

SMART

FAMILY

→ RS 200

Prajñāparamita Sutra

A 900 YEAR OLD ANCIENT BUDDHIST MANUSCRIPT

SAMSUNG

Get Galaxy Watch8, Buds4 and Buds4 Pro on 24-month EMI with your Galaxy S26 Series.



Available now

Owning it is more convenient than ever


NLG INSURANCE
COMPANY LIMITED
+
1 year breakage
insurance***

Insta Finance
Extended **24**
months EMI* | Just bring
your Citizenship

+
Exchange facility
available~~

Authorized Distributors of Samsung Mobile for Nepal

IMS INTEGRATED
MOBILITY
SOLUTIONS



Him Electronics Pvt. Ltd.

Finance Partner

HFL
Him Finance Limited

Samsung Customer Care Center

NTC user: 166001-72667
Ncell user: 98015-72667

 16600172667

 facebook.com/SamsungNepal
 instagram.com/SamsungNepal

Image simulated. Samsung Account login may be required to use certain Samsung AI features. Products sold separately. Color and features as per availability. Samsung does not make any promises, assurances or guarantees as to the accuracy, completeness or reliability of the output provided by AI features. Availability of Galaxy AI features may vary depending on the region/country, OS/One UI version, device model and phone carrier. Galaxy AI features will be provided for free until the end of 2025 on supported Samsung Galaxy devices. Different terms may apply for AI features provided by third parties. Galaxy AI service may be limited for minors in certain regions with age restrictions over AI usage. ***1 year breakage insurance provided for free for the Galaxy S26 series with validity of 1 year from the date of activation provided by NGL Insurance Co. Ltd (NGL TIC entity). Offer is subject to the terms of NGLC insurance. EMI is calculated based on Buds4 and Watch 8 40mm. *EMI facility will be provided for upto 24 months. HFL is a member of Him Finance Private Limited. For details visit nearest Samsung shop. **Exchange facility subject to dealer inspection and basic model. Product delivery shall be under first come first serve basis. All third party logos/ marks shown are registered/trademarked/logos/ marks of respective brand owners.



OPEN A WORLD OF POSSIBILITIES.



LINEAR DRAWER SYSTEMS

AvoriTech

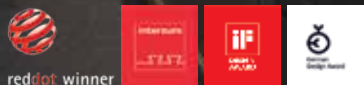
Store locator



AvanTech YOU

ArciTech

InnoTech Atira



Every beautiful home has a secret. It's in the details you don't see, the drawer that glides open without a whisper, holds everything in an organised manner, and closes itself with just a little nudge. Hettich's largest range of Linear Drawer Systems bring German engineering into your home. Push-to-open silent mechanism. High load capacity. Endless customisation possibilities. Soft-close. Built to last. Designed to disappear into the spaces you love.

IT'S ALL IN HETTICH.


Hettich

CONTENT.



STARTER

COLUMN

- The Biggest Barrier to Your Growth - 10

ONE QUESTION

- What Every Family Should Remember? - 13

SMART PICKS

- For The Smart Kids - 18

COVER STORY

- Prajnaparamita Sutra: A 900 Year Old Ancient Buddhist Manuscript - 20



FOOD

COLUMN

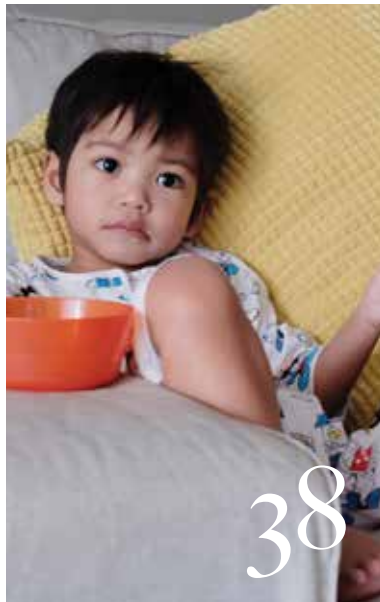
- Food, Health & Longevity - 26

NUTRITION

- Eat Less, Crave More? - 28

AYURVEDA

- The Science & Ayurveda of Cellular Hydration - 32



PARENTING

TIPS

- Food Neophobia - 38

SMART PARENTING

- Raising Children, Nurturing Myself - 42



BODY

WELLNESS

- The Journey Inward and Outward - 44

NUTRITION

- Why are auto-immune and hormonal issues on rise? - 46

HEALTH

- Surviving the Flu Season - 50

MENTAL HEALTH

- What is Grief? - 52



HOME

QUICK TIP

- Anti Fungal Treatment - 56

PLANT

- The Tea Garden - 58

MARKET - 64

ASTROLOGY

- The Rising Sign Aesthetic - 66



Spark great ideas at
Aloft Kathmandu Thamel
where stylish spaces and smart technology elevate every event.



SANKALAN | BAITHAK | TACTIC 1 | TACTIC 2 | BOARD ROOM

Chhaya Devi Complex, Amrit Marg, Thamel, Kathmandu
M: +977 9801976033 | E: events@aloftkathmanduthamel.com
www.aloftkathmanduthamel.com

EDITORIAL.

As the warmth of June settles around us and the rhythm of life grows busier, this issue of Smart Family invites you to reconnect with yourself spiritually and with the wisdom that surrounds us.

Growth is often spoken of as something we achieve through effort, ambition, and perseverance. Yet, as Sadhguru reminds us in this month's thought-provoking feature, the greatest barrier to our growth may not lie outside us, but within. The beliefs we hold, the fears we nurture, and the limitations we accept can quietly shape the course of our lives. Recognizing them is often the first step toward transformation.

This journey inward finds a beautiful reflection in our cover story on the Prajnaparamita Sutra: The Golden Manuscript, a timeless symbol of wisdom, knowledge, and spiritual insight. In a world overflowing with information, it reminds us of the enduring value of understanding and inner clarity.

At the heart of every family is care, expressed through nourishment, guidance, and presence. This issue

explores these themes through thoughtful conversations on food, health, and longevity, the science and wisdom of hydration, and the growing concerns surrounding hormonal and autoimmune health. As flu season approaches, we also share practical insights to help families stay healthy and resilient.

For parents, we delve into the challenges of food neophobia in children and the deeply personal journey of raising children while continuing to nurture oneself. Because caregiving, too, requires care.

From wellness and mental health to home, plants, and personal style, every page of this issue is designed to inspire mindful living. Whether you are seeking knowledge, comfort, or simply a quiet moment with a cup of tea, we hope these stories accompany you with warmth and meaning.

Thank you for being part of the Smart Family community. May this month bring growth that is gentle, wisdom that is lasting, and connections that truly nourish. Happy Reading!



Visit our e-magazine

ON THE COVER:
Prajnaparamita Sutra
Captured at Hiranya
Mahabihar

PHOTOGRAPHY BY:
Suraj Patra Bansha

Nest

MEDIA AND DIGITAL

Nest Media and Digital Pvt Ltd

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

MANAGING DIRECTOR

Nripendra Karmacharya

FINANCE DIRECTOR

Jeena Shrestha

EDITORIAL AND MARKETING

Malika Joshi

BUSINESS DEVELOPMENT

Looniva Shakya

PHOTOGRAPHY

Suraj Patra Bansha

MAGAZINE DESIGN

Aaron Karmacharya

SOCIAL MEDIA

Anushka Shakya

FEATURE WRITERS

Sadhguru

Kiran Karki Silwal

Rubina Karki

Chef Sandeep Khatri

Priyanka Chaguthi

Bina Shrestha

Vijay Vaidya

Sonal Talegaonkar

Sneha Agrawal

OFFICE ASSISTANT

Sunita Magar

SUBSCRIBER DISTRIBUTION

Sunbir Tamang

BOOKSTAND DISTRIBUTION

Kasthamandap Distribution
4247241

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

GS
Grand Seiko



ALIVE
IN
TIME

Not just telling time, living in it.
Grand Seiko. Alive in Time.

grand-seiko.co.in #SBGA211

Heritage Collection Spring Drive



SWISS TIMEPIECES

Durbar Marg, Besides Woodland
Complex, Kathmandu.

Ph: +977 98400 03537

www.swisstimepiecesnepal.com

Swostishree Gurukul

IB CONTINUUM SCHOOL



ADMISSIONS OPEN

FOR GRADE 11

(LIMITED SEATS ARE AVAILABLE)

SWOSTISHREE GURUKUL IB CONTINUUM SCHOOL
Nagarjun Municipality-2, Sanobharyang
Kathmandu, Nepal | 977-1-4890314, 4890316
info@swostishreegurukul.edu.np | www.swostishreegurukul.edu.np



What Young Minds Can Do When We Truly Listen

How Young Innovators Camp Sparked a New Vision for Learning
- Priyanjali Karn, MYP LA Teacher

What happens when students are trusted not just to study the world, but to change it?

What happens when classrooms become innovation labs, ideas become solutions, and learning becomes something students experience rather than simply memorize?

What happens when we begin trusting that our kids are capable not only of learning about the world, but also of questioning it, improving it, and perhaps even changing it?

For generations, education has often focused on preparing students for a future designed by adults. Yet today's world is changing faster than ever before. The challenges our children will inherit are deeply different from those we ourselves grew up with, whether it is about digital dependency, environmental sustainability, ethical technology, social inequality, financial uncertainty, and rapidly evolving industries that may not even fully exist yet.

At Swostishree Gurukul IB Continuum School, the Young Innovators Camp 2082 became an attempt to answer that question. Initially envisioned as a 10-day skill-building summer program for students from PYP 5 to MYP IV, the camp was designed to move learning beyond textbooks and examinations. The aim was simple yet meaningful: to create a space where students could explore ideas, engage in real-world thinking, collaborate with one another, and discover what they

are capable of when trusted with responsibility and freedom.

What unfolded during those ten days exceeded every expectation?

Through workshops on **Entrepreneurship, Financial Literacy, Public Speaking & Debate, and Advanced Logic & Design Thinking**, students explored learning through experience rather than memorization. They debated ideas, challenged assumptions, worked collaboratively, solved problems, and learned to communicate their thinking with confidence.

One of the most transformative moments of the camp emerged during the Young Entrepreneurship Program and the culminating Shark Tank Simulation.

Students were asked a simple but powerful question: What problem do you see around you, and how would you solve it? The responses were extraordinary.

One group developed Go Planify, an idea focused on helping children reduce excessive screen time through interactive engagement and healthy alternatives. Another group created Mutual, a peer-to-peer online tutoring platform designed to make learning more collaborative and accessible among students themselves. Some learners turned their attention toward social impact and sustainability. The creators of Plate2Purpose proposed a system to redistribute excess

restaurant food to people in need, demonstrating not only entrepreneurial thinking but also empathy and social awareness.

The Young Innovators Camp reminded us that children are far more capable than we often assume. When given the right environment, they rise beyond expectations. They do not simply absorb knowledge, they create with it.

Equally inspiring was witnessing the personal transformation within the students themselves. Learners who were initially hesitant to speak began confidently presenting in front of audiences. Students who feared making mistakes began experimenting freely with ideas. Teams learned how to listen, adapt, negotiate, and support one another. These are not just "camp activities". These are life skills.

The success of the Young Innovators Camp has now inspired a larger vision at Swostishree Gurukul IB Continuum School: the

introduction of the **Skills Club**, a specialized Sunday program dedicated to nurturing future-ready skills through experiential learning such as **Entrepreneurship, Theatre and Film Making, Carpentry, Photography, AI & Tech, Art, Swimming**, etc.

This initiative is rooted in a growing belief that education must become more human, more exploratory, and more connected to the realities of the world students are growing up in. Because the leaders, innovators, creators, and changemakers of tomorrow are already sitting in our classrooms today. They are already observing the world differently. They are already asking difficult questions. They are already imagining better possibilities.

Sometimes, all they need is a platform and all they expect is for adults to trust them enough to begin.



STARTER.

In “The Biggest Barrier to Your Growth,” Sadhguru explores how rigid personalities, unchecked ego, and unconscious living limit human transformation. He explains that true growth comes not from constantly chasing desires, but from cultivating awareness, flexibility, and the courage to let go of fixed identities.

By Sadhguru

The Biggest Barrier to Your Growth

You have gotten stuck with one personality. It would be so much fun for you to change your personality, and we must maul it every day because you can experience a whole new person all the time. If you spend seven days in an intense spiritual program like Samyama, you will simply forget who you are because the situation created is so intense.

There is a common misunderstanding in the world about who carries an ego. Don't ever believe that rich people have an ego while poor people do not. An ego is present in everyone; whether you handle it sensibly or senselessly is the real question. What we need to bring into the world is not egolessness. What we need to bring into the world is just simple sense, life sense.

The Different Ways People Seek

There is something within you which doesn't want to settle for just a joyful life either. There is something that this life is longing for; it is not a desire, it is its destination. People make use of spiritual processes in a manifold way.

- For some people in many places, spirituality and listening to spiritual lessons (prabachan) are just daily chores.
- For some, it is an intellectual entertainment.
- For some, they are seeking to learn something new.
- A few people want to bring about some changes in their lives, wishing to become a little more peaceful or a little more loving.
- Some people are looking for true transformation.

There is a distinct difference between change and transformation. Change means improvement or self-improvement, while transformation means that nothing of the old should

remain. Some people just really want to get lost in it and dissolve into it. Because everyone approaches the spiritual path according to their individual needs, you cannot prescribe a single "best way" to anybody right now.

Generally, human nature is such that whatever people do not have, that is what they will seek. If they do not have health, they seek health as if it were the ultimate thing. If they do not have money, they seek money, and if they do not have love, they seek love as if it is the ultimate thing. This process of asking for what you do not have is an endless, self-defeating loop. What you currently have is so little compared to the whole universe; if you keep asking for the next thing you lack, you could live a thousand years and still end up nowhere.

Yet, if there is no seeking, you do not go anywhere because desiring and going after things is the very basis of human activity. The objects of desire may change, and people may think one object is better than another, but it is not. Whether you are seeking money, a home, intelligence, knowledge, or God, desire is desire. The object of desire changes the direction of your destination, but it does not change the process of life. The essence of life is in its process and how you are experiencing it right now, not where you get in the end. Changing the objects of your desire will not make a big difference; it is the way we handle the process of life that matters.

The Nature of Awareness and Suffering

Even if life becomes a very pleasant and beautiful experience, you will see that a joyful life is still not enough. When you are joyful, you are charged and have all the enthusiasm to do many more things because nothing is pulling you back. This is because life is longing for its ultimate destination, a longing that neither you nor I created. The only choice we have is whether to move towards this destination consciously or unconsciously. If we are dragged towards something unconsciously, even if we are dragged towards heaven, we will suffer the dragging immensely. If you walk towards your destination consciously, the process becomes beautiful.

Wherever you are unconscious or unaware, that is the level where suffering will come to you.

If you drive on the street completely unconscious of the traffic around you, you will experience physical suffering because you are unaware of physical reality. If you are unaware of what is happening in your body, your mind, or your family, different kinds of suffering will follow.

Awareness is not something that you do. In fact, the less you do, the more aware you become within yourself. The less activity you have inside, the more your awareness grows. The less your personality becomes, the more your presence becomes. Maintaining a personality requires enormous, mostly

➔ This process of asking for what you do not have is an endless, self-defeating loop. What you currently have is so little; if you keep asking for the next thing you lack, you could live a thousand years and still end up nowhere.



unconscious activity. If that activity is lowered, awareness is naturally heightened because life itself is awareness. You know you are alive only because you are aware. If you stop doing all your unnecessary nonsense, you are spiritual.

Breaking the Rigidity of Personality

We do practices like pranayam in the morning because humans lack brakes on their internal activity. Spiritual practices establish a physical, mental, and energy situation where life energies rise to a high pitch and intensity, making compulsive mental activity insignificant. When you sit in meditation, thoughts may still happen, but they lose their importance, impact, and influence over you. They stop molding you.

Creating a rigid personality distorts life. When you build a rigid personality unconsciously, it is as if you think the creator did not do a good enough job on you. This happens because the simple instinct of self-preservation, which belongs only to the physical body, spreads into everything. You create a small person who needs to be defended all the time.

Your physical body needs preservation, but your personality should be mauled and turned into minced meat every day so that it becomes flexible. You need a personality to exist and work in the world, but it should be a flexible mask that you can change depending on the situation. Right now, people's personalities are like heavy rocks stuck to

their faces because they are completely identified with them. Practices like yoga and meditation loosen this glue of identity.

The building blocks of your personality are your likes and dislikes. The logical mind falsely believes that doing what you like is freedom, but likes and dislikes are actually the fundamental basis of your bondage. They destroy your discretion, intelligence, and awareness. If you dislike a person, you cannot see the wonderful things they do; if you like a person, you cannot see the terrible things they do. You lose the ability to see life as it is.



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.

What Every Family Should Remember?

What if experts from different fields were asked the same important question? In this special feature, distinguished professionals share their unique perspectives, drawing from their own experiences, knowledge, and expertise. Together, their insights offer us to live smartly in all the dimensions.

By Malika Joshi

Priyanka Chaguthi

*Founder & Consultant:
Vygotsky Child Parent
Consulting and Learning
Center*

In the busy rhythm of daily life, every family should remember that the greatest gift we can offer our children is not perfection, but presence. Children grow best in environments where they feel safe, heard, and deeply loved. The small moments of patience, understanding, and connection within a family shape a child's confidence, emotional strength, and sense of belonging. When families choose compassion over control and connection over correction, they create the foundation for children to flourish for life.



Sonal Talegaonkar

*Clinical Nutritionist and
Wellness Coach*

Good health often comes down to the little things we do every day. Daily habits, not short-term interventions, shape long-term health outcomes. Balanced nutrition, adequate protein intake, sleep hygiene, physical activity, and stress management are foundational pillars that every family should prioritise. Creating a structured yet flexible lifestyle environment helps prevent chronic health issues and promotes sustainable well-being across generations.



Kiran Karki Silwal

*Certified parenting &
NLP coach*

When a child is born, their first world is family. Before they understand words, they understand emotions.

Psychology and neuroscience remind us that early family experiences shape a child's brain, self-worth, and emotional security. The home becomes their first school of life. As families grow, so does the understanding of love, companionship, and sharing. But one truth remains constant; we are all a work in progress. There is no perfect family. What truly matters is consistency, not perfection.



Sneha Agrawal Chaudhary

Psychologist

Family mental health is about more than just individual well-being; it's about the emotional environment we build together in our relationships. How family members communicate, manage stress, and support each other is crucial for everyone's happiness. Mental health is not isolated; it thrives in relationships. I think family mental health is not about being flawless, but about being connected, communicating effectively, and providing emotional support. Also, remember that we are all unique individuals living together, so we will naturally have different viewpoints. So, try to appreciate each other's perspectives and not judge them.



Sandeep Kumar KC

*(PakMaharishi/
PakShastri), Food
Curator, Food Consultant
Ayurvedic Kabiraj. Mphil
in Food Tech*

In today's fast-paced, digital world, every family must remember that food is our primary medicine, but feeding the modern generation requires both science and strategy. As a foodologist, I've observed that today's children are increasingly difficult to nourish; their palates are often hijacked by processed flavours, making the struggle for balanced nutrition a daily battle. Parents must remember that it is vital to provide all seven essential nutrients to maintain hormonal and physical balance. To win this battle, you must learn to fight their cravings, infiltrate them. Hide nutrient-dense Raithane (indigenous) superfoods within their favourite & comfort dishes. A family should remember that the kitchen is a laboratory of love; your goal is to be an Ayurvedic Alchemist who ensures that every bite is a balanced dose of immunity.



Kabindra Napit

*Co-Founder of Smart
Parenting Nepal*

Raising a child calls for intention, awareness, and continuous learning. Every family must take full responsibility to nurture children in a positive, supportive environment where they can truly thrive. Children need more than basic needs; they need attention, emotional security, love, and care. Parenthood should be a conscious decision, not an accidental outcome. Beyond birth, raising a child requires skill, patience, and knowledge. It is a lifelong commitment to guiding a human being toward becoming confident, responsible, and emotionally healthy. Each child is unique, with their own personality, strengths, and needs. Treating every child in the same way may limit their growth. Families must learn to understand and support their individuality. This is why parenting cannot rely only on tradition; it should evolve through learning.

IEC Designers Runway XV 2026

Where Nepal's Next Fashion
Icons Take Their First Bow





MORE THAN a fashion show, IEC Designers Runway is a celebration of emerging talent and creative excellence. Organized as the grand showcase for the graduating designers of IEC College, the event serves as a prestigious platform where young creatives unveil collections that represent their artistic vision, technical expertise, and unique design philosophies.

This year's edition brings together 66 graduating designers, each presenting original collections that explore a wide range of themes, inspirations, and contemporary fashion narratives. From couture glamour and bridal elegance to architectural tailoring, urban street aesthetics, and conceptual storytelling, the runway reflects the diversity and innovation shaping the future of Nepalese fashion.

The collections themselves demonstrate an impressive depth of creativity. Themes such as The Crystalline Cascade transform the beauty of flowing water and crystalline minerals into wearable art, while Celestial Regalia reimagines fairy-tale dreams through modern bridal couture. Urban Allure merges denim and lace to create a sophisticated fusion of city culture and glamour, whereas Ethereal Plume revives the elegance of 90s-inspired silhouettes with a contemporary, dreamlike touch.

Other collections push the boundaries of design through powerful concepts and emotional storytelling. Rogue channels the rebellious spirit of biker culture, while Sculpture in Strength explores confidence and resilience through bold architectural forms. Aetheria and Phase of Becoming delve into themes of personal growth and transformation, using fashion as a metaphor for life's evolving journey.

The showcase also highlights collections inspired by heritage, femininity, and timeless sophistication. Designs such as Noorah celebrate the fusion of traditional craftsmanship and contemporary elegance, while Between Structure and Soul explores the balance between

strength and vulnerability within modern womanhood. Collections like Living Porcelain, When Night Fades, Velure Florescent, Fractured Symmetry, and Tailored Reverie further demonstrate the remarkable ability of these young designers to transform abstract ideas into compelling visual narratives.

Adding to the grandeur of the evening, the collections are brought to life by professional models and celebrated personalities from Nepal's fashion and entertainment industry. Their presence elevates the runway experience, ensuring that each design receives the attention and stage it deserves.

What makes IEC Designers Runway particularly significant is its role as a bridge between education and industry. It offers aspiring designers an opportunity to present their work before fashion professionals, media, potential collaborators, and industry leaders. For many participants, this runway marks the beginning of their professional journey, opening doors to future careers in fashion design, entrepreneurship, styling, and creative direction.

As Nepal's fashion industry continues to evolve, platforms like IEC Designers Runway play an essential role in nurturing innovation and encouraging young talent to dream bigger. The event is a testament to the power of creativity, proving that fashion is not merely about clothing but about storytelling, identity, culture, and self-expression.

IEC Designers Runway XV 2026 stands as a celebration of courage, imagination, and possibility. It is where emerging designers transform ideas into reality, where creativity meets opportunity, and where the future of Nepalese fashion takes its first confident step onto the runway.



FOR THE SMART KIDS



Magnetic Board

A magnetic board transforms learning into play with letters, numbers, doodles, and endless storytelling possibilities. It helps children build early literacy, problem-solving, creativity and motor skills while keeping them engaged independently. A smart buy for parents who want a fun educational play.

Montessori Shelves

Say goodbye to toy chaos and hello to independent play! These low, accessible shelves put your child's favourite books and toys right at eye level, inviting them to choose, play, and tidy up all on their own. Investing in this setup is a total game-changer for building confidence, organization skills, and an early love for independence.

Creating a child's creative corner is more than just decorating a room; it's about building a space where imagination, independence, and learning can grow naturally. What you build inside especially matters during this time of year, as monsoon halts their outdoor playdates. These thoughtfully chosen products encourage creativity while making everyday parenting a little easier. Because honestly, if something can entertain a child and reduce household chaos at the same time, it practically deserves a award.



Interactive Activity Table

Welcome to the ultimate command centre for curiosity and fine motor fun! Perfect to keep toddlers busy without a screen. The activity table is packed with spinning gadgets, adorable animal figures, and interactive fishing elements to keep tiny hands delightfully occupied. It is a brilliant investment that seamlessly blends sensory development, problem-solving, and coordination into pure, giggly playtime. Best of all, it keeps your budding explorer happily focused and learning independently, giving you a well-deserved moment to sit back and sip your coffee while it's still hot! However, in the Nepalese market, it is a little hard to find it; the basic Snakes & Ladders activity table is available on Daraz.



Mini Clay Wheel

A mini clay wheel introduces children to hands-on creativity while improving focus, patience, and fine motor skills. From tiny bowls to wobbly "masterpieces," kids learn the joy of making something from scratch. It's screen-free fun that keeps little hands busy and imaginations active. Also, there's something oddly healing about spinning clay instead of watching cartoons at maximum volume for six straight hours.

Washable Pajamas

Stressed about the STAINS? These playful washable pajamas turn free time into a mini art session. Kids can colour directly on the fabric, wear their masterpiece proudly, then wash and start all over again. It encourages creativity without parents having to mourn another stained t-shirt in silence. A smart investment because it combines play, self-expression, and practicality in one adorable package.





Prajñāpāramitā SŪTRA

A 900-Year-Old
Ancient Buddhist
Manuscript

Prajñāpāramitā Sūtra, also known as Pragyaparamita Sutra, is a manuscript written in gold, adorned with miniature paintings of deities and Buddhas, nearly nine centuries ago, which is worshipped religiously to this day at Hiranya Mahabihar/ Golden Temple, Patan. Hidden within the gilded courtyards of Patan's Golden Temple, it is one of the most extraordinary sacred objects whose gold letters are restored by hand every 28 months and whose recitation is believed to protect our lives.

The Philosophy of The Prajñāpāramitā Sūtra

Prajñāpāramitā is the philosophical bedrock of Mahāyāna Buddhism. The term itself unfolds beautifully: prajñā (wisdom), pāramitā (perfection), and sūtra (formula or thread). Combined, they represent a spiritual formula packed with ultimate wisdom, if followed wisely, that wisdom is believed to bring enlightenment & prosperity in our lives.

But what is this wisdom? It is the realization of Śūnyatā (emptiness).

To the modern reader, "emptiness" might sound cynical. However, the Sutra teaches the exact opposite. It deconstructs our everyday reality, arguing that nothing, neither physical objects, thoughts, nor even the Buddha himself, possesses svabhāva (an independent, unchanging essence). Everything exists in a beautiful, shifting web of interconnectedness.

When we realize that boundaries are illusions, our rigid mental attachments shatter. In that space of clarity, genuine compassion (Karunā) blossoms. The text does not say the world doesn't exist; it says the world exists together.

The same philosophy was compressed and expanded across texts of wildly different lengths, tailored to different minds, different lifetimes.

The manuscript of the Prajnaparamita Sutra found in Hiranya Mahabihar is the Astasahasrika version.

The Art of Creation

THE CANVAS

Early manuscripts used narrow strips of Talipot palm leaves, imported from the Indian plains, as the trees don't grow in Kathmandu. It is boiled, flattened, and polished glass-smooth. From the 14th century onward, Nepali artisans shifted to layered handmade lokta paper, often dyed in a solution of copper sulfate. The paper oxidizes into a deep, matte midnight-black or indigo

THE ANATOMY OF PRAJÑĀPĀRAMITĀ SŪTRA

Age: Approximately 800 to 900 years old.

The Origin: Penned by the venerable monk Ananda Bhikshu in Kapitnagar, and later brought to Patan on the auspicious day of Mukha Aṣṭamī. Legend holds that Princess Yaśodharā herself offered the text here so that those with the gift of literacy could unlock its wisdom.

The Blueprint: Written in the majestic, architectural Rañjanā script using real 24-karat gold ink over Nil-patra (indigo/black paper).

The Shield: Wrapped in protective cloth, sealed traditionally with Lāhāchhāp (sealing wax), and encased within a heavy, embossed silver/ wooden box.



WHAT IS MALAMAAS

Malamaas, also widely known as Adhik Maas or Purushottam Maas, is a unique extra month inserted into the Hindu lunar calendar roughly once every three years to align the shorter lunar cycle with the solar year. Because this specific month lacks a Surya Sankranti, the traditional transition of the sun from one zodiac sign to the next, it was historically viewed as impure month and deemed unfavourable for material beginnings, weddings, or worldly milestones. However, Hindu mythology beautifully reclaims this period through the grace of Lord Vishnu, who accepted the neglected month and named it after himself (Purushottam). Consequently, Malamaas shifts its focus entirely away from external, material pursuits toward profound inner cleansing and intense spiritual devotion.

WHAT TO DO IF YOU WANT THE RECITAL FOR YOURSELF?

You can ask the guthiyar at the Hiranya Mahabihar to recite the verse for you if you're going through some turbulence or to clear doshas. In order to do so, you have to visit the temple and get your name written in their register and wait for your turn. It might even take 2-3 months.



The Text	Scale
Śatasāhasrikā	100,000 lines
Aṣṭasāhasrikā	8,000 lines
The Diamond Sūtra	~300 lines
The Heart Sūtra	~25 lines
The Single Syllable	"A"

finish. To ensure longevity, Malmal cloth is pressed between the layers, bonded not with chemical glues, but with a traditional starch paste called Maad. The chemical properties of the Nil-patra and Malmal cloths naturally repel insects, allowing the fragile pages to survive daily use.

THE SCRIPT

Texts were written almost exclusively in Rañjanā script. The artisans who are involved undergo a purificatory ritual called Hastapūjā (worship of the hands and tools) before beginning. On black or indigo paper, the calligraphy was executed entirely in liquid gold, demanding extraordinary control and

patience. The iconography within these texts didn't just illustrate the words; they featured fluid, gracefully poised portraits of deities like Avalokiteśvara or the Goddess Prajñāpāramitā herself, painted using vibrant ground minerals like Lapis Lazuli (blues) and Cinnabar (reds).

"The cost of maintenance is borne by the guthi members, but donations are accepted," says Mr Hem Ratna Bajracharya, a member of Prajnaparamita Guthi

Once Every 28 Months inside Kwa Baha/ Golden Temple

Every 28 months, the Nepali lunar calendar adds an extra month, called Malamaas (or Manmaas), which is currently happening this year in Jestha 2083, to align with the solar cycle. The guthiyars (the members of the Prajñāpāramitā Guthi), the traditional socio-religious trust entrusted with the manuscript's care, are less occupied with their work but get their hands on the maintenance work.

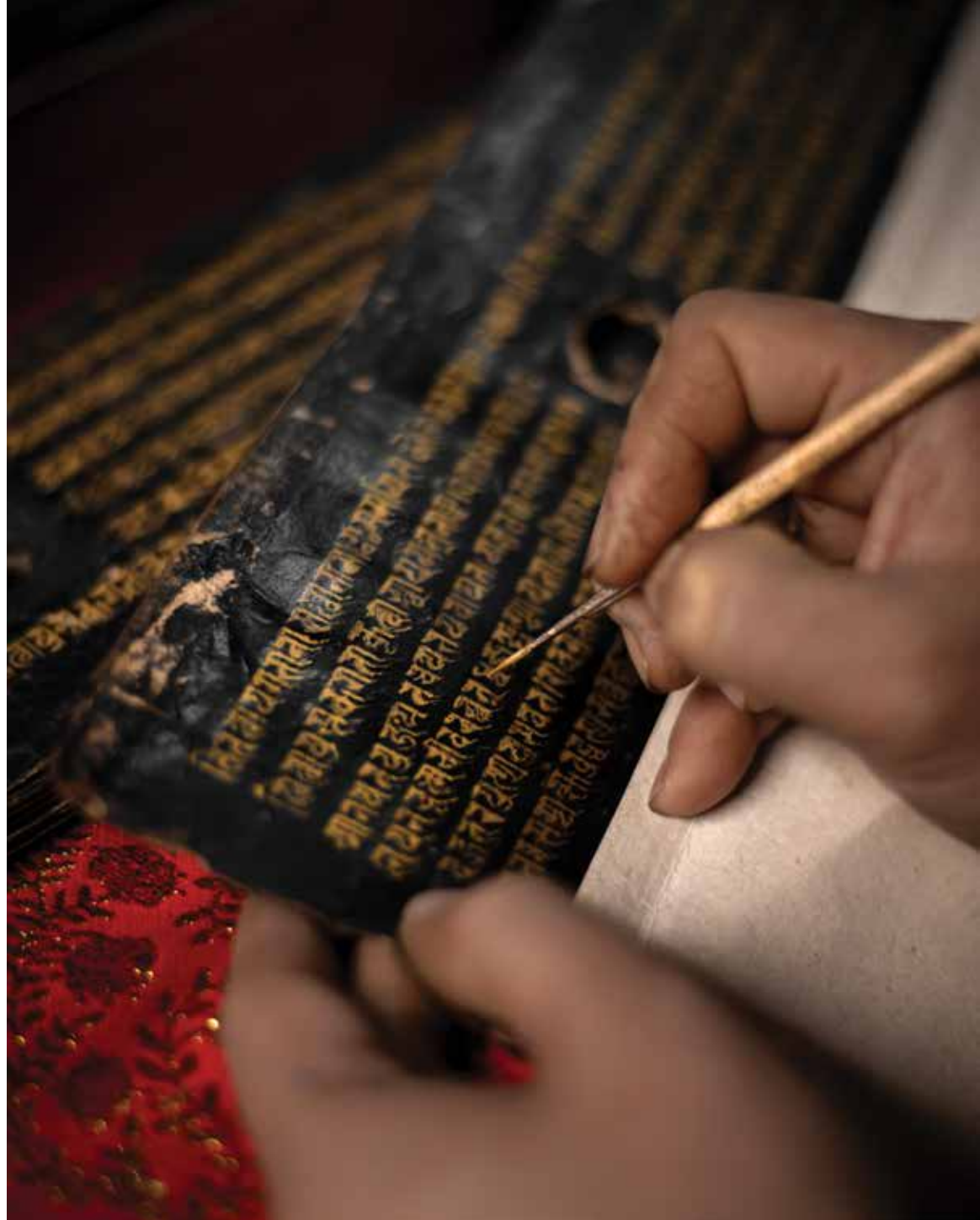
A dedicated group of men starts the work of restoration and maintenance of the manuscript until 11 am. Using micro-fine brushes and seated in a meditative state, they trace and rewrite over the faded Rañjanā letters, page by page, verse by verse, through all 8,000 lines of the Buddha's teaching on the perfection of wisdom.

The practice is centuries old. The guthi members say it is not strictly required to wait for Malamaas; if a page is damaged, it can be repaired at any time. But Malmaas is preferred for this maintenance work because it offers uninterrupted time.

"It is a sacred and extraordinary book that gets recited almost every day, so if we don't step forward to put efforts into restoration and maintenance, the book may not be preserved after some time. The words will fade away and will be very difficult to read. In the end, we might lose the significance and the power of the wisdom in the long run." - Hem Ratna Bajracharya

Absolute Protection of Tantric Power

A unique aspect of the Prajñāpāramitā at Hiranya



Varna Mahavihara is the community's refusal to modernize its preservation. While the National Archives of Nepal and various international universities successfully microfilmed or digitized thousands of historic texts across the Kathmandu Valley, the elders of Kwa Baha have consistently denied permission to digitally scan or photograph this manuscript.

The guthi members firmly hold the traditional belief that

converting the physical text into digital code or exposing it to scanning beams will strip the manuscript of its power and inherent spiritual energy. It must remain purely physical, viewed only by the eyes of the devoted.

Recitation Ceremonies (Pāṭh)

The text is central to the daily spiritual economy of Patan. Local families, merchants, and pilgrims frequently sponsor the recitation of the text, a ritual known as a Pāṭh.

When a sponsor requests a reading to bring good health, clear obstacles, or bless a new venture, the heavy silver-bound book is carefully retrieved from its secure inner sanctuary. Monks sit in the beautiful, gilded central courtyard of the Golden Temple, chanting the ancient Sanskrit verses aloud, allowing the vibrant sonic energy of the "Perfection of Wisdom" to wash over the courtyard.



Tucked away in the misty hills of Nagarkot, Bhangeri Durbar Resort is a royal sanctuary inspired by a timeless love story. Legend tells of a Rana Prime Minister who, captivated by a graceful hill woman he named Bhangeri—"the petite one"—built her a palace among the clouds, a tribute to devotion, elegance, and enduring romance.

From your private balcony, admire sweeping views of the snowcapped Himalayas as crisp mountain air drifts through refined spaces of warm wood and natural light. Here, heritage charm meets modern luxury, creating a serene escape above the hills.



+977 15926668
+977 976-8987915
Mandandeupur-02, Kavre (Nagarkot)
info@bhangeridurbar.com bhangeridurbar.com



FOOD.

Returning to the
Wisdom of the
Kitchen

Food, Health & Longevity

In an age of fast food and fleeting food trends, lasting health often begins in our own kitchens. This article highlights the power of home-cooked meals, mindful eating, and simple habits that nourish the body, mind, and spirit for long-term well-being.

By Kiran Karki Silwal



IN TODAY'S world of social media influencers, endless restaurant launches, and food trends that change every week, eating outside has almost become a lifestyle. Everywhere we go, people are dining out, posting pictures of food, and celebrating indulgence. While there is nothing wrong with enjoying a meal out occasionally, the real question we must ask ourselves is: Are we feeding our cravings, or nourishing our bodies for health and longevity?

Modern science is slowly validating what our grandparents already knew: the kitchen is not just a place where food is prepared; it is a sacred space where health begins. Researchers from institutions such as Harvard University have found that cooking at home is associated with healthier eating habits, improved mental well-being, and better long-term health outcomes. Studies also suggest that cooking can act as a therapeutic activity, reducing stress and increasing mindfulness. The simple act of chopping vegetables, stirring a warm pot, or preparing a meal with care can calm the mind and create emotional balance.

Food is not merely for taste; it is fuel for the human body.

Imagine owning a luxurious Ferrari. Would it run smoothly with low-grade fuel? Definitely not. A high-performance machine requires high-quality fuel to function at its best. Similarly, the human body, far more intelligent and valuable than any machine,

also requires proper nutrition to function with clarity, energy, and vitality. The quality of our thoughts, productivity, emotions, and even relationships is deeply connected to the quality of food we consume.

Today, many dishes are overloaded with sauces, artificial flavourings, and excessive ingredients. Yet truly healthy food does not need complexity. Sometimes, the healthiest meals are the simplest ones: fresh vegetables, whole grains, seasonal fruits, and meals prepared with genuine care. The secret ingredient is not always in expensive spices or fancy presentation; often, it is the intention of the person cooking.

This idea is deeply connected with spirituality. In many ancient cultures, food was prepared with gratitude, prayer, and positive emotions because people believed energy could be transferred through cooking. A peaceful and happy person cooking with love creates a nourishing experience not only for the body but also for the mind. On the other hand, stress, anger, and negativity can unconsciously affect the environment in

which food is prepared. Whether science fully explains it or not, most of us have experienced how “home-cooked food” feels comforting in a way restaurant meals often do not.

The food we eat directly shapes our mind and body. Clean and nutritious food creates sharpness in the mind, strength in the body, and kindness in human behaviour. It is difficult to live a balanced and productive life while constantly consuming processed and unhealthy food.

Healthy living does not always require expensive products or dramatic lifestyle changes. Sometimes, it begins with very simple shifts. For example, replacing plastic water bottles with traditional clay or mud pots can make a surprising difference. In ancient times, water stored in earthen pots was valued for its natural cooling properties and earthy freshness. Ayurveda also suggests that clay pots help maintain the natural balance of water and may support digestion. Spiritually, many cultures believed water carries “memory” or energetic impressions from its

surroundings. While this may sound unusual to some people, one thing is certain: returning to natural and mindful practices creates greater awareness about what we consume daily.

At least once a week, revisit your kitchen. Clean the shelves, remove packaged foods that no longer serve your health, and create a space that inspires vitality and care. A healthy kitchen creates a healthy family.

What is truly healthy is not always heavily advertised. Real wellness often lies in simple cooking at home, eating mindfully, drinking clean water, and respecting food as nourishment rather than entertainment.

When we choose healthier food and healthier habits, we are not just improving our physical body; we are investing in longevity, peace of mind, and a better quality of life. Small conscious choices made every day eventually shape the future of our health, our families, and the generations to come

➔ In ancient times, water stored in earthen pots was valued for its natural cooling properties and earthy freshness. Ayurveda also suggests that clay pots help maintain the natural balance of water and may support digestion.



Kiran Karki Silwal

Kiran Karki is a certified parenting and NLP coach guiding individuals toward purposeful living and conscious parenting through her signature program “Find Your Ikigai with Kiran.”

Stay connected:
Instagram: Kirankarkisilwal
Facebook: Kiran karki Silwal



Eat Less, Crave More?

WHY STARVING YOURSELF BACKFIRES

Skipping meals and extreme dieting may seem like the fastest route to weight loss, but the body often reacts by increasing hunger and cravings. This article explores how food restriction can trigger overeating, energy crashes, and an unhealthy relationship with food, and why balance works better than deprivation.

By Rubina Karki

Be it a drive through a bookstore, scrolling through social media, or during a coffee catch-up with friends, the talk of weight loss is most probable. There isn't a moment, especially for women, where there isn't an opinion thrown about from the latest fad diets to body image, the "ideal" lifestyle, and the latest magical solution. One-day carbohydrates are bad. Next day the trick is skipping meals. And then comes the celebrity detox tea, that boasts of magnificent results in seven days.

As there's so much contradictory information, it's easy to feel confused, frustrated or even guilty when the outcome of the activity doesn't equate to the expectations.

In reality, attaining a healthy weight is less about a miracle solution and more about the thorough understanding

of the body, lifestyle and sustainable habits. Women can be misled about the weight loss for decades, which can prevent them from reaching their desired result.

Here are some common weight loss myths and the science-backed tactics that can be employed to drop kgs.

Myth 1: "You will lose weight faster if you skip the meals."

Some women wrongly presume that eating less frequently results in a lower daily caloric intake. Breakfast is usually the first meal to be abandoned, followed often by lunch on busy work days.

In reality, it can backfire. When the body is deprived of food for an extended period, hunger hormones are activated and a dip in energy occurs. This creates

an overwhelming urge to eat and cravings, especially for sugar or high-fat foods, can intensify. Subsequently, overeating can often occur later in the day.

WHAT TO DO INSTEAD?

Seek to eat regularly and maintain a balanced diet including:

- Lean protein - eggs, fish, beans and yogurt
- Whole grains - oats, brown rice, millets
- Vegetables and fruits
- Healthy fats – nuts, seeds, avocado etc.

Regular eating provides stable and consistent energy and improved appetite regulation.

Myth 2: "Carbs make you fat"

Carbohydrate is always the first suspect of weight gain, therefore, many women cut rice, bread or fruits on their diet. But carbohydrate is the

main source of energy for body. The problem is not carbohydrate, the problem with the carbohydrate for weight gain is the portion. Highly processed carbohydrate product such as sugary drinks, bakery, and refined snacks are very easy to overeat due to the hyper-palatability and lack of satiating component such as protein and fiber. However, nutrient dense carbohydrate food can instead help in weight management.

WHAT TO DO INSTEAD?

Choose fiber-rich carbohydrates such as oatmeal, wholewheat, millets, pulses, legumes.

Fiber keeps you full for longer and promotes digestion.

Myth 3: "The number on the scale is all that matters"

Body weight is not a static number, and changes constantly with hydration status, hormone cycle phases, salt intake, digestive system fullness, gain of muscles etc. This would mean that an increase in the number is not always synonymous with an increase in fat. For example, it is possible to gain muscles through strength training while losing more body fats. This consequently results in no change in value on the scale, but health has improved.

WHAT TO DO INSTEAD?

Use multiple methods to track progress such as

- Energy levels through the day
- Quality of sleep
- Improvement in strength
- Waist size
- Fit of the clothes
- Mood and alertness

Myth 4: "The more you workout the more weight you lose"

People often think that they only lose weight with rigorous daily cardio or exercising for hours and believe that they should not be lifting weights because they "do not want to get bulky". While lifting weights is one of the most effective methods for proper weight maintenance and management. Muscles have the ability to burn more energy (calories) while resting than fat. Muscle improves body composition and supports bone strength.

Strength training also prevents the loss of muscles that often comes with aging. Most people report muscle gain, improvement

in posture and a better fit of clothes although they barely lost any weight through strength training. And no, they will not become bulky just because they lift heavy weights.

WHAT TO DO INSTEAD?

The key is not overdoing your exercises, it is establishing consistency. Do strength training two to three times a week. Some example exercises include: Squats, Lunges, Push-up, Plank

Myth 5: "Fat-burning supplements and detox products are effective"

Powders, teas, pills, and "fat-burning" products flood the weight loss market today. While some of these products lack credible scientific research, others might even be dangerous to consume. Weight cannot be "detoxed" from the body, and drinking a tea or "cleanser" will not help. Your kidneys and liver detox your body naturally, without a tea or cleanse.

WHAT TO DO INSTEAD?

Invest your efforts and money to effective habits:

- Nutritious foods
- Regular activity
- Quality sleep
- Stress management

If you consider taking any supplement, be sure to consult a qualified medical practitioner.

Myth 6: "Weight loss is impossible after the age of 35"

Shifts in hormones, pregnancy, parenting, stress from work, aging, etc influence body composition.

Many people especially women think that after their 30s, it isn't possible to lose weight anymore. It may be harder, but it's not impossible. Metabolism does change as we age, but muscle-building, activity and nutrition are still much stronger influences.

WHAT TO DO INSTEAD?

Prioritize:

- Adequate protein intake
- Strength training
- Quality sleep
- Stress management
- Regular health screening

Presence of some underlying conditions like Hypothyroidism, Polycystic Ovary Syndrome or insulin resistance may also affect weight, hence, an evaluation by a healthcare professional is valuable.

Myth 7: "You must have a perfect diet"

A lot of you are on unhealthy diets during the week and "weigh themselves down" after having a dessert or on weekends during family celebrations and feel anxious about the increasing number on the scale. It is wrong to expect perfection in your diet. It is not one-time food with extra calories that make you overweight. Just like one-time salad with greens won't make you slim.

WHAT TO DO INSTEAD?

- Be mindful of balance: for the most part of the meal you should eat the foods that nourish your body however you should also enjoy your favorite foods every once

in a while without feeling guilty for it.

- Value progress, not perfection.
- Consistent habits always win over extreme dieting.

Weight loss is not about deprivation or unrealistic beauty ideals. It is about a stronger body to support you, your family, work, and dreams. The best weight-loss plan for women is not necessarily the quickest, but it is the one you can stick to. Instead of "How fast can I go?" ask yourself "What habits will I be able to keep for the rest of my life?" That is where the magic happens.



Rubina Karki
Dietitian, lecturer, and PhD scholar in Nutrition. She holds a Master of Science degree in Nutrition and Dietetics and currently pursuing PhD in Nutrition. Founder: NutriFyNinja.

The Mastermind behind FuAsian's Signature Flavors

CHEF KRISHNA PRASAD JAISI



BEHIND THE unforgettable flavors of FuAsian at Holiday Inn Express Kathmandu stands Chef Krishna Prasad Jaishi, a culinary artist with over 17 years of experience in Asian cuisine.

Chef Krishna's journey began with a deep passion for authentic Asian flavors, which led him to refine his craft across kitchens in Malaysia, India, and Afghanistan. Each destination added new techniques, traditions, and inspirations, shaping his distinctive cooking style that beautifully blends authenticity with innovation.

What makes Chef Krishna's cuisine truly special is his ability to balance traditional recipes with contemporary presentation. From sizzling wok specialties to delicately crafted sauces and bold spices, every dish reflects precision, passion, and creativity.

For Chef Krishna, cooking is more than a profession, it is storytelling through flavors, culture, and connection. Guests at FuAsian do not simply come for a meal; they come for an experience that lingers long after the last bite.

Experience authentic Asian flavors at FuAsian, Holiday Inn Express Kathmandu.



— BY IHG —
KATHMANDU NAXAL

For Reservations & Bookings:
+977 9802356232 | +977 9802354209



Beyond

THE SCIENCE AND AYURVEDA OF CELLULAR HYDRATION

This article explores cellular hydration through the intersecting lenses of modern science and Ayurveda, explaining why chugging plain or ice-cold water during the peak summer heat can leave us bloated, fatigued, and dehydrated. It highlights the essential role of mineral electrolytes in cellular absorption and presents the Ayurvedic concept of Ritucharya (seasonal routine) to advocate for functional, mineral-rich, and cooling beverages that support our digestive fire (Agni).

By Chef Sandeep Kumar KC



Chef Sandeep Khatri

A Glion-educated culinary expert, integrates psychology and food technology, champions Raithane Food, minimizing post-harvest losses, and advocates zero waste.

the Glass

When the mid-June sun hits its peak, our immediate instinct is to chug glasses of ice-cold water. We are constantly reminded to stay hydrated, but have you ever felt bloated yet thirsty after drinking water? Or found yourself running to the restroom every twenty minutes, only to still feel fatigued?

Modern science and Ayurveda agree: true hydration is not about how much water passes through your body. It is about how much water is actually absorbed by your cells.

The Science: Why Plain Water Isn't Enough

To understand cellular hydration, we have to look at how cells absorb fluid. Water enters our cells through specialized channels called aquaporins. However, water cannot make this journey efficiently alone; it requires a precise balance of minerals known as electrolytes, specifically sodium, potassium, and magnesium.

When we sweat, we lose both water and these vital minerals. Drinking large

amounts of plain, purified water can actually dilute the remaining electrolytes in our bloodstream. The body, trying to maintain balance, quickly flushes out the excess water. The result? You remain dehydrated at a cellular level, leading to classic summer symptoms like muscle cramps, brain fog, and midday fatigue.

The Ayurvedic View

Ayurveda approaches summer hydration through the lens of Ritucharya (seasonal routine). Mid-June to mid-July falls under Grishma Ritu (the summer season), a period dominated by the Pitta dosha (fire and water elements) and characterized by sharp, dehydrating heat.

During this time, the environment saps our internal moisture (Adana Kala), which weakens our digestive fire (Agni). Ayurveda advises against drinking ice-cold water, as it completely douses this already fragile digestive fire, leading to bloating and poor nutrient absorption. Instead, Ayurveda champions the concept of functional,

mineral-rich, or "living" waters. These are fluids infused with cooling (Sheeta) and hydrating qualities that soothe Pitta and naturally replenish electrolytes without shocking the digestive system.

Functional Summer Drinks

To keep your family energized, swap out plain water and sugary commercial sports drinks for these two scientifically sound, Ayurvedic-inspired functional beverages.

THE AYURVEDIC "GATORADE": SPICED AMALA & COCONUT ELIXIR

- The Recipe: Mix fresh coconut water with a teaspoon of fresh Amala (Indian Gooseberry) juice, a squeeze of lime, a pinch of rock salt (Saindhava Lavana), and a drizzle of raw honey.
- The Science & Ayurveda: Coconut water is nature's perfect electrolyte fluid, packed with potassium. Rock salt provides trace minerals and sodium without causing water retention. Amala is a massive dose of Vitamin C and a powerful Rasayana (rejuvenative) that combats oxidative stress caused by sun exposure. Honey acts as a natural carrier (Anupana), helping the cells absorb nutrients rapidly.

THE PITTA-COOLING HERBAL INFUSION

- The Recipe: Boil water with fennel seeds and coriander seeds. Let it cool completely to room temperature. Strain, add a few crushed mint leaves and a teaspoon of soaked basil seeds.
- The Science & Ayurveda: Fennel and coriander are highly celebrated in Ayurvedic cuisine for their ability to cool the internal body temperature without disturbing Agni. Basil seeds are natural coolants that swell up with water; they retain moisture in the digestive tract, releasing hydration slowly over time and preventing constipation.

Practical Tips for the Smart Family

- Ditch the Ice: Serve drinks at room temperature or slightly cooled in an earthenware pot (Matka).
- Eat Your Water: Include high-water-content summer foods like watermelon, cucumbers, and zucchini. They contain structured water that the body absorbs much more slowly and efficiently.
- Watch the Signs: Teach children to check their hydration not just by thirst, but by the color of their urine (it should be pale straw-colored, not dark yellow).

By shifting your family's focus from volume to quality, you can ensure everyone stays genuinely hydrated, energetic, and resilient against the summer heat.

➔ Coconut water is nature's perfect electrolyte fluid, packed with potassium. Rock salt provides trace minerals and sodium without causing water retention. Amala combats oxidative stress caused by sun.

T R I D O S H I C

Summer Electrolyte Broth

This recipe is considered Tridoshic, meaning it safely balances Vata, Pitta, and Kapha without aggravating any of them during the summer heat.

The Ingredients

- 2 cups of washed peels, tops, or ends (Cucumbers, zucchini, carrots, bottle gourd/lauka, pumpkin, cabbage, or squash).
- 1 clean potato or potato peel (potatoes are rich in potassium).
- 1/2 inch sliced ginger (balances Kapha/Vata and boosts Agni).
- 1 teaspoon coriander seeds (cooling, balances Pitta).
- 1 teaspoon fennel seeds (soothes digestion, balances Vata/Pitta).
- 1/2 teaspoon rock salt (natural sodium, balances Vata without overheating Pitta).
- Squeeze lemon at the very end (adds Vitamin C and activates salivary glands).
- 4 cups of water

Note: Avoid using highly pungent leftover scraps like hot chili tops, old radishes, or heavy mustard greens, as these can overheat Pitta in June and July.

Step-by-Step Cooking Method

Prep the Scraps: Clean and thoroughly wash your accumulated vegetable scraps to remove dirt.

Toast Spices: In a deep pot, dry roast the coriander and fennel seeds for 30 seconds until fragrant.



Simmer: Add the vegetable scraps, potato peels, sliced ginger, and 4 cups of water. Bring to a boil. Lower the heat, cover, and let it simmer gently for 25–30 minutes. This breaks down the plant cells, leaching out potassium, magnesium, and trace minerals into the water.

Strain: Turn off the heat. Strain the liquid into a glass jar, pressing the veggies to extract all the juices. Discard the leftover pulp.

Season: Stir in the rock salt. Let the liquid cool down completely to room temperature.

Finish: Add a fresh squeeze of lemon juice right before serving.

How to Take It

- **Temperature:** Drink at room temperature. Never drink it ice-cold, as that stops digestion, and do not drink it hot, as it will aggravate summer body heat.
- **Timing:** The best time to drink this is mid-morning (around 10:00 AM to 11:00 AM) or mid-afternoon (around 3:00 PM to 4:00 PM). These are the times when the sun drains your energy the most.
- **Quantity:** 1 glass (about 200–250ml) once a day is perfect for maintaining cellular hydration.
- **For Kids:** It can be diluted with a bit more room-temperature water if they prefer a milder taste.



DAIRY PRIDE Mother's Pride



Instant Full Cream Milk Powder
No Added Sugar



Happily Manufactured by:
SUJAL DAIRY PVT. LTD.

Available at:

Daraz, Foodmandu-Onemart, Smartdoko, Merokirana, Giftmandu, Fasto
Bhat-Bhateni, Bigmart, KK Mart

J A P A N E S E R E S T A U R A N T

Kotetsu



➡ **Jyo Sashimi**

The Jyo Sashimi platter - a delightful Japanese culinary artistry. Featuring five premium selections—including salmon, tuna, and yellowtail—each slice is impeccably fresh and delicately cut. The fish is buttery and melts in your mouth, offering a pure fresh and umami taste. Presentation is elegant and minimalist, letting the natural flavors shine without the need for heavy sauces. A dip in soy sauce is all it takes to elevate the experience.



⬅ **Ebi Tempura (Prawn Tempura)**

The showstopper of the dining - Ebi Tempura is a golden, crispy treat that captures the essence of Japanese comfort food. Each of the plump shrimp was wrapped in a light, airy batter and deep-fried to perfection. The result is a delightful crunch that gives way to tender, juicy prawn inside. When dipped in the savory tempura sauce, the subtle sweetness of the shrimp truly shines. It's a simple dish, yet incredibly satisfying—elegant in its execution and rich in flavor. Try Japan's favourite at Kotetsu!

➡ **Buri Kama**

Buri Kama - the grilled collar of yellowtail; I was skeptical of its taste while I first saw it but it amused me with its taste. The soft tenders of fish with its natural fattiness had a subtle smokiness from the grill that enhanced the umami depth of the fish. For a hint of sweetness, try it with a touch of eel sauce. Simple, rustic, and incredibly flavorful—it's a distinct looking dish that has impeccable taste.



Japanese Food Kotetsu
Hotel Ambassador 1st F.
Lazimpat, Kathmandu
Tel: +977 1-5917869
Mob: +977 976-185207

Business Hours:
11:00 AM - 9:30 PM
Last order: 9:00 PM
Saturday - We are now open
from 12:00 PM to 9:30 PM

PARENTING.

FOOD NEOPHOBIA

This article addresses the stressful daily struggle many parents face with selective eating in young children, identifying it not as mere stubbornness but as Food Neophobia, a normal developmental fear of unfamiliar foods. It explains that this behavior is deeply rooted in a child's sensory sensitivities and an emerging psychological need to assert control and independence.

By Priyanka Chaguthi

**Why Feeding
Children has
become so difficult
for Parents Today**

IT IS 8 IN the morning in a typical Nepali household. One parent is rushing to prepare for work, another family member is following the child around the house with a bowl of food, and a cartoon is playing loudly on a mobile phone. The child finally opens their mouth only when distracted by the screen. Everyone feels tired before the day has even properly started.

This scene has quietly become part of daily life in many families. Feeding children, once considered a natural routine, now feels stressful, emotionally draining, and confusing for many parents. Some children refuse vegetables. Some survive on only a few selected foods. Some eat only while watching screens. Others hold food in their mouths for long periods,

spit food out, or run away during mealtimes.

Parents often carry deep frustration and worry

“Why is my child not eating properly?”

“Am I failing as a parent?”

“How can a child survive on so little food?”

Behind these daily struggles lies an important but often misunderstood concept called Food Neophobia.

What is Food Neophobia?

Food neophobia refers to the fear or strong reluctance to try new or unfamiliar foods. It is very common during early childhood, especially between the ages of two and six years. Although

parents may interpret this behavior as stubbornness or misbehavior, it is often a normal developmental phase influenced by the child’s brain, emotions, sensory experiences, and need for control.

Young children naturally seek familiarity because familiar things make them feel safe. New foods may appear unpredictable in smell, texture, color, or taste. For some children, even touching unfamiliar food can feel uncomfortable.

A child refusing certain foods is not always “being difficult”; sometimes their sensory system genuinely feels overwhelmed.

Why Children Become Selective About Food? SENSORY SENSITIVITY

Some children are highly sensitive to textures, smells, temperatures, or colors. A mushy vegetable, mixed curry texture or unfamiliar smell may create discomfort for them.

NEED FOR CONTROL

Children begin developing independence during early childhood. Eating becomes one of the few areas where they can express autonomy.

Sometimes saying “No” to food is a child’s way of saying, “I want control too.”

PREFERENCE FOR FAMILIARITY

Children naturally prefer foods they already know. Familiar foods create predictability and emotional safety.

PRESSURE AROUND EATING

The more pressure children feel during meals, the more resistant they may become.

STATEMENTS LIKE

- “Finish your plate.”
 - “You cannot leave until you eat.”
 - “Look at other children.”
- can increase anxiety rather than appetite.

The Growing Dependency on Screen Feeding

One of the most common concerns parents express today is:

“My child does not eat without a mobile phone.”

For many exhausted parents, screens feel like the easiest solution. A distracted child cries less, resists less, and finishes meals faster. In



busy households, this often feels necessary for survival. However, over time, children begin associating eating with entertainment instead of hunger and connection.

When children eat while watching screens:

- they become disconnected from hunger and fullness cues,
- their attention shifts away from food,
- eating becomes automatic rather than mindful,
- and they may struggle to eat without stimulation.

Food slowly becomes linked with distraction instead of emotional connection and sensory experience. This does not mean parents are careless. It reflects how overwhelmed and unsupported many caregivers feel today.

The Emotional Stress Parents Carry

In many Nepali families, feeding is deeply connected with love, caregiving, and responsibility. A child who eats well is often seen as healthy and properly cared for.

Because of this, feeding struggles can create intense emotional pressure for parents.

Comments from relatives such as:

- “You are spoiling the child.”
- “Children in our time ate everything.”
- “This child is too stubborn.”

can increase guilt, self-doubt and emotional burnout. Over time, meals become filled with chasing, bargaining, threatening, force feeding, distractions and emotional frustration. Eventually, mealtimes stop feeling peaceful for both children and parents.

What Actually Helps?

Reduce Screen Dependency Gradually

Avoid suddenly removing screens completely if the child is highly dependent on them during meals.

INSTEAD:

- reduce screen time slowly,
- pause videos between bites,
- increase conversation during meals,
- and create small moments of eye contact and interaction.

Create Predictable Mealtime Routines

Children feel emotionally safer when meals happen consistently.

Try:

- sitting in one place,
- maintaining regular meal timings,
- minimizing distractions,
- and eating together whenever possible.

Stop Force Feeding

Force feeding may increase stress and resistance around food. Children should not feel emotionally threatened during meals.

Instead of focusing on quantity, focus on:

- exposure,
- comfort,

- and positive experiences around food.

Offer Smaller Portions

Large portions may overwhelm selective eaters. Small servings feel more manageable and less intimidating.

Involve Children in Food Preparation

Children become more curious about food when they participate in the process.

Allow them to:

- wash vegetables,
- stir ingredients,
- arrange fruits,
- or serve food.

Respect Natural Appetite Changes

Children’s appetite naturally changes depending on:

- growth,
- sleep,
- emotions,
- illness,
- and activity levels.

Some days they eat more, and some days less. Parents do not need to panic over every unfinished meal.

Protect the Emotional Environment Around Meals

Children may forget what they ate years later, but they often remember how mealtimes felt. If meals constantly involve stress, pressure, or fear, children may develop unhealthy emotional associations with food. Mealtime should feel safe, connected, and emotionally regulated.

When Should Parents Seek Professional Help?

Parents should consider professional support if:

- the child eats an extremely limited variety of foods,
- frequently gags or vomits,
- loses weight,
- shows distress during meals,
- or feeding struggles significantly affect family wellbeing.

In some cases, feeding difficulties may be linked with:

- sensory processing challenges,
- anxiety,
- developmental concerns,
- or feeding disorders.

Feeding children today is not only about nutrition. It is also about emotional connection, regulation, sensory experiences, routines, patience, and modern parenting stress.



Priyanka Chaguthi

Priyanka Chaguthi is the Founder and Consultant of Vygotsky Child Parent Consulting and Learning Center, where she specializes in child psychology, emotional regulation, and brain-based parenting approaches. Her signature course, Know Your Child’s Brain, has emerged as one of the most impactful learning platforms for parents and educators, with multiple successful batches conducted both online and offline. For consultations, trainings, or collaborations, she can be reached at: pchaguthi@gmail.com



SMARTER STOPS, LONGER DRIVES.

Smart auto start-stop cuts idle fuel so every pause works in your favor.

#1 Most Reliable New Car Brand - 2025 

Top Brand Overall - Consumer Reports 2025 & 2026 

IIHS TOP SAFETY PICK+ 

Best SUV Brand for Families & Teens 

Japan Car of the Year 2025 & 2026 



MADE IN JAPAN,
SAVING FUEL IS THE PLAN.

RAISING CHILDREN NURTURING MYSELF



Parenting is often seen as an act of endless giving, but this article explores the equally important need for parents to care for themselves. It highlights how emotional burnout, pressure, and self-neglect can quietly affect both parents and children, while emphasizing that nurturing oneself is not selfish, but necessary for a healthier family life. Because apparently modern parenting now requires the stamina of a marathon runner and the emotional regulation of a Buddhist monk.

By Bina Shrestha

PARENTHOOD IS often described as one of the most meaningful journeys in life. Along with love and joy, it also brings sleepless nights, emotional pressure, changing responsibilities, and a quiet question many parents hesitate to ask themselves: “Who am I besides being a mother or father?”

During my five-day online training on “Me and My Child: Raising Children, Nurturing Myself,” I witnessed many unheard emotions of parents. Some opened up with deep emotion while sharing their experiences, some spoke about confusion and guilt, while others found joy in the smallest smile of their child. Many parents shared how, over time, they slowly stopped living for themselves and began living entirely through their children’s dreams and achievements. In reality, many parents start finding happiness only in what makes their children happy. Gradually, they forget their own passions, hobbies, and personal dreams, the parts of themselves that existed before becoming parents, during their “Me” stage of life. While trying to become the “perfect” caregiver, many lose touch with their own identity. They prioritize everyone else’s needs, silence their own emotions, and carry the belief that good parenting means endless sacrifice.

However, healthy parenting does not require parents to disappear as individuals. Children benefit most when caregivers remain emotionally healthy, self-aware, and connected to themselves. Parenting

should not mean losing one’s identity; it should also include nurturing the self, alongside nurturing the child.

As responsibilities increase, parents often experience the psychology terms call ‘role strain’. Managing work, childcare, family expectations, household duties, and social responsibilities can create exhaustion, guilt, confusion, and emotional burnout. A working parent may feel torn between professional duties and a child’s emotional needs. Another parent may constantly question whether they are doing enough after comparing themselves with social media advice or societal expectations. Behind these struggles, there are often deeper emotional patterns formed long before parenthood began. These patterns are known as ‘parental schemas’, deeply rooted beliefs about what a “good parent” should be. Many of these beliefs develop from our childhood experiences.

For example, a person who grew up in a home where love was connected to achievement may later become anxious about their child’s success. Someone raised in an emotionally restrictive environment may believe that expressing frustration or anger makes them a “bad parent.” Others may have learned that self-sacrifice equals love, leading them to ignore their own needs completely. This is where ‘inner child healing’ becomes important.

The “inner child” refers to the emotional part within us that carries childhood

memories, unmet needs, fears, and emotional wounds. Parenthood often activates these hidden parts of ourselves. Sometimes a child’s crying, mistakes, anger, or dependency unconsciously reminds parents of their own unresolved experiences from childhood. A parent who was criticized constantly as a child may become overly controlling or emotionally reactive. Another who felt emotionally neglected may struggle with guilt whenever taking time for themselves. Without awareness, these old wounds can silently shape parenting behaviors.

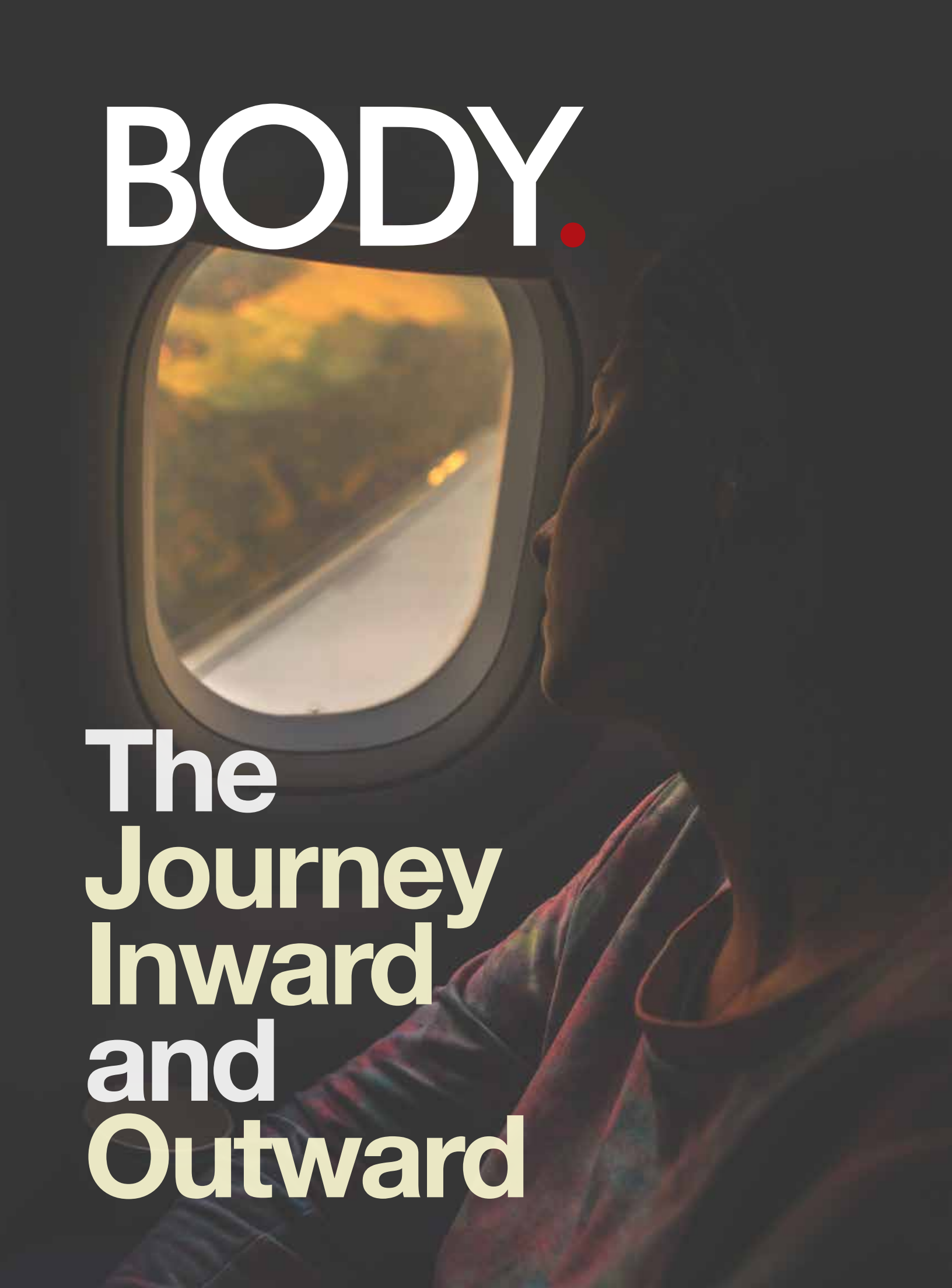
Healing the inner child does not mean blaming parents or revisiting the past with anger. It means developing awareness and compassion toward ourselves. It is the process of recognizing that our emotional reactions may come not only from the present situation but also from past unmet emotional needs. When parents begin healing themselves, something powerful happens. They stop parenting only from fear, pressure, or guilt and start parenting with emotional balance and understanding. They become more capable of setting healthy boundaries, expressing emotions safely, asking for support, and accepting imperfection. Self-care also becomes an important part of this healing journey. Resting, maintaining hobbies, spending time with friends, seeking counseling, or simply taking quiet moments alone are not selfish acts. They are ways of protecting emotional well-being. Children learn

not only from what parents say but from what parent’s model. A child who sees a parent respecting their own mental health learns that their own feelings and needs matter too. Healthy parenting is not about becoming a perfect parent. It is about becoming a whole person having a different individual identity. Parents deserve space to grow not only as caregivers but also as individuals with dreams, emotions, identities, and personal needs. The most meaningful gift parents can offer children is not perfection, but emotional presence, self-awareness, and healing.

Because when parents heal themselves, they create safer emotional spaces for the next generation to grow. Healing Yourself is a best gift that you can give to your child.



Bina Shrestha
Bina Shrestha is a Counselor at Smart Parenting Nepal and a Facilitator of the National Parenting Education Package. She is an Organizational Psychologist and a practitioner of Gestalt Therapy and Cognitive Behavioral Therapy (CBT). She is currently undergoing advanced training in Gestalt Therapy in pursuit of becoming a certified Gestalt Psychotherapist. She has over 11 years of professional experience in the social development sector and 4 years of experience in psychosocial counseling. Her work primarily focuses on supporting parents, caregivers, adolescents, youth, and adults in emotional well-being, personal development and trauma recovery.

A person is seen in profile, looking out of an airplane window. The window shows a bright sunset or sunrise over a landscape. The person is wearing a plaid shirt. The overall mood is contemplative and serene.

BODY.

The
Journey
Inward
and
Outward

Travel often begins as an escape or adventure, but over time, it becomes a journey inward. Through unfamiliar places, changing routines, and quiet moments of reflection, the author discovers that travel is less about destinations and more about perspective, presence, and self-awareness.

By Vijay Vaidya

TRAVEL HAS always fascinated me because it promises so much.

A new country. A different culture. Better weather, perhaps. The excitement of booking the ticket is often matched only by the anticipation that follows. For weeks, sometimes months, we imagine who we might be when we get there. More relaxed. More adventurous. Less burdened by the routines and responsibilities we left behind.

But over the years, I've realised that travel rarely changes us in the ways we expect.

The same worries that occupied my mind in Kathmandu have a habit of reappearing on a beach in Bali. The unanswered emails still exist. The difficult decisions are still waiting. Even surrounded by beautiful scenery, I remain stubbornly myself.

At first, this felt slightly disappointing.

Now, I find it strangely comforting.

Because perhaps the value of travel isn't that it allows us to become someone else. Perhaps it simply allows us to see ourselves more clearly.

Away from familiar routines, there are fewer distractions. We notice things we normally overlook. We become more curious. More observant. We pay attention because everything around us is unfamiliar. In many ways, travelling demands the same thing that yoga and meditation ask of us: presence.

Not perfection. Presence.

Anyone who has tried meditation knows that it isn't about silencing the mind completely. It is about noticing where the mind has wandered and gently bringing it back. Travel can feel remarkably similar. Plans change. Flights are delayed. We get lost. We miss buses. We order the wrong thing from a menu. Things rarely unfold exactly as imagined.

Yet these are often the moments we remember most fondly.

There is something humbling about navigating a place where you don't know all the answers. It reminds us how accustomed we are to certainty. How attached we become to control. Travel gently disrupts both.

Living in Nepal, I am often reminded that people travel from all corners of the world searching for experiences we sometimes take for granted. The mountains are perhaps the most obvious example. Every year, thousands arrive hoping to stand beneath their vastness. And while they leave with photographs and stories, many leave with something less tangible too: perspective.

The mountains have a way of putting things in their proper place.

Standing before something so ancient and immense, many of the concerns that seemed urgent only days before suddenly feel smaller. Not because they disappear, but because they are no longer the entire horizon.

I think this is why travel and mindfulness complement each other so naturally. One takes us outward into the world. The other brings us inward toward ourselves. Both encourage curiosity. Both require patience. Both remind us that growth often begins the moment we leave what feels familiar.

Perhaps that is why the most meaningful journeys are rarely measured by the distance travelled.

Long after the souvenirs have been packed away and the photographs uploaded, what remains are the subtle shifts in perspective. A new appreciation for simplicity. A greater tolerance for uncertainty. A reminder that the world is both larger and more interconnected than we sometimes remember.

The journey outward eventually ends.

The inward one continues long after we return home.



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.

Why are auto- immune and hormonal issues on rise?

A healthy meal featuring a piece of salmon, broccoli, and green beans on a plate. In the foreground, there are two small bowls: one containing almonds and the other containing cherry tomatoes. A red and white striped cloth is partially visible in the bottom right corner.

Widespread symptoms like chronic fatigue, brain fog, and digestive issues are deeply interconnected signals of systemic breakdown driving the modern surge in autoimmune and hormonal disorders. Driven by years of accumulated stress, nutrient-depleted processed diets, sedentary habits, and environmental toxins, these lifestyle shifts disrupt gut health and insulin sensitivity to create a perfect storm for chronic illness.

By Sonal Talgaonkar

Many people today are exhausted long before the day ends, dealing with an unexplained fatigue, brain fog, digestive issues, stubborn weight gain, or hormonal symptoms that seem difficult to understand.

While these concerns may appear separate, they are often deeply connected. The body rarely breaks down overnight; it responds gradually to years of imbalance, stress, inflammation, and nutritional depletion.

Autoimmune and hormonal disorders are no longer rare; they are becoming part of everyday conversation. From PCOS and thyroid dysfunction to chronic fatigue and gut issues, the rise in these conditions reflects more than genetics alone. Subtle Signs Your Body May Be Struggling” Checklist Box

Signs Often Ignored:

- Constant fatigue despite resting

➔ **Exposure to environmental toxins, excessive screen time, disrupted circadian rhythms, and overconsumption of sugar and ultra-processed foods have significantly increased metabolic dysfunction.**

- Bloating or digestive discomfort
- Brain fog
- Hair thinning
- Increased belly fat
- Sugar/caffeine dependency
- Poor sleep
- Mood swings or anxiety
- Frequent infections

These symptoms are often dismissed individually, but together they may signal deeper hormonal, metabolic, or inflammatory imbalance.

What dietary and lifestyle shifts are contributing to the rise in autoimmune and hormonal disorders?

Over the past few decades, we have moved further away from nutrient-dense, whole foods and toward highly processed diets, irregular eating patterns, chronic stress, poor sleep, and increasingly sedentary lifestyles. At the same time, exposure to environmental toxins, excessive

screen time, disrupted circadian rhythms, and overconsumption of sugar and ultra-processed foods have significantly increased inflammation and metabolic dysfunction.

Together, these factors affect gut health, immune regulation, insulin sensitivity, and hormone balance creating the perfect environment for autoimmune and hormonal conditions to become more common.

How does gut health and intestinal permeability influence autoimmune conditions?

The gut plays a central role in immune function, with nearly 70% of the immune system residing there. When the intestinal barrier becomes compromised which is often referred to as “leaky gut” unwanted particles can pass into the bloodstream and trigger immune activation and inflammation.

Over time, this may contribute to autoimmune responses in genetically susceptible individuals. Nutritionally, supporting gut integrity involves:

- Increasing fibre-rich whole foods
- Including probiotic and fermented foods

- Eating omega-3-rich foods
- Reducing ultra-processed foods, excess sugar, and alcohol
- Supporting stress and sleep regulation

Gut healing is rarely about one supplement it’s about restoring balance consistently.

Are nutrient deficiencies common in autoimmune conditions?

Yes, deficiencies are extremely common in individuals with autoimmune and chronic inflammatory conditions. Some of the most frequently seen include:

- Vitamin D: Essential for immune regulation and inflammation control
- Omega-3 fatty acids: Help reduce inflammatory responses
- Zinc: Supports immune balance and gut repair
- Magnesium: Important for stress regulation, sleep, and energy production
- Iron and B12: Often low due to inflammation or poor absorption

These nutrients should ideally be addressed through a nutrient-dense diet first including fatty fish, nuts, seeds, eggs, legumes, leafy greens, and sunlight

exposure while supplements can be considered when deficiencies are found.

How do environmental toxins interfere with hormones?

Many modern chemicals found in plastics, pesticides, cosmetics, and processed foods act as endocrine disruptors, meaning they interfere with normal hormone signalling.

These compounds may mimic hormones like estrogen, alter thyroid function, and increase inflammatory stress on the body.

While we can't eliminate exposure completely, nutrition can help support the body's natural detoxification systems. A diet rich in:

- Cruciferous vegetables (broccoli, cabbage)
- Fibre
- Antioxidants
- Adequate hydration
- Healthy fats

It supports liver function and helps the body process and eliminate toxins more efficiently.

What is the connection between insulin resistance and conditions like PCOS or thyroid dysfunction?

Insulin resistance is one of the most significant drivers behind conditions like PCOS and metabolic dysfunction. When cells become less responsive to insulin, the body compensates by producing more of it, which can increase inflammation, worsen hormonal

➔ The liver plays a critical role in processing hormones, clearing toxins, regulating inflammation, and supporting immune balance. When the liver is overburdened, hormone metabolism can become less efficient.

imbalances, and promote fat storage especially around the abdomen.

In PCOS, elevated insulin can stimulate excess androgen production, affecting ovulation and cycles. Poor thyroid function can further slow metabolism and worsen insulin sensitivity.

Nutrition plays a major role in improving this through:

- Balanced meals with protein, fibre, and healthy fats
- Reducing refined sugar and ultra-processed foods
- Strength training and regular movement
- Improving sleep and stress regulation

The goal is not extreme restriction, but blood sugar stability.

6. What nutritional support helps when stress affects both hormones and immunity?

Chronic stress impacts cortisol, immune regulation, gut health, sleep, and nutrient absorption simultaneously. Nutritional support should focus on calming the nervous system while replenishing depleted nutrients.

Helpful nutrients and supports include:

- Magnesium: Supports relaxation, sleep, and nervous system balance
- B vitamins: Important for energy and stress resilience
- Omega-3 fats: Reduce inflammation and support mood
- Adaptogens like Ashwagandha or Tulsi: May help support stress adaptation
- Protein-rich meals: Stabilise blood sugar and cortisol response

Equally important are lifestyle factors like regular meals, sleep quality, sunlight exposure, and reducing overstimulation.

Why is liver health important in hormone and immune regulation?

The liver plays a critical role in processing hormones, clearing toxins, regulating inflammation, and supporting immune balance. When the liver is overburdened by poor diet, alcohol, chronic stress, or environmental toxins, hormone metabolism can become less efficient, potentially contributing to symptoms like fatigue, skin issues, estrogen dominance, and sluggish digestion.

Supporting liver health nutritionally doesn't require aggressive "detoxes." Instead, focus on:

- Fibre-rich foods
- Bitter greens and cruciferous vegetables
- Adequate protein
- Hydration
- Reducing processed foods and excess alcohol

The body already has a sophisticated detoxification systems nutrition simply helps those systems function more effectively.

Daily Habits That Support Hormonal & Immune Health" Box

Daily Support Checklist

- Eat protein at every meal
- Include fibre-rich foods daily
- Get morning sunlight
- Stay hydrated
- Sleep 7–8 hours
- Reduce ultra-processed foods
- Move daily
- Prioritise stress recovery



Ms. Sonal Talegaonkar
Sonal's Nutrofit
Clinical Nutritionist
Whatsapp:
+91 9967707376
+977 9861556858
(Post-graduation in Clinical Nutrition,
Mumbai University, India)
Find us on Instagram & Facebook
(sonalsnutrofit)



@nuadthaispa.nepal

YOUR TEAM IS YOUR GREATEST ASSET.

Invest in their well-being with thoughtfully curated wellness experiences from Nuad Thai Spa & Wellness.

**“ A MESSAGE FROM
OUR MANAGER**

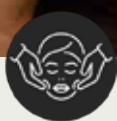
“ My suggestion to every company is simple: take care of your people before burnout takes care of them. A wellness break today can create a stronger, happier team tomorrow. ”



MASSAGE
THERAPIES



REFLEXOLOGY



FACIALS



HAIR
SALON



Abitya Jung Rana

Manager

Nuad Thai Spa & Wellness
9802305670



CORPORATE WELLNESS PACKAGES
Tailored for your organization's needs



EXCLUSIVE PARTNER BENEFITS
Designed to reward and inspire your team.



FOUR CONVENIENT LOCATIONS



📍 Lazimpat
☎ 01-4002802

📍 Bhaisepati
☎ 01-5927970

📍 Sanepa
☎ 01-5917921

📍 Thamel
☎ 01-4546789

Flu

THE
SURVIVAL
GUIDE OF
SEASONAL

As Nepal's weather swings unpredictably between scorching heat and sudden rainfall, flu and cold cases are rising rapidly. This article explores practical ways to stay healthy during flu season through better nutrition, hydration, sleep, hygiene, and daily habits while reminding readers that prevention is far easier than recovering with a blocked nose and a fever that makes life feel personally offensive.



THE SEASON here in Nepal is supposed to be filled with bright sunny hot days, but the weather is fluctuating quite a lot this year. One day it is irritably hot, while on another you have to pull out slightly warm clothes and waterproof jackets as it rains cats and dogs. Due to this fluctuating climate, many people are catching the flu and the common cold.

Seasonal flu may seem common, but it should never be taken lightly. The sudden shifts in temperature weaken our body's ability to adjust quickly, making us more vulnerable to viral infections. Add pollution, crowded public spaces, stress, poor sleep, and questionable hydration habits, and suddenly the immune system is fighting for its life.

The flu usually begins with symptoms such as sore throat, sneezing, body aches, fever, fatigue, headaches, and congestion. For some people, especially children, older adults, and individuals with weak immunity, it can become more severe. The problem is that many of us continue our normal routine despite feeling unwell.

One of the most important ways to survive flu season is by strengthening your immune system through daily habits. Your body needs

proper nutrition, enough sleep, and hydration to function effectively. During unpredictable weather, warm homemade meals can make a huge difference. Soups, lentils, ginger tea, turmeric milk, garlic, citrus fruits, and seasonal vegetables help provide essential nutrients that support immunity.

Hydration is equally important. Warm water, herbal teas, soups, and fresh juices can help soothe the throat and maintain energy levels. Avoid excessive cold drinks and overly processed foods during this period, especially if your body already feels weak.

Sleep is another major factor people ignore. Lack of sleep weakens immunity and slows recovery. During flu season, adults should aim for at least seven to eight hours of proper rest. Children especially need adequate sleep to recover quickly and stay healthy.

Maintaining hygiene also plays a crucial role in preventing infections. Wash your hands frequently, especially after returning home, using public transport, or touching shared surfaces. Carrying a small sanitizer can help when soap and water are not immediately available. Avoid touching your face repeatedly, as viruses often

spread through contaminated hands.

If you are already sick, try to stay home and rest instead of exposing others. Wearing a mask when coughing or sneezing is still a thoughtful and responsible habit, especially in crowded places. Cover your mouth properly and dispose of tissues carefully. Small preventive measures can stop infections from spreading rapidly within families and workplaces.

Exercise can also help boost immunity, but this does not mean pushing yourself through intense workouts while sick. Light stretching, yoga, walking, or moderate physical activity keeps the body active and improves circulation. Fresh air and sunlight, when available, can positively affect mood and overall health. However, during sudden rainfall or cold evenings, it is wise to keep yourself dry and warm. Walking around in wet shoes may feel cinematic for five minutes, but the flu will gladly turn that moment into a three-day fever.

Parents should be especially cautious with children during this season. Kids often play outdoors regardless of changing temperatures and may not realize when they are cold or drenched in rainwater. Keeping an extra jacket, dry clothes, and warm fluids nearby can help prevent illness. Schools and daycares are also common places for viruses to spread quickly, so teaching children basic hygiene habits is essential.

Mental stress can surprisingly affect physical health as well. Constant stress weakens the immune system and leaves

the body more vulnerable to infections. Taking small breaks, relaxing, spending time with family, listening to music, or simply slowing down for a while can help the body recover better. Sometimes the healthiest thing a person can do is admit they are tired instead of glorifying burnout like it deserves an award ceremony.

Although most flu cases recover within a few days, medical attention should be sought if symptoms become severe. Persistent high fever, difficulty breathing, chest pain, dehydration, or worsening weakness should never be ignored. Self-medication without proper guidance can also create complications. Visiting a healthcare professional when necessary is always the safer choice.

Nepal's weather may continue surprising us this year, swinging dramatically between scorching heat and sudden downpours, but taking care of ourselves can reduce the risk of falling sick. Flu season is not entirely avoidable, but it is manageable with awareness, proper care, and healthier daily habits. A little caution now can save days of discomfort later.

So keep your umbrella nearby, drink your warm tea, get enough sleep, and stop pretending your body is a machine that runs endlessly without maintenance. Even phones demand charging breaks, and somehow humans still think they can survive on caffeine, denial, and four hours of sleep. Extraordinary species.

➔ One of the most important ways to survive flu season is by strengthening your immune system through daily habits. Your body needs proper nutrition, enough sleep, and hydration to function effectively.

GRIEF

WHAT IS

There is no perfect way to grieve. Whether mourning the loss of a loved one, a relationship, or a major life change, grief unfolds differently from person to person. This piece gently examines the grieving process and offers reassurance that healing is not linear.

By Sneha Agrawal

GRIEF IS a natural response to loss. It's the emotional suffering we experience when someone we love or deeply care about is no longer with us. The pain of loss can feel overwhelming, bringing with it a whole range of emotions like shock, anger, disbelief, guilt, and a deep, aching sadness.

Grief doesn't just affect us emotionally. It can show up in our bodies too, making it harder to sleep, eat, or think clearly. These reactions are completely normal, and they can vary in intensity depending on how significant the loss was. While we most often associate grief with the death of a loved one, the truth is, any loss can bring grief.

The Five Stages of Grief

In 1969, psychiatrist Elisabeth Kübler-Ross introduced the "five stages of grief," based on her work with terminally ill patients. Over time, many people found these stages relatable to other painful life

experiences like losing a loved one, a relationship, or even a significant life change. The stages are:

- Denial: "This can't be happening."
- Anger: "Why? Who's to blame?"
- Bargaining: "Make this not happen, and I'll ____."
- Depression: "I'm too sad to do anything."
- Acceptance: "I'm at peace."

It's perfectly okay to feel any or all of these emotions after a loss. They're part of the natural healing process. But remember, everyone grieves differently, and that's perfectly okay. You don't have to move through all five stages to heal.

Kübler-Ross herself never intended these stages to be a rigid roadmap. In her final book before she passed away in 2004, she reflected that these stages were never meant to neatly organize our messy, complicated emotions. They simply describe how many

people respond to loss but there's no one-size-fits-all grief, because there's no one-size-fits-all loss. Our grieving is as unique as our lives.

There's No "Right" Way to Grieve

There is no set timeline for grief. How long it lasts, and how it feels, is different for everyone. And similarly, there's no single "best" way to move through it. But there are some gentle, supportive things we can do to help ourselves heal in a healthy way.

Remember That Grief Doesn't Have a Schedule

Grief doesn't follow a clock or a calendar. It can shift in intensity over time, but it often comes in waves especially around anniversaries, special occasions, or moments that remind you of the person you lost. Healing isn't about how quickly you bounce back. It's about finding a new way to carry what you've lost and to live alongside it.

Give Yourself Permission to Feel

It might seem like pushing your feelings aside is the stronger choice but when we bury grief, it often resurfaces later, sometimes even more intensely. The healthier path is to let yourself feel whatever comes up, without judgment. Grief can bring sadness, anger, guilt, confusion, and sometimes even moments of relief. All of it is valid. All of it is okay.

Express Grief in Your Own Way

There is no single "correct" way to grieve. Expression can take many forms:

- Talking to someone you trust
- Writing your thoughts, or even a letter to the person you lost
- Crying when you need to
- Praying or engaging in spiritual practices
- Creating art, music, or whatever feels right

Expression helps your mind process emotions rather than holding them inside where they quietly build up.

Keep Some Structure in Your Day

Grief can disrupt sleep, appetite, motivation, and your sense of routine. While that's completely understandable, maintaining even small daily habits can offer a feeling of stability when everything else feels uncertain. Simple things such as waking up at the same time, eating meals, showering, stepping outside, can gently anchor you when emotions feel like too much.

Stay Connected, Don't Pull Away

Isolation can make grief feel heavier and lonelier than it needs to be. Even if you don't feel like talking, being around people who care about you can help you stay emotionally connected. Sometimes, just having someone sit with you, someone who gets it, is more comforting than any words could be.

Understand That Healing Isn't a Straight Line

Grief is a journey with no deadline. It's natural to expect the pain to gradually and consistently fade, but grief doesn't always work that way. A memory, a scent, a place, or a date can bring up strong emotions even long after you thought you'd found your

➔ **Grief doesn't follow a clock or a calendar. It can shift in intensity over time, but it often comes in waves especially around anniversaries, special occasions, or moments that remind you of the person you lost.**

footing. That doesn't mean you're not healing, it just means you're human.

Take Care of Your Body

Grief is as physical as it is emotional. It can show up as fatigue, poor sleep, changes in appetite, and tension in the body. Caring for yourself physically is an important part of healing:

- Getting enough rest
- Moving gently even a short walk helps
- Staying hydrated
- Eating nourishing foods

These things won't erase the pain, but they give your body the support it needs to carry you through it.

Gently Rebuild Meaning Over Time

Long-term healing involves slowly reintroducing meaning into life while still honoring the loss. This isn't about replacing what you've lost or pretending it didn't matter. It's about understanding that life can move forward in a new shape, one that still holds space for what was. For many



If grief feels unmanageable, lingers in ways that are affecting your daily life, or just feels too heavy to carry alone, please reach out. Talking to a counselor or therapist can make a real difference.

people, healing means keeping memories alive in a way that feels like a comfort, not a weight.

Modern psychology recognizes that healing doesn't always require "letting go completely." Many people maintain a quiet, inner connection to the person they lost through memories, shared values, rituals, or simply the way that person lives on in them. This kind of continuing bond can be a healthy and meaningful part of long-term emotional adjustment.

Ask for Help When It Feels Like Too Much

If grief feels unmanageable, lingers in ways that are affecting your daily life, or just feels too heavy to carry alone, please reach out. Talking to a counselor or therapist can make a real difference. Grief therapy isn't about erasing the loss or moving on from it. It's about having a safe space to work through it, and finding a way to bring it gently into your life.

In the end, I would say Grief is not a problem to be solved or a phase to rush through. It is love with nowhere to go and that love deserves to be

honored, at your own pace, in your own way. Be patient with yourself. Healing is not the absence of pain; it is the gradual discovery that you can hold the pain and still keep living.

"Grief is the price we pay for love and it is a price worth having paid."

— Queen Elizabeth II



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.



Accurate Testing in Affordable Price



Krown Laboratory and Referral Center
Our Branches

Opposite of
Bharatnagar, Tilganga,
Kathmandu

Next To Hotel Tibet in
Boudha

Dharmarshi-4, Mandikar
Road, Opposite of HAMS
Hospital

Contact us
014539183 | 014539184



6G



Enhanced Coverage

40% More Coverage than Wi-Fi 5



Seamless Performance

4x throughput than Wi-Fi 5

500 Mbps

Rs. 1,334/-*

Per Month

*T&C apply.

HOME

Anti-Fungal Treatment

MOLD THRIVES wherever moisture meets a surface and lingers. Walls adjacent to bathrooms, older buildings with cracks, poorly sealed windows, and unventilated kitchens are all prime targets. The good news? You don't need to live with it.

Understanding Wall Dampness and Water Seepage

Wall dampness typically stems from two sources: rising damp, where moisture travels upward through walls from the ground, and penetrating damp, caused by rainwater or leaks seeping through cracks, faulty gutters, or poor pointing. Identifying

the root cause is the first step before applying any treatment.

Left untreated, trapped moisture encourages mold spores to colonize wall surfaces, leading to black, green, or white fungal patches. These not only weaken wall plaster and paint but also release allergens linked to respiratory problems, skin irritation, and worsening asthma, particularly dangerous for children and the elderly.

Anti-Fungal Treatment Process

Before painting or replastering, the damp source must be physically resolved; seal cracks, fix leaking pipes, improve drainage, and check roof flashings. Once the structure is sound, apply a dedicated anti-fungal wall solution or biocidal wash to all affected surfaces. These products penetrate porous materials, killing existing mold colonies and preventing regrowth.

At Home Tips: Spray white vinegar. Undiluted vinegar kills up to 82% of mold species. Spray, wait one hour, then scrub and wipe clean.

Allow treated walls to dry completely, this can take several days depending on the extent of moisture. For severely affected areas, stripping back to bare masonry and applying a waterproof tanking slurry or damp-proof membrane provides a robust moisture barrier before replastering. Waterproofing treatment applied during the dry season is a worthwhile investment before the rains arrive. Keep bathroom grout sealed, fix leaky pipes promptly, and consider a small dehumidifier for particularly damp rooms

Choosing the Right Paint

Use moisture-resistant or anti-fungal wall paint on damp-prone surfaces, widely available in hardware shops. Not all paints are created equal when it comes to damp-prone walls. Standard emulsions trap moisture, accelerating mold growth beneath the surface. Instead, opt for breathable, microporous paints that allow walls to release moisture vapour while repelling liquid water. Paints containing fungicidal additives actively resist mold and mildew growth. Silicon & lime-based paints are excellent natural breathable options, particularly suited to older stone or brick walls.

Anti-fungal wall treatment is not a quick fix. Treating the cause, applying the right biocidal products, and finishing with breathable anti-mold paint ensures walls stay clean, dry, and healthy for years to come. For severe mold covering large areas, consult a professional waterproofing service. Some fungal growth can affect air quality significantly.





Experience Luxury
SILK
Finish



THE TEA GAR DEN

GROWING
& DRYING
YOUR OWN
INFUSIONS
AT HOME

There is something quietly magical about stepping into your garden and returning indoors to steep a cup from what you grew yourself. The soothing ritual of sipping a warm infusion is one of humanity’s oldest wellness traditions. Today, herbal teas have evolved from traditional folk remedies into a massive global lifestyle trend. Social media feeds are filled with vibrant mugs herbal teas, all promising a path to better health, better sleep, or less stress.

While buying pre-packaged tea bags is undeniably convenient, it often disconnects us from the very nature we are trying to invite into our bodies. Mass-produced herbs frequently lose their aromatic potency during long shipping and shelf cycles.

Transforming a small corner of your balcony, windowsill, or backyard into a dedicated "tea garden" changes everything. Cultivating your own wellness ingredients allows you to slow down, ground yourself, and cultivate a mindful relationship with the plants you consume

while reaping its full therapeutic value.

Designing a Living Wellness Corner

A home tea garden does not require a gigantic space. Most tea herbs thrive beautifully in containers, raised beds, or small garden patches. The secret lies in grouping plants by their environmental needs.

Essential Herbs to Cultivate

- Peppermint & Spearmint: These hardy perennials are incredibly easy to grow. They contain active menthol, which naturally relaxes the muscles of the digestive tract to soothe bloating and indigestion. Because mint spreads rapidly via underground runners, it is best grown in its own dedicated container to keep it from overtaking your garden.
- Lemongrass: This dramatic, tropical grass brings a bright, clean, citrusy flavor to infusions. Rich in citral, it boasts anti-inflammatory properties that help soothe seasonal discomfort. It thrives in full sun and requires a deep pot with regular watering.

➔ Packed with organic acids and vitamin C, hibiscus supports cardiovascular health and healthy blood pressure levels. It requires plenty of sunlight and space to grow into a small shrub.

- Chamomile: Known for its daisy-like flowers, Roman or German chamomile is the ultimate evening herb. The flowers contain apigenin, an antioxidant that binds to specific receptors in the brain to promote sleepiness and reduce mild anxiety. It prefers cooler weather and well-drained, sandy soil.
- Ginger: While technically a rhizome (underground stem) rather than an herb, ginger is a powerhouse for home infusions. It contains gingerol, a bioactive compound renowned for relieving nausea and reducing muscle soreness. Plant a fresh rhizome bud-side up in a wide pot, keep the soil warm and moist, and harvest after a few months.
- Hibiscus (Roselle): The deep crimson calyces (the protective base of the flower) yield a tart, cranberry-like infusion. Packed with organic acids and vitamin C, hibiscus supports cardiovascular health and healthy blood pressure levels. It requires plenty of sunlight and space to grow into a small shrub.
- Lemon Balm: A member of the mint family with a gentle, sweet citrus scent. It is frequently used to sharpen cognitive focus while calming the nervous system. It grows well in partial shade and moist soil.

Care and Cultivation Essentials

Most tea herbs are resilient, but maximizing their essential oils, where the flavor and health benefits live requires specific care.

PLANT TYPE	SUNLIGHT NEEDS	WATERING FREQUENCY	SOIL TYPE
Mints (Peppermint, Spearmint, Lemon Balm)	Partial to Full Sun	Keep consistently moist	Rich, loamy soil
Citrus & Spicy (Lemongrass, Ginger)	Full Sun	Regular, deep watering	Well-draining, fertile soil
Flowering (Chamomile, Hibiscus)	Full Sun	Moderate (allow to dry slightly)	Sandy, well-drained soil



Practical Growing Tips

- Harvesting for Potency: Always harvest your herbs in the morning, right after the dew dries

but before the sun gets too hot. This is when the plant's essential oil concentration is at its peak. For leafy herbs,

➔ The quickest way to kill tea herbs is waterlogged soil. Ensure every pot has adequate drainage holes, and mix a handful of perlite or coarse sand into your potting soil to keep it light and aerated.

pinch back the top leaves regularly; this encourages bushier growth and prevents the plant from going to seed too early. For flowering herbs like chamomile, harvest the blossoms just as they fully open.

- The Golden Rule of Drainage: The quickest way to kill tea herbs is waterlogged soil. Ensure every pot has adequate drainage holes, and mix a handful of perlite or coarse sand into your potting soil to keep it light and aerated.

The Art of Drying and Preserving

To enjoy your tea garden year-round, proper preservation is key. The goal is to remove moisture completely without evaporating the delicate volatile oils that give the herbs their therapeutic properties.

Air Drying (The Classic Method)

Tie leafy herbs like mint or lemongrass into small,



loose bundles using kitchen twine. Hang them upside down in a warm, dry, well-ventilated room out of direct sunlight. Hanging them in the sun can bleach the leaves and destroy the active compounds. Within one to two weeks, the leaves should feel crisp and crinkle easily when touched.

Sheet Drying

For delicate flowers like chamomile or individual leaves, spread them out in a single layer on a clean mesh cloth or a paper-lined baking sheet. Place the tray in a dry space with good air circulation, turning them occasionally until completely dry.

Storage

Once fully dry, gently strip the leaves from the stems or collect the dried flower heads. Store your homegrown tea ingredients in airtight glass jars away from direct heat and light. To preserve the flavor,

keep the leaves whole while storing, and crush them gently between your fingers right before steeping to release the oils.

Fresh Infusion

The true joy of a home tea garden is the transition from soil to cup. Unlike store-bought bags containing finely ground dust, your whole-leaf homegrown tea offers a layered, dynamic flavor profile.

To brew a perfect fresh cup, gently bruise a small handful

of fresh leaves or flowers to release their oils, and place them in a teapot. Pour hot over the ingredients. Cover the pot with a lid or saucer to prevent the beneficial steam from escaping. Let leafy herbs steep for 5 to 7 minutes, while woody elements like ginger or lemongrass can steep for up to 10 minutes. Strain, breathe in the fresh aroma, and enjoy the pure, unadulterated taste of your own care and patience.



SUPER LUXURY INTERIOR EMULSION





OPEN A WORLD OF POSSIBILITIES WITH HETTICH LINEAR DRAWER SYSTEMS



IN EVERY home, drawers are part of everyday life. From storing kitchen essentials and organising wardrobes to keeping living spaces neat and functional, they are constantly in use. But today, homeowners expect more than just storage. They want furniture that feels smooth, looks elegant, stays organised, and makes daily routines magical.

This is where Hettich's Linear Drawer Systems transform the experience of modern living.

Designed with German engineering and crafted for contemporary lifestyles, Hettich offers some of the world's most advanced drawer systems that combine style, comfort, durability, and intelligent functionality. Whether you love minimalist interiors, personalised spaces, or highly practical furniture, there is a Hettich drawer system designed to complement your home beautifully.

Elevate Modern Kitchens with Personalised Luxury

Modern premium interiors are defined by clean aesthetics, seamless detailing, and effortless sophistication. Users today seek furniture that feels refined, elegant, and perfectly integrated into their living spaces. Designed around this philosophy, AvoriTech creates a sleek minimalist look with 8 mm drawer sides and concealed connectors that deliver a seamless furniture design. Its sophisticated appearance elevates contemporary kitchens, wardrobes, and living spaces with a premium architectural feel.

Beyond aesthetics, AvoriTech enhances everyday living with smooth, stable, and whisper-

quiet drawer movement powered by advanced Actro YOU runners. With load capacities of up to 70 kg, precise multi-dimensional adjustments, and exceptional acoustic comfort, it delivers the perfect balance of strength, precision, and luxurious ease in every movement.

Elevate Modern Kitchens with Personalised Luxury

The kitchen is no longer just a cooking space; it has become the heart of the modern home. Homeowners today want kitchens that are elegant, organised, and reflective of their personal style.

This is where AvanTech YOU creates a truly premium experience. Its linear and sophisticated drawer design instantly enhances the overall aesthetic of modular kitchens while offering intelligent functionality for everyday use.

The system allows homeowners to personalise drawers with stylish design elements, premium finishes, and even integrated ambient lighting for a refined and contemporary atmosphere. Every drawer movement feels exceptionally smooth and silent, creating a luxurious experience every time you open or close a cabinet.

Whether storing cutlery, cookware, or pantry essentials, AvanTech YOU combines elegance with effortless comfort, making modern kitchens feel more intuitive and beautifully organised.

Create Smarter and More Durable Storage Spaces

Storage spaces work hardest in a home. From utility areas and wardrobes to heavily used kitchen cabinets, homeowners need solutions that remain

reliable, organised, and easy to use for years.

ArciTech is designed precisely for these demanding spaces. Engineered for exceptional strength and stability, it delivers smooth and silent drawer movement even under heavy loads. Its durable construction makes it ideal for high-usage areas where performance matters every day.

The system also offers intelligent organisation possibilities that help maximise available space while reducing clutter. For contemporary handleless furniture, the optional Push to Open Silent feature creates an even cleaner and more seamless experience with effortless touch-to-open convenience.

Available in timeless finishes like silver, white, and anthracite, ArciTech blends perfectly into modern interiors while delivering dependable performance homeowners can trust.

Bring Style and Organisation into Everyday Living

Modern homes are designed around simplicity, functionality, and clean aesthetics. Whether in bedrooms, bathrooms, study areas, or living room furniture, homeowners are increasingly looking for storage that feels both practical and visually refined.

InnoTech Atira brings this balance beautifully into everyday living spaces. Defined by its clean architectural lines and contemporary square profile, it adds a sleek and modern

character to furniture across the home.

Its versatile design supports multiple storage applications while advanced runner systems ensure smooth, quiet, and comfortable operation. Intelligent organisation accessories help keep essentials neatly arranged and easily accessible, making daily routines simpler and more efficient.

From wardrobes and vanities to entertainment units and workspaces, InnoTech Atira helps create interiors that feel organised, functional, and effortlessly modern.

Today, furniture is no longer judged only by appearance. The real experience lies in how it feels to use every day. A smooth opening drawer, silent closing movement, organised storage, and premium design details all contribute to a more comfortable and enjoyable home.

Hettich's Linear Drawer Systems are designed precisely for these everyday moments. They help homeowners create spaces that are not only beautiful, but also practical, intuitive, and built around modern lifestyles. Whether you prefer personalised luxury, dependable performance, or contemporary simplicity, Hettich offers a solution that enhances the way you live.

Because with the right drawer system, you don't just open a drawer, you open a world of possibilities.

MARKET.



⬆ Leapmotor B10 Top Variant Now Available at Rs. 54.99 Lakhs

Shangrila Motors, the authorized distributor of Leapmotor vehicles in Nepal, has announced a significant price reduction for the 2026 Leapmotor B10 Top Variant, lowering its price from Rs. 60 lakhs to Rs. 54.99 lakhs following Nepal's revised taxation structure. Unveiled at a special event in Kathmandu, the new pricing aims to make the technology-driven electric SUV more accessible to Nepali consumers.

The Leapmotor B10 features a 67.1 kWh LFP battery, a 160 kW motor, ADAS Level 2, Euro NCAP 5-star safety rating, Snapdragon-powered smart cockpit, panoramic sunroof, heated and ventilated seats, and a claimed driving range of up to 600 km (CLTC). Backed by global automotive giant Stellantis, Leapmotor has surpassed one million global vehicle sales and operates through a network of more than 1,700 sales and service points across 40+ countries.



⬆ David Marriott Visits Aloft by Marriott Kathmandu Thamel

Aloft by Marriott Kathmandu Thamel welcomed David Marriott, Chairman of the Board of Marriott International, along with Rajeev Menon and other senior leaders during their recent visit to the hotel. The delegation was received by General Manager Vikram Singh and toured the property, experiencing its vibrant spaces, signature hospitality, and the unique Nylgiri Above It All concept. They also met with Chairman Prithvi Pande, Managing Director Maheswor Shrestha, and the hotel's leadership team while enjoying curated culinary offerings. During the visit, the delegation joined the culmination of Associate Appreciation Week (AAW), celebrating employees through cultural performances and recognition activities.



⬆ Soaltee Expands Hospitality Portfolio with Luxury Shivapuri Resort

Soaltee Hotels & Resorts has entered into a hotel management agreement with Classic View Resort Limited to operate The Soaltee Resort Shivapuri National Park, Kathmandu, a five-star luxury retreat on the edge of Shivapuri National Park.

Surrounded by lush forests and panoramic Kathmandu Valley views, the resort combines nature, wellness, and premium hospitality. Currently offering 25 rooms and a private villa, an

additional 51 luxury rooms are scheduled for completion by November 2026. Guests can enjoy diverse dining options, wellness facilities, hiking trails, birdwatching, and event venues including banquet halls and open lawns. The partnership marks a significant milestone for Soaltee, strengthening its presence in Nepal's key tourism destinations and reinforcing its commitment to delivering world-class hospitality rooted in Nepalese culture and warmth.



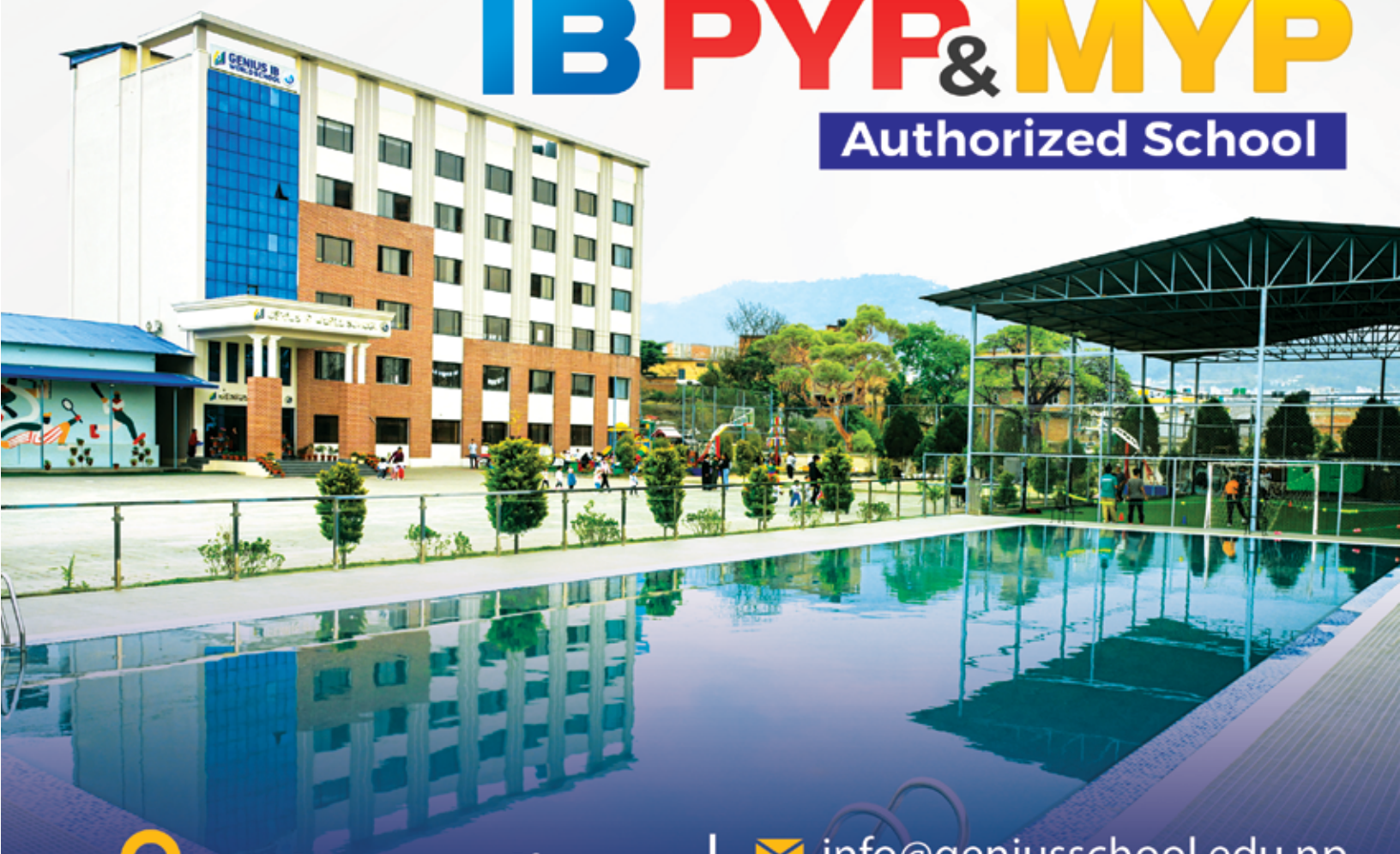
GENIUS School



CULTIVATING CURIOSITY FOR BETTER TOMORROW

Leading
IB PYP & MYP

Authorized School



Lubhu, Lalitpur



info@geniusschool.edu.np



www.geniusschool.edu.np



01-5582564, 9861168031

The Rising Sign Aesthetic

HOW YOUR ASCENDANT SHAPES YOUR STYLE AND PRESENCE

BEFORE ANYONE knows your sun sign, they meet your rising sign. Also called the ascendant, your rising sign is the zodiac constellation that was climbing over the eastern horizon at the exact moment of your birth. It governs the mask you wear, the energy you project, and crucially how you look and dress before you ever say a word.

Unlike the sun sign, which reflects your inner identity, the rising sign is inherently outward-facing. It shapes your bone structure, body language, and the aesthetic instincts you reach for almost automatically.

Sign by Sign: The Aesthetic Signatures

Each rising sign leaves a distinct visual fingerprint.

Aries risings tend toward sharp, athletic looks with bold cuts, statement pieces, an air of being perpetually in motion.

Taurus risings gravitate to rich textures, quality fabrics, and an effortlessly grounded sensuality.

Gemini risings mix prints, layers, and unexpected

combinations, reflecting a mind that refuses to commit to just one aesthetic.

Cancer risings often dress with a soft, nostalgic quality like vintage finds, gentle silhouettes, cozy fabrics.

Leo risings command attention through color, drama, and an almost theatrical sense of self-presentation.

Virgo risings project quiet precision such as clean lines,

muted palettes, immaculate grooming.

Libra risings are perhaps the most naturally stylish, drawn to symmetry and beauty in all forms.

Scorpio risings favor intensity deep tones, fitted silhouettes, an undeniable magnetism.

Sagittarius risings embrace a free-spirited, globally-inspired wardrobe full of movement.

Capricorn risings dress with authority and structure, instinctively choosing pieces that communicate competence.

Aquarius risings wear individuality itself, always a step ahead of or entirely outside trends.

Pisces risings float through life in dreamy, fluid aesthetics, drawn to soft hues and ethereal layers.

The rising sign is your cosmic first impression. Understanding yours isn't about dressing by rulebook; it's about recognizing the aesthetic language your soul already speaks. When your outer presentation aligns with your ascendant energy, getting dressed stops feeling like a performance and more like connecting to yourself.

If you don't know your rising sign yet, we have mentioned ways to find your rising sign in our last issue, do check out and stay connected to yourself with many astrological facets.





RELAX. REFRESH. REPEAT

Sips of joy, Just for You!

Chill Drinks. Happy Vibes. The Perfect Afternoon.



Lazimpat, Kathmandu | 977 1 4510151/152 | shankerhotel.com.np, sales@shankerhotel.com

WWW.SHANKERHOTEL.COM.NP

B10

TOP VARIANT

Rs. 54.99 Lakhs



160 KW
MOTOR POWER



67.1 KWH
BATTERY



RANGE
600 KM
(CLTC)



*T&C APPLY

Authorized Sole Importer

Shangrila Motors Pvt. Ltd.

Kathmandu: 9801125873 | 9801198000



@leapmotornepal



@leapmotor_nepal



LEAPMOTOR

A LEAP FORWARD