendly expression. Together, these spaces shaped a distinctly Gen Z culture: slow-living, creative, conscious.



Himalayan Highs

The mountains called and quite literally everybody came! Tourism soared to record numbers this year. So many people traveled that some mountain regions experienced literal traffic jams, with trekkers returning to Kathmandu after failing to find accommodation. From the Nepalese citizen

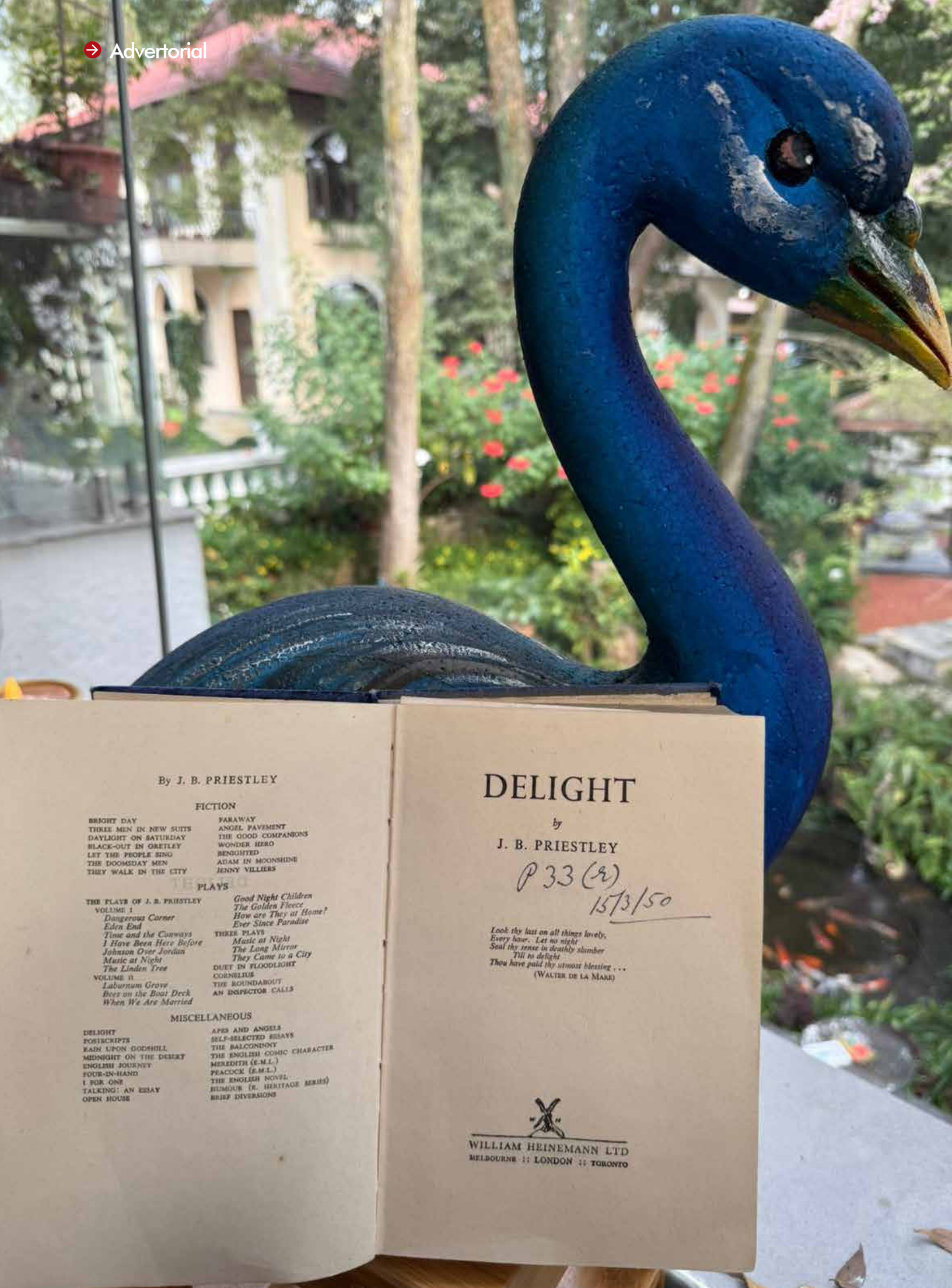
to the foreigners, the mountains have seen the faces of heaps this season. Nepal's climbing seasons drew global attention but also serious concerns. Overcrowding, mismanaged logistics, and a rise in accidents raised questions once again about the sustainability and safety of mountaineering on peaks

like Everest. A new trend also emerged: trekking for aesthetic content. Many young travelers headed to the mountains for photos without proper planning, creating more risks for themselves and rescue teams.

Photo: Traffic at Everest

MOST VISITED DESTINATIONS OF 2025

Everest Base Camp, Annapurna Circuit, Pokhara, Upper Mustang, Nagarkot, Shey Phoksundo, Langtang, Gosaikunda



By J. B. PRIESTLEY

FICTION

BRIGHT DAY	FARAWAY
THREE MEN IN NEW SUITS	ANGEL PAVEMENT
DAYLIGHT ON SATURDAY	THE GOOD COMPANIONS
BLACK-OUT IN GREYLEY	WONDER HERO
LET THE PEOPLE SING	BENIGHTED
THE DOOMSDAY MEN	ADAM IN MOONSHINE
THEY WALK IN THE CITY	JENNY VILLIERS

PLAYS

THE PLAYS OF J. B. PRIESTLEY	<i>Good Night Children</i>
VOLUME I	<i>The Golden Fleece</i>
<i>Dangerous Corner</i>	<i>How are They at Home?</i>
<i>Eden End</i>	<i>Ever Since Paradise</i>
<i>Time and the Conways</i>	THREE PLAYS
<i>I Have Been Here Before</i>	<i>Music at Night</i>
<i>Johnson Over Jordan</i>	<i>The Long Mirror</i>
<i>Music at Night</i>	<i>They Came to a City</i>
<i>The Linden Tree</i>	DUET IN FLOODLIGHT
VOLUME II	CORNELIUS
<i>Laburnum Grove</i>	THE ROUNDABOUT
<i>Beer on the Boat Deck</i>	AN INSPECTOR CALLS
<i>When We Are Married</i>	

MISCELLANEOUS

DELIGHT	APES AND ANGELS
POSTSCRIPTS	SELF-SELECTED ESSAYS
RAIN UPON GODSHILL	THE BALCONY
MIDNIGHT ON THE DESERT	THE ENGLISH COMIC CHARACTER
ENGLISH JOURNEY	MEREDITH (E.M.L.)
FOUR-IN-HAND	PEACOCK (E.M.L.)
I FOR ONE	THE ENGLISH NOVEL
TALKING: AN ESSAY	HUMOUR (R. HERIAGE SERIES)
OPEN HOUSE	BRIEF DIVERGENCE

DELIGHT

by

J. B. PRIESTLEY

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15/3/50

*Look thy last on all things lovely,
Every hour. Let no night
Seal thy sense in deathly slumber
Till to delight
Thou have paid thy utmost blessing...*
(WALTER DE LA MARE)



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Timeless Journey

A VINTAGE BOOK FROM THE UK TO THE HIMALAYAS

SOME GIFTS arrive quietly, asking for nothing, yet leaving a lasting warmth in the heart. Recently, my husband received one such gift from a friend, an old book titled *Delight* by J. B. Priestley, an English Novelist, (1894 - 1984). In the era of lost art of reading, to be presented with such a gem is so precious especially when the book was printed in 1949 at the Windmill Press in Kingswood, Surrey, Great Britain. I expected nothing more than a pleasant read. But when I opened it, I stepped into a small miracle. The moment I touched it, I felt a quiet thrill, as if my fingers had brushed against history

itself. Published just before the Indian independence, it sent cold shivers through my spine as I noticed it belonged to a library; I felt a little queasy.

Yet, holding it, my heart twitched a little. This was once a beloved library book. How did it leave its home? Was it lost? Stolen? Borrowed and forgotten? Did the library close down? Did someone love it too much to return it? Was it sold in a dusty auction, or carried away unknowingly during some move? There was a muted ache in thinking of a book wandering away from the place it once belonged.

A sadness lingered at the thought of a book drifting away from its home, yet there was joy too. Perhaps this wandering was part of its destiny. Suddenly I pondered about my own school's library, do my students and teachers in my school's library take books, and not return them or lose them? Does my librarian take good care of all those books?

On the very first page, a gentle reminder by Walter de la Mare (English Poet 1876-1953) whispered:

"Look thy last on all things lovely,

Every hour. Let no night

Seal thy sense in deathly slumber

Till to delight

Thou have paid thy utmost blessing..."

In Simple Words

The poem is reminding us:

Notice beauty always

Don't live life half-asleep.

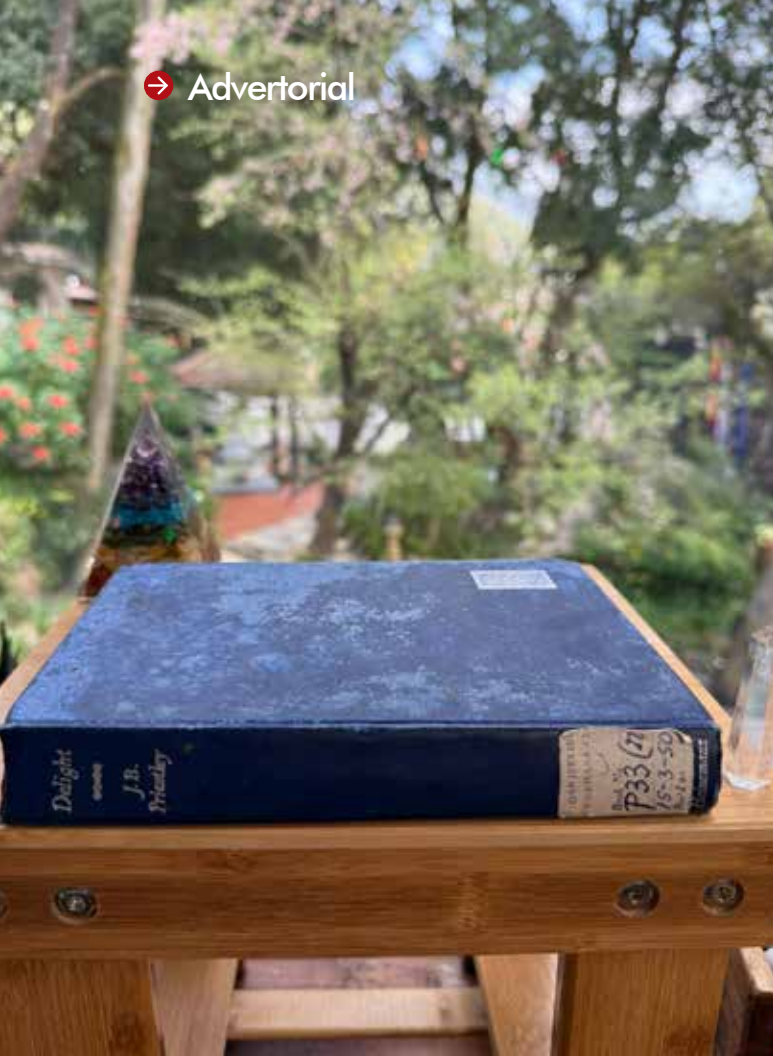
Give thanks for every joy.

Let your heart stay awake to wonder.

Inside the cover lay an old library card, fragile with age, yet alive with stories. It belonged to Darjeeling Gymkhana Club, opened in 1909, a heritage sports club, a place of retreat for the elite Britishers. The very place I grew up, where I used to skate in the wooden rink 35-40 years ago. Then married and moved to Kathmandu, Nepal. Back to the vintage book, I went, its earliest issue date read 17 March 1950, when Mrs. W. Ernest most probably tucked this very book under her arm and carried it home. After her came many more:

Mr. Griffith, Mr. J. O. Johnson, Mrs. Sam, Kumar T. K. Roy, Mr. Ogg, Major Willy, Mr. Puri, Mr. Lane, Mr. Malcolm, Mr. C. W. H. Ansell, Mr. Wilmer, Mr. Bee, Mrs. Tufuell,

➔ Inside the cover lay an old library card, fragile with age, yet alive with stories. It belonged to Darjeeling Gymkhana Club, opened in 1909, a heritage sports club, a place of retreat for the elite Britishers.



Mr. Cumming, Mr. S. Verma, Dr. N. De, Mrs. Wilshaw, Mr. D. C. Royals, Mr. S. Ghose and finally, Dr. Chatterjee, who returned the book on 11 October 1967.

As I read their names, I wondered: Are they still alive? Or have they quietly passed away, leaving their touch in this book as their only trace? Wherever you all are, please remember I am lovingly reading it, silently thanking your presence. Another thought was I must try and find them on Facebook as they could still be hale and hearty.

Seventy-six years have passed since then. It survived post-war Britain, crossed into newly independent India, travelled

through the hands of Britishers and Bengalis, and somehow accidentally or deliberately left its library home in Darjeeling.

A neatly pasted set of library rules felt like artifacts:

- A subscription fee of Rs. 2 per month per member.
- Opening hours for summer and winter.
- One book allowed for seven days only.
- Four books allowed at a time.
- No damaged books accepted.
- Fine of Rs.1/- per book per week.

Simple. Strict. Beautiful in its discipline. So, resonating with my school and college life in Loreto Convent, Darjeeling. How disciplined

and simple life must have been then.

And so, after decades of passing through different hands, different hearts, and different lives, this 76-year-old book has found a new home with me in Daffodil Boarding School, Kathmandu, far from where it began.

From UK to India to Nepal, from 1949 to 2025, this book has carried history, memories, and silent companionship through generations.

Maybe books choose their own destinies.

Maybe some books wait patiently for the right reader.

Maybe this one waited for me.

And in opening it, I found not just a story

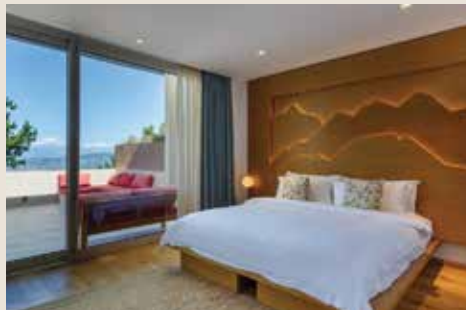
I found a journey, a history, and a quiet, enduring Delight.

DAWA LAMA SHERPA
Founder Director
Daffodil Schools
Kathmandu, Nepal

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→ Cover Story

STILL LOUD, STILL LOVED

COBWEEB NEPAL



Cobweb, Nepal's legendary rock band, has been inspiring fans for over three decades with their bold sound, enthusiastic stage presence and their bond. Now back stronger than ever, they're ready to thrill audiences again with their upcoming song "Jay Nepal". Still Loud, Still Loved lets celebrate the legacy band's journey, creativity, and endurance.

By Malika Joshi in Conversation with Cobweb Band Nepal

INTRODUCING THE rock and roll band from Nepal in their 30's – Cobweb. Formed in Patan in the early 1990s by a group of friends, Cobweb is one of the most influential rock bands in Nepalese music scene. At a time when rock was not very popular to the mainstream, Cobweb introduced a louder, bolder sound to Nepal's music collection. With their hard rock roots and fearless attitude, the band played a key role in bringing Western-style rock into Nepal's popular culture and inspiring generations of musicians and fans.

Cobweb began their journey with debut album 'Anjaan' in 1993. While it didn't gain immediate commercial success, the band's real breakthrough came with their self-titled album 'Cobweb' in 1996, featuring the iconic track "Maryo ni Maryo," which became an anthem for Nepali youth. Over the next three decades, Cobweb continued to evolve, experimenting with genres while releasing multiple albums and performing across Nepal and around the world. Despite little knowledge, expertise, and early resistance from conservative audiences, Cobweb remains still loud and still loved, standing as an OG band of Nepal's rock scene.

Nilesh Joshi and Divesh Mulmi have been part of Cobweb since its establishment, forming the core of the band from the very beginning. Siddhartha Dhakhwa joined the group in 1997/98, strengthening the rhythm section and adding new energy to their sound. While lately, in the past four to five years, the band has been further complemented by Ashish Gurung and Sujan Tandukar, bringing fresh dynamics while staying true to Cobweb's long-standing rock identity. Abhisekh Pun, sound engineer and Chirag G.T, stage manager has been the 'behind the spotlight' supporter.

How was the music industry, before the band's establishment? Cobweb is said to be the pioneers in rock music, do you feel the same?

Before Cobweb began, the rock music scene in Nepal was very limited. There were hardly any promoters, producers, or distributors, so bands had to manage everything on their own. Today, the industry is much more organized, with knowledgeable people who understand music as both art and profession, making it easier for musicians.

We've never really seen ourselves as pioneers of

rock music. We were simply doing what we loved. Rock was the genre we connected with the most, and we chose it naturally. If our journey helped shape the scene in any way, we're grateful, but we still feel there's a lot more to do and we're working on it. Looking back, the last three decades feel like the first chapter of Cobweb. Now, with more experience and clarity, it feels like we're starting a new chapter.

Going back to the 90's, how was the music and concerts reached among the fanbase?

Back in the 90s, life was very different! To connect with fans, sponsors, or event managers, we had to rely entirely on letters. We would receive invitations or proposals through letters and reply the same way, often following up in person since there was no internet and only a landline for phone calls. Print media was our main publicity tool, we designed and printed our own posters and personally put them up on college walls, electric poles, and other public spaces.

Our very first performance was at a community festival in Ikhachhen. But our first proper concert as Cobweb, with ticket sales and promotion, was at City Hall (now Rastra Sabha Griha). We sold tickets by

hand, without promoters or sponsors.

Can you talk a bit about your dedication towards fueling the passion to successfully create a career and fandom out of it?

Our journey began with a simple love for music. While exploring Western rock genres, we never imagined forming a band. Everything changed after the release of "Maryo ni Maryo" in 1996. That song introduced Cobweb to the audience and inspired us to dedicate ourselves fully to our passion, turning it into a career and building a loyal fanbase.

In the early days, we would record one or two songs and personally approach music shops, requesting them to include our tracks in their collections, which were like the Spotify playlists of that time. We faced rejections, but we accepted them, re-recorded, and kept pushing forward. Eventually, Image Channel approached us to create a music video for "Maryo ni Maryo," officially introducing Cobweb to fans and cementing our place in the music scene. Nilesh's brother and a few friends invested in the band, helping us get started. That was the beginning of our journey.



WHAT'S NEXT FOR THE BAND?

We've been working on "Jay Nepal" since Jestha, carefully shaping its concept and process. The end result is something truly meaningful, and we're currently in the stages of recording and shooting the video. The song is set to be released on 17th January at Moksh. By now, we're deeply emotionally attached to this song.

One of the aspects we're most proud of is that there's no external writer, Aashish and I (Divesh) have written all the lyrics ourselves. The song features almost 40–50 musicians, including students from Bimba Institute, members from Kutumba along with local artists and musicians. Coordinating multiple practice sessions and managing time for such a large group has been a challenge, but we didn't want to compromise on even 1% of the effort.

Musically, we've integrated a variety of local music, instruments and vocals to create both variation and unity, reflecting the spirit of our nation. Originally intended as a festival-themed song, it evolved into a song dedicated to Nepal therefore titled "Jay Nepal". As a band/ musicians, all we could give was our music, so this **one is for the nation**. It beautifully embraces the rhythms, beats, and musical richness of Nepali culture into

rock genre, something we've never attempted before.

We're excited for its release on 17th January. At the same time, there's a mix of anticipation and pressure, because we want it to be perfect. We welcome listeners to EXPERIENCE Cobweb instead of just listening us. We hope you all listen the song in depth and feel its immense emotional and cultural essence like we did.

Did the music shape your individual personality or is it other way around?

We'd say it's a bit of both. Initially, rock and roll fashion and personality influenced us first. We'd see Western rock artists and, if we liked their style, we'd listen to their music. Their posters filled our walls and

shaped our personal style. After forming the band, our music and personalities became intertwined; our fashion and image now reflect the band itself.

Fun fact: On recent years, Cobweb came up with new rule: hoodies and sweaters are completely off-limits for on stage performance, even in foggy cold weather.

Mental Burnouts, friendship fractures, creative clashes in the past three decades?

There's definitely a lot of mental burnout. These days, I (Divesh Mulmi) have realized that songwriting and composition are extremely demanding tasks. They require immense patience, and doing the

same thing every day can become monotonous, so taking breaks is essential. It also helps to have support from others, their expertise can guide us. For instance, working closely with Aashish Gurung (vocalist) recently has significantly reduced the pressure I feel.

Regarding friendships, there haven't been any serious

fractures, so that's actually a wrong question for our band! We even have a funny rule: nobody's allowed to get angry, haha. While we enjoy our fair share of fun, we remain disciplined in our profession either during recordings, practice sessions or other operations. Besides regular practice, often meet casually for a cup of coffee.

As for creative clashes, they are natural, but they get resolved easily because we truly listen one another, and there's no room for anger. Each of us has a unique creative perspective, and clashes often open doors to ideas we might have otherwise missed. Sometimes, these clashes even help us reach a higher creative ground and improve our music.

The songwriting process

When I write a song, I create a focused zone. I usually start by picking the theme, then try to draft a chorus or verse line. After that, I often split the work among bandmates or friends to contribute their perspectives on the topic. Research is also a crucial part of our process. Since the 'Astitwa' album, our songs have reflected higher lyrical standards and deeper content. The lyrics in the 90s were simpler, but as the band evolved, we aimed for more powerful, meaningful lyrics. The more we work, the higher our standards become.

How's the Band relationship as of current situation?

"are family, the band, all of us look at it as our family. Not just the 5 of us



Ashish Gurung, vocalist, says,
"It's always been a family, with welcoming energy. Ever since joining the band, I've been living the dream and I'm still living the dream."

but also our technical team including sound engineer and our band manager. I feel personally very happy to see the bond we have, the understanding we have with each other and also our communicative approach. It's been almost 35 years of the brand, the bond we have contributes to it. We try to share positive energy with each other." Nilesh Joshi

Ashish Gurung, vocalist, says, "It's always been a family, with welcoming energy. Ever since joining the band, I've been living the dream and I'm still living the dream."

Sujan Tandukar adds, "Same for me, it's always felt like a family. Since joining, it's been a fun and fulfilling experience."

The industry has changed so were there pressure to remain relevant?

I don't think we feel that kind of pressure. At Cobweb, we are always focused on evolving. Whenever we release a song, some listeners prefer to have "old Cobweb vibe," while others say it's too similar to our previous work. But our core fans understand and appreciate our growth.

We choose to evolve and express the experiences and lessons we've gained through our music, while still maintaining the essence of Cobweb and respecting the audience's choice too. More than trying to stay relevant, for us it's about growing and creating music that reflects who we are now and the legacy we've carried for 30 plus years.

Today's crowd vs the crowd of 90's are they anyway different or similar?

They're similar in their enthusiasm, but the way they engage has changed. In the '90s, audiences would focus entirely on the performance and listen closely, rather than trying to capture it on their phones. Today, fans often like to record and share the moment, which isn't a bad thing at all.

In many ways, though, the two crowds can't really be compared. Back then, attending a concert was a bigger effort: tickets had to be purchased from an outlet, even Rs. 25 was a significant amount, and getting to the venue wasn't always convenient. Despite the differences, the love of the audience has always been the same.

What's one song that is very dear to your heart?

Ashish Gurung: For me, it's 'Timro Nau'. I feel there's no other song like it, it's unique and creates a completely different zone.

Nilesh Joshi: "Timro Nau" as well. Every time I play it, even during practice, it feels surreal. It gives me high vibrations and I feel genuinely very happy from within."

Divesh Mulmi: "I'm attached to Rukh. There are so many small sections where I've invested a lot of effort; eight different grooves, melodies, and lyrical compositions. That effort makes me feel deeply connected to the song."

Sujan Tandukar: "'Hodbazi'. We don't perform it often but it remains my favourite; it's a bit dark, slow, and emotional."

Siddhartha Dhakhwa: "I also love Rukh because of its many variations, it keeps the song interesting and engaging every time we play it."

Abhiseskh Pun: "Maryo ni Maryo" was the first song of Cobweb that I listened to. At Purple Haze, I remembering shouting for it, and they played it; made me love it even more.

Chirag G.T: I love Samaj from the Astitwa album for its heavy riffs, rhythmic changes, and deep lyrics. To me, it's Cobweb's progressive song

FOOD





me so hot

Elegant Ambiance, Exquisite Flavours

Mesohot Restaurant & Lounge Bar at Baha blends serene ambiance with exquisite cuisine, offering a dining experience that's both intimate and vibrant. From classic Italian flavors to innovative sushi creations, each dish delights the senses and makes every visit memorable.

By Malika Joshi





Nestled within the calm lanes of Sanepa, Mesohot Restaurant & Lounge Bar at Baha unfolds as a space where comfort meets character. Surrounded by lush greenery and thoughtfully designed open areas, the restaurant feels both refreshing and expansive from the moment you step in. Warm heaters make winter evenings inviting, while the indoor setting is a reminiscent of a cozy French jazz club, creating an atmosphere that feels intimate yet vibrant. The music curation was definitely very pleasing to the ears while soft red lighting, and attentive, well-trained staff elevate the experience, making every visit feel special. Versatile in spirit, Mesohot transitions seamlessly from relaxed family dinners to dates, celebrations, lively weekend gatherings, as well as meetings. Against this elegant backdrop, Mesohot's menu comes alive, offering dishes that are as visually stunning as they are flavorful.

Melanzane al Parmigiana

The classic Italian dish with layers of tender eggplant, rich tomato sauce, Parmesan, and mozzarella. It is the kind of comfort food that deserves a slow, appreciative meal rather than a rushed bite. The aroma alone is inviting and promises authenticity. The light fried eggplant, having soaked up the sauce, has crisp edges beneath the softness, almost melting on the tongue. Goey mozzarella threads stretch temptingly while finely grated Parmesan adds a gentle granular bite on top. This dish is thoughtfully complimented by the mixed lettuce salad; crisp and hydrating, punctuating the creaminess of the Parmigiana perfectly. Visually the dish is a feast for eyes too.

Prosciutto and Rocket

Watching the Prosciutto and Rocket being freshly prepared and baked right in front of you instantly heightens the anticipation. The Prosciutto and Rocket pizza captivates you with simplicity and freshness. This pizza boasts a light yet satisfying flavor profile. The base is a vibrant tomato sauce, tangy yet balanced, that provides a bright foundation without overpowering the other ingredients. Creamy mozzarella covers the crust with just the right amount of richness, melting into the sauce and creating those irresistible strings with every slice. Once baked, the pizza gets topped with thinly sliced, 30-month aged prosciutto. These delicate prosciutto brings a subtle saltiness and feels luxurious without being heavy. Generous heaps of fresh

arugula are added atop. The drizzle of olive oil enhances the aroma and ties all the elements together, giving the pizza a smell of fresh delicacy.

Dynamite Prawn Twist

A standout -The Dynamite Prawn Twist! It is an exhilarating taste of crispy tempura prawns wrapped in sushi rice and nori. Perfectly crunchy, savory, and slightly sweet. Topped with a creamy, flavorful sauce, each bite offers a delightful contrast of textures. Visually striking and irresistibly tasty, this roll is a true standout dish for sushi lovers. What sets this twist apart is the tobiko pearls topping that crowns the roll. Hints of sweetness creates a balanced and memorable profile that keeps you reaching for more.

Prawns Hargao

Prawns Hargao arrives at the table as a elegant basket of steamed shrimp dumplings with minimalist craftsmanship. The dumplings are tiny and translucent, with a glossy, almost ethereal skin that invites you to take the first

bite. The first taste is all about the fresh sweetness of shrimp. Inside the delicate wrapper lies a juicy, plump prawn filling that bursts with natural seafood flavor, clean, lightly seasoned, and beautifully balanced so the shrimp shines without being overwhelmed by spices. The hargao (wrapper) itself is thin and semi translucent, giving way with a soft, slightly chewy bite. Visually, the dumplings are gorgeous: pale, glossy and almost glass like, with faint pink hues of the shrimp peeking through the wrapper. The neat pleats add to the refined dim sum charm. Pairing them with spicy chili oil brings a delightful kick that cuts through the sweetness of the prawns and adds a hint of heat and complexity, enhancing each bite. A splash of soy or a squeeze of vinegar can also elevate the experience, adding umami or tang to the tender seafood.

➔ Versatile in spirit, Mesohot transitions seamlessly from relaxed family dinners to dates, celebrations, lively weekend gatherings, as well as meetings.

End 2025 on a Sweet Note

Wrap up 2025 with a treat for your taste buds! Kathmandu's bakeries are serving up everything from indulgent Triple Chocolate Cheesecakes and silky Basque delights to vibrant Red Velvet and elegant Milk Cakes. Whether you're celebrating with loved ones or treating yourself, these sweet creations are crafted with love and flair, the perfect way to savor the last days of the year.

TRIPLE CHOCOLATE AND
COOKIE CHEESECAKE



KHARAYO BAKES
Basantapur, Makhhan tole,
Kathmandu

Freshly baked Basque cheesecake topped with chocolate ganache, Oreo & different chocolate. Price: Rs.2750/-

BASQUE CHEESECAKE



SESAME BAKERY & COFFEE
Bakhundol height, Lalitpur

A silky-smooth Basque cheesecake infused with fragrant pistachio and luxurious imported cream. Loved for its vibrant flavor and perfectly burnt top. Price: Rs.700/-

RED VELVET WITH CREAM
CHEESE



THE GRG BAKERY
Nakhipot, Lalitpur

It's made with red velvet sponge with cheese cream inside it. Price: Rs. 1150/- per pound

DOUBLE DECK WEDDING
CAKE



UG CAKES
Mid-baneshwor, Milan chowk,
Kathmandu

Double decker wedding cake is baked with whipped cream and real roses flowers for decoration. Price: Rs.1,390/- per pound

MILK CAKE



AMA BAKERY
Boudha road, Kathmandu

The cake is decorated with fresh fruit pieces and colorful striped pattern around the sides & a white icing top featuring a traditional Tibetan design. Price: Rs.5500/-

RED VELVET



LADY BON BON
Jhamsikhel, Lalitpur

Sweet and cheese cream frosting. Price: Rs.1300/-

CHOCOLATE TRUFFLE CAKE



TRADITIONAL BAKERY
Kupondol, Lalitpur

A Chocolate truffle are tempered chocolate on the outside and chocolate ganache within. Price: Rs.1000/- per pound

WHITE FOREST CAKE



BAKE MY CAKE NEPAL
Old Baneshwor Bhimsingola

A delicate White Forest delight, soft vanilla sponge layered with fresh cream. Price: Rs. 1100/- per pound

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!



Japanese Food Kotetsu
Hotel Ambassador 1st F.
Lazimpat, Kathmandu
Tel: +977 1-5917869
Mob: +977 976-1855207

Business Hours:
11:00 AM - 9:30 PM
Last order: 9:00 PM
Saturday - No Lunch Service



FOOD WISDOM 2026

By Chef Sandeep KC (PakMaharishi)

THE PAST year reminded us of something simple yet powerful: the human body is designed for rhythm, not rush. Despite the noise of digital life, the constant work deadlines, and the pressure to perform, 2025 quietly forced people to slow down. Our appetite changed, our digestion changed, and even our relationship with food shifted. For many Nepali households, this was the year when people finally understood that nutrition is not just about ingredients rather it is about timing, season, behavior, and emotional balance.

As we enter 2026, a year symbolically aligned with Rahu's influence, a year known for extremes, trends, and unpredictability, our food habits and wellness routines will face their biggest

test. Logic and Ayurveda together suggest that next year will reward grounded discipline and punish impulsiveness.

This is the moment to examine what we learned, what we lost, and what we must carry forward.

How 2025 Changed the Way We Eat

This year, families returned to warm, slow-cooked, comforting foods. Not because it was fashionable but because the body demanded it. Heavy workloads, unstable sleep patterns, and emotional fatigue made people crave grounding meals.

THREE BIG PATTERNS BECAME CLEAR:

1. Warmth Became Medicine

Soups, broths, ghee, porridges, dhindo, thukpa, gundruk, millet rotis, and bone broths dominated home kitchens. Ayurveda explains this perfectly: when mental stress increases, Agni becomes inconsistent. Warm foods restore the digestive fire and stabilize mood.

2. Fermentation Returned as a Silent Healer

Gundruk, sinki, achar, curd, kombucha, kimchi and even simple rice kanji made a comeback.

The gut needed help after a year of irregular sleep and increased screen exposure.

3. People Ate Out More, Yet Trusted Home Food More

Restaurants thrived, but everyone admitted: home-cooked food made them feel lighter, calmer, and more stable. This duality reflects the fire-and-ice nature of our year.

Ayurveda's Reading of 2025: A Year of Vata Instability

Across the board, Vata-related symptoms increased:

- Dry skin
- Anxiety
- Light sleep
- Inconsistent appetite
- Craving salty and tangy foods
- Digestive irregularities

Urban lifestyle, high caffeine, late-night content



consumption, and emotional stress created a perfect storm. Ayurveda teaches that Vata thrives in chaos and this year proved it. The answer was predictable yet ignored: warm meals, early dinners, enough oil, enough rest.

2025 was a reminder that the oldest science is still the most accurate.

2026: The Year That Will Test Our Food Wisdom

If 2025 slowed us down, 2026 will shake us awake. Astrologically, Rahu energy influences impulsiveness, viral trends, shortcuts, excess stimulation, exactly the opposite of slow food and mindful living. Logically, this aligns with global food industry predictions: fast trends, artificial flavors, ultra-processed products, synthetic colors, and hyper-palatable snacks will rise again.

The challenge will be simple:

Will people follow wisdom or follow trends?

What Will Thrive in 2026
(Logic + Ayurveda + Market)

Gut Health Will Become Central

More fermented foods.

More probiotics.

More digestion-focused menus.

People will finally accept gut health as the foundation of immunity.

Himalayan Ingredients Will Rise

Jimbu, timmur, buckwheat, millet, sea buckthorn, buransh, churpi, yak ghee, and native greens will step





into mainstream spotlight. Rising import costs will push consumers toward local produce.

High-Protein Comfort Foods Will Lead

Bone broth, thukpa, shorba, barley soups, and slow-cooked meats will outperform salads and cold bowls. People will want warmth and strength, not confusion.

Minimalist Menus in Restaurants

Fewer dishes.

More identity.

More signature plates.

Consumers will prefer honesty over quantity.

Home Cooking Will Return Stronger

Carrying lunch to office will become a trend again.

Family dinners will rise.

Cooking will be used as therapy.

Caution for 2026: What to Avoid

To survive Rahu's impulsive energy and the global food cycle readers must take these warnings seriously.

Avoid These Food Behaviors:

- Cold foods in winter
- Skipping breakfast
- Overeating at night
- Eating during emotional stress
- Ultra-processed snacks marketed as "healthy"
- Excess caffeine
- Mixing too many ingredients in one meal
- Following viral food trends without logic

Avoid These Lifestyle Traps:

- Comparing your wellness to social media influencers
- Obsessing over body image
- Sleeping late
- Watching content during meals
- Ignoring small digestive symptoms

- Confusing stimulation with nourishment

Rahu years reward clarity and punish confusion. So does Ayurveda. So does digestion.

What Every Family Should Focus On

- Fermented items for gut strength
- Warm foods, early dinners
- Local vegetables over imported "superfoods"
- Slow cooking, slow eating
- Sunlight exposure
- Breathwork and gentle movement
- Predictable sleep timing
- Drinking hot water during cold months

Final Message: Wisdom Wins, Not Trends

2025 slowed us down. It reminded us that true nourishment is not found in viral recipes, supplements, or diet labels. It is found in routine, season, discipline, and emotional balance.

2026, however, will challenge that maturity. It will push us toward shortcuts, distractions, and fast answers.

This is the year when our food habits, wellness choices, and Ayurvedic instincts will be tested.

Those who stay grounded will thrive. Those who rush will repeat old patterns.

Slow food, warm food, and mindful food will be the real luxury of 2026.

The Nepali Ferment MOST Likely to Become a 2026 Star

Gundruk will become the face of Nepali gut health in 2026.

WHY

- Clean, natural, zero-additive
- Perfect story for global wellness
- Fits café culture (soups, bowls, salads, dips)
- Perfect for winter immunity
- Nepal's most exportable fermented food identity

Ayurveda Gundruk Salad

(Warm-cool balance, digestive, high-fiber, probiotic, winter-friendly)

A heritage Thakali-style crunchy salad with Ayurvedic balance: sour for Agni, fat for Vata, mineral-rich greens for Kapha. A modern plate with ancestral logic.

INGREDIENTS

- 1 cup dry Gundruk (rehydrated & lightly toasted)
- 1 small onion, sliced thin
- 1 small tomato, diced
- 1 tbsp roasted flaxseed or hempseed
- 1 tbsp mustard oil (cold-pressed)
- ½ tsp timmur (Sichuan pepper) powder
- ½ tsp turmeric
- 1 tsp lemon or lapsi juice
- 1 tbsp chopped coriander
- Salt to taste
- Optional: diced cucumber, roasted peanuts, fermented radish strips

PREPARATION

- Rehydrate the gundruk in warm water for 10 minutes, squeeze lightly.
- Dry roast the rehydrated gundruk for 2–3 minutes until crisp (crunchy inheritance).
- Mix onion, tomato, coriander, flaxseed, and peanuts.
- Heat mustard oil until warm (not smoking) and pour over the mixture

(traditional “jhaneko” inspiration).

- Add turmeric, timmur, salt, and lemon/lapsi juice.
- Toss well and serve immediately for maximum crunch.

AYURVEDA NOTE

- Mustard oil + timmur improves circulation, warms Vata.
- Gundruk supports Agni and gut flora.
- Perfect for late winter lunch, not night.

Gundruk Kimchi Soup

(Deep gut nourishment + winter warmth + probiotic clarity)

Thakali tama–gundruk–jhol meets Korean kimchi broth. A warming soup that blends Himalayan fermentation with global retro flavors.

INGREDIENTS

- 1 cup gundruk (rehydrated)
- ½ cup kimchi (Nepali radish kimchi or Korean)
- 2 cloves garlic, minced
- 1-inch ginger, minced
- 1 tsp timmur-infused ghee or mustard oil
- 1 tbsp soy sauce (or chhyang reduction for authenticity)
- 4 cups vegetable or chicken stock
- ½ cup tofu or chicken pieces
- A pinch of turmeric

- Salt to taste
- Spring onion for garnish

PREPARATION

- Heat ghee/mustard oil, add garlic + ginger, sauté until aromatic.
- Add kimchi and stir for 1 minute to “open up” the fermentation profile.
- Add gundruk and turmeric. Mix well.
- Pour in stock, simmer for 10–12 minutes.
- Add tofu/chicken and soy sauce, simmer 3 more minutes.
- Finish with a dash of timmur powder and spring onions.

AYURVEDA NOTE

- Fermented foods must be warm, never cold, in winter.
- This soup balances Vata (warm broth), Kapha (fermented acidity), and Pitta (cooling tofu).
- Excellent for digestion, metabolism, and winter immunity.

Crunchy Gundruk “Warm Bowl”

INGREDIENTS

- Crunchy roasted gundruk
- Red rice or millet base
- Sautéed spinach or rayo saag
- Roasted peanuts or chhurpi cubes
- Achar vinaigrette (nepali lemon, timmur, mustard oil)

PREPARATION

- Layer warm millet/red rice.
- Add sautéed greens, crispy gundruk, and chhurpi or peanuts.
- Drizzle achar vinaigrette.
- Serve warm; never cold.

Conclusion

For generations, Gundruk was labelled a “poor man’s food” or “peasant food”, a survival ingredient created from necessity, winter scarcity, and mountain discipline. But 2026 is the year to rewrite that narrative. Just as Europe transformed simple leafy greens into the modern salad movement, Nepal has always had its own system of preserving nutrients: drying, fermenting, sun-curing, and harnessing every leaf, stem, and stalk available.

Our strength has never been industrial farming. From mustard greens to buckwheat leaves, from red amaranth to squash vines, pumpkin stems, taro leaves, radish leaves, and every edible wild green, Nepali cuisine built its immunity on foliage long before nutrition science described vitamins and minerals.

This is why Nepal has fewer raw salads than the West. We never needed a salad revolution; we already had an ancestral leaf. We fermented our greens for winter, stewed them for warmth, sun-dried them for survival, and turned scarcity into nourishment.



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.

➔ Just as Europe transformed simple leafy greens into the modern salad movement, Nepal has always had its own system of preserving nutrients.

PARENTING.



Noticing the Quiet Milestones

We invite parents to pause and honor the quieter, often overlooked milestones that mark a teenager's growth. From emotional maturity to newfound independence, these subtle moments offer powerful openings for deeper connection, healing, and hope.

By Chham Kumari Gurung

THE CLOSE of the year provides a moment to acknowledge the struggles we have all undergone as a nation, most especially this year, with the tragic deaths of teenage children, amongst many other innocent civilians, on September 8th. We continue to grieve for our country and our people, and in the midst of it all, strive to do the best we can for our children.

Being a teenager is characterized by confusing and difficult transitions. Navigating this phase is demanding for the young person, and the responsibility of parental guidance is frequently just as taxing, or on some days, more taxing.

How then do we form deeper connections with our children and ensure that they know they are loved and celebrated as they learn to be adults in their own meandering ways? How do we teach them justice, interdependence, compassion, and instill empathy? We may not always have the answers, but here are some ways that have been proven to be effective in helping form stronger bonds as you continue to gently guide them.

The Unofficial Milestones: Celebrating

the Quiet Wins You Might Have Missed

The teenage years are full of huge, but often subtle, developmental shifts. Focusing on these lesser-known milestones can be a wonderful way to reinforce your teen's growing competence and your family's evolving strength.

Parents are conditioned to celebrate the "big" milestones: good grades, graduation, acceptance to the college of their choice, and trophies for sports competitions, which may not come easily for many or at all. Some significant milestones are not loud and celebratory or social-media ready, and yet they are embedded in the fabric of daily life, shaping your family in the most profound of ways.

Here are some lesser-known family and individual milestones with a teenage child, and ideas on how to celebrate them.

Milestones of Emotional and Relational Growth

These often happen in the quiet moments but are crucial for their character.

- **The Intentional Apology:**
 - Milestone: Your teen has a heated argument, but later comes back, unprompted, to give a genuine, non-

defensive apology, or is open to a conversation.

- Celebrate: Immediate, sincere verbal recognition. Pull them aside and simply say, "That took a lot of maturity and courage. That's a huge step for you, and I appreciate it more than you know." You are celebrating the emotional courage and self-awareness.
- **The Family Contribution:**
 - Milestone: They actively and sincerely listen to a family member's problem (yours or a sibling's) and offer helpful, empathetic advice or support.
 - Celebrate: Elevate their status. Acknowledge their role as a contributing family member. Say, "You handled that situation with [Sibling/Parent] with such wisdom. Thank your strong presence in this matter."
- **The Independent Moral Stance:**
 - Milestone: They make a difficult choice that aligns with their values, even if it means disappointing friends or missing out on a fun event (e.g., leaving a party where there was substance use, standing up for a friend who was being treated unfairly, sharing

unconsented photos/videos).

- Celebrate: A "Hero" Moment Conversation. Have a one-on-one talk where you recognize their integrity and moral compass. "I heard about what you did, and I want you to know how proud I am that you have the courage to do the right thing, even when it's hard."

Milestones of Self-Discovery

These are achievements in forming their own unique identity.

- **Mastering a New, Self-Chosen Skill:**
 - Milestone: They finally nail a tough guitar chord, finish a complicated coding project, bake a new type of bread, or read a classic book completely on their own initiative.
 - Celebrate: The Expert Showcase. Ask them to teach you the skill or show you the finished project. Put a spotlight on their interest. For a baker, frame a picture of the finished product; for a coder, let them show off their work

to a family member they respect.

- **Finding Their Own Style (and Sticking to It):**
 - Milestone: They settle into an aesthetic, hobby, or personal belief, e.g., choosing vegetarianism—something that is authentically theirs, and are comfortable defending it without needing peer approval.
 - Celebrate: Affirmation through Acceptance. Take them shopping for something small that is completely in line with their new style or hobby. Say, "I love that you've found something you really connect with. Let's get something to support that." Explore options for vegetarian restaurants/prepare dishes together.
- **Completing a Long-Term, Non-School-Related Personal Goal:**
 - Milestone: They save up for a specific, expensive item, organize their room for the first time, or complete a big fitness challenge (e.g., running a 5K).
 - Celebrate: A Themed Experience. If they ran

a race, get them a shirt from a cool, new running store. If they saved for a camera, go on a family outing to a beautiful place just for them to use it. The celebration reinforces the power of their own follow-through.

Milestones of Independence and Responsibility

These mark the shift from you doing for them to you relying on them.

- **Successfully Handling an Adult Interaction:**
 - Milestone: Your teen calls to make their own doctor/dentist appointment, stocks up on food/essentials independently, or resolves a minor issue (like a messed-up order) without you intervening.
 - Celebrate: Give them a small, thoughtful card (or a funny, homemade certificate) and recount the interaction, emphasizing how proud you are of their communication and problem-solving skills. Follow up with their favorite small treat.
- **A "Big" Responsible First:**
 - Milestone: They take full ownership of a complicated chore (e.g., research for college/applications, managing their own travel arrangements, consistently getting up early without an alarm).
 - Celebrate: If appropriate, give them a physical token that represents this new responsibility, such as a key to a cabinet, a new wallet, or a gift card for a "grown-up" tool related to the task (e.g., a nice planner).

- **The "I've Got This" Moment:**
 - Milestone: You realize you can trust them to manage an entire evening or weekend without supervision, and you actually relax knowing they are in charge.
 - Celebrate: Let them choose a fun, late-night activity for the family (a late movie, a complicated board game, a special dessert) and let them plan and execute it completely. The celebration is about recognizing their reliability and judgment.

Which of these milestones feel most relevant to your family right now? If you are able to try out some of these suggestions, I would love to know how your teen responded. Do email me at chhamkgurung@gmail.com

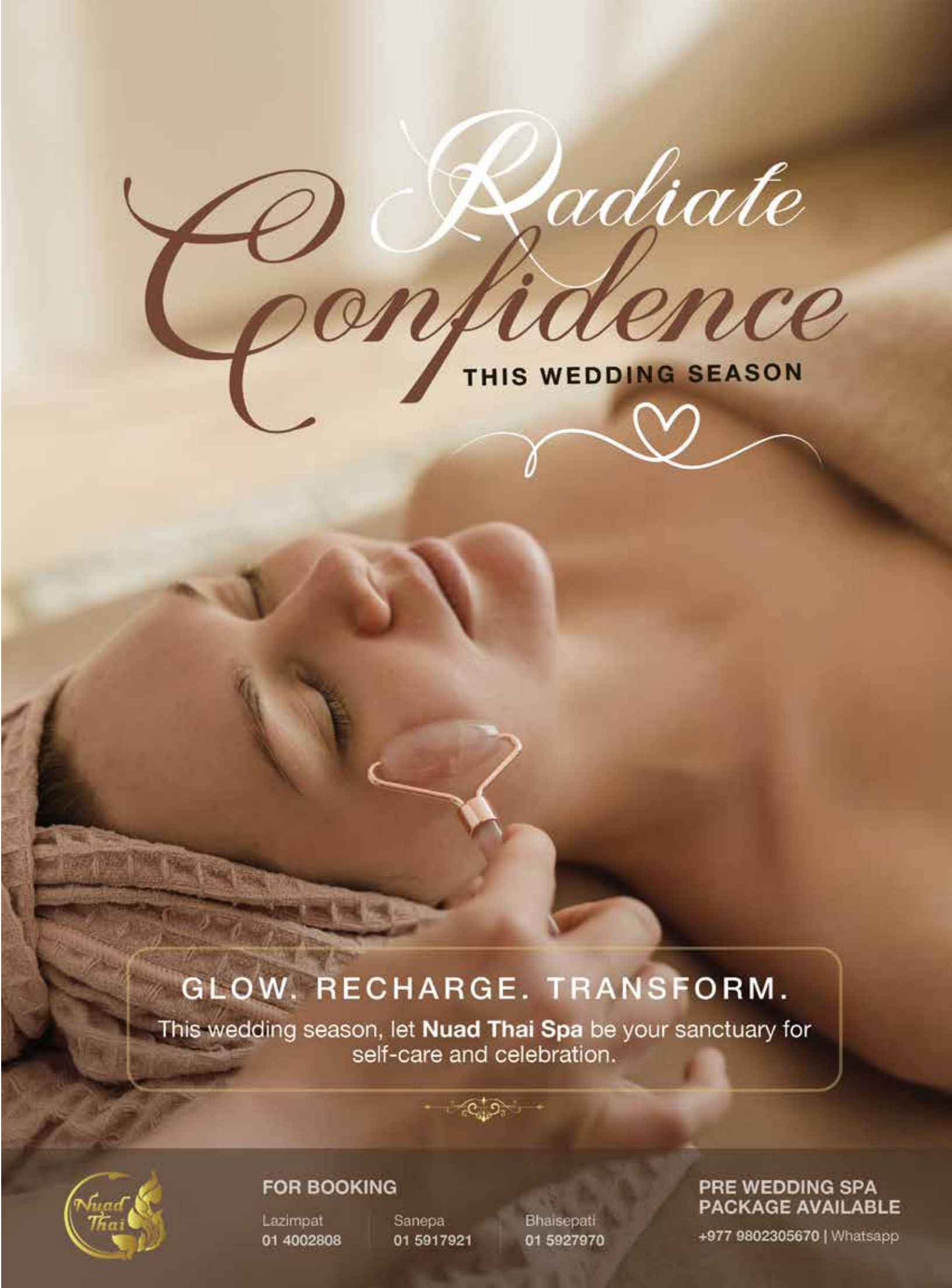
➔ Give them a small, thoughtful card (or a funny, homemade certificate) and recount the interaction, emphasizing how proud you are of their communication and problem-solving skills.



Chham Kumari Gurung
Grounded in evidence-based CBT techniques, I am dedicated to constantly updating my knowledge and skills through attending mental health workshops, reading, connecting with other professionals, and constantly self-reflecting. In recent times, I've been drawn to the practice of forest therapy, recognizing the profound impact of nature on our mental and emotional well-being. Guided by the rhythms of the forest and the wisdom of the natural world, I incorporate elements of eco-therapy into my work, inviting clients to explore the healing embrace of the outdoors if it appeals to them.

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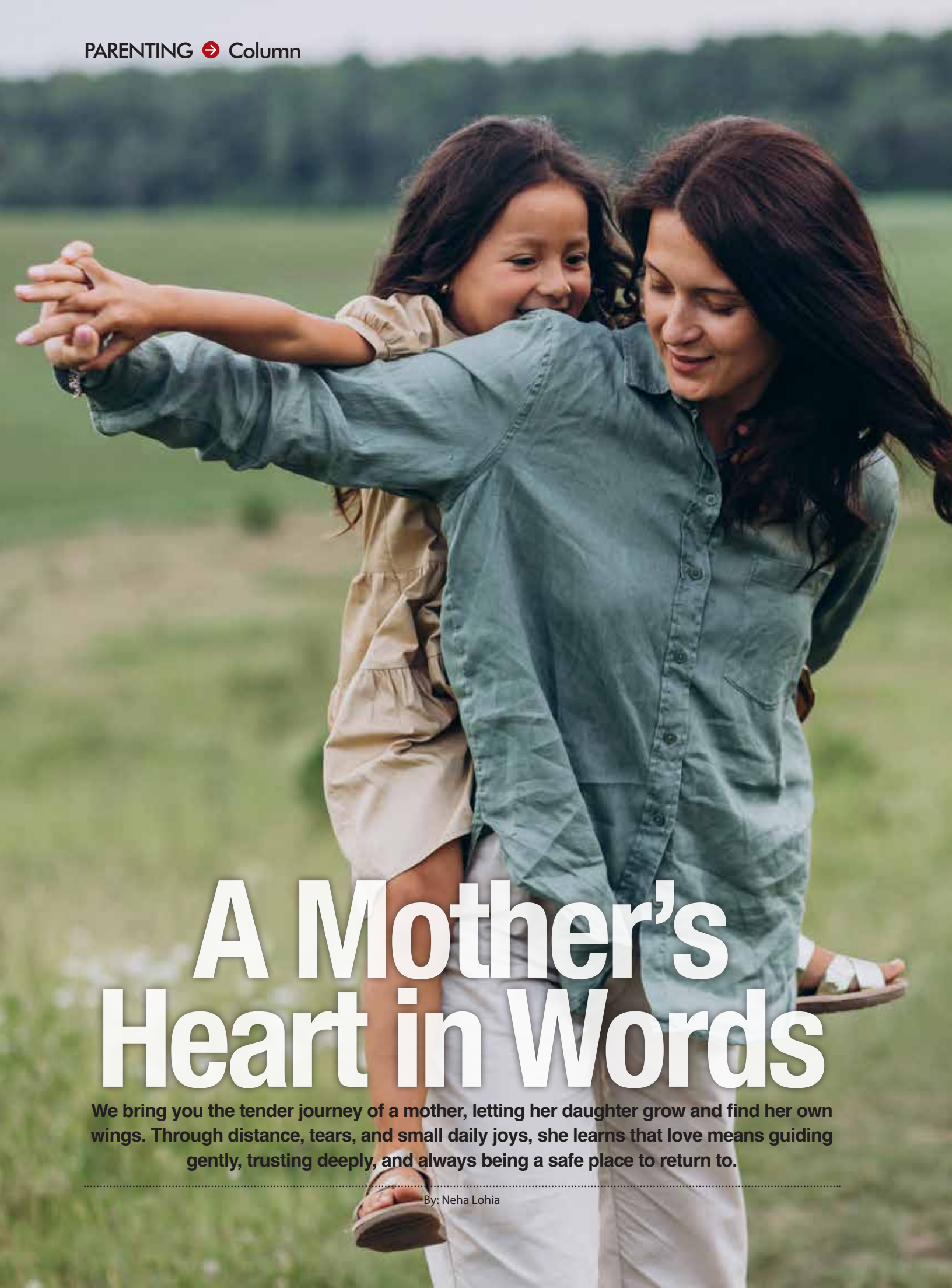
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A photograph of a mother and her young daughter in a grassy field. The mother, with long dark hair, is wearing a light green button-down shirt and white pants. She is holding the daughter's hands, and they are both smiling. The daughter, with long dark hair, is wearing a light-colored dress and white sandals. They are standing in a field with trees in the background.

A Mother's Heart in Words

We bring you the tender journey of a mother, letting her daughter grow and find her own wings. Through distance, tears, and small daily joys, she learns that love means guiding gently, trusting deeply, and always being a safe place to return to.

By: Neha Lohia

TODAY I play many roles in my life, a daughter, a wife, and a mom. And while each role matters to me in its own way, the one that truly fills me with pride, joy, and purpose is being a mother. There is something about a mother's love that is impossible to explain to anyone. It is the purest kind of love, the kind where you don't expect anything back. The happiness comes from giving, caring, and simply being there for your child in whatever way you can.

But in loving our children so much, I think we sometimes forget one important thing: we are raising them to eventually not need us, even though they are the ones we need the most.

This thought kept coming back to me when I decided to send my daughter to boarding school. It was one of the toughest decisions I've made. I looked strong from the outside, but my heart was breaking every second. And for her, it was even harder. She had to suddenly deal with a new environment, a new room, new food, new girls around her, a new curriculum, sleeping away from home, doing her own laundry, keeping her space clean... honestly, the list was endless. Everything familiar was gone.

Those first few months were not easy. There were days she called crying. There were days she tried to act brave for me. There were nights when she told me she couldn't fall asleep. And there were mornings she would say, "Mama, I'm trying... but it's hard."

And all I could do was be strong for her, even when I felt weak myself.

That is when I realized something very big, she didn't need me to be a typical mom anymore.

She needed a mentor.

She needed someone who would guide her gently, support her without suffocating her, and not jump to fix every problem for her. So, I changed the way I showed up for her. I became her listener, her counsellor, her friend, her soft place to land. And today, I can say with pride that even though she is far away, she trusts me more than ever.

What This Journey Has Taught Me

I've learned so many things through this experience, things I wish someone had told me earlier.

Not all days are going to be good.

There will be happy, fun days. And then there will be days she feels lonely or stressed or overwhelmed. And that's okay. That's normal. The hard days actually make them stronger. They shape them in ways we can't.

As parents, we have to find a balance.

Let them grow. Let them make mistakes. Don't jump in to fix everything. But also, be the person they can run to the one they know will never say "I told you so." Be that soft place where they feel understood. That balance is everything.

When they are overwhelmed, patience is the only answer.

There were moments when she wanted to give up. Those were the hardest. This is when you take each day as it comes. No panic. No pressure. No drama. Just calm, steady love.

They don't need many friends.

Every child tries to fit in at the beginning. Mine did too. But with time she realized she didn't need a crowd she just needed a few good friends. The kind who check on her, laugh with her, sit with her on tough days. Quality over quantity.

Academics can wait mental and emotional stability cannot.

I never pressured her for grades. We celebrated even the smallest achievements. If she did badly, we laughed it off together. She needed time to adjust, and I gave her that. The world already pressures children enough, home shouldn't.

Mistakes are not failures.

They're a part of growing up. Every mistake teaches them something they will need later in life. If they don't make mistakes now, they'll struggle much more later.

How We Stay Connected

Even though she is far away, I make sure she never feels alone. Thank God for technology, video calls, voice notes, funny pictures, random chats in between classes. Sometimes we talk for long, sometimes only for a minute, but it keeps us close.

Holidays have become our sacred time. That's when we bond, laugh, go out, cook together, and just be us. These moments refill her emotionally for when she goes back. I also make sure she stays connected to home. I tell her about the pets, the small silly things happening here, anything to make her feel like she is still part of home. And of course the home-cooked goodies. That is her favourite thing. It's such a simple thing but it gives her so much comfort.

What I Believe Now

At the end of this journey, I've realised something very important, our children don't need perfect parents. They need parents who are present. Parents who trust them, encourage them, and let them grow into their own person. All I want is for my daughter to flourish, to learn, to become strong and independent and still know that I'm always just one call away.

Because no matter where she goes in life, she will always have a home in my heart. And that, to me, is the true meaning of being a mom.



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!



SEASON OF JOY & GRATITUDE

A heartfelt reflection on a year of parenting growth, learning, and gentle transformation. Through Smart Family Magazine, the writer discovers connection over correction, rebuilding trust and love within her home.

By: Dishu Bhandari Manandhar

AS THE year gently folds into its final chapter, I feel something deeper than celebration, an overwhelming, quiet gratitude. December has always carried light, warmth, and festivity, but this time, it brings a softer truth: how far I have come as a parent, and how much I have grown as a human being. I learned this year that it is never too late to change, to improve, or to love better. Here are few of my parenting reflections of this year:

A Subscription That Became my Companion

When I first subscribed to Smart Family Magazine, I expected glamour, food, lifestyle, and parenting articles. What I didn't expect was a companion that walked beside me month after month, guiding,

teaching, reminding, and even healing me. This magazine did not just share ideas; it awakened something in me. It became my quiet mentor, my reflection, and my steady encouragement in days I doubted myself as a parent. This magazine's parental guidance hub is crafted for all parents, providing age-spanning insights from toddlers to teens.

The Truth That Shifted My Heart

The most profound insight I gained this year was simple yet life changing:

"Parenting is not about a child's behavior; parenting is about a parent's behavior."

This truth softened my frustrations, grounded my emotions, and humbled my

expectations. I realized I wasn't just raising children. I was also raising myself. And that, I believe, is the true heart of conscious parenting.

Learning to Pause, Listen & Truly See My Children

Through topics like family roles, father's involvement, nurturing through extended family, and understanding the journey from early childhood to adolescence and many more, I began observing myself more than I observed my children. This year taught me to slow down.

To breathe before responding.

To listen before correcting.

To connect before instructing.

And slowly, I began seeing my children with softer eyes and they began seeing me with renewed trust.

The Moment My Heart Melted

One quiet evening, my child rested their head on my shoulder and whispered, "I feel good when you talk to me like this." That small sentence carried a universe. It reminded me that the bond I feared losing wasn't gone, it was simply waiting for me to reach out with gentleness. This moment was born from one powerful lesson I felt; connection before correction.

Rebuilding Connection, Brick by Brick

This year, I rebuilt my bond with my children through small, meaningful acts: more eye contact,

more conversations, more empathy, more presence, power of quality time and somewhere along the way, I rediscovered a calmer, kinder version of myself, one I truly needed to meet.

Raising My Children and Myself

As I reflect on this year, my heart feels full. I am grateful for the lessons that shaped me. I am mindful of the truth that our words become our child's inner voice. I now choose my words with more love, more patience, and more awareness. And in doing so, I have watched my family grow closer than ever.

As this joyful season wraps up, I step into the new year with a fuller heart, a calmer mind, and a stronger bond with my children. I eagerly look forward to 2026. A year of more learning, more reflection, more loving, and more thriving as a parent. Dear Parents, if you wish to grow, to understand, and to truly connect with your children, invest in smart parenting community or the smart family magazine and become a smart parent. Remember, your parenting is a journey, a companion, and a gentle transformation.

➔ I am grateful for the lessons that shaped me. I am mindful of the truth that our words become our child's inner voice. I now choose my words with more love, more patience, and more awareness. And in doing so, I have watched my family grow closer than ever.



Dishu Bhandari Manandhar -
A mother of Gen z

BODY.

What to
take in
2026?



A roadmap to stepping into 2026 with clarity, nurturing mental well-being through emotional awareness, consistency, gratitude, and balanced living. Instead of chasing perfection, choose what strengthens us and release what drains us.

By Sneha Agrawal

AS WE step into 2026, many of us carry a mix of hope, reflection, and quiet questions about what the new year will bring. The transition from one year to another acts as psychological reset. As a psychologist, I believe the start of a new year is an opportunity to pause, reset, and choose what we want to take forward.

A few mindsets, habits, and emotional tools are worth taking into 2026.

Cultivate Emotional Awareness, Not Emotional Suppression.

In 2026, deepen your understanding of your emotional landscape. Recognizing and naming feelings such as stress, sadness, joy, or fear, helps you respond more calmly rather than reacting impulsively. Developing emotional awareness is the first step toward building emotional strength.

Cultivate Setting Healthy Boundaries

One of the most crucial lessons we've learned in recent years is that peace stems from what we safeguard. Whether it's our time, energy, or relationships, establish boundaries to prevent burnout. Remember, saying "no" isn't selfish; it's a form of self-preservation.

Cultivate Mind–Body Balance

Your mental health doesn't stand alone. It is deeply connected to sleep patterns, movement, eating habits, and rest. Take physical care into 2026 with the same importance as emotional care. A stable body supports a stable mind.

Cultivate Self-Compassion and Let Go of Guilt

Many people enter the new year weighed down by guilt over what they didn't achieve in the previous one. Instead, carry self-compassion. Treat yourself with the same gentleness you offer others. Growth blossoms in kindness, not criticism.

Cultivate Consistency, Not Perfection

Perfect plans often fall short, while consistent small habits lead to success. Whether you're working on fitness, mindfulness, or personal goals, prioritize steady progress. Even tiny daily steps are more powerful than big steps that are rarely taken.

Cultivate Digital Discipline

Technology will continue to influence our lives in 2026, but we must approach it with mindfulness. Minimize doom-scrolling, late-night screen time, and comparisons with online personas. Instead, use your devices to support,

rather than drain, your mental well-being.

Cultivate in Stronger, Healthier Relationships

Take into the new year connections that feel safe, supportive, and honest. Make time for people who uplift your mental well-being. Healthy relationships are one of the strongest predictors of long-term happiness.

Cultivate Purpose and Meaning

Instead of solely concentrating on goals, consider your values; the things that hold significant meaning for you. When your actions align with your values, motivation becomes effortless. A sense of purpose provides direction and emotional stability.

Cultivate the Courage to Ask for Help

If 2024 and 2025 taught us anything, it's that struggling alone is unnecessary. Therapy, counselling, and support systems exist for a reason. Take into 2026 the courage to seek help without shame.

Cultivate Gratitude and Celebrate Small Wins

Gratitude, scientifically proven to boost mood, can be cultivated by celebrating small achievements, appreciating ordinary moments, and recognizing daily efforts. While perfection may not be attainable every day, there's always something positive to find.

Your 2026 Mental Wellness Mantra

- I will protect my energy through boundaries.
- I will prioritize sleep, routine, and balance.

- I will practice gratitude daily.
- I will choose consistency over perfection.
- I will spend time with people who support my growth.
- I will ask for help when I need it.
- I will be kinder to myself.

2026 doesn't have to be extraordinary; it only needs to be intentional. Remember, the new year isn't about pressure, resolutions, or perfection. It's about making choices and choosing what to carry forward and what to let go of. Embrace emotional awareness, healthy boundaries, self-compassion, and the courage to grow. Leave behind guilt, comparison, and the burden of unrealistic expectations. Healing and growth occur one mindful step at a time.

Your mental and emotional well-being is your most valuable asset. Nurture it, protect it, and let it guide you.

"What you carry shapes your journey. Choose what nourishes your mind, heart, and soul."



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

A man is seen from behind, standing on a large, dark rock. He is in a yoga pose, with his right leg lifted and bent, and his arms raised and crossed behind his head. He is wearing a white t-shirt and dark pants. The background is a serene outdoor setting with a pond, trees, and a cloudy sky. The overall mood is peaceful and contemplative.

2025 Wrap-Up

JOY, GRATITUDE & THE SUBTLE WAY YOGA
SHAPES WHAT WE ATTRACT

A personal reflection on how yoga reshaped the writer's understanding of manifestation. Through shifting routines, grounded gratitude, and mindful discipline, 2025 revealed that manifestation unfolds when alignment meets readiness. Yoga became less about perfection and more about becoming the person capable of receiving what life has to offer.

By Vijay Vaidya

IF SOMEONE had asked me a few years ago whether yoga had anything to do with manifestation, I would've rolled my eyes. Manifestation always sounded like white-girl mumbo-jumbo spiritual stuff; think positive and the universe delivers. But this year shifted my perspective, not because something dramatic happened, but because I started noticing what changed when I changed.

2025 brought its mix of good days, hard days, emotions, progress and detours. But the areas of my life that grew were the exact areas I kept showing up for, not perfectly, not intensely, just consistently. That's where yoga fits into manifestation

for me now. It isn't a magic button. It's a quiet rewiring of who we are while we're moving towards what we want.

Some weeks I felt strong on the mat. Other weeks I did the bare minimum. But showing up anyway made a difference. I've also realised my discipline depends on where I am. In Bali, I slip into routine easily with my sunrise classes, quiet mornings, a natural rhythm. In Nepal, I tend to relax into comfort more; home makes it easy to take things slowly and put practice off. I used to be hard on myself about that, but now I just accept that different environments bring out different versions of me, and I can plan around

that rather than criticize myself for it.

This year reminded me that the body tells the truth long before the mind admits it. You can push through a situation the same way you push through a posture, but your breath, fatigue and tension will eventually expose what you've been ignoring. Listening to my body instead of forcing it has become one of the most useful skills I take off the mat.

Another shift has been understanding gratitude in a more grounded way. Not as blind positivity, but as permission to feel good even when life isn't perfect. Joy wasn't something dramatic this year, rather showed up in tiny ways: a practice that felt good, a practice that didn't but still counted, a good conversation, a slow morning, moments of peace for no specific reason. When joy stopped being something I had to earn, it started showing up more often.

One of the biggest lessons of 2025 is that manifestation is real. The universe does listen. It just rarely delivers on our schedule. There have been times in my life when I wanted something so much and nothing happened, then much later, sometimes years later, it arrived. And when it did, I recognized it immediately: this is what I once asked for. It came when I was ready for it.

That's where yoga and manifestation meet for me now. Yoga doesn't hand you what you want. Instead, it slowly turns you into someone who makes better choices, notices

opportunities, lets go of what isn't right, and has the steadiness to hold what is right when it finally arrives. When I'm grounded, I attract grounded things. When I'm scattered, life feels scattered too. Alignment seems to shape outcomes more than effort alone ever could.

As the year ends, I'm grateful for the things that worked out and the things that didn't. I'm grateful for the routines I kept and the ones I lost, both taught me something. And I'm grateful for yoga, not because it fixed everything, but because it taught me how to meet myself honestly through it all. If manifestation is about creating the life you want, then yoga is the practice of becoming the person who can receive it. And that feels like the right way to close 2025.



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.

➔ **Manifestation always sounded like white-girl mumbo-jumbo spiritual stuff; think positive and the universe delivers. But this year shifted my perspective, not because something dramatic happened, but because I started noticing what changed when I changed.**

HOME. ●

SMART HOME UPDATES

AS THE New Year approaches, you dream of a revitalized space, but the thought of a massive, budget-breaking renovation looms large. The good news is that you can achieve a significant home refresh without going broke!

The Power of Paint and Accent Walls

Nothing transforms a room faster or cheaper than a fresh coat of paint. A gallon of paint and a weekend of effort can make your space feel brand new. Opt for a light, neutral colour to brighten smaller rooms

and make them feel more expansive.

For an even bigger impact, embrace the accent wall trend. Instead of painting all four walls, choose one focal wall and give it a bold colour, a striking geometric pattern, or even textured faux shiplap using inexpensive plywood strips. This trick creates drama and character without the expense of a full room makeover. Don't forget the oft-neglected areas like painting an old front door.

Hardware and Lighting

You can completely update a kitchen or bathroom without replacing the cabinets by focusing on the hardware. Swap out dated or worn knobs and pulls for sleek, modern designs in matte black, brushed gold, or copper. This simple switch provides an immediate, high-end facelift.

Similarly, upgrading your lighting is a game-changer. Outdated fixtures can make an otherwise charming room look drab. Replace old ceiling lights with modern

pendants or chandeliers. For an even simpler fix, install a dimmer switch in your dining or living room.

Smart DIY and Decluttering

Look beyond permanent fixtures and consider the simple wins. Start with a rigorous decluttering session. An organized, tidy space instantly feels larger, cleaner, and more welcoming and it's absolutely free! Next, leverage budget-friendly materials for functional upgrades. Floating shelves are easy to install and add both storage and a modern aesthetic to a living room, kitchen, or office.

In the kitchen or bathroom, peel-and-stick backsplashes or tiles are trending. They offer the look of expensive tile without the mess, tools, or cost. Finally, don't overlook your furniture. Before buying new, repaint or modify an old dresser, chair, or cabinet. A little sanding and a coat of paint can turn a worn piece into a stylish statement.





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Your Personal Green Oasis

For city dwellers wanting to create a rejuvenating "green oasis" within their small or large home space we bring a brief detail of the steps for assessing light conditions, choosing low-maintenance plants like Pothos and ZZ, and designing the space with comfortable textures and soft lighting to promote relaxation and well-being away from the city's stress.

IN TODAY'S busy city life, it's important to have a little space of your own, either small or large, to relax. Even a small or large space can be turned into a mini retreat, a green retreat that welcomes you home from the concrete and noise of the city. Picture a place where sunlight passes through leaves, gentle breezes brush past plants, and nature makes you feel calm. Beyond elevating your interior for your home; it will be your personal space to rest and recharge. With some planning, a little care, and creativity, even a small or large space within your home or apartment can become your peaceful green oasis.

The Benefits of a Home Retreat

The pursuit of a "green oasis" is more than just a passing

design trend; it's a necessity for well-being in the urban environment. Cities, while dynamic, are often sources of stress due to constant noise, traffic, and a lack of connection with the natural world. By introducing plants and natural elements into your home, you are actively mitigating these stressors.

Studies show that plants offer tangible benefits

- **Improved Air Quality:** Plants naturally filter common indoor air pollutants like formaldehyde and benzene, contributing to a healthier living environment.
- **Reduced Stress and Anxiety:** The act of tending to plants is a meditative practice that

lowers cortisol levels, promoting relaxation.

- **Enhanced Mood and Focus:** Bringing the color green into your immediate surroundings has been linked to increased feelings of calm and concentration.

Step 1: Assessing Your Space and Light

The first, and most practical, step in creating your oasis is a honest assessment of the location you've chosen. Every plant has specific needs, and the success of your green retreat hinges on matching the right plant to the right conditions.

The Light Factor

- **South/West-facing side:** You can grow sun-loving plants like succulents, cacti, herbs (basil, rosemary), and flowering plants like geraniums.
- **East-facing side:** This is ideal for most popular houseplants: Fiddle Leaf Figs, Birds of Paradise, and various Pothos varieties.
- **North-facing window interior corner:** Don't despair! Many hardy plants thrive here, including the Snake Plant (Sansevieria), the ZZ Plant (Zamioculcas zamiifolia), and the Cast

Iron Plant (Aspidistra elatior).

The Size Factor

- **Small Spaces (Window sills, shelves):** Focus on vertical gardening. Use macrame hangers to suspend plants, or install floating shelves to create tiered displays. Small, dense plants like the Nerve Plant or a collection of miniature succulents work best here.
- **Medium Spaces (Corners, small balconies):** Incorporate one or two large, statement plants (like a Monstera or a Dracaena) to create drama and anchor the space, and then fill in with smaller plants at varying heights. Use folding furniture to maintain flexibility.
- **Large Spaces (Patios, sunrooms):** Use grouping to create "plant neighborhoods." Combine different textures and leaf shapes (e.g., broad-leafed banana plants next to lacy ferns). Consider a small water feature to introduce the calming sound of trickling water.

Tip for Beginners: Start with three low-maintenance plants in the appropriate

→ Cities, while dynamic, are often sources of stress due to constant noise, traffic, and a lack of connection with the natural world. By introducing plants and natural elements into your home, you are actively mitigating these stressors.



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lighting for your space. Master their care before expanding your collection.

Step 2: Designing for Relaxation and Function

The 'oasis' isn't just about the plants; it's about the experience you create in the space. The design elements should promote comfort and tranquility.

- **Seating:** Even in a small corner, a comfortable chair, an oversized cushion, or a plush floor pillow is essential. Choose natural fibers like cotton or linen.
- **Textures:** Incorporate natural textures that are soft to the touch like woven planters, a smooth stone coaster, etc.
- **Lighting:** Harsh overhead lights disrupt the mood.

Use soft, warm, diffused lighting. String lights (fairy lights) woven through plants or a single, floor lamp can transform the space in the evening.

- **Containers:** Don't limit yourself to basic terracotta. Use attractive pots that fit your style, whether it's minimalist ceramic, rustic wood, or colorful hand-painted clay. Grouping pots of

different sizes but similar colors can look cohesive and stylish.

- **Verticality:** Utilize all vertical space. Use repurposed ladders for plant display, install wall grids, or create a simple vine trellis. This draws the eye upward and maximizes the feeling of being surrounded by nature.

Step 3: Simple, Sustainable Care

Making your green retreat work in the long run requires establishing a simple, sustainable routine.

- **Watering Day:** Stick your finger two inches into the soil. If it's dry, water thoroughly until it drains out the bottom. If it's still damp, wait a few more days.
- **Clean Leaves:** Dusty leaves block light, making it harder for the plant to photosynthesize. Once a month, gently wipe down broad leaves with a damp cloth or give your plants a quick shower.
- **Fertilizing (Spring/Summer):** Plants need food when they are actively growing. Apply a balanced liquid fertilizer every 4-6 weeks during the spring and summer months. Skip this in the darker, colder winter months when growth slows down.



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Modular Wardrobes and their Magic

IN MODERN homes, space is a necessity that must be used wisely. As our lifestyles evolve, so do our storage needs. The modern homeowner needs solutions that are flexible, functional, and future-ready. This is where modular wardrobes step in, transforming how we store, organize, and experience our living spaces.

But what exactly makes a wardrobe modular, and why is it quickly replacing traditional fixed systems?

Let's explore the magic behind modular wardrobes and why they are considered a smart investment for modern homes.

What Makes a Wardrobe Modular?

A modular wardrobe is designed as a system of independent, customizable units that work together seamlessly. Instead of being built as a single, permanent structure, it consists of various components like

shelves, drawers, hanging rods, pull-outs, organizers, and accessories that can be arranged, adjusted, or replaced according to your needs.

The beauty of modular design lies in its adaptability. You can choose different internal layouts for different types of clothing, accessories, or personal storage preferences. Whether you need more hanging space for dresses, pull-out drawers for folded clothes,

or specialized compartments for accessories, a modular wardrobe allows you to create a layout that works specifically for you.

High-quality hardware plays a crucial role in modular systems. Soft-close hinges, smooth drawer slides, adjustable shelves, and intelligent internal fittings ensure durability, ease of use, turning an everyday routine into something effortless.



Modular vs Fixed Wardrobes: What's the Difference?

Traditional fixed wardrobes may look sturdy and permanent, they often come with limitations. Once installed, their structure and internal layout are difficult, sometimes impossible to change without major renovation.

Modular wardrobes, on the other hand, offer freedom and flexibility.

One of the biggest advantages is customization. Modular wardrobes adapt to your lifestyle. As your clothing collection grows or changes, so can your wardrobe's internal design.

Another key benefit is efficient space utilization. Modular systems are designed to make use of every inch of vertical spaces, corners, and hard-to-reach areas. Pull-out systems, internal drawers, and smart organizers eliminate

wasted space and improve accessibility.

Maintenance and longevity are also major considerations. If a drawer, hinge, or shelf in a fixed wardrobe gets damaged, repairs can be costly and complicated. In a modular system, individual components can be easily repaired or replaced without dismantling the entire wardrobe.

Finally, modular wardrobes offer a clean, modern aesthetic that blends functionality with design. They align perfectly with contemporary interiors where minimalism, organization, and practicality go hand in hand.

Designed for Today, Ready for Tomorrow

Perhaps the most compelling feature of modular wardrobes is their future-proof design. Life changes and your wardrobe should be able to keep up.

As families grow, storage needs increase. What starts as a wardrobe for one person may later need to accommodate two. Children grow up, fashion preferences shift, and seasonal clothing changes. Modular wardrobes allow you to reconfigure layouts without starting from scratch.

Upgrading is equally simple. Need more drawers? Add them. Want to replace hanging space with shelves? Adjust the system. New accessories like pull-out racks, shoe organizers, or internal lighting can be incorporated even years after installation.

This flexibility makes modular wardrobes a long-term investment rather than

a short-term solution. Instead of redesigning or rebuilding, you simply upgrade saving time, cost, and effort.

Smart Storage for Modern Living

Modular wardrobes are particularly ideal for urban homes and apartments, where space optimization is crucial. Sliding doors, vertical storage, and smart internal layouts help maximize even compact bedrooms.

They also support a more organized lifestyle. With everything having its own place, daily routines become smoother. Getting dressed is quicker, clutter is reduced, and maintaining order becomes easier. Over time, this sense of organization positively impacts mental clarity and daily efficiency.

Additionally, modular systems encourage mindful consumption. When storage is well-designed, you become more aware of what you own, reducing unnecessary purchases and promoting a more sustainable lifestyle.

Why Modular Wardrobes ?

Modular wardrobes represent a shift in how we think about home design from static structures to dynamic, living systems that evolve with us. They combine intelligent engineering, thoughtful design, and user-centric functionality to offer solutions that truly last.

Whether you are designing a new home, renovating an old one, or simply looking to upgrade your storage, a modular wardrobe offers unmatched versatility, comfort, and value.

MARKET.



↑ Hotel Himalaya Celebrates Annual Cake Mixing Ceremony

Hotel Himalaya recently celebrated the festive season with its much-awaited annual Cake Mixing Ceremony, hosted on 14th November 2025. The event was made extra special with the presence of Dhiren Shakya, Paramita Rana, Raveena Desraj Shrestha, and Miss Nepal 2025 titleholders, along with many other guests, adding excitement and glamour to the celebration.

Guests enjoyed a unique and interactive experience as the hotel's chefs showcased their skills, mixing premium ingredients to prepare the perfect festive cake. With events like this, Hotel Himalaya continues to be a place where luxury, great food, and unforgettable experiences come together, offering guests a warm and welcoming celebration every year.



↑ Mercure Kathmandu Hosts First-Ever Cake Mixing Ceremony to Kick Off Festive Season

Mercure Kathmandu celebrated the start of its Christmas festivities with its first-ever Cake Mixing Ceremony at the scenic Sukrabar – Rooftop Escape. Guests, partners, and heartists gathered against Kathmandu's stunning skyline to mark the occasion in a warm and joyful atmosphere.

The ceremony, a cherished tradition, symbolizes joy, togetherness, and anticipation for the festive season. Attendees mixed dried fruits, nuts, and spices, creating a shared experience full of fun and holiday spirit. "This celebration is about family, togetherness, and shared emotions," said General Manager Abhishek Pasricha.

The event reflects Mercure Kathmandu's commitment to culturally inspired, inclusive experiences and sets the tone for a season of festive events and memorable moments.



↶ Holiday Inn Express Kathmandu Naxal Marks Two Years of Smart, Modern Hospitality

Soul of Mustang: A Himalayan Culinary Renaissance is a minimalist, experiential tasting curated by Pak Maharishi Sandeep Khatri. Holiday Inn Express Kathmandu Naxal celebrates its second anniversary, marking two years of smart, contemporary hospitality in the heart of Kathmandu. The hotel has grown into a preferred choice for business and leisure travelers, offering comfort, efficient service, and excellent value. This year, it was honored as Leading Business Hotel Nepal at the South

Asian Travel Awards, reflecting strong market confidence.

Located in Naxal, the property offers convenient access to the airport, commercial hubs, embassies, and major attractions. With 100 modern guestrooms and amenities such as high-speed Wi-Fi and a self-service laundromat, the hotel delivers the Holiday Inn Express promise. FuAsian, its rooftop dining destination, continues to enhance guest experiences with curated events and Himalayan views.

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Hotel Shanker Hosts Heartwarming Cake Mixing Celebration

Lazimpat, 16th November 2025

Hotel Shanker joyfully marked the beginning of the festive season with its Annual Cake Mixing Ceremony, held on 16th November 2025. This cherished tradition was celebrated with the hotel's in-house guests, creating a warm and intimate gathering that captured the spirit of the holidays.

The event brought together guests and the hotel's talented culinary team for a delightful, hands-on experience. Chefs led the ceremony with a vibrant display of premium ingredients, spices, candied fruits, nuts, and aromatic blends expertly mixed to prepare the base of the season's signature festive cakes. Guests enthusiastically joined the process, making the ceremony both interactive and memorable.

With meaningful traditions such as this, Hotel Shanker continues to honour its legacy of hospitality, creating moments filled with joy, warmth, and togetherness. This annual celebration reflects the hotel's commitment to offering experiences that make every stay truly special.





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2026 Horoscope Predictions

TRANSCRIBED FROM psychic Vanessa Somuayina. Find her YouTube channel for detailed predictions.

As we step into 2026, we predict the breakthroughs, fresh starts, and emotional clarity across all zodiac signs. Here's what the stars may have in store for you.

Aries: Career, finances, and stability take center stage. Your talents could lead you into teaching or mentoring, and your health remains strong. A major success breakthrough is possible. Say yes to opportunities, travel, and new connections. An emotionally mature partner may enter your life.

Taurus: This is a deeply personal year of self-discovery and home improvements. Relationships deepen, especially with nurturing Cancerian energy around you. Healing, decision-making, and embracing your feminine side will be key. Fertility is highlighted for those seeking it. Avoid scarcity mindsets and oversharing.

Gemini: 2026 cuts away surface-level friendships and relationships that no longer serve you. April stands out as a powerful

month. Stop overthinking, trust your dreams, and recognize your own power, this is a year of absolutes and taking control.

Cancer: Hard work pays off, especially in your living situation. Freedom, love, and abundance flourish, bringing transformative changes. Limit alcohol, watch for red flags in love, and prepare for new beginnings that align with your growth.

Leo: You'll be surrounded by positive, like-minded people who amplify your talents. Good sleep and intentional living matter. Success-driven partners may appear, and collaborations especially in business can bring breakthroughs.

Virgo: A year of unconditional self-love and renewed dreams. Deepen your knowledge, nurture your body, and welcome fresh opportunities. Success comes to something you've invested effort into, and a meaningful relationship, romantic or platonic may find you.

Libra: Closure and emotional alignment define 2026. You'll make life-changing decisions shaping the next decade. Harmony between work and life improves as commitment becomes more appealing.

Scorpio: Love takes the spotlight. Balance your energies, value yourself, and seek clarity in people and situations. August is

especially promising for achievements.

Sagittarius: Career, confidence, and health flourish. A heartbreak, either yours or someone close's may surface, but it leads to cleansing toxic ties. Work smart, protect your energy, and trust divine timing.

Capricorn: Your perspective shifts as patience grows. Big challenges lead to big rewards. Improve your habits, overcome procrastination, and welcome transformative changes in your living situation and relationships.

Aquarius: Happiness and emotional harmony return. Smart investments, savings, and outdoor time bring balance. Years of hard work pay off with financial stability and healthier routines.

Pisces: New options in love and career open bold, confident paths. You may land roles you once felt unqualified for or even start a business. Commitment deepens in love. 2026 brings gifts, growth, and fresh beginnings. Trust your intuition and choose your battles wisely.



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