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# EDITORIAL.

February often arrives wrapped in roses, hearts, and a very specific idea of love. But at Smart Family, we've always believed love is far bigger, quieter, messier, and more powerful than just one definition. Love exists in many forms and all of them deserve to be seen, felt, and celebrated.

Love can be found in partnerships that allow room to grow. Our cover story with Niti Shah and Yachnit Rana, who are stepping into a new chapter this month, reflects a relationship where individuality and togetherness move in harmony.

Love is also the conversations we hesitate to have, the boundaries we learn to draw, and the courage it takes to be honest with ourselves and with others. It's in friendships that shape us, and sometimes, in the quiet grief of losing them. It's in the way we move our bodies with care, breathe together, nourish ourselves, and choose health not just for appearance, but for longevity and peace. Love is present everywhere, from your core self to the surrounding you exist in, in all forms.

Love extends beyond adulthood too. It shows up in how we raise children with awareness, not projection; with empathy, not emotional burden. The lessons we pass on, consciously or unconsciously, stay with them far longer than we imagine. This issue gently urges us to ask: Are we teaching love, or just talking about it?

At its core, this issue is an invitation to slow down and redefine love on your own terms. Romantic or platonic. Loud or subtle. With a partner, a friend, a child, your body, or yourself.

As you turn these pages, we hope you find something that feels familiar, something that challenges you, and something that comforts you. Here's to celebrating love in all its forms especially the ones that don't always get the spotlight, but hold us together all the same.

With heart full of love,  
Smart Family Magazine



Visit our e-magazine

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# STUDENTS QUALITY CIRCLE IN SCHOOL

Students Quality Circle (SQC) is a simple and practical learning approach where a small circle of students works together to identify problems in their school and find solutions on their own. Guided by a teacher, students observe their surroundings, discuss real issues, collect information, and suggest improvements. SQC helps students learn by doing and makes them active

participants in school life rather than just listeners in the classroom.

The importance of SQC in school is very high. It creates a positive school culture where students feel responsible for their environment. Through SQC, students help improve cleanliness, discipline, learning habits, safety, and teamwork in school. It also builds a strong

relationship between teachers and students, as teachers act as facilitators while students take leadership. Schools that practice SQC often see more confident students and a more cooperative learning atmosphere.

Through the Students Quality Circle, learners develop many important skills. They improve communication skills by sharing ideas and presenting their work. Teamwork and leadership grow as students work in groups and take different roles. Problem-solving and critical thinking skills develop when they analyze issues and think of practical solutions. Students also learn discipline, responsibility, and respect for others' opinions.

and figures to move from problem identification to solution. They use methods like brainstorming to list problems, cause-and-effect (fishbone) diagrams to find root causes, surveys and data charts to collect information, and flow charts to plan solutions. Bar graphs, pie charts, and before-and-after comparisons help them show results clearly. These tools make learning structured, logical, and meaningful.

In conclusion, the Students Quality Circle is a powerful method that helps students learn life skills while improving their school. It makes learning practical, builds confidence, and prepares students to be responsible and thoughtful citizens.



Bhushan Gautam  
SQC School Coordinator & Master  
Trainer



Karuna Shrestha  
PYP In-Charge & SQC Master Trainer

In SQC activities, students use different tools, charts,





### Grisha Shrestha - MYP I

Participating in NCSQC 2026 at Pokhara was a fun, inspiring, and unforgettable experience for me. Being part of the Students' Quality Circle at St. Mary's School allowed me to explore the campus, enjoy wonderful cultural programs, and learn beyond the classroom. Presenting our case study boosted my confidence and made me proud of my growth. I truly feel it's a flex to say that I was part of the 19th NCSQC Convention. Waking up early was a small challenge, but it helped me build discipline and adjust to a healthy routine.



### Devasis Giri - MYP I

For me, the NCSQC program was a truly fun and meaningful experience where I learned a lot. I participated in different workshops and in MMTPQA, a quiz competition that challenged my thinking and teamwork. Representing Swostishree as a team and presenting our case study was a proud moment for me. This experience helped me gain confidence, improve my skills, and understand the value of learning through participation and collaboration.



### Lakshya Jain - MYP I

The 19th National Convention on Students Quality Circle by St. Mary was personally an experience I will never forget. This platform has brought me exposure to more aspects than I can count on my fingers. This convention stood out to me in my journey because it helped me understand that creativity matters more than perfection. This year, I couldn't get everything done perfectly as planned, but what I did achieve was being different, being myself, being Lakshya, and that's why it is not possible to express my gratitude for this opportunity in words.



### Delon Shrestha - MYP I

The 19th NCSQC was my first experience of participating in an SQC, and it was truly memorable. On the first day, we were grouped into Group C and began with sightseeing, visiting caves and temples, followed by a panel discussion and a cultural show. The second day was the highlight, as we presented our case study. Our presentation was highly appreciated by the judge, who said it was one of the best he had seen in his ten years of judging. We later participated in MMTPQA and enjoyed another cultural program.



### Gianna Dronsel Gurung - MYP I

Our trip to Pokhara for the NCSQC was not only memorable and fun but also deeply meaningful. Beyond

the joy of the journey, the experience helped me develop important skills, including problem-solving, teamwork, and making thoughtful decisions. Through different activities and interactions, I learned how to face challenges with confidence and work positively with others. These learnings will continue to guide me in my studies, daily life, and future, shaping me into a more responsible, resilient, and confident individual.



# STARTER.

## *How do you balance individuality & togetherness in your relationship?*

**Balancing individuality and togetherness looks different for every couple, as seen through the voices of couples in music industry. While one speaks of a conscious partnership that nurtures personal growth alongside shared values, the other celebrates deep companionship built on alignment, friendship, and shared daily life, showing that love can thrive both through independence and complete togetherness.**

---

By Malika Joshi



### **Trishala Gurung & Rohit Shakya**

It's a shared purpose and a lifelong journey shaped by intention, not obligation. We chose to get married as a conscious decision to build a life together, one where love is expansive, not restrictive. In this partnership, growth is encouraged, not feared. Even as we evolve in different directions, pursuing our own dreams and identities, we remain deeply rooted in one another. Bound by shared values, trust, and commitment, we grow as individuals while standing together as one connected at the core, steady through change.



### Jyotsna Yogi & Swoopna Suman

“To be honest, we don’t seek individuality and we don’t mean in an awkward cringe PDA way.

From living together to hanging out to working together is what we do and intend to stay that way. We’re friends too and our close friends are our common friends. Our thoughts align and we’d rather spend our quiet-resting days in the same room than take a breather.

We’ve been together for 8 years now and we look forward to more.”

### Nikky Pradhan & Girish Pradhan

We believe the answer is written in the way we choose each other every day. Our relationship is built on balancing individuality with togetherness, allowing each other the freedom to pursue our passions and live life on our own terms. While we have faced challenges, we are grateful we found the strength to compromise and let go of anything that affected us negatively. Being in a long-distance relationship often, traveling across seas to be together keeps our sense of adventure alive and strengthens our bond. In the end, we are both thankful that we remain grounded and down to earth, despite the name, fame, and lifestyles, which we believe is one of our greatest strengths.





A couple is silhouetted against a vibrant red background, dancing on a balcony. The man, on the left, is wearing a light-colored jacket and dark pants. The woman, on the right, is wearing a dark dress. They are holding hands and appear to be in a romantic embrace. The balcony has a metal railing with vertical bars. In the background, there are some lights, possibly from a building or street, adding to the romantic atmosphere.

# Casual Relationship Minus Emotions

**While modern physical relationships often lack emotional depth, the body retains a vast memory of all experiences, influencing our wellbeing. Sadhguru emphasizes that intimacy leaves strong imprints on the body and mind, and meaningful connections arise from emotional bonding rather than mere physical interaction. Sensible living involves managing these impressions consciously to maintain inner ease and joy.**

By Sadhguru

MANY PEOPLE engage in physical relationships but often seem to lack emotional depth. Is this something people choose consciously? Is it healthy? And how should one understand physical intimacy in the larger context of human wellbeing?

Sadhguru: The body remembers, even the skin tone of your forefathers from a million years ago is still remembered. Nothing is truly forgotten. Your body carries an enormous amount of memory. What you hold in your brain is minuscule compared to what your body holds. There is evolutionary memory, genetic memory, karmic memory, and both articulate and inarticulate levels of memory. There is so much stored within this system.

You think you know how to walk, but understand you can walk only because your body has built that memory. If the body forgets, you would not be able to take even a single step. The body is a repository of tremendous memory, constantly picking up impressions. Every moment it is recognizing, the smell, the sound, the movement, all through continuous recognition happening within the body.

Traditionally, this body memory is referred to as *runanubandha*, which means the physical memory you build. You can either build this memory consciously, or you can take in random and excessive impressions, which can lead to physical and psychological confusion.

In traditional cities like Bangalore, if you tried to give someone salt,

they would say, “Keep it there.” This is because they understood that certain substances easily carry memory and if I take it, that memory becomes mine. This awareness is also why, in some cultures such as Hindu tradition, touching each other or shaking hands was avoided. Instead, we join our own hands and say *Namaste*, because we do not want to go on unconsciously picking up memory.

So, yes the body remembers.

Sexual interaction involves a significant exchange of memory between two people. When there is sexual interaction or any form of intimacy involving the body, thoughts, and emotions, the imprint left in the system is very large. From this understanding, traditionally it was advised to keep such interactions as simple as possible. What are you trying to build yourself into? Do you want to become a sexual supernova? If that is your conscious choice, that is up to you. But if not, then it is important that you do not unconsciously accumulate enormous amounts of physical memory. When this physical memory becomes excessive or complicated, it can reduce one’s sense of ease and joy in life, even if pleasure is present.

However, physical contact is very important between parent and child. A lack of affectionate touch in childhood can later manifest as a desperate longing for physical contact in adult life.

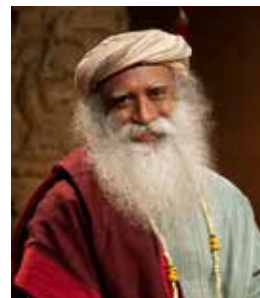
There are certain tantric processes where people prepare themselves for years

to distance their awareness from the body in such a way that the body does not pick up memory. But this is done as a spiritual discipline, a *sadhana*, not as sexual indulgence or promiscuity.

So, this is not a question of morality. It is a question of living sensibly. If you wish to live in such a way that your inner intelligence becomes the dominant force in your life, not your physical compulsions then it is important to keep the body’s memory as uncomplicated as possible.

.What people often call “love” today is largely a mutual benefit scheme. Love is not a profit-oriented project, it is an opportunity to become vulnerable, to lose oneself rather than to gain.

Modern relationships have largely been built on physical intimacy. But physical contact is not the only way to establish connection. Investing in emotional bonding is far more meaningful and far more powerful.



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.



# From You,

This Valentine's Day, Smart Family Magazine brings you valentine edition of smart picks, a thoughtfully curated selection of meaningful, stylish, and unique gifts. From symbols of heritage to timeless keepsakes, these picks celebrate love beyond clichés, making every gesture personal and unforgettable.

## Khukuri Brooch

Inspired by the iconic Khukuri, this brooch pin represents strength, protection, and identity. Minimal yet meaningful, it's a thoughtful Valentine's gift for men who appreciate subtle style and a connection to their roots, something personal he can carry every day.

In frame: Khukuri Brooch by @kvell.jewels



## The Framed Love Collage

It transforms a personal photograph into a work of art. Designed with a soft blush palette, handwritten love notes, and a retro camera motif, it captures intimacy and nostalgia in equal measure. Finished in a sleek black frame with gold detailing, it's a statement piece that turns cherished memories into décor worth displaying.

In frame: The framed love collage from @lumiere\_np

## Vinyl Records

For old souls who find comfort in crackling records and slow evenings, this vinyl feels like a return to simpler times. Featuring timeless songs in a vinly record, it's a Valentine's gift made for those who cherish stories, culture, and music that stays long after the needle lifts. A beautiful way to share quiet moments, memories, and meaning together.

In frame: Vinly records from @wildyakrecords



# To Yours

## Valerian Better Sleep

Most of us spend our days working, rushing, and running on deadlines and by the time we get home, we're simply exhausted. In a world like this, good sleep matters more than we realize. Vedanta's Valerian Better Sleep makes a thoughtful Valentine's gift, helping your loved one unwind, rest better, and feel cared for because celebrating love also means caring for their health.

In frame: @vedantaherbal's Valerian Better Sleep



## Panchadhatu Ring

Crafted from Panchadhatu, a traditional blend of five metals, this ring is associated with balance and positive energy. Clean, timeless, and easy to wear, it makes a thoughtful Valentine's gift that carries meaning while fitting effortlessly into everyday style.

In frame: Panchadhatu Ring from @kvell.jewels



## Mini Projector

After long workdays, sometimes all you want is to come home, switch off, and spend quality time together. A mini projector turns ordinary evenings into cozy movie nights, making it a fun yet thoughtful Valentine's gift. Simple to use and perfect for shared moments, it's a reminder that love often lives in the little, everyday pauses.



## Chocolate Dragees

After long days, sometimes love is as simple as sharing something sweet. Chaichai's chocolate dragees - crunchy almonds and cashews coated in smooth chocolate are perfect for easy moments together. Thoughtful, playful, and made in Nepal, they make a lovely Valentine's gift for sharing, gifting, or keeping all to yourself (no judgment).

In frame: Chocolate dragees from @chaichai.confectionary





STARTER ➔ Travelogue

# *Rainbow Mountain*

A NATURAL WONDER THE WORLD ONLY MET IN 2015





Once hidden beneath snow, Peru's Rainbow Mountain reveals nature's vivid artistry shaped by time, minerals, and retreating glaciers. Explore the awe of trekking Vinicunca, its colors, cultures, crowds, and the quiet responsibility of preserving a fragile wonder discovered by the modern world.

By Pratik Karki



WE HAVE been hearing all sorts of horrible stories about the glacier's melting and climate change. This story, however, we share with you to show one of the best things that resulted because of global warming: the birth of the Rainbow Mountain. Rainbow Mountain, also known as Vinicunca, is comprised of two words—Vini, meaning colorful rocks, and Cunca, meaning neck. Together, they are called the “neck of colorful stones,” a poetic description of these vivid mineral stripes carved into the Andes.

Not very long ago, in the mid 2010s (around 2015), Rainbow Mountain was discovered for the first time by the broader world. Before that, this whole place was covered in snow for much of the year, hidden from public view. It is believed that the Quechua communities living in the Andes always knew about it, catching glimpses of its colorful structure once in a blue moon. Yet, they could never have imagined how magnificent the full view would ultimately appear.

When the mountain finally revealed its vibrant hues due to retreating glaciers, local guides and trekking communities near Cusco began showing it to hikers. Not long after its exposure, as tourists started to document and share its beauty through photos and social media, it went viral throughout the world. Before the pandemic, around 1,000 tourists visited per day to get a glimpse of its breathtaking beauty. After travel restrictions lifted, that number doubled, with over

2,000 people visiting daily during peak season.

We went there early, and so when we trekked, the number of visitors seemed okay. However, as time passed, the crowds grew, and in many parts of the trail, we were moving like a snail even if we could run like a horse. When we finally arrived, we had to wait in the queue to get the perfect shot. There were even llamas with their masters around, offering that quintessential Andean photo opportunity but because of the crowd, it was difficult to get a clear picture. Still, it was manageable. And beyond the photographic bustle, the view of Rainbow Mountain was nothing short of spectacular.

The trek itself begins well before the colorful summit reveals itself. From Cusco, most trekkers take a van or jeep ride of roughly three hours through winding mountain roads, climbing steadily into higher altitudes. As we passed small villages clinging to hillsides, we saw children waving and farmers tending to grazing alpacas, an everyday life that seemed timeless against the rugged backdrop of snow tipped peaks.

We arrived at the trailhead early in the morning to beat the biggest crowds and to ease the effects of altitude since Rainbow Mountain sits at around 5,200 meters (17,060 feet) above sea level. Even seasoned travelers can feel the thin air here, so it's recommended to acclimatize in Cusco for at least a couple of days before attempting the trek. Cusco itself, at over 3,400 meters, offers ancient plazas and





Incan ruins where one can both explore and prepare physiologically for high altitude hiking.

The trail starts off gently, but the terrain quickly becomes steeper. We trekked past grasslands that seemed to stretch endlessly, dotted with wildflowers and grazing animals. The earth here is a tapestry of rustic browns and greens,

punctuated by the snow dusted peaks in the distance, a stark contrast to the technicolor surprise that awaited us.

Local Quechua farmers and their families sometimes offer coca leaf tea, a traditional drink thought to help with altitude sickness. We gratefully accepted; it was warm, earthy, and comforting.

➔ What looked like gentle pastel stripes from a distance slowly began to reveal themselves as brilliant reds, ochres, emeralds, and soft blues. These hues come from the oxidation of different minerals.

Along the way, we met other trekkers from around the world: backpackers, photographers, couples on their honeymoon, and even older travelers fulfilling lifelong dreams. Everyone had the same spark in their eyes—a mix of exhaustion, excitement, and awe.

About halfway up, the air grew thinner and our pace slowed. Many people choose to hire horseback assistance or local porters, especially for the final steep sections. While we chose to hike under our own power, we watched with admiration as an elderly woman guided her horse up the switchbacks, the animal sure footed across rocky terrain.

When the first hints of color appeared far on the horizon, there was a palpable rush of energy among the

hikers. What looked like gentle pastel stripes from a distance slowly began to reveal themselves as brilliant reds, ochres, emeralds, and soft blues. These hues come from the oxidation of different minerals like iron, copper, and sulfur among them, layered over millions of years.

Reaching the summit felt almost surreal. The panoramic sweep of colors seemed to ripple across the mountainside, like brushstrokes on stone. Despite the crowds jostling for position with cameras and phones, there was a moment of collective silence, as if every visitor paused to absorb the scene. Even the wind seemed to whisper, carrying with it the songs of the Andes.





We stood there longer than expected, not just to capture photos, but to feel the moment, to breathe in the crisp mountain air and reflect on how astonishingly beautiful our world can be. It was clear that this was more than just another travel snapshot, it was a reminder of how nature's hidden treasures can still astonish us, even amid global challenges.

On the way back, we took time to chat with several local guides. Many had grown up in these mountains and spoke of how life had changed since Rainbow Mountain gained fame. While tourism has brought economic opportunity, they also shared concerns about trail erosion, waste management, and the need for sustainable practices to protect this

fragile ecosystem. Listening to them was a humbling reminder that what we visit must also be preserved.

As we descended, we passed groups of schoolchildren on a field trip, their laughter filling the crisp air. They wore bright jackets and wide brimmed hats, their energy contagious. Some waved excitedly, their smiles as vivid as the colors of Vinicunca itself.

Moving all the way from Nepal was quite interesting because we have seen many mountains that look alike but this mountain was different. It was unique. Unlike the snow covered peaks of the Himalayas, where whites and greys dominate, Rainbow Mountain brought a palette of earth tones to life. It felt

like standing inside an artist's canvas.

By the time we reached the bottom, our legs were tired but our hearts were full. The experience of trekking to Rainbow Mountain was more than just a hike, it was an immersion into geology, culture, community, and the raw beauty of the Andes. It reminded us that while climate change poses serious threats, it can also unveil wonders that have long been hidden. But with these wonders comes responsibility: to respect, protect, and cherish them for generations to come.

If you plan to visit Rainbow Mountain, here are a few quick tips:  
Acclimatize in Cusco  
Spend 2–3 days exploring the city and surrounding

ruins before attempting high altitude treks.

Go early  
The trail fills up quickly by late morning, and early light makes the colors even more vibrant.

Stay hydrated & pace yourself  
High altitudes demand slow, steady progress.  
Hire a local guide or support local porters  
It's a great way to contribute to the local community.  
Respect the environment  
Pack out all trash and follow designated paths.  
Rainbow Mountain is a discovery of nature's artistry and a testament to the beauty that still awaits those willing to explore beyond the ordinary.



STARTER → Inspire



# Children Who Carry Light

**TALENT HAS** no fixed age. It appears early, quietly, and beautifully—through curiosity, bold dreams, and the willingness to try. When young students step into the world with passion and possibility, they remind us that greatness doesn't wait for adulthood. It begins now, with imagination leading the way.

## The Inspiring Journey of Jvin & Jvis Shrestha

Some children step into the world with a spark already lit. For Jvin and Jvis Shrestha, twin brothers with infectious energy and a love for storytelling, that spark has now grown into a gentle but steady glow across the Nepali film industry.

At Daffodil Boarding School, the boys are known not only for their talent on screen but for their humility in the classroom. They often speak of teachers who encourage curiosity, classmates who cheer them on, and an environment that makes learning feel like a playground for creativity. For them, school is not a place of pressure, it is a

foundation, a home that believes in their dreams.

Their filmography is already impressive for their age, *Ek Bhagwad Gita*, *Hari Bahadur Ko Jutta*, *Karma*, *Mummy* titles many seasoned actors hope to be part of. They have shared sets with icons like Hari Bansha Acharya, Bipin Karki, Swastima Khadka,





Prakash Saput, and Upasana Singh Thakuri, gaining not just experience but inspiration.

But perhaps what makes their story truly moving is how they carry their achievements with gratitude, discipline, and the eagerness of children who still laugh, run, and dream like any other. Their journey reminds us that talent

blooms beautifully when nurtured with opportunity, encouragement, and a sense of belonging.

Shining Bright: The Rising Talent of Sarah Sharma

Some stars rise quietly not with noise, but with grace. Sarah Sharma, a spirited Grade II student, is one such star. With her gentle confidence and expressive

presence, she has stepped into the Nepali film world with surprising maturity for someone so young.

Her performances in Mohar, Jwai Saab, and Blue Moon reveal a child who observes life deeply and translates emotion with honesty. On set, she has worked alongside familiar names like Paul Shah, Niti Shah, Jitu Nepal, Buddhi Tamang and Benisha Hamal learning not just lines, but discipline, patience, and the art of storytelling.

In school, Sarah is much more than an actor. She is a writer with imagination, a football lover with fierce energy, and a dancer who moves like happiness itself. The child you see on screen is the same child who runs

across the playground curious, fearless, and full of wonder.

Her journey is still young, but it carries a promise, the kind that makes you pause and smile. Because sometimes, inspiration doesn't come from age or experience. It comes from small footsteps walking forward with big dreams.

Three children, three dreams, one core pushing us to remind "potential has no age barrier".

Sometimes all it needs is space to grow, a classroom that encourages curiosity, a mentor who believes, a spark that someone notices.

➔ At Daffodil Boarding School, the boys are known not only for their talent on screen but for their humility in the classroom.



# eSIMs

## SMART INTERNATIONAL TRAVEL DECISION

**As Nepali families travel abroad in growing numbers, staying connected no longer has to be complicated or expensive. Data e-SIM, available through the nBank app, offers a smart, hassle-free solution for seamless international connectivity, eliminating the need for physical SIM cards while making travel more convenient, secure, and digitally empowered.**

By Malika Joshi in Conversation with Pradeep Nepal, Chief nBank, Nabil Bank

INTERNATIONAL TRAVEL is booming this year among Nepali families and it will continue to flourish as honeymoon season is here! It's all fun and joy, until you have to plan, budget, and simultaneously figure out way to stay connected with the world and our loved ones back home.

One often overlooked yet essential part of travel planning is buying a SIM card. Searching for kiosks at airports can be tiring and costly. In today's digital age, traveling without a SIM or internet connection will make you feel doomed (atleast I've felt that). That's why I want to share a smart digital solution that makes travel easier - the eSIM. An eSIM is a lifesaver, it

saves your time, money, and hassle by eliminating the need to buy new SIM cards abroad. With just a simple QR code scan, you can activate your data plan instantly and stay connected from the moment you land.

Technology has sowed its seed in Nepal too, and it's up to us to reap the most of it. In Nepal, some banks and telecom partners are stepping in to make our travels easier. Leading the way, Nabil Bank recently partnered with Nimbuzz to offer international data eSIMs directly through its app

**Please provide information about Data e-SIM in brief. How**

### **does it work and who is it targeted to?**

Data e-SIM is a digital travel hassle free connectivity service available through the nBank app. It allows customers to purchase mobile data plans for international destinations without needing a physical SIM card. The service is primarily targeted at Nepali travelers going abroad, including tourists, students, and professionals who fast, convenient access to data connectivity.

**Why did the bank feel there was a need for a travel-focused digital service beyond traditional banking products?**

With increasing international travel, customers face challenges such as high roaming costs and inconvenience in buying SIM cards abroad. The Nabil Bank's e-SIM addresses this issues by offering a convenient, cost-effective, and fully digital solution, aligning with Nabil Bank's broader strategy of providing digital services through its platform.

**How is e-SIM service different from buying a physical SIM card abroad or using international roaming?**

Unlike physical SIM cards, the e-SIM does not require store visits and doesn't required identity verification at the destination. Customers can

purchase the e-SIM directly through the nBank app, even while already abroad using nBank.

**Who can access this service? Do customers need a specific type of Nabil Bank account?**

The service is available to nBank app users who hold an active Nabil Bank account. No special account is required.

**Could you walk us through the process of purchasing and activating the e-SIM through the nBank app?**

Step 1: Log in to the nBank app  
Step 2: Tap on the “More” section  
Step 3: Go to “Marketplace”  
Step 4: Select “Nimbuzz”  
Step 5: Choose “Data e-SIM” and complete the purchase.

Once purchased, customers receive an email (sent to the email address provided during purchase) with a PDF attachment containing a QR code and step-by-step installation instructions.

**Which regions or countries are currently covered under the e-SIM plans?**

The e-SIM plans cover more than 190 countries, including major destinations across Asia, Europe, the Middle East, and other regions.

Are there flexible data plans based on duration, destination, or data usage?

Yes, Customers can choose from multiple data plans based on destination, data volume, and validity period, depending on their travel needs.

**Is the e-SIM intended mainly for short-term travelers, students, or long-term overseas workers?**

The service is designed to support a wide range of users, including short-term travelers, international students, and overseas professionals, depending on their data usage requirements.

**How user-friendly is the process for first-time or less tech-savvy users?**

The process is simple and user-friendly. Clear, step-by-step instructions are provided in the PDF sent via email, making it easy even for first-time or less tech-savvy users to install and use the e-SIM.

**What kind of customer support is available if**

**users face issues while abroad?**

Customers have access to 24/7 digital support. Support contact details are included in the confirmation email sent after purchasing the e-SIM.

Which regions or countries are currently covered under the e-SIM plans?

The service includes coverage across multiple international destinations. The coverage list is available within the nBank app at the time of purchase.

**Can customers purchase the e-SIM before travel and activate it later?**

Yes, customers can purchase the e-SIM in advance and activate it at their convenience, typically upon arrival at their destination or they can activate just after purchasing, however, the SIM gets activated once customer reaches the destination.

**Is the service backed by international telecom partners, and how reliable is the network connectivity?**

Yes, the e-SIM service is supported through international telecom partners, ensuring reliable network connectivity across supported regions.

**Can someone purchase multiple e-SIMs through a single nBank account?**

Yes, customers can purchase multiple e-SIMs through a single nBank account.





# Love in All Forms

This article explores love as a universal force that transcends romance, highlighting its presence in self-love, family bonds, friendships, and compassion for all beings. Rooted in spiritual wisdom and real-life examples, it reminds readers that love thrives through devotion, selflessness, and everyday acts of care. When embraced in all its forms, love has the power to heal, connect, and transform lives.

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By Kiran Karki Silwal



## In a world where everything is exchanged online, do we still want to talk about love?

Love remains the sweetest emotion, the solution to so many of life's problems. But the question isn't about what or whom you love; it's about whether you are willing to fall. Loving someone means surrendering a part of yourself. If you are too self-centered, too wrapped up in "me," you cannot truly love anyone. To fall in love, whether with another person or with yourself, you must be willing to give, to share, and to let yourself be vulnerable.

Everyone has their own definition of love, yet true love transcends these definitions. It is devotion without expectation. The Shreemad Bhagavad Gita beautifully explains this:

vidyā-vinaya-sampanne  
brāhmaṇe gavi hastini

śuni caiva śvapāke ca panditāḥ  
sama-darśināḥ

This verse teaches that true wisdom is seeing all beings with equal respect and love beyond caste, status, or form. Love is universal, and every being, human or animal, needs it.

The bond between a mother and her unborn child begins even before birth. When a fetus enters a mother's womb, it awakens an instinctive sense of joy, care, and emotional connection. This quiet, internal love reshapes her thoughts, habits, and emotions. It is felt deeply within, not expressed outwardly. A similar truth

exists in the animal kingdom. Elephants, known for their emotional intelligence, carry their young for nearly 22 months, the longest gestation period among land animals. During this time, the mother develops a profound physical and emotional bond with her calf, displaying gentleness, affection, and unwavering protection. Such examples remind us that love is innate, timeless, and selfless.

In today's fast-paced world, however, many have forgotten what true love means. To experience meaningful relationships built on connection, security, and intimacy, one must first turn inward. Understanding your emotions, mind, body, and soul is essential. True love begins with self-love. When you nurture a healthy relationship with yourself, compassion naturally extends outward, strengthening every bond in your life.

Love manifests in many forms, yet modern society often limits its meaning to romantic relationships alone. When we expand our understanding and recognize love in all its expressions, life itself begins to transform. Parental love, for instance, is pure, sacrificial, and unconditional. Even when distance separates us, simple acts like a phone call, a visit, or genuine interest in their lives become powerful expressions of gratitude and care. As grown children, keeping our parents emotionally fulfilled is both a responsibility and a blessing.

Sibling love carries its own quiet strength. The childhood rivalries and playful arguments we remember are

not signs of resentment, but proof of closeness. Beneath those moments lies an invisible thread that binds siblings together for a lifetime.

Romantic love, too, holds transformative power. A supportive partner turns life's journey from mere survival into shared growth and joy. Marriage vows are not simply ceremonial words; they are commitments to patience, nurturing, and selfless giving. This month, instead of asking what love can offer you, reflect on what love you can give because often, the smallest gestures create the deepest impact.

## Tips to Rejuvenate Your Relationship

"Reasons I Love You" Jar:

Fill a jar with 50–100 small slips of paper, each with a reason you love your partner, a memory, or a compliment. Your partner picks one each day.

Bonus: Decorate the jar together.

## Love Through Food

Cook your partner's favorite dish and savor it together. Surprise them with little touches, a handwritten note, a favorite dessert, or a special drink. Food becomes a celebration of love, care, and togetherness.

## Friendship Love

True friends shape our lives. Nurture these connections; invite a friend for dinner, send a note of appreciation, or organize a playdate for your kids. Remind them how their support made a difference in

your life. True friendship is love in action.

## Compassionate or Universal Love

Beyond family and friends, love can extend to the wider world. Smile at strangers, feed children in need, serve the community, or care for street animals. Love given freely returns manifold. The universe opens doors when you act with genuine devotion.

## The Essence of Love

Love doesn't need an occasion, it only requires devotion. It asks nothing, expects nothing, and flourishes when given wholeheartedly. From parental love to friendship, romantic love to universal compassion, love sustains, heals, and transforms.

When we embrace love in all its forms, we do more than enrich others, we enrich ourselves.

"We humans are loving beings. We thrive in love. We shine in love. Give it wholeheartedly, and watch the universe bloom around you."



## Kiran Karki Silwal

Kiran karki is a certified parenting and NLP coach and a passionate public speaker. She runs a program "Find your Ikigai with kiran" through this program she helps people find true potential within themselves. For 1:1 session you can get in touch through her Instagram Id: Kirankarki silwal



# Saath hai Bhari

NITI SHAH & YACHNIT RANA



**Built quietly on friendship, patience, and shared values, Niti and Yachnit's love story is a testament to intentional, grounded partnership. From years of low-key dating to an intimate court marriage in 2025, their journey reflects a steady love rooted in trust, balance, and mutual growth. Together, they embody a modern romance that thrives away from noise, growing stronger through understanding, respect, and emotional safety.**

By Malika Joshi in conversation with Niti Shah & Yachnit Rana

The love story of Niti and Yachnit is one that blossomed away from the intrusive glare of the limelight, built on a foundation of genuine friendship. Though both were familiar faces in the Kathmandu social circuit, their connection deepened over three years of quiet conversations, shared adventures, and mutual support as they navigated their respective high-pressure careers.

Their relationship reached a beautiful milestone on April 18, 2025, when they legally pledged their lives to one another in an intimate court ceremony. It was a moment that proved that for this power couple, the grand celebration of "forever" they are building this February is rooted in the quiet strength of their bond.

Niti and Yachnit have always lived life with intention, individually and now, together. From personal pursuits to shared dreams, their relationship mirrors the balance they seek in life: space for growth, room for difference, and a strong sense of partnership. As they mark this new chapter, their story speaks to a quieter, steadier kind of love, the love that was built.

#### **Couple's Trivia**

**Who is the better cook?**

**Niti:** Yachnit, without a doubt. He completely won me over in our first year of dating with his cooking skill.

**Yachnit:** Niti loves to orchestrate the menu while I cook.

**What is the one thing that surprised you most about your partner?**

**Niti:** His sense of humor. Yachnit has this effortless, witty humor that lights up a room. Despite being quite reserved, he has this wonderfully playful side that comes out so naturally & still surprises me.

**Yachnit:** The kindness and warmth that Niti brings to our relationship.

**How do you balance schedules with each-others busy work life?**

**During our first year, we sometimes met only once a month or once a week, and video calls became our constant. Over time, we learned how to prioritize each other better.**

**What is the one dream you both want to achieve together in the next five years?**

**To build a loving, grounded family rooted in shared values, happiness, and respect while continuing to grow individually, supporting each other.**

**Any fun fact to share about you two?**

**We both love traveling and discovering new places together. We enjoy quiet, simple moments just as much as big adventures. We can spend hours talking or sit in comfortable silence and both feel equally perfect. Exploring restaurants and last-minute travel plans are our favorite kind of plans.**

**Your love story grew mostly away from the spotlight. How did you first meet, and what was it about that first connection that made you want to keep knowing each other?**

**Niti:** We had known of each other for years through social events, but never

really got the chance to connect personally. Our friends eventually set us up, and that's when we truly got to know each other. From our very first date, I felt a deep sense of certainty he felt like home, like someone I could see a future with.

We never planned to stay away from the spotlight; we were simply busy living our lives, working, and falling in love quietly. Posting on social media was never a priority for us. Our relationship became public only when news of our court marriage came out and by then, we were already very sure of each other.

**Yachnit:** We used to bump into each other often when I was modelling but our proper first meet up was at Trisara's 10th Anniversary party. I don't know about Niti but I could see sparks flying all around. It was magical if I must say so.

**Niti,** you seem more social and public while Yachnit seems to stay lowkey. How do these two very different worlds coexist and complement each other?

**Yachnit** is a very private person deeply focused on his work and family, and happiest in his own space. Whereas I've been in the public eye from a very



**Posting on social media was never a priority for us. Our relationship became public only when news of our court marriage came out and by then, we were already very sure of each other.**





young age, and much of my life naturally plays out in the media, even though I try to keep parts of it personal. What makes it work is balance. After the noise, the cameras, and long workdays, he truly creates a safe, grounding space for me a place where I can just be myself. In return, I bring warmth, openness, and energy into his world. We don't try to change each other; we simply try to meet somewhere in the middle.

Any reason behind intimate court marriage before this grand celebration you've been preparing for?

Honestly, it was a very organic decision. There wasn't a big plan or specific reason behind it, it just felt right at that moment. We knew we wanted to be together, and everything else could follow in its own time.

What are your biggest differences, and which similarities keep you emotionally aligned? We're very aligned in our core values respect, honesty, loyalty, and family mean everything to both of us. Our difference is how we express ourselves. He takes time to open up, while I'm more expressive and vocal about my feelings. But that difference actually helps us grow. We listen, we communicate, and we always find our way to common ground.

Before marriage, your bond was rooted deeply in friendship. How did friendship shaped your

relationship today?

The strongest relationships are built on friendship, and that naturally became the foundation of ours. While we initially knew each other only socially, as we started dating, our friendship grew organically over time. That bond taught us how to communicate openly, navigate with maturity, and create a space where we both felt safe being honest, vulnerable, and completely ourselves.

Over the two-plus years leading up to your 2025 marriage, what did patience teach you about love, especially during low phases?

Patience taught me that love isn't just about the good moments, romantic social media posts or following the trend...it's about showing up consistently both in good and bad times. Over almost

four years of dating, through highs and lows, I saw how constant and dependable he was in my highest and lowest time. Whether in difficult phases or happy ones, he was always there, and that gave me complete certainty and security about building a life together.

Being in the public eye often comes with rumours and assumptions. How did you learn to protect your relationship from outside noise?

We trusted each other completely. We knew that outside noise could never shake what was real between us. Trust, loyalty, and respect have always been our core foundation, and when those are strong, nothing from the outside really matters.

Now that love has moved from dating to

commitment, how has it changed emotionally, practically, and spiritually and what do you hope this sacred tie called marriage continues to teach you? Marriage has deepened us emotionally, practically, and spiritually. There's a stronger sense of responsibility, partnership, and calm. I hope this sacred bond continues to teach us patience, kindness, and the beauty of growing together through every phase of life.

How do you balance individuality and togetherness in your relationship?

We believe that loving each other doesn't mean losing ourselves. We encourage each other's ambitions, respect personal space, and celebrate individual growth while always staying connected as a team. That balance is what keeps our relationship healthy and strong.

Lastly, please share something this relationship has taught you and helped in your individual growth.

*Niti:* So much. It has taught me how to keep myself calm, to listen with intention, to trust deeply, and to value emotional safety. It's helped me evolve into a more grounded, mature, and self-aware version of myself both as a partner and as an individual.

*Yachnit:* Our relationship has taught us empathy, patience, and self awareness helping us grow individually while becoming stronger together





# FOOD.



# Nutrition & Diet for PCOS

## A PRACTICAL, SCIENCE-BACKED GUIDE FOR HORMONAL BALANCE

PCOS affects millions of women, yet remains confusing because its symptoms like irregular periods, acne, hair growth, weight gain, fatigue, seem unrelated. At its core, PCOS is a hormonal and metabolic disorder closely linked to insulin resistance, which is why the right diet plays a major role in healing.

By Sonal Talegaonkar

POLYCYSTIC OVARY SYNDROME (PCOS) affects nearly 1 in 5 women today, making it one of the most common hormonal disorders and yet also one of the most misunderstood. Irregular periods, acne, unwanted hair growth, weight gain, fertility struggles, fatigue, and mood swings often appear disconnected, but they are all tied to the same root: hormonal imbalance driven largely by insulin resistance and chronic inflammation.

The good news? Nutrition is one of the most powerful tools to manage PCOS naturally. With the right diet, many women see improvements in cycles, skin, energy, weight, and even fertility

### Let's Understand PCOS in Simple Terms

At its core, PCOS is not just a reproductive condition, it is a metabolic and hormonal disorder. Most women with PCOS have:

- High insulin levels (insulin resistance)
- High male hormones (androgens)
- Low-grade inflammation
- Irregular ovulation

When insulin remains high, it pushes the ovaries to produce more male hormones, which then disrupt ovulation, worsen acne, and trigger hair fall and facial hair. This is why diet matters as much as medication or sometimes even more

### The Golden Rule of PCOS Nutrition: Control Insulin First

If insulin improves, hormones usually follow. The PCOS-friendly plate focuses on:

- Low glycaemic carbohydrates
- High-quality protein
- Healthy fats
- Anti-inflammatory foods

This leads to better blood sugar control, reduced cravings, easier weight management, and improved cycles.

### Best Foods for PCOS (And Why They Work)

#### Protein: The Hormone Stabiliser

Protein reduces insulin spikes, controls hunger, and supports ovulation.



## PCOS Food Swap Box (Smart Changes That Make a Big Difference)

| Instead of This     | Choose This                     | Why                           |
|---------------------|---------------------------------|-------------------------------|
| White bread         | Multigrain roti / sourdough     | Slower blood sugar rise       |
| Cornflakes          | Oats + seeds                    | Better insulin control        |
| Sugary chai/ coffee | Cinnamon tea / low-sugar coffee | Stabilizes insulin            |
| Fried snacks        | Roasted chana / makhana         | Protein + fibre support       |
| Maida biscuits      | Nuts + dark chocolate (70%)     | Craving control + magnesium   |
| White rice daily    | Brown rice / millets mix        | Higher fibre, better hormones |
| Sweetened yogurt    | Plain curd + fruit              | Gut health + less sugar       |
| Refined oil         | Ghee (moderate) / olive oil     | Better hormone support        |
| Packaged juices     | Whole fruits                    | Fibre slows sugar absorption  |

PCOS doesn't improve through restriction and it improves through smarter choices.

→ PCOS makes it harder to lose weight because insulin resistance pushes the body into fat-storage mode. Extreme dieting only worsens hormonal stress.

Best sources: Eggs, paneer, curd, greek yogurt, chicken, fish, dal, tofu, chana, sprouts

Why it helps: High protein intake improves insulin sensitivity and keeps testosterone levels in check.

**Low-GI Carbohydrates: The Blood Sugar Balancers**  
Not all carbs are bad, the type matters.

Choose: Millets, oats, brown rice, quinoa, sweet potato, fruits, vegetables

Limit: White bread, white rice, sugar, bakery foods, sweet drinks

Why it helps:

Slow carbs prevent insulin spikes that worsen PCOS symptoms.

Healthy Fats: Essential for Hormone Production

Hormones are made from fat -but the right kind.

Best sources:

Ghee (in moderation), nuts, seeds, olive oil, avocado, fish

Why it helps: Supports estrogen balance, reduces

inflammation, improves skin and cycles.

### Fibre: The Hormonal Detox Agent

Fibre binds excess estrogen and supports gut health.

Rich sources: Vegetables, fruits with peel, seeds, oats, legumes

Why it helps: Prevents estrogen dominance, improves digestion and weight control.

### Anti-Inflammatory Foods: Calming the PCOS Storm

PCOS is strongly linked to inflammation.

Power foods: Turmeric, ginger, garlic, cinnamon, berries, omega-3 fats

### Key Nutrient Deficiencies in PCOS

Many PCOS symptoms worsen due to hidden deficiencies:

- Vitamin D → affects insulin, mood, fertility
- Magnesium → controls cravings, sleep, insulin
- Iron → low in women with heavy periods
- B12 → depleted in those on metformin
- Omega-3s → reduce inflammation and androgen levels

These should ideally be corrected with food first and supplements only if needed.

### Foods to Limit (Not Always Eliminate)

- Refined sugar & sweets
- White flour products
- Sugary beverages & packaged juices
- Highly processed snacks
- Excess caffeine

- Trans fats  
These spike insulin and worsen hormonal imbalance.

### Weight Loss & PCOS: Why It Feels Harder

PCOS makes it harder to lose weight because insulin resistance pushes the body into fat-storage mode. Extreme dieting only worsens hormonal stress. Instead, a slow, steady fat-loss approach with:

- Adequate protein
- Strength training
- Good sleep
- Stress control is far more sustainable and cycle-friendly.

### Lifestyle Habits That Multiply Diet Results

- 7–9 hours sleep
- Daily movement (especially strength training + walking)
- Stress management (yoga, breathwork, journaling)
- Morning sunlight for Vitamin D
- Consistent meal timings



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# A Curated Midday Dining Experience

Brunch has evolved beyond a simple meal; it is an opportunity to slow down and enjoy food that is both comforting and thoughtfully prepared. Across the valley, cafés and restaurants are presenting carefully curated brunch menus that balance freshness, flavour, and presentation. From wholesome breakfast classics to light savoury selections and subtle sweet finishes

STUFFED CHICKEN



**SALT RESTAURANT & BAR**  
Bhanimandal, Lalitpur

Grilled chicken stuffed with spinach and ricotta served with balsamic veg, garlic mashed potato and mushroom sauce. Price: Rs. 910/-

ROSEMARY STYLE STUFFED CHICKENE



**ROSEMARY KITCHEN & COFFEE SHOP**  
JP Marg, Thamel, Kathmandu

Breath part chicken stuffed with spinach and mozzarella served with mash potato seasonal vegetable and white wine butter sauce. Price: Rs. 1099/-

CHICKEN HOT HONEY BENEDICT



**MAAK ARA**  
New Baneshwor, Kathmandu

A signature brunch creation at Maak Ara, Crispy fried chicken sits atop housemade waffles, finished with silky hollandaise sauce. Price: Rs. 640/-

LASAGNE



**THE URVINS GARDEN RESTAURANT**  
Naxal, Kathmandu

Layer of tender pasta, slow simmered meat ragu, and creamy bechamel come together in this timeless Italian classic. Price: Rs. 1200/-

GRILLED CHICKEN BREAST



**YALA GARDEN CAFÉ & RESTAURANT**  
Kwalkhu, Lalitpur

Juicy grilled chicken breast served with creamy sauce accompanied by a medley of sautéed vegetables and velvety mashed potatoes. Price: Rs. 670/-

PULLED PORK BENEDICT



**LAVIE GARDEN**  
Ramhiti Boudha Rd, Kathmandu

Slow cooked pork with harsh brown, poached egg and drizzle of hollandaise sauce. Price: Rs. 625/-

CILBIR



**TANGERINE BRUNCH & BAR**  
Bakhundole, Lalitpur

Turkish style poached eggs served on herbed Greek yogurt with buttery chilly oil. Price: Rs. 600/-

JUICY C-MOMO



**CAFE DE PATAN**  
Lalitpur

Our c-momo is an explosion of spicy juiciness, delivering a tantalizing kick with every bite. Price: Rs. 375/-







# JAPANESE RESTAURANT Kotetsu

JAPANESE RESTAURANT KOTETSU, located on the first floor of the Ambassador Hotel in Lazimpat, offers an experience that feels as though you've stepped straight into Japan.

A warm and welcoming Japanese Mama-san is always present, and with authentic Japanese music playing in the background, the atmosphere instantly transports you. So genuine is the experience that many guests find themselves thinking, "Is this Japan?", all while dining in the heart of Nepal. Kotetsu is widely known as a Japanese restaurant highly recommended by Japanese patrons themselves.

Inside, the restaurant features both a sushi counter and a teppanyaki counter, where guests can watch skilled chefs prepare delicate sushi and grill dishes live on the teppan right before their eyes, an experience that adds excitement and charm to every visit.

Along with popular favorites such as nigiri sushi, sashimi, steak, and tempura, the menu offers a wide variety of authentic Japanese dishes, each carefully prepared using traditional techniques and flavors.

Come and experience the true taste of Japan, right here in Nepal!



## 📍 Jyo Nigiri Sushi

Kotetsu's Jyo Nigiri Sushi is a sublime experience for any sushi enthusiast. This platter features 10 pieces of expertly crafted nigiri, including salmon, tuna, sea bream, yellowtail, and salmon roe. Each piece showcases fresh, melt-in-your-mouth fish atop perfectly seasoned rice, creating a balance of flavor and texture. The salmon, in particular, stands out with its rich, buttery taste. The selection varies, ensuring a unique experience every time. Simple yet elegant, this nigiri platter captures the essence of authentic Japanese sushi in every bite.





### ☛ Nabeyaki Udon

A single serving clay pot filled with broth, udon, and various ingredients, simmered to perfection. This dish warms you from the inside out. The rich, savory flavor of the broth is exceptional, and many people enjoy drinking it down to the very last drop.



### ☛ Salmon Sashimi

Kotetsu's most popular salmon sashimi. Its rich, tender taste brings out the natural flavor. Enjoy the perfect balance of moderate fat and smooth texture.



### ☛ Kimchi Hot Pot

A spicy hot pot with kimchi, meat, tofu, mushrooms, and vegetables in the soup. At the end, you can add rice to make zosui (rice porridge) or finish with noodles.



➔ **Katsu Curry**

Homemade curry simmered for a long time by Kotetsu's Mama, topped with pork cutlet. A very popular dish among Japanese guests. Chicken cutlet can also be used as a topping.



➔ **Bluefin Tuna**

**Sashimi & Nigiri Sushi**

“Hon-Maguro” refers to bluefin tuna, known as the “king of tuna” among many tuna varieties. It features rich umami with the sweetness of fat and the intensity of the red meat, along with a buttery texture. Best enjoyed as sashimi or sushi.

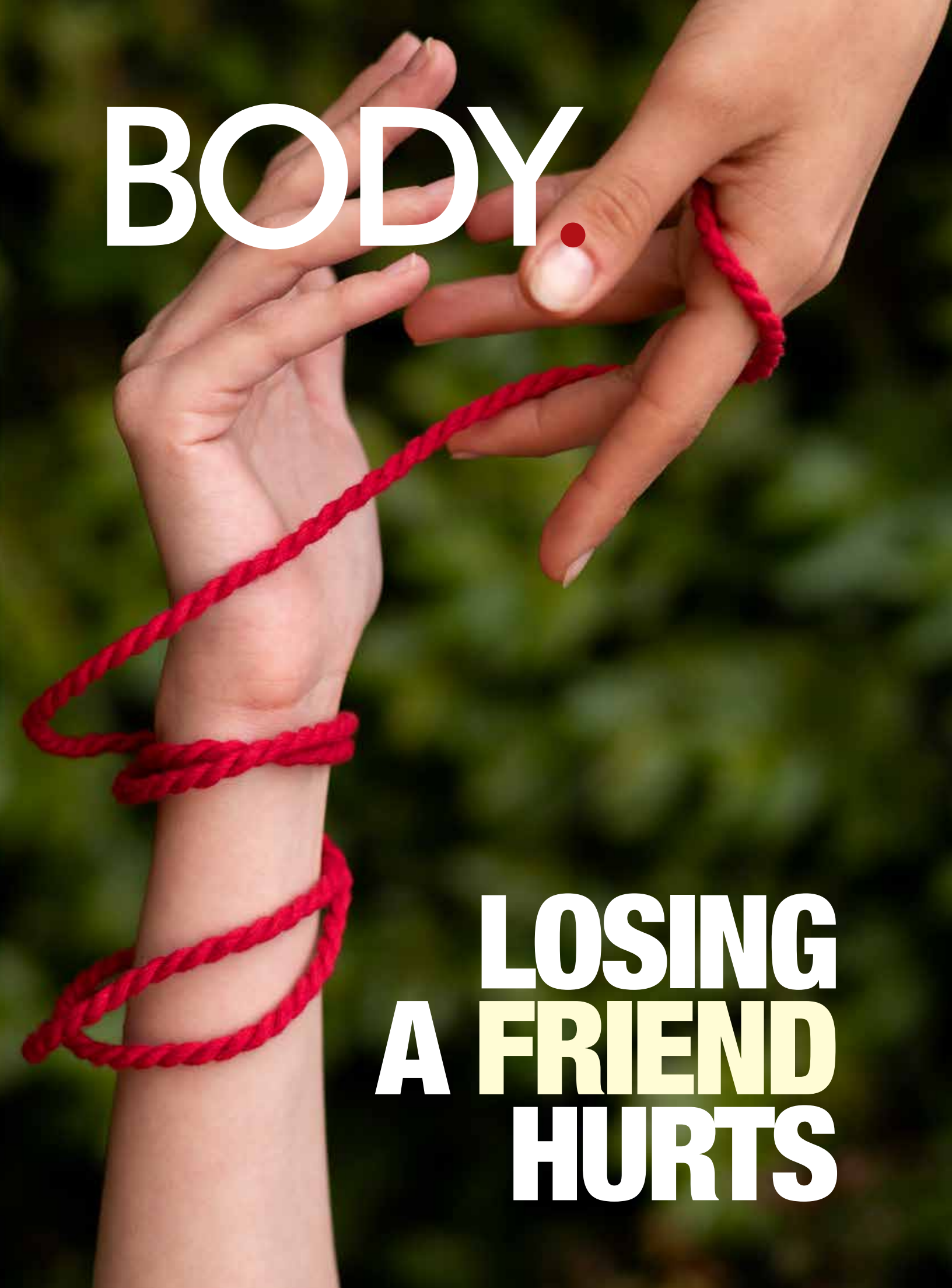


➔ **Fried Oysters  
(Kaki Fry)**

Juicy, large oysters packed with flavor, prepared as the classic fried oyster dish. Recommended to eat with tartar sauce in addition to the medium thick sauce.





A close-up photograph of two hands holding a thick red rope. The rope is wrapped around the fingers and wrists of both hands, symbolizing a strong bond or friendship. The background is a blurred green, suggesting an outdoor setting. The word "BODY." is overlaid in large white text at the top left.

# BODY.

**LOSING  
A FRIEND  
HURTS**

**Friendship breakups are a deeply personal yet often invisible form of grief. Unlike romantic or familial loss, they lack closure, rituals, and social validation leaving emotional pain unresolved and misunderstood. This unseen loss can quietly affect self-worth, identity, and mental well-being.**

By Sneha Agrawal

Are friendship breakups a form of grief? If so, how does this grief differ from bereavement or romantic heartbreak? Friendship breakups are a form of grief, clinically, neurologically, and emotionally. The confusion arises from how often it goes unnoticed and unsupported. Neurochemically and psychologically, it resembles bereavement and romantic heartbreak, but has unique characteristics: the person is still alive (ambiguous loss), there's often no clear closure (disenfranchised grief), and the pain is socially minimized. Unlike bereavement, there are no rituals or finality, and unlike romantic breakups, there's little cultural permission to mourn, leading to confusion, self-doubt, shame, and prolonged grief.

The loss of a friendship can feel destabilizing because it disrupts identity and emotional safety while remaining largely unseen.

How can the “ghosting” phenomenon in friendships contribute to clinical anxiety or feelings of worthlessness? When a close friend suddenly stops talking without saying why, it can really shake up how you feel emotionally and mentally. When someone disappears without warning, it activates your brain's attachment system, which can make you feel on edge, overthink things, and anxious. The uncertainty of the situation leaves your nervous system stuck in a state of limbo, and without a clear end, you might

feel guilty and like you're not good enough. From a neurological perspective, the sudden loss of trust and reward pathways can feel like withdrawal, which can make you feel insecure in relationships and make future friendships seem risky. Basically, ghosting can lead to clinical anxiety and low self-esteem because it's sudden, unexplained, and doesn't fit into the social norms.

How does the absence of a “formal” ending (like a divorce or a breakup talk) affect a person's ability to find closure?

Lacking a formal conclusion, such as a conversation, breakup, or ritual, leaves the brain without a clear endpoint, preventing closure. Closure helps the nervous system update models of safety and attachment: “This person is no longer a support, and that's okay.” Without it, loss stays ambiguous, causing ongoing attachment-seeking, rumination, and emotional arousal. People may replay events, question themselves, or hope for reconciliation, prolonging grief and worsening anxiety or depression. The brain struggles to shift from connection to separation, keeping the loss open-ended and hindering true closure.

Can friendship loss trigger anxiety, depression, or loneliness disorders?

Yes, losing a close friendship can trigger or exacerbate anxiety, depression, and loneliness-related disorders, especially when the bond

was a primary source of emotional support.

How does repeated friendship loss impact a person's self-esteem, sense of self, and trust in relationships?

When you lose friends over and over, it can really mess with how you feel about yourself, who you are, and how you trust others. Each time you lose a friend, it can make you feel guilty and like you're not good enough, which can make you less confident. Since friends help us feel good about ourselves, losing them can make us feel confused and like we don't know who we are anymore. Eventually, your brain might learn that getting too close is dangerous, which can make you afraid to open up, pull away emotionally, and have trouble trusting new people. All of this can make you feel more anxious, worried about your relationships, and alone.

For some individuals, friendship breakups can reopen old wounds. Why does this happen?

Friendship breakups can reopen old wounds because they trigger unresolved attachment and emotional pain stored in our nervous system from past trauma like childhood neglect, abandonment, bullying, or betrayals. When a close friend leaves, it activates attachment circuits from those past losses, causing the individual to feel the old pain again. This amplifies anxiety, sadness, and self-doubt, making the breakup seem more intense than it actually is, as the brain

➔ When someone disappears without warning, it activates your brain's attachment system, which can make you feel on edge, overthink things, and anxious.





blends past and present grief.

Is it acceptable to outgrow friendships? How can one release guilt associated with this?

Absolutely, it's perfectly okay to grow apart from friends. Just like people, friendships change over time. Your interests, values, life situations, and emotional needs all shift, and sometimes a friendship that once meant a lot doesn't anymore. Outgrowing a friendship doesn't mean you've failed; it just means you're moving forward naturally.

Feeling guilty usually disappears when you recognize what you need, appreciate the friendship's worth, and understand that change is just part of life.

What would you advise someone who feels their pain is "not valid enough" because it wasn't a romantic relationship?

I would advise them that their pain is valid because attachment is valid, not because the relationship had a specific label. Friendship loss is often disenfranchised grief, grief that is not publicly recognized which is why individuals tend to internalize their pain and question their right to feel

it. This self-invalidation often causes more harm than the loss itself. You do not require permission to grieve. You do not need to justify your pain by comparing it to someone else's. If it held significance for you, if it influenced your daily life or your sense of self, then your nervous system is responding appropriately.

Pain does not inquire whether it is "sufficient." It inquires whether it is permitted to be experienced.

When does friendship breakup grief become clinically concerning? Friendship breakups are a natural and healthy part of

life, but they can become a concern if they start to affect how you live, manage your emotions, or feel overall. Here are some important signs that might mean you need some extra emotional support

- You're feeling sad, anxious, or not as good about yourself all the time.
- You're having a hard time getting along with others, doing your job, or just getting through the day.
- You're constantly thinking about things or worried about making new friends
- You're thinking about hurting yourself or feeling hopeless

It's okay to feel sad when a friend leaves, but it's a sign that you need support if it lasts a long time, makes it hard for you to do things, or brings up other mental health problems.



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



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# BREATHING

## How Yoga Deepens Trust and Connection in Marriage

**Yoga offers couples a shared rhythm of breath, presence, and support that strengthens trust and emotional intimacy. Through partner and acro yoga, especially during pregnancy and parenthood, husband and wife learn to listen deeply, communicate calmly, and support each other with empathy. Beyond the mat, this mindful connection nurtures patience, balance, and a more compassionate marriage.**

---

By Vijay Vaidya



# TOGETHER

Yoga offers couples something rare in modern relationships: a shared space to slow down, breathe, and truly connect. For a husband and wife, practices like partner yoga and acro yoga can become powerful tools for strengthening trust, communication, and emotional understanding within the marriage.

Partner yoga is built on cooperation rather than performance. One partner supports while the other softens, then the roles reverse. This exchange encourages mutual reliance and respect, reminding both partners that a healthy marriage is not about control, but about balance. In acro yoga especially, the husband learns to be fully present and attentive to his wife's breath, her body language, and her limits. This kind of physical listening naturally translates into emotional awareness off the mat.

These practices can be especially meaningful

during pregnancy and after childbirth. Pre-natal yoga helps open the hips, soften the pelvis, and create space in the body, all of which can support a smoother and more intuitive birth experience. It can also teach breathwork, how the woman breathes during labor can really impact the birth. Post-natal yoga helps the body recover, rebuild strength, and regain stability. When practiced together, yoga allows the husband to better understand what his wife's body is experiencing and how to support her through these changes.

In this role, the husband can act almost like a doula (a trained support person who provides emotional, physical, and informational support during pregnancy, childbirth, and the postpartum period). Through breathwork, grounding touch, and calm presence, he learns how to support rather than fix, and how to stay steady during moments of intensity or vulnerability.

Beyond the physical benefits, yoga has a profound effect on the mind. Regular practice calms the nervous system, reduces reactivity, and creates more emotional space. This calmness can significantly improve communication within a marriage. When the mind is less agitated, conversations become softer, listening becomes deeper, and conflicts are less likely to escalate.

Yoga also cultivates patience and self-awareness; two qualities that are essential in any long-term

relationship. It helps individuals recognize their own emotional patterns and respond more consciously, rather than reacting impulsively. Over time, this creates a more supportive and compassionate partnership.

Whether practiced during pregnancy, in the early years of parenthood, or simply as a shared ritual, yoga can strengthen the bond between husband and wife. It encourages presence, empathy, and connection, reminding couples that sometimes the most meaningful support comes not from words, but from breath, stillness, and being fully there for one another.



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.

➔ In acro yoga especially, the husband learns to be fully present and attentive to his wife's breath, her body language, and her limits.



# LOVE IN

*Learn How Exercise Strengthens Every Form of Love*



**Exercise becomes a powerful expression of love toward ourselves, our partners, families, friends, and communities by building connection, confidence, and emotional wellbeing. Through shared movement and simple daily habits, fitness strengthens relationships and nurtures love in all its forms.**

---

By Sukadev Karki, Nepal's  
First Strength & Conditioning  
Specialist | Sports Nutritionist

# MOTION

## FEBRUARY ARRIVES

with a gentle reminder of Valentine's. Valentine's Day reminds us of romance, but true love reaches far beyond a single day or a single kind of bond. It lives in the quiet care we show ourselves, in the laughter we share with family, in the encouragement we give friends, and in the sense of belonging we build within our communities. Exercise is one of the purest ways to express and receive love. When we move our bodies, we release endorphins that lift our mood, build confidence that spills into every relationship, and create shared moments that deepen connection. This February, let movement become your love language, one that nurtures every person and every bond in your life.

Research shows that couples who exercise together report higher relationship satisfaction. The shared challenge, the mutual encouragement, the small celebrations of progress, all build teamwork and closeness. In the busyness of Nepali life, with long work hours and family responsibilities, these moments become sacred. They remind us that love grows stronger when two people show up for each other, even when it's just thirty minutes of movement.

Everything begins with how we treat ourselves. In the rush of daily life, we often place ourselves last. When you choose to move your body,

you are saying, "I matter. My energy matters. My health matters."

Start small. A ten-minute Surya Namaskar on your balcony as the first light touches the Himalayas. A brisk walk up the stairs of Swayambhunath, letting each step clear your mind. These acts release endorphins, ease anxiety, and rebuild confidence. Over time, the mirror reflects not just a stronger body but a person who has learned to honor themselves. When you love yourself through consistent movement, you bring more patience, joy, and strength to everyone around you.

In Nepali homes, where generations often live under one roof, the example we set echoes for years. Children watch everything. When they see parents stretching after dal-bhat, going for a family walk in Godavari Botanical Garden, or playing simple games like relay squats in the courtyard, they learn that health is love in action.

Studies confirm that children of physically active parents are three times more likely to embrace exercise themselves. A Sunday hike to Chandragiri Hills, a backyard session of tag and push-ups, or even teaching your little one how to breathe deeply in Child's Pose becomes a lesson in resilience, joy, and care. These moments create memories and habits that last lifetimes.

Some of the strongest friendships begin with a shared challenge. In Kathmandu, the free calisthenics sessions hosted by Nepali Youth Fitness and Calisthenics turn strangers into teammates. Laughter rings out during push-up circles at Tundikhel or local parks. Weekend hiking groups climb the trails to Nagarkot or Shivapuri, where stunning views and steady conversation create lasting connections. In Lallitpur, you can join groups like Meltdown who organises weekly run and fun events or in Bhaktapur you can join Astra Run Club who organises run and fitness events weekly too. In Pokhara, the Run for Unity gatherings welcome everyone, from teenagers to grandparents, to jog beside Phewa Lake. It is never about speed; it is about showing up together. These gatherings remind us that community is built through effort, encouragement, and the simple act of moving alongside one another.

## Practical Ways to Let Love Move This February

**For couples:** Try a partner plank challenge or a random sunset walk.

**For self-care:** A quick seven-minute circuit of squats, push-ups, and towel rows.

**For family:** Turn playtime into movement with games like tag or relay lunges.

**For friends:** Text two people this weekend and say, "Let's meet at the calisthenics park for thirty minutes."

Alternate between yoga, brisk walks, calisthenics, resistance training or even a friendly badminton game. Focus on how movement makes you feel: energized, proud, connected.

This February, let every step, every stretch, every shared laugh be an expression of love. To yourself, to your partner, to your children, to your friends, to your community. Because when we move with love, we do not just build stronger bodies. We build stronger hearts, stronger homes, and a stronger future.

Lace up your shoes. Step outside. Let movement carry you closer to everyone and everything you hold dear.

Happy February. Happy love in all its forms.



**Sukadev Karki - NSCA CSCS**  
Founder: National Youth Fitness Academy  
Co-owner: BeFit Personal Training Studio



# WHY YOUR SCALP DESERVES A SPA DAY

We lavish our faces with serums, masks, and creams, understanding that a healthy complexion requires dedicated care. But what about the often-neglected scalp, the very foundation from which our hair grows?

It's time to shift our perspective and treat our scalps with the same reverence and love we bestow upon our faces. Enter the hair spa, a sanctuary dedicated to the health and rejuvenation of your scalp, offering a holistic experience that goes beyond mere hair washing to embrace detox, exfoliation, nourishing oiling, and the profound meditative benefits of a specialized scalp massage.

Just like our faces, our scalps are exposed to environmental pollutants, product build-up, and daily stresses that can lead to a host of issues, from dryness and itchiness to excess oil and even hair loss. A dedicated hair spa addresses these concerns head-on, providing a comprehensive treatment plan designed to restore balance and vitality.

One of the cornerstone treatments in a transformative hair spa experience is detoxification. Our scalps, much like our skin, can accumulate impurities from styling products, hard water minerals, and environmental toxins. This build-up can clog hair follicles, impeding healthy hair growth and leading to a dull, lifeless mane. A scalp detox typically involves the application of a specialized mask, often infused with ingredients like clay or activated charcoal.

These powerful agents work to draw out impurities, absorb excess oil, and purify the scalp, creating a clean slate for subsequent treatments. Scientifically, studies have shown that a healthy scalp environment, free from excessive build-up, is crucial for promoting robust hair growth and preventing issues like folliculitis.

Following the detox, exfoliation plays a vital role in further cleansing and stimulating the scalp. Just as we exfoliate our faces to remove dead skin cells and promote cell turnover, our scalps benefit from a gentle yet effective scrub. Hair spa treatments often utilize specialized scalp exfoliants containing fine granules or enzymatic ingredients like salicylic acid or fruit acids. This process not only removes lingering dead skin cells and product residue but also

improves blood circulation to the hair follicles. Enhanced blood flow delivers essential nutrients and oxygen to the follicles, which is critical for healthy hair growth and can even contribute to stronger, thicker strands. The removal of blockages allows the scalp to breathe and absorb subsequent treatments more effectively.

Next, comes the indulgent and deeply nourishing stage of oiling, a process that should be relevant & considerate of individual scalp needs. Unlike a quick at-home oil application, a hair spa takes oiling to an art form. High-quality, therapeutic oils like argan, jojoba, coconut, or specifically formulated blends are warmed and massaged into the scalp. This "customization" ensures that the chosen oil addresses specific concerns, whether it's deep hydration for



dry scalps, antimicrobial properties for those prone to fungal or bacterial issues, or stimulating oils for hair growth. The benefits of scalp oiling are manifold; oils provide essential fatty acids that nourish the hair follicles, strengthen the hair shaft, and can even help to regulate sebum production. Furthermore, certain oils possess anti-inflammatory and antioxidant properties that protect the scalp from damage.

Beyond these tangible treatments, the true magic of a

hair spa lies in the meditative benefits of a scalp massage. It's a meticulously crafted ritual, often involving techniques like "scalping gaucha by tool," designed to stimulate pressure points and induce deep relaxation. The rhythmic motions and gentle pressure work wonders on both the physical and mental planes.

Scientifically, scalp massages have been shown to increase blood flow to the scalp, which as mentioned, is crucial for hair health. More profoundly, the act of massage triggers the release of endorphins,

our body's natural feel-good chemicals, and can significantly reduce stress hormones like cortisol. This meditative aspect transforms the hair spa into a powerful stress-relieving experience, alleviating tension, calming the nervous system, and promoting a sense of overall well-being.

A comprehensive hair spa session, often includes further steps that elevate the experience and maximize benefits. A "hot steam dome" opens up pores, allowing for deeper penetration of nourishing ingredients and promoting circulation. "Rainbow style head showers" and double rinses ensure all products are thoroughly removed, leaving the hair feeling light and clean. Finally, "serum infusion on scalp" and "high frequency for fungal/bacteria treatment" demonstrate a commitment

to targeted care, addressing specific scalp concerns with advanced techniques.

The benefits of embracing this holistic approach to scalp care are natural balance restoration of scalp, hair follicles are re-energized, leading to healthier, stronger hair growth. The improved blood circulation not only nourishes the scalp but can also provide relief from stress and headaches, fostering a sense of deep relaxation and de-stressing the scalp.

In conclusion, a hair spa is an essential investment in the health and vitality of your hair and, by extension, your overall well-being. By treating your scalp with the same love and attention you give your face, you unlock a cascade of benefits, from a detoxified and nourished scalp to revitalized hair and a profound sense of calm.

➔ "Rainbow style head showers" and double rinses ensure all products are thoroughly removed, leaving the hair feeling light and clean.



A photograph of a man and a young girl standing outdoors. The man, on the right, has a beard and glasses, is wearing a dark jacket and a blue scarf, and is smiling while looking towards the girl. The girl, on the left, has long dark hair and is wearing a black shirt, smiling at the camera. The background is a blurred outdoor setting with warm lighting.

# PARENTING.

## THE LANGUAGE CHILDREN UNDERSTAND

**The article explains that children understand love not through words or gifts, but through emotional presence, warmth, and responsive parenting. By offering empathy, eye contact, calm support, and consistent care, parents build a child's sense of safety, trust, and lifelong emotional wellbeing.**

By Ananta Ghimire

FEBRUARY IS considered the month of love. When we think of love, we often picture red roses and lovers. But is the definition of love limited to this? In fact, the purest, most selfless and primitive form of love is seen in the innocent eyes of a small child walking in the warm arms of his mother and holding his father's finger. On this Valentine's Day, let's discuss the special 'language of love' and 'responsive parenting' that children understand.

### **Beyond words: Invisible communication**

Children have understood the language of love long before they learn grammar and vocabulary. In psychology, this is called 'Invisible communication'. A baby does not understand your logic but immediately recognizes the softness of your voice and the glow of your face. When we talk to children lovingly, our 'vibes' touch their hearts

more than our words. It is an invisible thread that sends a message to the child, "I feel you," without saying a word.

### **Theory of Attachment: The Foundation of Trust**

According to psychologist John Bowlby's 'Theory of Attachment, a child's initial emotional relationship with their parents determines their future personality and social health. In the context of Valentine's Day, for a child, their first 'Valentine' or main source of love is their parents. This relationship gives them the self-confidence that 'the world is safe and I am worthy of being loved,' a confidence that they carry throughout their lives.

### **'Responsive Love': The Essence of Emotional Security**

At the heart of healthy relationships is 'Responsive Love'. It is exactly like 'serve and return' in tennis. When

a child does something (cry, smile, or pull-on clothes), and the parent responds appropriately and warmly to it, new neurons are connected in the child's brain.

**Emotional security:** This is the child's inner feeling that says, "I am safe here." When a child knows that his crying or anger is understood by the parent without being rejected, then a sense of security is created in him.

**Co-regulation:** Before the child learns to calm himself down, he needs to borrow your 'calm nature'. Real love is when you stand as a strong pillar in his emotional storm.

It is not only the amount of time we give to the child that matters, but how our 'presence' is during that time. "Eye-to-Eye Contact" makes a child feel valued. When you bend down to the child's height and look into his eyes, it releases stress-relieving hormones in their body. You don't need expensive gifts to express love, just a warm hug and the warmth of your eyes.

### **Mother's Silent Presence: A Vivid Example**

Imagine a scene where a child is crying loudly. People around him point to toys, but he won't shut up. When his mother quietly sits next to him or takes him in her arms, the child suddenly calms down. The mother doesn't say any magic words. It's just the energy and love of the mother's body that is telling the child: "You are safe, I am here."

### **Natural Positivity**

When anyone comes near a child, they feel a natural positivity. Their stillness

can make the stresses of our adult lives disappear in an instant. It has the power to wash away. Children are like mirrors; they absorb our love and return it to us through their behavior. It is a natural attraction that cannot be explained in words, only experienced.

Remember this Valentine's Day, 'Love is Visibility'. Loving a child means truly 'seeing' and 'listening' to them. Love is not just about giving and receiving gifts, it is about supporting their 'big feelings' and accepting their existence with a smile.

In conclusion, children understand the language of love not in words, but in continuity and empathy. Let us deepen our emotional connection with our children on this festival of love. Give them time, listen to their unspoken stories and make them feel that they are the most precious gift in this world.



**Ananta Ghimire**

Ananta Ghimire is an Early Childhood Development (ECD) consultant, communication strategist, and educational entrepreneur with experience in early learning, parenting education, and social and behavior change communication. He has worked with organizations including UNICEF Nepal, JSI, and Antenna Foundation Nepal. An MPhil scholar in Educational Leadership, he is the co-founder of TAALI Education and Research, BeeBird Media and Communication Consulting, and Sachitra Kitab, and a member of Smart Parenting Nepal, with a professional focus on strengthening teachers' communication skills and promoting evidence-based early learning and parenting practices.

➔ It is not only the amount of time we give to the child that matters, but how our 'presence' is during that time.

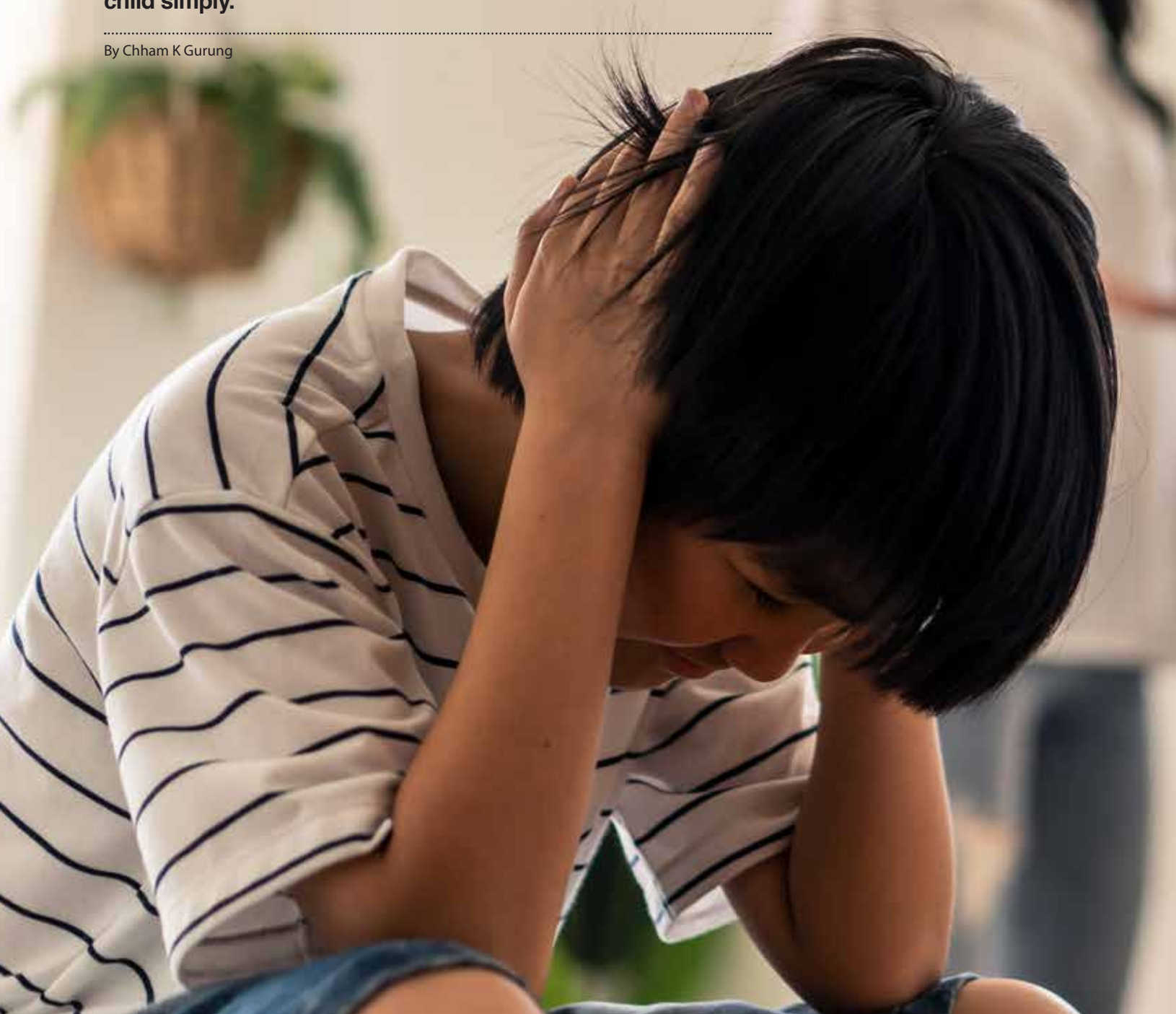


# THE TRAUMA OF THE PARENTIFIED CHILD

**‘Parentification’ a hidden childhood trauma where children are forced into adult emotional or practical roles within the family. While often praised as “mature” or “responsible,” these children grow up carrying anxiety, suppressed emotions, and blurred boundaries. The piece highlights its causes, long-term effects, and the urgent need to protect a child’s right to be a child simply.**

---

By Chham K Gurung



“My ten-year-old son, Avi, can be trusted to look after his siblings far better than my useless drunkard husband.”

“ My daughter has been my best friend since she started speaking at age four. I have always been able to share all of my crises with her.”

“ When my wife and I are in the middle of a heated argument, our son has always played mediator since he was very young and continues to do so now as a teenager, and sounds like a total grown-up.”

While these statements are often intended as compliments or reflections of pride, they actually describe a psychological phenomenon known as parentification.

Parentification occurs when the traditional roles between a parent and child are reversed. Instead of the parent providing emotional or physical security for the child, the child is forced to provide it for the parent or the household.

## The Two Types of Parentification

**Instrumental Parentification:** This involves the child taking on practical adult responsibilities, such as Avi watching his siblings because the father isn't trusted to do so. It involves chores, finances, or caretaking that exceed the child's developmental stage.

**Emotional Parentification:** This is often more subtle and can have even more damaging effects. It occurs when a child becomes the parent's "best friend," confidant, or mediator. The examples of the daughter sharing her mother's "worries" or the son acting as a "mediator" in marriage arguments fall directly into this category.

## The Hidden Cost of "Being Mature"

Although these children often appear high-achieving and reliable, and often unflappable, the long-term impact can be significant:

## Why This Happens

Parentification is usually not a sign of "bad" parenting, but rather a symptom of systemic stress. It often appears in families dealing with:

- Extreme poverty
- Mental health struggles or substance abuse.
- Single parenthood without enough support.
- High-conflict marriages where parents cannot resolve their own issues.
- Intergenerational patterns (parents who were also parentified as children).

When a parent "trauma dumps" on a child, they are essentially treating the child as a therapist, a peer, or an emotional shield. As such, the child is forced to process adult complexities they aren't developmentally equipped to handle, which can lead to chronic anxiety and depression.

## How to Distinguish "Sharing" from "Trauma Dumping"

While it is healthy for parents to be human and show emotions, there is a clear line:

| Healthy Sharing                                                                                      | Trauma Dumping                                                                                   |
|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| Boundaries: "I'm feeling a bit sad today, but I'm talking to my friends about it, and I'll be okay." | No Boundaries: "I'm so depressed I don't want to live, and you're the only one who can help me." |
| Age-Appropriate: Explaining a job loss in simple terms: "I'm looking for a new job."                 | Age-Inappropriate: Showing the child the bank balance and crying about debt.                     |
| Child-Centred: The goal is to help the child understand the environment.                             | Parent-Centred: The goal is for the parent to feel "unburdened" by venting.                      |
| Solution-Oriented: "Dad and I are disagreeing, but we are working on it."                            | Chaos-Oriented: "Your dad is a monster, and I hate him."                                         |

## The effects of trauma dumping on a child

When a parent trauma dumps, the child's nervous system goes into overdrive. Since the child depends on the parent for survival, any sign that the parent is "falling apart" feels like a life-or-death threat to the child. They stop focusing on their own growth (school, friends, play) and start focusing entirely on managing the parents' mood to keep their world stable.

## A Final Thought for the "Mature/ Over-burdened" Child

If you are a parent/ primary caregiver for a child, you must create boundaries to protect your child and let them have a childhood.

If you were praised as a child for your strength and maturity, it was because it made the adults' lives easier, not because it was healthy for you. You don't have to be "the strong one" anymore. You are allowed to be tired, you are allowed to be "too much," and you are allowed to be looked after.



**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.





# HOME.

# DESIGNING A

Home priority shifts as you get married and so does the structure! Designing a shared home is a gentle journey that begins with conversation, comfort, and care. More than décor or trends, it's about blending two personalities into one warm, meaningful space where everyday love quietly unfolds. A home that grows with the couple, holding their routines, rituals, and shared dreams.

By Anushka Shakya

AFTER THE wedding celebrations fade and the guests return home, something very special begins; the quiet, beautiful journey of building a life together. And at the heart of this new beginning is your shared home. A place where a couple creates their own safe space; a space that reflects their personalities, their comfort, and their love.

This is the place where your mornings begin and your evenings gently unwind, where shared meals, quiet conversations, and simple routines slowly shape your life together. Your home is not just where you live; it is where your love finds its everyday rhythm.

### It Starts with Simple Conversation

Designing a shared home starts not with furniture or paint shades, but with simple conversations. Talking about what makes each of you feel comfortable, what kind of space helps you relax, and what reminds you of “home” allows you to understand each other better.

One partner may love bright, open spaces while the other

prefers warm lighting and cozy corners. A shared home is about finding that gentle balance where both hearts feel equally at ease.

### Bring a Little of Each Other In

A home truly begins to feel special when it carries pieces of both partners. A few favorite books on the shelf, a photograph from your first trip together, a gift from family, or small souvenirs collected over time quietly tell your story. These personal touches may seem simple, but they bring warmth, emotion, and meaning into the space, making it feel truly yours.

### Spaces for Shared Living

Think about how you'll actually spend your days:

➔ A photograph from your first trip together, a gift from family, or small souvenirs collected over time quietly tell your story. These personal touches may seem simple, but they bring warmth.

Slow mornings with tea and conversation, Cozy evenings watching movies, Weekend meals that stretch into long talks. Design your living room, dining space, and bedroom to feel comfortable; not perfect. Soft cushions, warm lighting, and easy layouts make your home feel like a place you want to stay in.

### Choose Comfort over show

Your home doesn't need to impress visitors, it needs to comfort you. Choose sofas you can sink into, beds that make you want to sleep in, and corners where you can sit quietly after a long day. A truly beautiful home is one that makes you feel relaxed the moment you walk in.

### Make Room for Little Rituals

Small everyday rituals also deserve their own little corners. A tea or coffee spot, a prayer or meditation area, a reading nook, or even a small balcony with plants can become emotional anchors in your daily life. These quiet spaces slowly turn into some of your most cherished memories.

### Let Your Home Grow with Your Love

Your first home together will continue to change, just like your relationship. Over time, you will add new furniture, rearrange rooms, and make space for new dreams. Your home will grow with you; carrying your laughter, your lessons, and your love within its walls.

In the end, designing a shared home is not about trends or decoration. It is about creating a place where two people feel understood, supported, and deeply connected. Because when two hearts truly belong, a simple house naturally becomes a warm and loving home.

# SHARED HOME



# Smart Family Resort Partners

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

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|  <p>Landmark Bhairahawa<br/>Singapore Colony, Rupandehi<br/>Corporate Office: +977-1-4004706,<br/>4004707</p>                                                                             |  <p>Barahi Jungle Lodge<br/>Meghauri, Chitwan<br/>Tel : +977 985-1355826, +977 986-6300265<br/>cityoffice@barahi.com, sales@barahi.com<br/>bjl@barahi.com</p>        |  <p>Riverside Springs Resort<br/>Kurintar, Chitwan<br/>Tel : 056-410029, 4100501 9801801336 (7am - 10pm)<br/>City Office : Palpali Chhen, Sanepa, Lalitpur.<br/>Tel : +977-1-5444263, 5446696<br/>Email : sales@rsr.com.np   www.rsr.com.np</p> |  <p>Landmark Forest Park<br/>Paryatan Marg, Baghmara, Chitwan National Park<br/>+977-56-580311, 580241<br/>reservation@landmarkforest.com</p>                                                                                    |
|  <p>Park Village Resort<br/>Budhanilkantha, Kathmandu<br/>info@ktmgh.com, info@pvh.com.np,<br/>pvhsales@ktmgh.com<br/>+977-1- 4375280, 4375279, +977 9851020727</p>                      |  <p>Gokarna Forest Resort<br/>Rajinikunj, Thali, Kageswari Manahara – 5, Kathmandu<br/>+977 1 4451212<br/>info@gokarna.net<br/>+977 980-1044305</p>                 |  <p>Haatiban Himalayan Height Resort<br/>Pharping, Dakshinkali, Kathmandu<br/>+977 980-1309842, +977 01-4914399, 4914800<br/>info@haatibanresort.com</p>                                                                                       |  <p>Kavya Himalayas<br/>Mandan Deupur Nagarpalika -2, Nagarkot, Kavre<br/>+977 9745617619<br/>reservations@kavyaresortandspa.com<br/>sales@kavyaresortandspa.com</p>                                                            |
|  <p>Dhulikhel Lodge Resort<br/>Dhulikhel, Kavrepalanchowk<br/>977-11-490114 / 490494 / 490493<br/>977-01-4991353 / 4992964<br/>dlrdhuli@gmail.com<br/>info@dhulikhellodgeresort.com</p> |  <p>Dhulikhel Mountain Resort<br/>Panchkhal Municipality-5, Khawa<br/>Kavrepalanchowk<br/>+977 011 490660/662/664<br/>info@dmmepal.com<br/>+977 01 4520776/778</p> |  <p>Hotel Country Villa<br/>Mandan-Deupur, Nagarkot, Kavre<br/>016680127/28<br/>014006612/13/14<br/>reservation@hotelcountryvilla.com</p>                                                                                                     |  <p>Himalaya Drishya Resort<br/>Banepa Municipality, View Tower Marg, Kavre, Banepa<br/>+977 011-665342/43/44<br/>reservation@himalayadrishyaresort.com<br/>+977 9851311441/9851311442<br/>sales@himalayadrishyaresort.com</p> |
|  <p>Hotel Sarathi<br/>Dhulikhel, Kavrepalanchowk<br/>+977 11 490884, 9851339531<br/>info@sarathihotel.com</p>                                                                           |  <p>Rupakot Resort<br/>RUPA-6, MAIDAN, KASKI<br/>+977-9802832457, +977-9802832460/61<br/>info@rupakotresort.com<br/>+977-1-4004687, sales@rupakotresort.com</p>    |  <p>Aagantuk Resort<br/>Banepa Municipality, View Tower Marg, Kavre<br/>+977 011 4904191   20   21   22<br/>+977 9801907536   37, 01-5348157<br/>info@aagantukresort.com</p>                                                                  |  <p>Landmark Pokhara<br/>Lakeside-6, Pokhara<br/>+977-61-452908, 453096<br/>reservation@landmarkpokhara.com</p>                                                                                                                |
|  <p>Godavari Village Resort<br/>Godavari Municipality Ward No. 3,<br/>Taukhel, Lalitpur<br/>+977-1-5560675 5560777 5560062<br/>gvrsales@godavarivillageresort.com</p>                    |  <p>Sarangkot Mountain Lodge<br/>Sarangkot, Pokhara<br/>sml@barahi.com<br/>Tel : +977 985-1355861, +977 985-6067928<br/>cityoffice@barahi.com</p>                  |  <p>Hotel Barahi Pokhara<br/>Lakeside, Pokhara<br/>+977-061-450617<br/>cityoffice@barahi.com</p>                                                                                                                                              |  <p>Bhotekoshi Heli Resort and Spa<br/>Naya Pool, Bhotekoshi, Sindhupalchowk<br/>+977 1 5900770, +977 1 5900750<br/>info@bhotekoshiheli.com</p>                                                                                |



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# Love's Eternal Language

Flowers have long been a timeless language of love, gratitude, and human connection, expressing emotions more deeply than words ever could. From red roses to sunflowers, each bloom carries a unique meaning that celebrates all forms of love; romantic, familial, friendly, and self-love. In today's digital world, flowers remain a heartfelt reminder of nature's simplest and most powerful way to communicate emotion.

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By Mamta Khatri, Green Owl



**WHAT IS** the first thing you think of when it comes to expressing your love or your thankfulness to someone?

90% will surely think of a bouquet of flowers. Why? The reason is pretty simple.

Flowers are universally recognized symbols of beauty, life and renewal, making them the best natural way of conveying deep feelings without having to use words.

The messages are clear in their vibrant colors, their petals and their fragrances which when all combined together evokes such strong emotional responses in the most effortless way.

This tradition is not something that is a new trend. Flowers have been used for centuries across the world across cultures in rituals, ceremonies and celebrations, putting them on top of the list of the best gifts to special people.

This timeless tradition continues because it beautifully captures the essence of love especially on occasions like weddings, anniversaries, graduations,

birthdays, to cheer someone who is recovering from illness or for the upcoming Valentine's Day celebration, making these moments more memorable and meaningful.

There are special flowers for special occasions and your thoughtful selection of the right flowers for the right occasion always adds more value to the message you are trying to express.

*Red roses* are perhaps the most iconic symbol of love and passion, representing deep desire and affection. A bouquet of red roses is a classic gesture that expresses romantic love and devotion. I imagine thousands of red roses are going to pass hands this month.

Valentine's Day is often seen as a celebration of romantic love between partners, but in reality, it is much more than that. It is a special occasion to honor all forms of love whether it is the love between friends, family members or even oneself. So do as Miley Cyrus said in her popular song - I can buy myself flowers. There are plenty of other options besides the red roses that you can gift to yourself or to your special friends and family.

*White lilies* symbolize purity and innocence, making them perfect for expressing

sincere admiration and respect.

*Pink carnations* stand for gratitude and admiration, making them suitable for romantic gestures that express appreciation.

*Orchids* symbolize luxury, beauty and refined love and are often used to convey admiration and fascination.

*Sunflowers*, with their bright and cheerful appearance symbolize adoration and loyalty.

Flowers transcend language barriers, making them a universal symbol of love that everyone can understand.

In a fast-paced digital world, these beauties offer a perfect, personal gesture that shares genuine human connection. Preserving this tradition helps keep the art of thoughtful gift-giving alive and reminds us of the beauty and simplicity of nature's expressions of emotion.

Cheers from The Green Owl Family.



**SUPER LUXURY  
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# SLIDE INTO A WORLD OF LUXURY



IN MODERN residential design, sliding systems have evolved from being mere space-savers to essential design elements that add elegance, functionality and flexibility. Whether in wardrobes, kitchens, or as room dividers, the demand for smooth, silent, seamless sliding mechanisms is growing. Recognising this trend, Hettich brings to the table a comprehensive range of sliding solutions that deliver magical interior experiences at home.

### **Overlay Sliding Systems**

Overlay sliding systems are ideal for applications where the door glides over the cabinet body, making them a go-to choice for wardrobes and storage solutions. These systems are the epitome of quiet luxury in wardrobes coupled with effortless movement and sleek finishes. With smooth glide technology, they provide a seamless user experience even with large and heavy doors. Soft-closing functionality ensures both safety and a premium feel.

For instance, Hettich's TopLine XL is crafted for heavier doors, ensuring silent and stable operation with concealed fittings

that maintain a clean design. Similarly, TopLine L offers design flexibility for medium to large doors, delivering high performance without compromising on elegance.

### **Inset Sliding Systems**

Inset sliding systems are designed for those who prefer a more integrated look, where doors slide within the cabinet carcass. This configuration offers a clean, minimal aesthetic along with ease of installation and a modern, streamlined appearance.

Take the Grant 400 Neo by Hettich - an excellent German engineered system of precision alignment and quiet operation. Its compact design is perfect for wardrobes and cabinets where understated sophistication is key. Additionally, the system offers extensive customisation options to meet the aesthetic preferences of customers and complement modern urban homes. These include the use of wide range of infill options such as decorative glass, mirrors, customer photographs, lacquered glass, and laminated boards; allowing for a personalised and stylish touch.

### **Room Divider Systems**

In the era of open-plan living, sliding systems are no longer confined to furniture applications. They are now redefining how we divide and utilize our living spaces. Hettich's range of sliding systems for room division offers solutions that combine stability, quiet movement, and style, making them ideal for creating adaptable, multi-functional areas in residential or commercial environments.

Systems like Grant 1230 and TopLine 120 are engineered for heavier panels, offering durable performance with smooth and silent gliding. For lighter applications, TopLine 80 is ideal choice, balancing strength with aesthetics in contemporary layouts.

### **Sliding Folding Systems**

As spaces become more fluid and multifunctional, sliding folding systems are gaining popularity for their ability to open up wide areas without occupying additional room. Hettich's sliding folding systems are designed to provide maximum accessibility while ensuring smooth, controlled movement and reliable performance.

In these systems, panels are hinged together and fold neatly while gliding along a track, making them ideal for large openings in homes, offices, and hospitality spaces for use in partitions and/or wardrobes. Solutions such as WingLine L, WingLine 230, and Wing 77 and Wingline 1260 from Hettich enable designers to create flexible layouts that

adapt easily to changing needs, while ensuring ease of use and long-term durability.

### **Special Sliding Systems**

For applications that go beyond conventional sliding requirements, special sliding systems are engineered to address unique spatial and design challenges. These solutions focus on innovation, precision movement, and seamless integration into modern interiors.

Whether it's doors that disappear cleanly into a wall cavity or panels that move vertically with synchronized control, Hettich's special sliding systems offer advanced functionality with refined aesthetics. Key solutions such as KA5740, Vertico Synchro, and Vertico Mono enable creative design possibilities while ensuring smooth operation and dependable performance across residential and commercial applications.

From overlay and inset systems to room dividers, sliding folding solutions, and special sliding applications, Hettich offers a comprehensive portfolio tailored to diverse design and space-planning needs. Backed by German precision engineering and practical innovation, these solutions enhance functionality, ease of use, and aesthetic value across residential and commercial projects.

➔ As spaces become more fluid and multifunctional, sliding folding systems are gaining popularity for their ability to open up wide areas without occupying additional room.





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# MARKET.



## 📌 The Terraces Resort wins global recognition with multiple prestigious awards in 2025

The Terraces Resort, Kathmandu's premier luxury mountain retreat, achieved remarkable global recognition in 2025 with multiple prestigious international awards. The accolades highlight the resort's excellence in luxury hospitality, wellness, and service standards across Asia. At the Haute Grandeur Global Excellence Awards 2025, the resort was honored as Best All Suite Resort, Best Mountain Resort, Best Resort Hotel, and Best

Scenic View in Asia. Further strengthening its wellness leadership, The Terraces was named Leading Wellness & Spa Resort at the South Asian Travel Awards (SATA) 2025. Adding to its success, the resort also received top honors at the World Luxury Hotel Awards, winning Best Luxury Wellness Resort and Best Luxury Eco Resort in South West Asia, along with Best Luxury Mountain Resort in Nepal.



## 📌 Aloft Kathmandu Thamel Hosts the Second Edition of its Partner Appreciation Series

Aloft Kathmandu Thamel hosted the second edition of its Partner Appreciation Evening on 23<sup>rd</sup> January 2026, welcoming valued corporate and media partners for an evening of connection and celebration. The event was organized as a heartfelt gesture of gratitude, offering an engaging platform for conversation, networking, and camaraderie.

This edition of the Partner Appreciation Series further reinforced the hotel's strong relationships with key stakeholders, recognizing their continued support throughout the year. General Manager Vikram Singh highlighted the importance of cross-industry partnerships in shaping the brand's journey and growth. The evening reflected Aloft Kathmandu Thamel's commitment to fostering meaningful engagement and long-term collaborations, as the hotel moves confidently into 2026 with renewed enthusiasm and strengthened partnerships.



## 📌 Nomad Hotel Announces Pokhara Lakeside Opening as It Marks Six Years in Kathmandu

Nomad Hotel is set to open a new property in Pokhara's iconic Lakeside this spring, coinciding with six years of its flagship hotel in Lazimpat, Kathmandu.

Operated under Le Sherpa Concept, which currently manages nine hospitality and food ventures in the Kathmandu Valley, this expansion will add four new outlets, three in Pokhara and one in Muktinath, bringing the total portfolio to

thirteen projects. Known for its minimalist design and people-centric hospitality since opening in 2019, Nomad Hotel has remained a preferred choice for travelers seeking calm in the city. The Pokhara development will include Nomad Hotel, Piano Piano Restaurant, and Farm Shop, while a new MTR outlet in Muktinath will introduce South Indian vegetarian cuisine to a key pilgrimage destination.



# 2026

## IS THE YEAR OF THE '1' & WHAT IT MEANS FOR YOU

In numerology, each year carries a distinct energetic vibration that shapes collective themes and personal experiences. When we add the digits of 2026 ( $2 + 0 + 2 + 6$ ), we arrive at 1 - the number of beginnings, leadership, courage, and fresh direction.

The Year of '1' marks the start of a brand-new nine-year cycle. After years of reflection, release, and inner work, 2026 arrives with a clear message: step forward. It's a year that favors initiative over hesitation, authenticity over approval, and action over waiting.

This energy encourages you to redefine who you are becoming whether in career, relationships, creativity, or personal identity. It's not about perfection; it's about momentum. Even small decisions made boldly can redirect the course of your future.

### Here's how the Year of '1' influences each zodiac sign

**Aries:** A powerful reset year. Leadership opportunities arise, trust your instincts and initiate boldly.

**Taurus:** Change knocks gently but persistently. New income paths or value shifts emerge.

**Gemini:** A year of reinvention. New skills, communication projects, or identities take shape.

**Cancer:** Emotional independence strengthens. You learn to choose yourself without guilt.

**Leo:** Spotlight energy returns. Personal branding, passion projects, and confidence soar.

**Virgo:** A fresh approach to routines and health. Structure supports your new goals.

**Libra:** Relationship dynamics reset. You

redefine boundaries and attract aligned partnerships.

**Scorpio:** Career transformation begins. Authority, recognition, or entrepreneurship is favored.

**Sagittarius:** Expansion through learning, travel, or belief systems opens new doors.

**Capricorn:** Long-term goals restart. What you build now has lasting impact.

**Aquarius:** Identity upgrades take place. You step into originality without fear.

**Pisces:** Spiritual clarity deepens. Quiet beginnings lead to powerful inner breakthroughs.

While astrology offers nuance, the universal lesson of 2026 remains the same for everyone: you are no longer meant to repeat old cycles. This is a year to plant seeds, not to see everything bloom immediately, but to begin.

The Year of '1' asks one essential question:

If nothing were holding you back, who would you choose to become? Answer it honestly and take the first step forward.

Most aligned signs in 2026

- Aries – major personal reinvention
- Leo – leadership opportunities & visibility
- Sagittarius – fresh direction, travel, purpose

Also strongly impacted

- Capricorn – new career chapter
- Cancer – identity and emotional reset
- Libra – relationship redefinition



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