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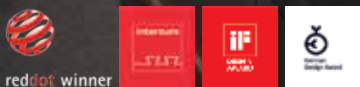
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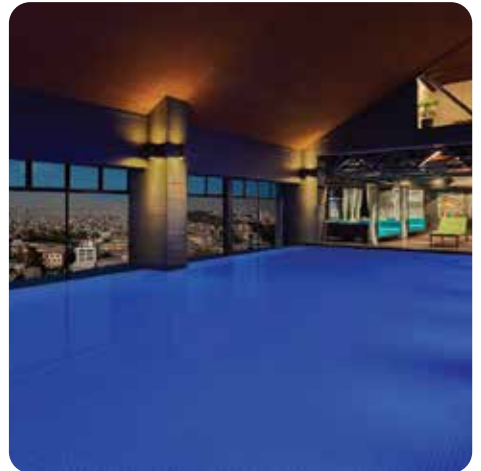
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Thank You for Being Part of Our Journey.

EDITORIAL.

There are seasons that pass by, and then there are seasons that can change us.

Shrawan is one of them.

Perhaps it is the rain washing the dust from our cities, the lush green hills reminding us to slow down, or the collective pause that this sacred month gently invites. In a world that constantly urges us to do more, own more, and move faster, Shrawan offers a different perspective. It reminds us that growth often begins with stillness.

This issue of Smart Family is inspired by that very idea.

Whether spirituality is part of your daily life or simply a source of occasional reflection, we believe everyone can benefit from creating moments of intention. Throughout these pages, you'll discover stories that encourage healthier living, mindful parenting, meaningful travel, personal wellness, and stronger family connections. From sacred escapes and inspiring traditions to expert health advice and lifestyle discoveries, we've curated content that nurtures both the mind and the heart.

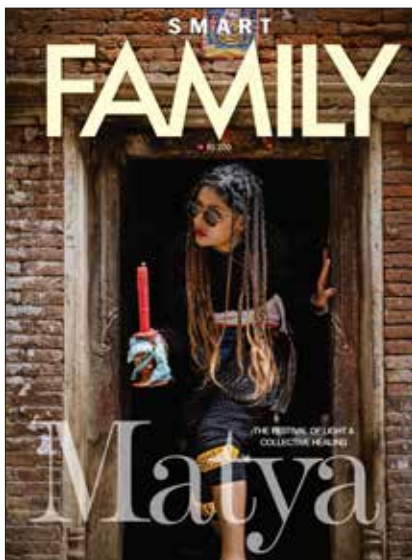
This month also reminds us that taking care of ourselves is not an act of indulgence but one of responsibility. As we celebrate the season with lighter meals, thoughtful rituals, and renewed purpose, we hope these pages encourage you to embrace balance in ways that feel authentic to you.

At Smart Family, our mission has always been to create a magazine that informs, inspires, and grows alongside the families we serve. Every issue is crafted with the hope that somewhere within these pages, you'll find an idea worth trying, a story worth sharing, or a moment that stays with you long after you've turned the final page.

As the rains continue to nourish the earth, may this season also nourish your spirit, strengthen your relationships, and remind you to appreciate life's simple blessings.

Wishing you a peaceful, healthy, and meaningful Shrawan.

Happy Reading!



Visit our e-magazine

ON THE COVER:
Matya Festival

PHOTOGRAPHY BY:
Suraj Patra Bansha

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LEARNING BEYOND BORDERS

A Transformative Experience in Thailand



Utsav Raj Pandey
MYP IB Coordinator

Education in the twenty-first century extends far beyond the walls of a classroom. It is no longer sufficient for learners to simply master academic content; they must also develop the skills, perspectives, and values needed to thrive in an interconnected and rapidly changing world. It is with this philosophy that Swostishree Gurukul IB World School proudly participated in the International Olympiad on STEAM and Robotics Bootcamp 2026, organized by GEIST at the prestigious Asian Institute of Technology (AIT), Bangkok, Thailand.

The purpose of this educational visit was not merely to compete in an international event but to provide learners with an authentic global learning experience. As an

IB World School, we believe that meaningful education happens when students are challenged to apply their knowledge in real-world contexts, collaborate with peers from diverse cultures, and develop the confidence to become lifelong learners. The GEIST program offered the perfect platform for our students to embody these ideals.

Throughout the week-long program, learners engaged in intensive robotics workshops, STEAM-based learning activities, Mathematics and Robotics Olympiads, innovation challenges, and collaborative problem-solving sessions. These experiences required students to think critically, communicate effectively, and work collaboratively while embracing creativity and innovation. Rather than focusing solely on winning competitions, the program encouraged students to inquire, experiment, reflect, and persevere—qualities that lie at the heart of the IB Approaches to Learning (ATL).

The event also provided invaluable opportunities for intercultural learning. Students from different countries came together to exchange ideas, celebrate cultural diversity, and build lasting friendships. Through campus tours, cultural immersion activities,

and collaborative workshops, participants experienced firsthand the importance of international-mindedness, empathy, and mutual respect. Such experiences nurture the attributes of the IB Learner Profile, inspiring students to become Inquirers, Thinkers, Communicators, Open-minded individuals, Risk-takers, Reflective learners, and Caring global citizens.

This international exposure directly reflects the Mission of Swostishree Gurukul IB World School, which emphasizes inspired learning through dedicated teaching, caring relationships, a challenging curriculum, and community service. The experience in Thailand extended learning beyond textbooks by providing students with authentic opportunities to apply classroom knowledge while demonstrating imagination, resilience, and positive contributions within a global learning community. It also reinforced the school's commitment to valuing every learner's individual potential and celebrating inclusive partnerships that extend beyond national boundaries.

Likewise, the journey strongly embodied our school's Vision of developing generations of lifelong learners striving for academic

excellence, social responsibility, nation-building, and global fraternization. By participating in an internationally recognized STEAM and Robotics program, our learners were not only challenged academically but also encouraged to become responsible global citizens capable of leading with innovation, collaboration, and compassion. The diverse educational environment at the Asian Institute of Technology reflected the type of liberal and globally connected learning experiences that prepare students to realize their full potential as future national and international leaders.

For Swostishree Gurukul, participation in such international programs is not an extracurricular privilege—it is an extension of our educational philosophy. As an IB World School, we are committed to providing learning experiences that foster inquiry, encourage meaningful action, and cultivate internationally minded individuals who are prepared to address the challenges of an increasingly interconnected world. Programs like the GEIST International Olympiad empower students to bridge the gap between theory and practice while developing the adaptability, confidence, and leadership skills essential for the future.



STUDENT REFLECTIONS – THAILAND STEAM & ROBOTICS EDUCATIONAL VISIT



Viaan Modi – MYP I

My educational visit to Thailand was a wonderful experience filled with learning, cultural exchange, and personal growth. Visiting the Asian Institute of Technology (AIT) introduced me to new opportunities and inspired me to think beyond boundaries. Experiencing Thailand's culture and meeting people from different backgrounds taught me resilience, adaptability, and confidence. I am sincerely grateful to my teachers and Swostishree Gurukul for making this unforgettable journey possible.



Seaona Shakya – MYP II

The STEAM Geist Program in Thailand was an exciting journey that combined education with adventure. Participating in hands-on STEAM activities helped me improve my creativity, teamwork, and problem-solving skills. Exploring Dream World and the vibrant night market allowed me to experience Thailand's culture while creating wonderful memories. This trip was both enjoyable and inspiring, and I will always cherish it.



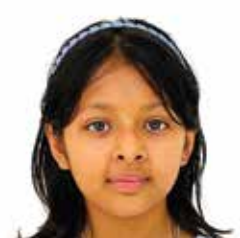
Jaishree Shrestha – MYP II

My visit to Thailand was an inspiring learning experience. Exploring the Asian Institute of Technology (AIT) introduced me to innovations in technology, engineering, and robotics, motivating me to learn more about STEM. Meeting students from different countries broadened my perspective and made the journey even more meaningful. This experience strengthened my curiosity, confidence, and appreciation for global learning.



Advika Aryal – MYP I

My trip to Thailand was filled with learning, adventure, and unforgettable experiences. Participating in the STEAM, Mathematics, and Robotics Olympiad helped me gain new knowledge and confidence. One of my favourite moments was learning to fly a drone, which made the experience even more exciting. Although I did not win, I returned with valuable lessons, greater determination, and wonderful memories. I am thankful to my school for providing this opportunity.



Diva Thapa – MYP I

Participating in an international competition in Thailand was a rewarding experience that allowed me to represent my school with pride. Meeting students from different countries helped me appreciate cultural diversity while developing confidence and teamwork. Visiting Dream World added excitement and joy to the trip, making it a perfect combination of learning and adventure. This journey will always remain one of my most memorable experiences.



Pratyush Ghiraiya – MYP I

The educational trip to Thailand was one of the most valuable learning experiences of my school life. Representing my school at the GEIST competition taught me confidence, teamwork, discipline, and the importance of continuous improvement. Learning about Thai culture and interacting with students from different countries broadened my perspective and encouraged me to embrace diversity. This journey inspired me to aim higher in both my academic and personal growth.



Florence Karki – MYP II

Representing Nepal at the GEIST STEAM and Robotics Olympiad in Thailand was a proud and unforgettable experience. Competing alongside talented students from different countries helped me develop teamwork, creativity, and confidence. Building friendships across cultures and exchanging ideas made the journey even more meaningful. This opportunity strengthened my passion for STEAM and inspired me to continue learning and innovating.



Praashya Pangeni – MYP I

Our educational trip to Thailand was a perfect balance of learning, teamwork, and fun. Participating in the international competition gave me the confidence to challenge myself while proudly representing my school. Visiting Dream World also showed me how science, engineering, and creativity come together in everyday life. This journey taught me that learning extends beyond the classroom and helped me build stronger friendships and lasting memories.



Yuvaragyi Khatri – MYP II

My one-week educational visit to Thailand was an unforgettable experience that helped me grow both academically and personally. Meeting students from different countries, exchanging souvenirs, and learning about new cultures made the trip truly special. Exploring Bangkok and participating in the STEAM program also helped me become more confident, independent, and open to new experiences. I will always cherish the friendships and memories I made during this journey.



Mrinal Shrestha – MYP II

The AIT STEAM Camp and educational visit to Bangkok provided me with an inspiring blend of learning and cultural exploration. Through coding, robotics, and problem-solving activities, I developed valuable skills while building confidence and teamwork. Visiting cultural sites, enjoying the dinner cruise, and exploring Bangkok's attractions made the experience even more memorable. This journey motivated me to continue learning, exploring new opportunities, and challenging myself in the future.



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STARTER.

What makes a family feel emotionally safe?

Seema Golcha

Ventriloquist | Comedian |
TEDx speaker | Toastmaster

You feel emotionally safe when you know you will not be judged. I try to create an environment at home where my kids can come to my husband or me with their issues without any fear of being ridiculed, rejected or judged. And I feel that creates room for vulnerability, trust and openness in the family. We have a more “ok, now what.. how can we resolve this” kind of approach rather than blaming or brooding over things.

So, a non-judgmental environment makes a family feel emotionally safe.



Oshima Banu

Founder:
@houseoffashionnepal

To me, a family feels emotionally safe when love is unconditional, communication is honest, and everyone feels heard without fear of judgment. It's a place where mistakes are met with understanding, differences are respected, and support is given through both good and difficult times. Emotional safety isn't about having a perfect family, it's about creating an environment where each person feels valued, accepted, and free to be themselves. When trust, kindness, and respect are present, a family becomes a true source of strength and belonging.

Dolly Yakthumba

First Female Television
Model | Pioneering
Supermodel

What makes my family feel emotionally safe is knowing that we can be ourselves without fear of judgment.

We listen to each other, speak with kindness, and respect one another even when we disagree. Spending quality time together, sharing meals, checking in during difficult days, and celebrating small moments create trust and connection.

Emotional safety also comes from feeling supported, valued, and knowing that home is a place of comfort, understanding, and love.

For me, being present, showing care, and creating peace in our home makes our family feel secure and connected.



Pooja Giree

Commercial Model |
Wedding Planner

To me, a family feels emotionally safe when everyone feels accepted for who they are, without the fear of being judged or misunderstood. It is a place where love, respect, and open conversations are always welcomed, even during life's difficult moments. I believe emotional safety grows through trust, patience, and simply being there for one another in both joyful and challenging times. When home feels like a place where your heart is understood, it becomes a space where everyone feels valued, supported, and free to grow together.

Ekadashi

THE INTELLIGENCE OF GIVING THE BODY A BREAK

According to Sadhguru, Ekadashi fasting aligns with the body's natural cycles, giving the digestive system a chance to rest, renew, and restore vitality. Beyond its physical benefits, mindful fasting cultivates greater awareness, inner balance, and the clarity needed to deepen one's spiritual journey.

By Sadhguru



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.

SADHGURU: EVERY forty to forty-eight days, the system goes through a certain cycle. During each cycle, there are three days when the body naturally does not need food. If you give it this break, it is immensely beneficial for your health and the way your body functions. It can even carry you into completely different dimensions of experience and living.

If you observe the natural rhythm of the body, you will notice what is called a mandala, a cycle that spans roughly forty to forty-eight days. Within every one of these cycles, there are three days when the body naturally does not require food. If you are deeply aware of how your body functions, you will recognize those days. Without any effort or struggle, you can simply go without food because the body itself does not ask for it.

For those who are not yet sensitive to these natural rhythms, the traditions established Ekadashi. Falling four days before the full moon and four days before the new moon, Ekadashi is observed by abstaining from food during the day. Traditionally, one skips breakfast and lunch, eating only a single meal after sunset. This practice is intended to allow the system to realign and restore itself.

➔ Every forty to forty-eight days, there are three days when the body naturally does not need food. If you give it this break, it is immensely beneficial for your health and the way your body functions.

Giving the body this periodic break is extremely beneficial. The digestive system works tirelessly every day, processing meal after meal. Allowing it some rest enables the body to recalibrate and function more efficiently. If complete fasting is not possible, even consuming something lighter, such as fresh juices or easily digestible foods, can offer significant relief. Your body will undoubtedly be grateful. Constantly loading it with cooked food without pause is simply not the most supportive way to maintain its vitality.

The Spiritual Significance of Fasting

The spiritual value of fasting lies in its ability to cleanse and energize the system. If your body lacks vibrancy, spiritual pursuits naturally become difficult because lethargy takes over. For a meditator, one of the greatest obstacles is sleep. To sit with your eyes closed while remaining completely alert requires a certain level of inner vitality. Most people, however, close their eyes only to drift into sleep.

This is why yogic traditions pay close attention to how we eat, what we eat, and how much we eat. These practices are not spiritual in themselves. Rather, they create the kind of body that supports spiritual growth.

If your body feels dull and sluggish, someone may speak to you about enlightenment, and your response will simply be, "So what?" But when the body is vibrant, alert, and free from discomfort, it becomes possible to seek something beyond physical existence.

Imagine your leg is in intense pain, and suddenly God appears before you. What would you ask for? Most likely, you would ask for the pain to disappear. The body has that much power over your awareness. Unless it is kept reasonably comfortable and healthy, it dominates every aspect of your attention.

That is why maintaining a pure, healthy body is so important. Otherwise, the body becomes the central force in your life, preventing you from looking beyond its immediate demands. Even severe pain in a little finger can completely consume your attention, leaving no space for meditation, self-discovery, or spiritual exploration.

Fasting, therefore, is simply one way of giving the body the opportunity to recover its natural vibrancy instead of constantly remaining burdened by digestion.

The Importance of Space Between Meals

Even if you do not fast, creating sufficient time between meals serves a similar purpose. Ideally, there should be eight hours between one meal and the next. If that is not possible, there should be at least a five-hour gap.

You should experience genuine hunger before

eating again. When food is consumed before the previous meal has been fully processed, the body gradually becomes lethargic and loses its natural vibrancy.

When I speak of vibrancy, I do not merely mean being awake. Every human being exists at a different level of vitality and inner experience. We may eat the same food, breathe the same air, and live in the same environment, yet our experience of life can be profoundly different.

The state of experience available within a vibrant human system is beyond comparison. No external possession can equal it. Such an experience is not reserved for a select few; it is available to every human being. It simply requires the necessary attention and the willingness to care for the body in the right way.

Human vibrancy has many dimensions. When nurtured properly, it can open entirely new possibilities of experience and living.

Ultimately, keeping the body well is a fundamental requirement. You do not have to become a great athlete. You simply need to cultivate enough ease that you can sit comfortably for a few hours without being disturbed by pain, a bursting bladder, an empty stomach, or constant physical discomfort.

When the body is at ease, it no longer demands your constant attention. Only then does it truly allow you to explore something greater than itself.

Things we're loving this SHRAWAN

This Shrawan, we're embracing products that nourish the body, soothe the senses, and make everyday rituals feel a little more mindful. From gut-friendly kombucha to handcrafted skincare essentials, these thoughtful finds bring together wellness, self-care, and a touch of indulgence for the season.



Vanilla-Lilac Felt Soap

Vanilla-Lilac Felt Soap is a handcrafted cleansing bar wrapped in natural felt and infused with the comforting aroma of vanilla and delicate floral notes of lilac. Made with nourishing plant oils and turmeric powder, it gently cleanses the skin while providing a luxurious bathing experience. The felt layer offers mild exfoliation and helps the soap last longer.

Available at: Farm Shop
Nepal



Waah Kombucha

Meet Waah Kombucha, a refreshing, tea-based probiotic drink made with jaggery, crafted to keep your gut happy. Healthy, non-alcoholic, and bursting with Lemongrass Ginger flavor. Finally, a healthy beverage that tastes sooooo good!

Available at: Nepal Tea Collective



Mandala Cone Incense Holder

Elevate your daily rituals with this handcrafted brass incense holder which is functional & elegant.

Available at: Né Nepal

Three Amulets Necklace

Inspired by traditional protective amulets, this handcrafted necklace represents strength, heritage, and personal meaning through timeless design.

Available at: Né Nepal



Coffee Caramel Body Scrub

The Coffee Caramel Body Scrub is a skincare product that blends coffee and caramel to care for your skin. It works by gently scrubbing away dead skin to reveal a smoother, brighter complexion while also moisturizing and softening your skin. Its formula is also intended to help reduce the appearance of cellulite and bumps for a healthier, glowing look.

Available at: Farm Shop Nepal



Aloft at Seven

From international recognition to meaningful community initiatives, Aloft Kathmandu Thamel marks seven years of growth. We speak with General Manager Vikram Singh about the journey and what's next.

Looking back, what are the moments that have defined the hotel's journey?

Seven years is a truly significant milestone, and it has been an incredible journey filled with growth, resilience, learning, and continuous innovation. What makes me most proud is that Aloft Kathmandu Thamel has evolved from a new property into a well-established lifestyle destination in the heart of Thamel, a place where both international travellers and the local community come together to enjoy great hospitality, music, food, and culture. We grew Thamel in that sense and now Thamel grows us

Key milestones that define our journey include successfully navigating one of the most challenging periods in the hospitality industry and emerging stronger, consistently ranking at the top of our competitive set in ADR and RevPAR performance, and earning



prestigious international recognitions

Most importantly, we have built genuine, lasting relationships with our guests, many of whom return year after year and now consider Aloft their home away from home.

How has the hotel evolved to meet the

changing expectations of guests?

Guest expectations have evolved tremendously over the past seven years, and we have continuously adapted to stay relevant and meaningful. Today's travelers, whether families, leisure guests, or local community members, seek more than just a place to sleep, they look for comfort, authentic experiences,

convenience, and spaces where they can connect and create memories.

We have responded by refreshing our offerings on multiple fronts. For families, we have introduced more engaging activities, comfortable family rooms, and kid-friendly experiences. Leisure travelers now enjoy authentic local cultural touches, rooftop relaxation, and seamless service. For the local community, we have created vibrant spaces for events, celebrations, and networking.

Our evolution also includes significant investment in technology for a smoother digital guest journey, personalized services, and wellness initiatives.

How has Aloft Kathmandu contributed to Nepal's tourism and hospitality landscape during these seven years?



We along with our Chairman Mr. Prithvi Pande and Board strongly believe that true hospitality extends far beyond the walls of our hotel. Over the past seven years, Aloft Kathmandu Thamel has actively showcased local culture, supported Nepali artists, musicians, chefs, and entrepreneurs, and collaborated with local businesses to create meaningful economic impact in Thamel and beyond.

On the CSR front, we have taken a broad and balanced approach, supporting causes across Animal Welfare, Old Age Homes, Orphanages, Women Empowerment, and Community Welfare programs.

We are also the first branded hotel to get the ISO14001:2015 and Waste Smart Certificate, which means most of our waste is recycled and regenerated Ethically with Professional partners in Nepal.

As General Manager, what has been your greatest learning from leading Aloft Kathmandu through both challenges and achievements?

Leading Aloft Kathmandu Thamel for seven years has been one of the most rewarding experiences of my career. The greatest learning for me has been that people will always be the heart of hospitality. No matter how advanced the facilities or technology become, it is the passion, resilience, empathy, and commitment of our associates that truly define a hotel's success and guest satisfaction.

The past several years, have taught me the importance of staying agile, embracing innovation, and always listening carefully to both our guests and our team. Every challenge has presented an opportunity to improve, and every success has reminded us never to become complacent.

As you celebrate this anniversary, what new experiences, innovations, or guest offerings can visitors look forward to in the coming years?

We are very excited about the future of Aloft by Marriott, Kathmandu Thamel. The coming years will bring fresh energy and new experiences as we continue to evolve with the needs of modern travelers. Guests can look forward to enhanced dining concepts, more engaging lifestyle events, expanded wellness and fitness programs, and greater use of technology for seamless personalization and convenience.

Additionally, we are pleased to announce that we shall now become a Coca-Cola Beverages hotel, bringing an even more refreshing and vibrant touch to our guest experience.

Any message to smart families who might

be looking forward to visiting Aloft? What have you imagined to celebrate 7 years?

To all the smart families who choose to stay with us, thank you for being such an important part of our journey over the past seven years.

For our seventh anniversary, we are embracing the joyful and playful spirit of turning seven. Throughout the celebration period, we have planned a series of fun, family-oriented experiences, interactive games, creative activities for children, nostalgic treats, live entertainment, special culinary offerings, exciting giveaways, and many delightful surprises that bring out the child in all of us.

We look forward to creating many more beautiful memories with you and your families, and to continuing to be a warm, vibrant place to celebrate life's special moments.

A SACRED JOURNEY OF
SPIRITUALITY,
FASTING &
FEMININE
ENERGY

Shrawan and Ekadashi offer an opportunity to nourish both body and spirit through mindful fasting, self-reflection, and spiritual practices. By embracing these traditions with awareness, individuals can cultivate inner peace, feminine energy, emotional balance, and holistic well-being while celebrating the rich cultural heritage of the season.

By Kiran Karki Silwal

IN TODAY'S fast-paced world, many people misunderstand the meaning of wealth. We often believe wealth is something we acquire from outside money, possessions, status, or achievements. Yet true wealth lies within. One simple way to understand the state of our inner world is to observe our health. The number of medicines we consume daily often reflects the condition of our body, mind, and lifestyle. Life is constantly whispering messages to us through our emotions, energy levels, relationships, and health. Unfortunately, many of us ignore these whispers until they become loud enough to hit us like a brick. Spirituality is the art of listening to those whispers every day and living with awareness. Many people associate spirituality solely with religion, rituals, or visiting temples. While these practices may support one's spiritual journey, spirituality itself is much simpler and more profound. It is about entering the vast inner space that has often been neglected for years. It is about reconnecting with ourselves and becoming conscious of how we think, feel, and live. If you want to observe some bodily changes, you can fast on the next Ekadashi, which falls on July 10 2026, known as "Yogini Ekadashi"

➔ By eating less, we become more receptive to our spiritual nature and qualities often associated with feminine energy: receptivity, intuition, patience, compassion, and inner strength.



It is observed to purify the physical body and cleanse the soul from past negative karma.

There are many ways to begin a spiritual journey, but one of the simplest and most powerful practices is fasting on Ekadashi.

Ekadashi

Ekadashi occurs on the eleventh day after both the new moon and full moon. For centuries, yogic traditions have recommended fasting on this day as a way to support both physical well-being and spiritual growth. At its simplest, fasting means giving the stomach a break and allowing the digestive system to rest. However, the deeper purpose of fasting extends far beyond food. Yogi and mystic Sadhguru explains that Ekadashi is not merely about skipping meals; it is about creating space for silence, awareness, and inner connection. By eating less, we become more receptive to our spiritual



nature and qualities often associated with feminine energy: receptivity, intuition, patience, compassion, and inner strength. True fasting is not only about abstaining from food. It is also about fasting from negativity, unnecessary distractions, anger, resentment, and unconscious living.

Why Shrawan Is Considered Spiritually Significant?

The month of Shrawan is regarded as one of the most sacred periods in the Hindu calendar. It is a time when many devotees dedicate themselves to prayer,



meditation, fasting, and self-reflection. The season invites us to slow down, reset our routines, and reconnect with the divine. Shrawan offers a unique opportunity to cleanse not only the body but also the mind and spirit.

Spiritual Benefits of Fasting During Shrawan

Strengthening the Connection with the Divine: Fasting is an act of devotion and surrender. By consciously reducing physical indulgences, we redirect our energy toward prayer, meditation, chanting, and self-reflection.

Purification of Mind and Body: Ancient traditions describe fasting as a practice that helps cleanse both the physical body and negative

emotional patterns such as anger, greed, attachment, and ego.

Cultivating Self-Discipline Fasting teaches restraint and mindfulness. It reminds us that lasting fulfilment comes not only from external comforts but also from inner peace and awareness.

Awakening Feminine Energy: Shrawan nurtures qualities commonly associated with feminine energy, intuition, patience, compassion, receptivity, creativity, and nurturing. Through spiritual practices, we create space to connect with our inner wisdom.

Health Benefits of Mindful Fasting

When practiced safely and with proper nutrition, fasting during Shrawan may offer several health benefits.

Gives the Digestive

System Rest : Constant eating requires continuous digestive activity. Periodic fasting allows the digestive system to slow down and recover.

Encourages Mindful

Eating: Fasting often makes people more conscious of their food choices, encouraging simpler and lighter meals while reducing processed foods.

Supports Metabolic:

Health Research suggests that short-term fasting may improve insulin sensitivity and help the body utilize stored energy more efficiently.

Reduces Overeating:

Fasting can help individuals distinguish genuine hunger from emotional or habitual eating patterns.

Promotes Mental Clarity:

Many people report feeling lighter, calmer, and more focused during periods of mindful fasting and spiritual practice.

Celebrating Shrawan: Culture, Tradition, and Joy

Shrawan is not only a month of devotion; it is also a vibrant celebration of culture, community, and womanhood, especially in Nepal and India. During Shrawan, married and unmarried women often adorn themselves with: Green Bangles (Chura) – Symbolising prosperity, fertility, growth, harmony, and new beginnings. Yellow and Green Attire – Representing positivity,

wisdom, blessings, abundance, and spiritual energy. Mehendi (Henna) – A symbol of beauty, joy, femininity, celebration, and auspiciousness. Women gather with friends and family, apply mehendi, wear colourful clothing, visit temples, sing devotional songs, and celebrate the sacred energy of the season. These traditions foster connection, gratitude, and collective joy.

The Deeper Message of Shrawan reminds us that spirituality does not have to be separate from everyday life. It is not confined to temples, rituals, or religious practices. Spirituality can be found in conscious eating, mindful living, gratitude, self-reflection, and meaningful relationships. Through fasting, prayer, colours, traditions, and celebration, Shrawan teaches us to honour both the sacred and the joyful aspects of life. Perhaps the greatest wealth we can cultivate is not found in our bank accounts but within ourselves: a peaceful mind, a healthy body, an open heart, and a deep connection to life.



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

A Morning at Dhulikhel Lodge Resort

WHERE THE HIMALAYAS EXHALE



There is a particular silence that exists only above 1,500 metres, thin, clean, unhurried. At Dhulikhel Lodge Resort, perched on a forested ridge in Kavrepalanchowk, this silence arrives with the first blue light over the Himalayan range and settles into the pine-scented air, staying with guests long after they've left.

Rooms open onto sweeping mountain views, from Deluxe Couple Rooms to Signature Suites, each designed to let the peaks do the talking. Mornings often begin with guided yoga

overlooking the ridgeline, followed by an unhurried breakfast while forest trails invite guests to walk their thoughts into order, or simply sit still as the hills change colour for hours.

What sets the resort apart is its rootedness in Kavre itself: local produce, local craft, and the easy warmth of a region that has welcomed travellers to its ridgelines for generations. Close enough to Kathmandu for a weekend, far enough to feel like a genuine departure, Dhulikhel Lodge Resort offers travellers something rare, permission to simply be still.





Matya

THE FESTIVAL OF LIGHT & COLLECTIVE HEALING

Every year, in the ancient city of Patan, thousands of ordinary families do something extraordinary: they walk together through grief, into light. What the world calls a festival, they call "going on."

Compiled & Written By Malika Joshi

On the lunar month, 'Gunla', falling under the Nepali month Shrawan (late August), alleys of Patan starts buzzing earlier than it already does. At 4 am while half the city remain asleep, other half of the city comes together for the communal festival. People gather together, thousands of them, carrying oil lamps, incense sticks, flowers, and small pouches of rice and coins. Some carrying the fresh, still-tender weight of losing someone from their family.

This is Matya, few of the oldest living Buddhist processions in Patan and Bungamati, and perhaps the most quietly profound festival you might have never heard of.

It falls on the day after Gai Jatra each year. The people gathered together for the walk visits almost 2000 Buddhist shrines, stupas,

chaityas, and bahals spread across Patan's streets. It begins before dawn and ends well into the evening. The festival is grounded in the centre philosophy and purpose of communal greiving.

The Story Behind Matya

According to a popular Buddhist legend, there once lived a powerful king who was ruthless and took pleasure in hunting and killing animals. His queen, however, was deeply compassionate and devoted to the teachings of peace and non-violence. She repeatedly urged the king to abandon his violent ways and live a life of compassion, but he refused.

After both eventually died, their karma led them to very different rebirths. The queen was reborn as a virtuous young woman named

Sulakshyana, while the king, because of the suffering he had inflicted on animals, was reborn as a buffalo, known as Shringaketu.

Through her spiritual insight, Sulakshyana recognized that the buffalo was her husband from a previous life. She brought him home, cared for him with great love, and devoted herself to his well-being. One day, however, the buffalo was killed by wild animals, leaving behind only his bones and horns.

Following the guidance of a Bodhisattva, Sulakshyana collected the buffalo's remains and built a chibaha (small Buddhist shrine) to preserve and honor them. One horn was built into the gajur (the pinnacle of the chaitya), while the other was transformed into a musical instrument known as the Neku, a buffalo horn trumpet. She regularly

circumambulated the chaitya and blowed the horn as an act of remembrance and devotion.

Inspired by this profound act of compassion and memorial worship, King Balarchan Dev is believed to have institutionalized the practice as an annual religious procession. This tradition eventually evolved into Neku Matya Jatra, during which devotees visit hundreds of chaityas across Patan while buffalo horns are sounded in memory of the departed and in pursuit of spiritual merit.

Another story traces Matya to the moment after Siddhartha Gautama attained enlightenment. Having failed to distract him with fear, temptation, and illusion, the Maras repented and returned carrying lamps as offerings of reverence. This act of humility gave Mataya its identity as the



CAN VISITORS AND NON-BUDDHISTS PARTICIPATE IN MATYA?

Yes. Matya is a communal procession and observers are welcome to walk alongside or watch from the lanes. You are not expected to make offerings or prayers unless you wish to. Dress modestly and follow the lead of the crowd.

IS MATYA THE SAME AS THE FESTIVAL WITH THE COW PARADE (GAI JATRA)?

No! though they are connected. Gai Jatra falls one day before Matya and involves processions of cows (or boys dressed as cows), also honouring those who have died. Matya is specifically the Buddhist lamp-lit pilgrimage that follows it. Together, the two festivals form a related period of communal remembrance.

WHAT SHOULD A FAMILY PACK OR PREPARE IF ATTENDING?

Comfortable walking shoes are essential, the route spans 12 hours and many kilometres of uneven stone lanes. Carry water and light snacks. Since Matya falls during the monsoon season (August), rain gear is important. If you wish to participate in offerings, small coins, flowers, or incense sticks are appropriate.

Festival of Lights, where the lamps symbolize not triumph over others, but the journey from ignorance to awakening. Even today, the procession reflects this story through its vibrant cast of lakhey dancers, masked performers, and figures representing the very Maras who once sought to break the Buddha's meditation.

The Other Part of The Story

Beyond celebrating Buddha's attainment of Nirvana and triumph over temptation, there's something more to the festival. Something that's sadistic but also festive.

In Newari culture, if any family members death has been experienced, the rest of the family refrain from celebrating any festivals for a year. However, in Matya, those families who have lost someone, join the festive procession and carry lit candles and torches throughout the procession. They stop at every shrine to offer prayers for the departed soul. They walk the entire circuit, all of Patan as an act of love and spiritual escort for the one who has gone.

There is a wisdom here that modern cultures have largely lost. We tend to treat grief as a private matter, something to be managed quietly and resolved quickly. Matya does the opposite. It brings together all the grieving families to come together and see the light and accept impermanence (Anitya).

When our loved one passed, we are in deep sadness, but being in sadness for

Matya at a Glance

WHAT IT IS	A Buddhist procession honouring the dead and celebrating the Buddha's enlightenment
WHERE	Patan (Lalitpur), Bungamati
WHEN	Day after Gai Jatra, Shrawan (typically August)
DURATION	Dawn (~4 AM) to evening, a full 12+ hour walk
SHRINES VISITED	1500+ Buddhist shrines, stupas, chaityas, and bahals
KEY PARTICIPANTS	Anyone; especially families who lost a member in the past year
OFFERINGS MADE	Oil lamps, rice, vermilion, flowers, incense, coins, sweets
PERFORMERS	Laakhe (devil dancers), Mara mask-wearers, traditional Newar musicians

the whole life is also not a life itself. So, we have to move on with the flow of life. While you step outside for Matya, you'll meet hundreds of others who are going through grief like you are. Obviously, this does not mean you are completely moving on and you should be okay because others are grieving too, but you move with lighter heart and accept the nature of life. In the middle, you will see the comic characters who try to make you laugh from their comic get-ups. That is the design. Grief and laughter. Solemnity and silliness. The Maras in their comic costumes is not interrupting the mourning but giving you happiness even for a brief moment.

The Walk

The procession starts by guruju's worshipping the chibaha's, they are often the ones who lead the way. The procession begins formally at around 4 AM at the shrines marked during Bogiwonegu (a prior ritual mapping of the route). It moves through Patan's neighbourhoods, threading

into bahals (the ancient courtyard complexes that are the heartbeat of Newar Buddhist community life). These bahals are not tourist attractions. Many are accessible only on foot, known only to those who live nearby.

Traditional Newar musicians accompany the procession at intervals. The sound of Neku, Dhimey, ensembles and devotional singing fills the narrow lanes. The air smells of incense, marigold, and lamp oil. At each shrine, offerings are made: rice grains, vermilion, flowers, sweets, coins.

Matya is an act of extraordinary endurance. It can take twelve hours or more. Some families, after completing the Patan circuit, make additional visits, a day later, to Swayambhunath, Badegaun and Bungamati.

What Families Can Learn from Matya

First of all Matya teaches us that grief can be shared to the community, not



just within the bereaved. Modern families often struggle to know what to say or do after a loss. Matya answers that question with a walk where community gets involved and other similar families are introduced. Matya sometimes offers a space to come out of grieving process. It reminds us, healing does not require erasing sorrow, sometimes it simply requires accompany. Being surrounded by people who are going through the same journey as you are and who understands the emotion you're feeling helps us be vulnerable and accept the reality as well as ease the pain. We can't 'cancel' grief but we can accept, heal and move forward. Matya helps us do the same.

Secondly, the comic Mara dancers are a great spiritual teachers too. They appear in the procession, specifically to coax smiles from people who are mourning. This is not irreverence but one of the most compassionate acts in the entire festival. Joy and grief acts as companions. We will always miss our deceased members but that does not mean you never experience joy ever.

Lastly, it reminds us that life's greatest battles are often internal. Peace is achieved not by defeating others, but by mastering our own fears, desires, and distractions.

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PARENTING.

A young girl with brown hair, wearing a pink long-sleeved shirt, is holding a pair of pink and white striped socks. The socks have a small white animal design on them. She is standing next to a pregnant woman who is wearing a white dress with black polka dots. The woman's belly is visible, and the girl is holding the socks against it. The background is a soft, out-of-focus yellow.

What Every
Parent Overlooks
Before Welcoming
a Second Child

THE INVISIBLE PREPARATION

While preparing for a second child is we mostly focus on welcoming a new baby but we should also protect the emotional security of the firstborn. By validating feelings, maintaining connection, and reassuring them of their place in the family, parents can nurture resilience and foster a loving sibling bond while also making the first born loved and considered.

By Priyanka Chaguthi

Mommy, when the baby comes... will you still sleep beside me?"

The room fell silent.

A four-year-old little girl stood beside her mother, gently holding a tiny pair of newborn socks they had just bought. Everyone in the store was excited about the new baby. Grandparents were discussing names, relatives were making plans, and parents were busy preparing the nursery.

But her question wasn't about the baby. It was about her place in the family. She wasn't worried about becoming a big sister. She was worried about becoming less of a daughter.

As a Parenting coach and Early Childhood Educator, I have seen this moment unfold in countless families. Sometimes the fear is

spoken aloud. More often, it appears as tantrums, clinginess, aggression, sudden baby talk, refusal to go to school, or tears over seemingly small things.

Adults celebrate the arrival of a new family member. Children quietly wonder, "Will there still be enough love left for me?" The answer, of course, is yes.

But children don't feel secure because we say it once. They feel secure because we intentionally prepare their hearts for one of the biggest emotional transitions of childhood.

More Than Preparing a Sibling, Preparing a Human Being
Many parents focus on preparing their firstborn to become a "good older brother" or a "responsible big sister."

But perhaps we should ask a different question:

How can we help our child become emotionally resilient enough to embrace change, express difficult feelings, and still feel deeply loved?

Because resilience isn't about never feeling jealous. It is about knowing that even when life changes, our place in the family never does.

The World They Know Is About to Change

For years, your firstborn has been the center of your attention. Every hug, every bedtime story, every family outing has revolved around them. Then suddenly, conversations shift. People touch Mom's belly before greeting the child. Visitors arrive carrying gifts for the baby. Parents become tired,

busy, and distracted. To adults, these changes are temporary. To a child, they can feel like losing the world they know. This is why preparation should begin long before labor begins.

Build Security Before You Build Excitement

Instead of constantly saying, "You're going to be such a big brother!" or "You have to help Mommy now," focus on strengthening their sense of belonging.

Tell them

"You will always be my first baby."

"Our family is growing, but my love for you is growing too."

"Nothing can ever replace your place in my heart."

Children don't need promises that the baby will be their best friend. They need reassurance that they will never lose their parents.

Teach Feelings, Not Just Good Behaviour

One of the biggest mistakes parents make is expecting only positive emotions. We celebrate excitement but discourage jealousy. We praise sharing but criticize possessiveness. Yet every emotion has a purpose.

Instead of saying, "Don't be jealous.", try saying, "It's okay to miss having Mommy all to yourself." Instead of, "Big girls don't cry," say, "It looks like you're feeling sad. Tell me about it."

Children who can name their emotions are far more likely to regulate them. Suppressing feelings creates behaviour problems. Understanding feelings builds resilience.

Involve Them Without Giving Them a Job

Children love feeling important.

Invite them to:

- Choose a baby blanket.
- Read stories to the baby bump.
- Help organize tiny clothes.
- Draw a picture for the nursery.
- Pick a lullaby.

These small moments create ownership and connection.

But remember, your firstborn is becoming a sibling not a caregiver.



One of the biggest mistakes parents make is expecting only positive emotions. We celebrate excitement but discourage jealousy. We praise sharing but criticize possessiveness. Yet every emotion has a purpose.

They should never feel responsible for a parent's stress or the baby's needs.

Protect the Relationship They Already Have With You

The most valuable preparation isn't buying sibling books or practicing diaper changes. It's protecting your connection. Even ten to fifteen minutes of uninterrupted one-on-one time every day sends a powerful message: "No matter how busy life gets, I still choose you."

No phones.
No chores.
No baby conversations.
Just presence.
Children don't remember how many toys they had.

They remember how safe they felt with the people they loved.

Expect Regression and Respond With Compassion

Your independent child may suddenly ask for a bottle. Your confident preschooler may want to be carried. Your toilet-trained child may have accidents again. Regression

isn't manipulation. It's communication. The best response isn't correction. It's connection. Because once children feel emotionally safe again, they naturally move forward.

Your Child Is Watching More Than Listening

Children learn resilience by observing how adults handle change. If parents acknowledge emotions, apologize after mistakes, stay calm during conflict, and ask for help when overwhelmed, children begin to understand that difficult feelings are manageable not dangerous. Your emotional regulation becomes your child's emotional education.

The Greatest Gift You Can Give Both Children

Years from now, your children may not remember the baby shower, the nursery theme, or the first family photograph. But they will remember how they felt. One will remember whether they entered the world feeling welcomed. The other will remember whether they felt forgotten. As parents, our goal is not to eliminate

jealousy or create perfect sibling relationships. Our goal is to create emotional safety strong enough that children can experience change without questioning their worth. Because a firstborn who feels secure doesn't see a new baby as competition. They see a new person to love.

And perhaps that is the most beautiful lesson we can teach that love is not a limited resource. It expands, deepens, and multiplies with every embrace.

Before you prepare a room for your second baby, prepare the heart of your first. The foundation you build today will shape not only their sibling bond but also the resilient, compassionate adult they become tomorrow.



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

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BREAKING THE Cycle

HOW HEALING YOUR INNER CHILD TRANSFORMS YOUR PARENTING

THE GLASS SHATTERS. Milk spills across the kitchen table, dripping onto the floor. A child freezes, eyes wide with fear. Before they can even apologize, you lose your temper: "What is wrong with you? Can't you be more careful?" Then, after a moment, the guilt hits.

If this sounds familiar, take a breath, you aren't a bad parent. As Cecile David-Weill suggests in *Parents Under the Influence*, parental behavior struggles stem from unresolved childhood emotions and trauma, rather than a lack of knowledge.

Honoring Our Roots While Analyzing Our Pain

If we want to raise resilient, emotional secure children, we must dive into the stories, wounds, and beliefs we're still carrying inside us. This means shifting our focus from simply managing our children's behavior to understanding our own emotional reactions.

Inner child, it sounds a bit abstract, but it simply refers to the emotional parts of us that holds the memories formed during childhood. Obviously, we aren't stuck in our past but our past undeniably influences how we respond in the present.

Years later, when our own child cries after a disagreement with friends, they may feel impatient or uncomfortable. The child's emotions are not the problem. The discomfort often comes from a nervous system that never learned how to sit with emotional distress. According to the Theory of Intergenerational Transmission of Trauma, unhealed emotional wounds can become psychological blueprints that are unconsciously passed from one generation to the next.

When Old Wounds Wear New Masks

Perhaps you grew up in a family where survival and responsibility came before emotional connection.

Our reactions as parents could often signal the unresolved childhood experiences and inherited emotional patterns. By recognizing and healing our inner child, we can break cycles of fear and shame, respond with greater compassion, and create emotionally secure relationships with our children.

By Pratima Lama

Your parents worked hard to provide food, education, and security, but conversations about feelings or personal struggles were rare.

Now, as a parent, you might find yourself longing for validation from your children, feeling deeply hurt when they seem distant, or becoming overly invested in their approval. Alternatively, you might overcompensate by flooding your children with constant

praise and over-articulating your feelings toward them.

In Attachment Theory by John Bowlby, describes a related pattern called inverted attachment. When our own childhood emotional cups are left empty, we may unconsciously expect our children to fill them. Whether we crave their constant approval or overwhelm them with excessive praise, the reality is the same: the child within you is still searching for the



emotional recognition they once missed, inadvertently placing the heavy burden of your healing onto your child's shoulders.

These experiences are not the result of bad parenting. Instead, they are often the legacy of generations who faced economic hardship, strict social expectations, limited mental health awareness, and the deep-rooted belief that rigidity builds character.

When old wounds wear new masks, a fear of failure transforms into rigid perfectionism toward a child. A toddler's defiance may awaken memories of feeling powerless or unheard. A teenager's disappointment may trigger our own feelings of inadequacy. Even a child's growing independence can stir fears of rejection or abandonment.

When we recognize these connections, the question

changes. Instead of asking, "What is wrong with my child?" we begin asking, "What is this situation awakening in me?" That shift can transform parenting.

Recognizing the Signs

So, how do you know if your inner child is asking for attention?

- You are easily triggered: Minor incidents with your child spark intense, explosive emotional reactions.
- You struggle with self-worth: You constantly question whether you are a good enough parent.
- You find it hard to set boundaries: Saying "no" feels impossible, causing you to swing erratically between permissive and rigid parenting.
- You fear abandonment: Your child's independence feels threatening or painful.
- You strive for perfection: You demand flawless

behavior from yourself, your child, and the public image of your family.

Healing Isn't About Blame

Recognizing the impact of our upbringing does not require us to judgment to those who raised us. Most parents did the absolute best they could with the emotional capacity, resources, and awareness they possessed at the time. Healing begins when we notice the patterns we may be repeating. Dr. Gabor Mate notes in his foundational work on trauma and development, when we bring conscious awareness to our past wounds, we gain the freedom to respond to our children with calm connection rather than desperate control.

Inner child work is not about becoming flawless. It is about becoming

conscious. It helps us to separate our child's present reality from our own unfinished stories. The next time the milk spills, offer yourself a moment of quiet compassion, and choose a response that reflects the parent you truly want to be. Don't let the ghosts of your past impact the present; and you will have the power to rewrite the next chapter gracefully.



Ms. Pratima Lama
Ms. Pratima Lama is the Co-Founder and Trainer of Smart Parenting Nepal. She is a certified trainer of the National Parenting Package developed by CEHRD with the support of UNICEF, a certified facilitator of the International Child Development Programme (ICDP), and a Certified Digital Safety Trainer from ChildSafeNet.

FOOD.



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Coriander, Mint, and Tulsi (CMT) are three versatile herbs that combine Ayurvedic wisdom with modern nutritional science to support digestion, immunity, stress management, and overall wellness throughout the year. Whether used fresh or dried, these everyday ingredients can be easily incorporated into simple drinks and meals to promote holistic health for the whole family.

By Chef Sandeep KC

The Foundations of Wellness

C – Coriander: The Gastrointestinal Regulator

Ayurvedic Meaning: Coriander has cooling potency and is light to digest, balancing all three body doshas.

Biomedical Fact: Research shows its active linalool reduces anxiety while stimulating pancreatic enzymes to accelerate gastric emptying.

From a medical perspective, Coriander stabilizes the digestive tract. It acts as a powerful carminative, preventing gaseous distension and abdominal pain.

- **The Clinical Mechanism:** Its active flavonoids neutralize free radicals in the liver, while its antimicrobial properties inhibit foodborne pathogens in the gut.
- **All-Season Support:** In hot months, its antioxidant profile helps protect the skin from UV-induced oxidative stress. In winter, dried coriander seed infusions stimulate low appetite and regulate irregular gut motility.

M – Mint: The Antispasmodic and Cooling Reset

Ayurvedic Meaning: Mint improves taste, stimulates the digestive fire, and eliminates excess Kapha and Vata.

Biomedical Fact: Menthol acts as a natural calcium



channel blocker, relaxing gastrointestinal smooth muscles to reduce bloating and spasms.

Mint functions as a natural muscle relaxant and counter-irritant. It actively targets the physiological triggers of heat-induced distress, such as tension headaches and stomach cramps.

- **The Clinical Mechanism:** By blocking calcium influx into smooth muscle cells, mint halts the spasms that cause cramps. Its cooling action reduces the systemic perception of thermal stress and fatigue.
- **All-Season Support:** Diffusing mint essential oil in late summer instantly lowers heart rate variability related to heat stress. In winter, its volatile vapors thin out thick mucous membranes, clearing stubborn sinus and bronchial congestion.

➔ **Tulsi inhibits the COX-2 enzyme, functioning as a natural, side-effect-free anti-inflammatory agent. Its adaptogenic compounds regulate blood glucose and shield vital organs from chemical stress.**

T - Tulsi: The Neuro-Endocrine and Immune Shield

Ayurvedic Meaning: Tulsi is deeply warming, fires up digestion, relieves respiratory distress, and builds vital immunity.

Biomedical Fact: Classified as an adaptogen, its high eugenol content lowers systemic cortisol and upregulates immune cells to fight viral infections.

Tulsi is a metabolic powerhouse. As kids head back to school and families face the psychological stress of changing routines, Tulsi chemically buffers the body against environmental stressors.

- **The Clinical Mechanism:** Tulsi inhibits the COX-2 enzyme, functioning as a natural, side-effect-free anti-inflammatory agent. Its adaptogenic compounds regulate blood glucose and shield vital organs from chemical stress.
- **All-Season Support:** Fresh leaves offer immediate cellular protection in the summer. In the winter, standardized dried Tulsi leaf extracts keep the respiratory tract highly resistant to seasonal influenza and rhinovirus strains.

Always Available: The Healing Power of the CMT Trio

Seasonal transitions like shifting from high-temperature mid-July to the humid weeks of early August correlate with spikes in systemic inflammation, digestive irregularities, and viral infections. During these shifting times, the human body benefits immensely from natural biochemical support. No matter your location or the season, you can always rely on the synergistic mechanism of Coriander, Mint, and Tulsi (CMT). If fresh outdoor crops fade,



their shelf-stable extracts or dried forms provide reliable clinical and holistic utility anywhere, anytime.

The CMT All-Season Elixir Bar: Simple Family Drinks

Morning Nourishment: The Green Wake-Up Juice

This nutrient-dense drink awakens the digestive tract, flushes out overnight toxins, and floods cells with clean energy.

- **Ingredients:** 1 large cucumber, 1 green apple, 1 cup fresh Coriander leaves, juice of 1/2 lemon, a tiny pinch of rock salt.
- **Quick Steps:** Blend the chopped cucumber, apple, and fresh Coriander leaves with 1/2 cup of water until

smooth. Strain the mixture, then finish with a squeeze of fresh lemon juice and a tiny pinch of rock salt. Drink immediately on an empty stomach.

Daytime Refresher: The Crisp Mint-Buttermilk Cool Down

Designed to instantly lower core body temperature during peak afternoon heat, this crisp beverage hydrates, stops mid-day irritability, and aids lunch digestion.

- **Ingredients:** 1 cup plain yogurt, 1 cup cold water, a large handful of fresh Mint leaves, 1/4 tsp roasted cumin powder, a pinch of black salt.
- **Quick Steps:** Place the yogurt, cold water, and fresh Mint leaves directly into a blender. Pulse for 30 seconds until the mint is finely chopped and frothy. Pour into a tall glass, then garnish with roasted cumin powder

and black salt. Sip slowly during or right after lunch.

Nighttime Stimulant: The Tulsi-Ghee Infusion

This warm, comforting evening brew stimulates cellular repair, soothes the nervous system for deep sleep, and activates the immune system to clear lungs overnight.

- **Ingredients:** 1.5 cups of water, 6-8 fresh Tulsi leaves, 1/4 tsp grated ginger, 1/2 tsp pure cow's ghee, 1/2 tsp raw honey.
- **Quick Steps:** Boil the water with fresh Tulsi leaves and grated ginger for 5 minutes. Strain the golden liquid into a mug and stir in the ghee while hot to lubricate the respiratory tract. Cool slightly to a warm drinking temperature, then stir in the honey. Drink 30 minutes before bed.

Disclaimer: The information provided in this article is based on traditional Ayurvedic principles and modern biochemical research, intended for educational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always consult with a qualified healthcare professional or a registered Ayurvedic practitioner before introducing new herbal remedies to your family's routine.



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

FOOD ➔ Advertorial

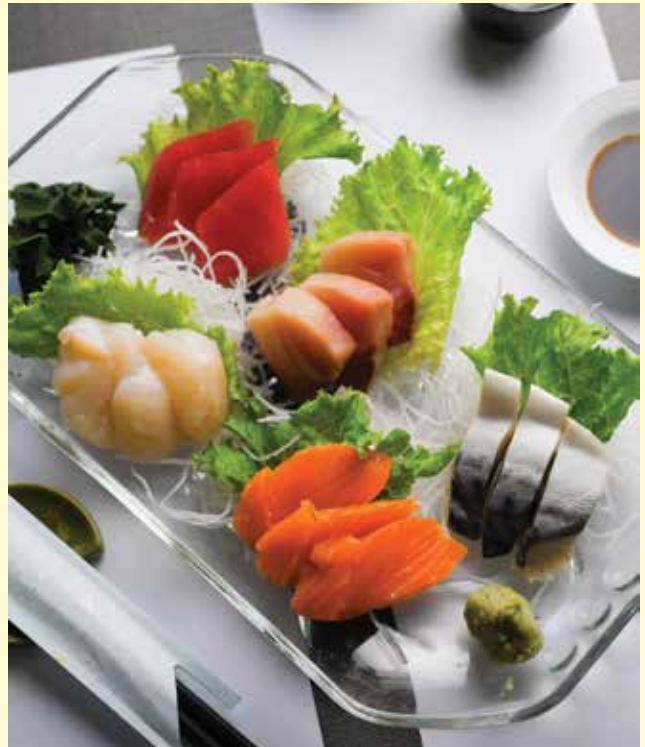
J A P A N E S E R E S T A U R A N T

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.



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Seasonal Eating, Metabolic Health & Nourishment

As the season changes, so does your eating habits. Seasonal eating supports metabolic health, hormonal balance, and overall vitality by aligning nutrition with the body's changing needs throughout the year. Choosing seasonal foods, adapting cooking methods, and adjusting fasting and hydration practices can help nourish our body more naturally and build long-term resilience.

By Sonal Talegaonkar

Your body is like a garden- it thrives when you work with the seasons, not against them.

Modern nutrition often focuses on calories, macros, and meal plans, but one of the most overlooked aspects of health is what nature is

offering us at a particular time of year and when.

In a world where strawberries are available year-round, and diet trends rarely account for the weather outside our window, we have become disconnected from one of

nature's simplest health principles: seasonality.

Traditionally, people ate foods that grew naturally in their environment, and their bodies adapted accordingly. Today, emerging research in metabolism, circadian biology, and nutrition suggests

that seasonal eating isn't just a cultural practice; it's a powerful way to support energy, digestion, hormonal balance, and metabolic resilience.

For women especially, learning to nourish the body in harmony with changing

seasons can create a deeper sense of balance, vitality, and well-being.

What is seasonal eating, and from a metabolic health standpoint, why does aligning our diet with the seasons actually matter?

Seasonal eating means consuming foods that are naturally harvested during a particular time of year. These foods tend to be fresher, richer in nutrients, and often better suited to the body's needs during that season.

From a metabolic perspective, our requirements are not static.

- Hot weather increases hydration needs, influences appetite, and can affect digestion and electrolyte balance.
- Cooler weather often increases appetite and energy expenditure. Seasonal produce naturally reflects these changing demands.
- Water-rich fruits and vegetables are abundant in summer, while warming root vegetables and energy-dense foods are more common in colder months.

Eating seasonally also supports dietary diversity, which benefits the gut microbiome which is a key player in metabolism, immunity, and hormonal health.

What are 3-4 powerhouse seasonal foods people often overlook that offer incredible benefits for energy levels and metabolic function?

- Raw Mango
Often overshadowed by ripe mangoes, raw

mango is rich in Vitamin C and antioxidants. It helps support hydration, electrolyte balance, and immunity during hot weather.

- Watermelon
This summer favourite is more than just refreshing. It provides water, potassium, and natural carbohydrates that help maintain hydration and energy levels, especially during active or hot days
- Cucumber
With its high-water content and mineral profile, cucumber supports hydration, digestion, and temperature regulation. It's one of the simplest ways to increase fluid intake through food.
- Fresh Herbs (Mint, Coriander, Basil)
These herbs are packed with phytonutrients and antioxidants that support digestion and reduce oxidative stress. They can add both flavour and nutritional value to meals without adding metabolic burden.

How should cooking methods shift with the seasons to preserve the metabolic value of seasonal produce?

The way we prepare food can be just as important as the food itself. During warmer months, lighter cooking methods such as steaming, sautéing, blanching, and consuming certain fruits and vegetables raw can help preserve water-soluble vitamins and keep meals easier to digest. Heavy, fried, or overly rich meals may feel more taxing on the digestive system during periods of intense heat.

In cooler weather, slow-cooked meals, soups, stews, and warming spices can support digestion, satiety, and comfort. The goal is to adapt cooking methods so they complement both the food and the environment.

Should fasting protocols be adjusted seasonally? What is the physiological rationale?

Yes. Fasting should be viewed as a flexible tool rather than a rigid rule.

During hotter months, prolonged fasting can increase the risk of dehydration, fatigue, and electrolyte imbalances, particularly in women who may already be more sensitive to energy deficits and hormonal fluctuations.

Seasonal changes affect activity levels, sleep quality, appetite, and hydration needs. During summer, a moderate fasting window of around 12 to 14 hours may feel more sustainable than longer fasting periods. During times of illness, travel, high stress, or intense exercise, shortening the fasting window may be appropriate. Metabolic health is ultimately about adaptability. A fasting protocol should support the body's needs, not override them.

How does hydration intersect with fasting and metabolic health when the weather gets hot? What are the signs that someone's fasting routine may be draining electrolytes rather than supporting health? Hydration plays a critical role in metabolism, digestion, circulation, and temperature

regulation. When fasting is combined with hot weather, inadequate fluid and electrolyte intake can place additional stress on the body.

Electrolytes such as sodium, potassium, and magnesium are essential for muscle function, nerve signaling, hydration status, and energy production. Losing these through sweat without replenishment can affect both physical and cognitive performance.

SIGNS YOUR BODY MAY NEED MORE HYDRATION OR ELECTROLYTES

- Frequent headaches
- Dizziness or light-headedness
- Persistent fatigue
- Muscle cramps
- Brain fog or difficulty concentrating
- Excessive thirst
- Reduced exercise performance
- Heart palpitations

Including coconut water, buttermilk, seasonal fruits, lemon water, and mineral-rich whole foods can help maintain electrolyte balance and support healthy metabolic function.



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BODY.

THE RIGHT WAY TO **Fast** **IN SHRRAWAN**

Shrawan fasting can offer significant health benefits when combined with mindful nutrition, proper hydration, and balanced daily routines. By aligning traditional fasting practices with modern scientific insights, individuals can support cellular repair, stable energy levels, and overall well-being while honouring their spiritual devotion.

By Sukadev Karki

Every year, Shrawan brings a wave of devotion across Nepal. Temples are packed, prayers rise early in the morning, and millions observe fasting, especially every Monday. This sacred tradition of discipline and surrender has been part of our culture for centuries. But while the intention is beautiful, the way many of us actually fast may not be giving our bodies the full benefit science now shows is possible.

In 2016, Japanese scientist Yoshinori Ohsumi won the Nobel Prize for discovering autophagy: the body's powerful system of cellular cleaning and renewal. When done right, fasting triggers this process, helping remove damaged cells, reduce inflammation, improve insulin sensitivity, and support overall well-being. For people concerned about blood sugar, prediabetes, or energy levels, this becomes especially valuable.

The Common Fasting Pattern Most People Follow

Many fasters eat their main meal late in the evening

➔ Finish your last meal by early afternoon (around 2 PM to 4 PM). This gives you a clean 16–18-hour overnight fasting window, the time when your body repairs itself best during sleep. Many people report steadier energy, better mood, improved digestion, and stronger autophagy benefits with this timing.

or night and then skip breakfast the next day. This creates a long fasting window, which does activate autophagy. However, this pattern often extends the fast deep into the morning, the exact time when our natural cortisol (stress hormone) is already at its highest.

This can leave many people feeling more tired, irritable, or mentally foggy during the day, especially in the busy urban life of cities like Kathmandu.

A Smarter, More Supportive Way to Fast

One highly effective approach is to shift your eating window earlier in the day while still maintaining a strong fasting period:

Break your fast with a light, nutritious meal in the morning (between 8 AM and 10 AM).

Finish your last meal by early afternoon (around 2 PM to 4 PM).

This gives you a clean 16–18-hour overnight fasting window, the time when your body repairs itself best

during sleep. Many people report steadier energy, better mood, improved digestion, and stronger autophagy benefits with this timing.

Smart Movement During Shrawan Fasting Days

On Fasting Mondays (Light & Gentle Day):

Morning: Light Zone 2 Training (below 70% of MHR) for 30–45 minutes

Evening: Yoga, stretching, or mobility work

Save heavy strength training for non-fasting days

This respects both your devotion and your body's need for recovery.

Making This Shrawan Your Healthiest Yet

This sacred month is the perfect time to combine tradition with smarter habits. Use Shrawan for mindful eating, better hydration, quality sleep, and consistent, gentle movement. Whether you follow the traditional evening meal pattern or try the earlier eating window, the most important thing is doing it with awareness and care.

Practical Tips

- Stay well hydrated throughout the day.
- Break your fast gently with fruits, curd, or light sattvic food.
- Listen to your body; fasting should bring peace, not exhaustion.

And if you have diabetes or any medical condition,

consult your doctor before making changes.

This Shrawan, let us honour our rich traditions while giving our bodies the support they truly need. Ancient wisdom and modern science can work beautifully together. Start this Monday with intention. Try the earlier eating window if it feels right for you.

Share your experience with #ShrawanWellnessReset and inspire others.

Your devotion is powerful. When paired with smart self-care, it becomes even more transformative.



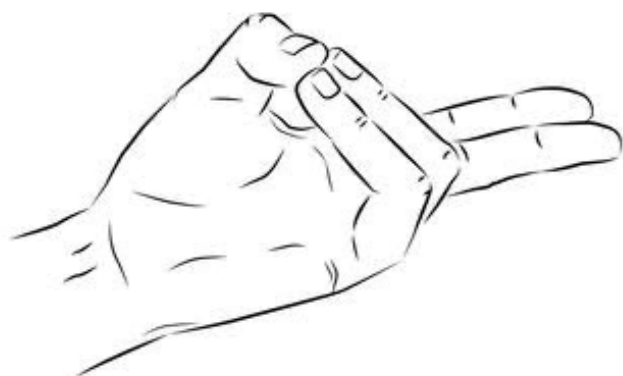
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The Power is in Your Hands

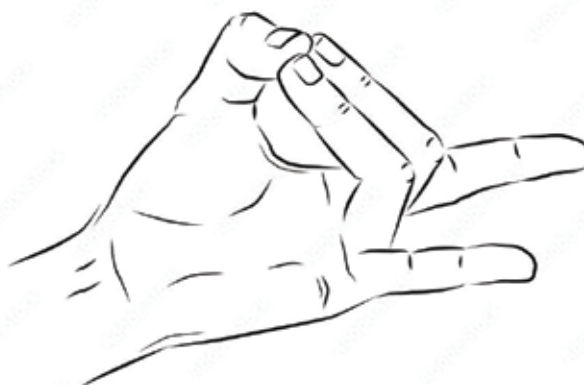
Five Mudras to Help You Everyday

Mudras, or yogic hand gestures, are simple yet powerful practices believed to balance energy, enhance focus, and support emotional and physical well-being. From cultivating wisdom and gratitude to boosting vitality and grounding the mind, these ancient techniques offer an accessible way to reconnect with oneself amid the demands of daily life.

By Vijay Vaidya



PRANA MUDRA

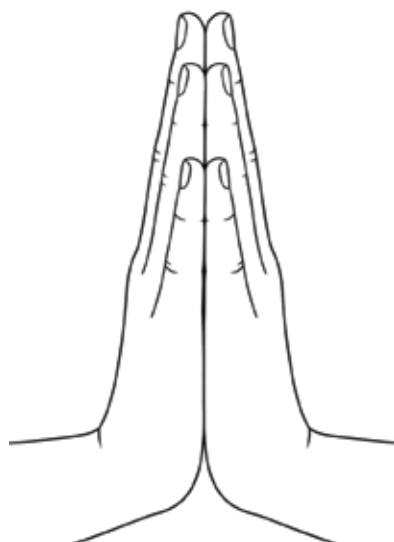


APANA MUDRA



GYAN
MUDRA

Anjali Mudra



Vayu Mudra

Yoga is often associated with movement, but some of its most powerful practices require no movement at all. Mudras, often called "yoga for the hands", are simple hand gestures that have been used for thousands of years to influence energy, focus the mind, and support physical and emotional balance.

In yogic philosophy, each finger represents one of the five elements: fire, air, space, earth, and water. By bringing the fingers together in specific ways, mudras are believed to direct the flow of prana, or life force energy, throughout the body.

Here are five of the most widely practiced mudras, how to do them, and the benefits traditionally associated with each.

Gyan Mudra (Mudra of Wisdom)

How to Practice

Touch the tip of your index finger to the tip of your thumb.

Keep the remaining three fingers extended but relaxed.

Rest your hands on your knees with palms facing upward.

Benefits

Gyan Mudra is perhaps the most recognized meditation mudra. It is said to enhance concentration, memory, mental clarity, and inner calm. Many practitioners use it during meditation to quiet mental chatter and improve focus. This mudra is believed to support spiritual awareness,

intuition, and higher consciousness.

Chakra Connection:

Crown Chakra (Sahasrara) and Third Eye Chakra (Ajna)

Anjali Mudra (Prayer Mudra)

How to Practice

Bring your palms together in front of your heart.

Lightly press the fingers and palms against each other.

Relax your shoulders and lengthen your spine.

Benefits

Anjali Mudra encourages balance between the left and right sides of the body and mind. It promotes gratitude, presence, humility, and emotional harmony. Practitioners often use this mudra to cultivate compassion, connection, and emotional openness.

Chakra Connection: Heart Chakra (Anahata)

Prana Mudra (Mudra of Vital Energy)

How to Practice

Touch the tips of your thumb, ring finger, and little finger together.

Keep the index and middle fingers extended.

Benefits

Known as the "energy mudra," Prana Mudra is believed to increase vitality, reduce fatigue, and strengthen the body's natural resilience. Many people practice it when feeling depleted or lacking motivation. It is associated with grounding, life force,

creativity, and physical energy.

Chakra Connection:

Root Chakra (Muladhara) and Sacral Chakra (Svadhithana)

Vayu Mudra (Mudra of Air)

How to Practice

Fold your index finger toward the palm.

Gently place your thumb over the bent index finger.

Keep the remaining fingers extended.

Benefits

Vayu Mudra is traditionally used to calm excessive air energy in the body. It is associated with reducing restlessness, nervousness, overthinking, and anxiety. This mudra may help create a sense of emotional steadiness and balance.

Chakra Connection: Heart Chakra (Anahata)

Apana Mudra (Mudra of Purification)

How to Practice

Touch the tips of your thumb, middle finger, and ring finger together.

Keep the index and little fingers extended.

Benefits

Apana Mudra is traditionally associated with elimination, cleansing, and release. On an energetic level, it supports letting go, whether physical, emotional, or mental. This mudra is believed to promote grounding, stability, and a stronger connection to the earth.

Chakra Connection: Root Chakra (Muladhara)

In a world that constantly asks us to do more, mudras offer something refreshingly simple. They don't require flexibility, expensive equipment, or even much time. Whether practiced during meditation, while sitting on a plane, waiting in traffic, or taking a few quiet moments before bed, these small hand gestures can serve as gentle reminders to pause and reconnect with ourselves.

You don't need to master all of them. Start with one that speaks to you, perhaps Gyan Mudra for focus during a busy workday, Prana Mudra when your energy feels low, or Anjali Mudra as a reminder to approach life with a little more gratitude. Like many yogic practices, the real power lies not in perfection, but in consistency.

Sometimes, the smallest gestures can have the biggest impact.

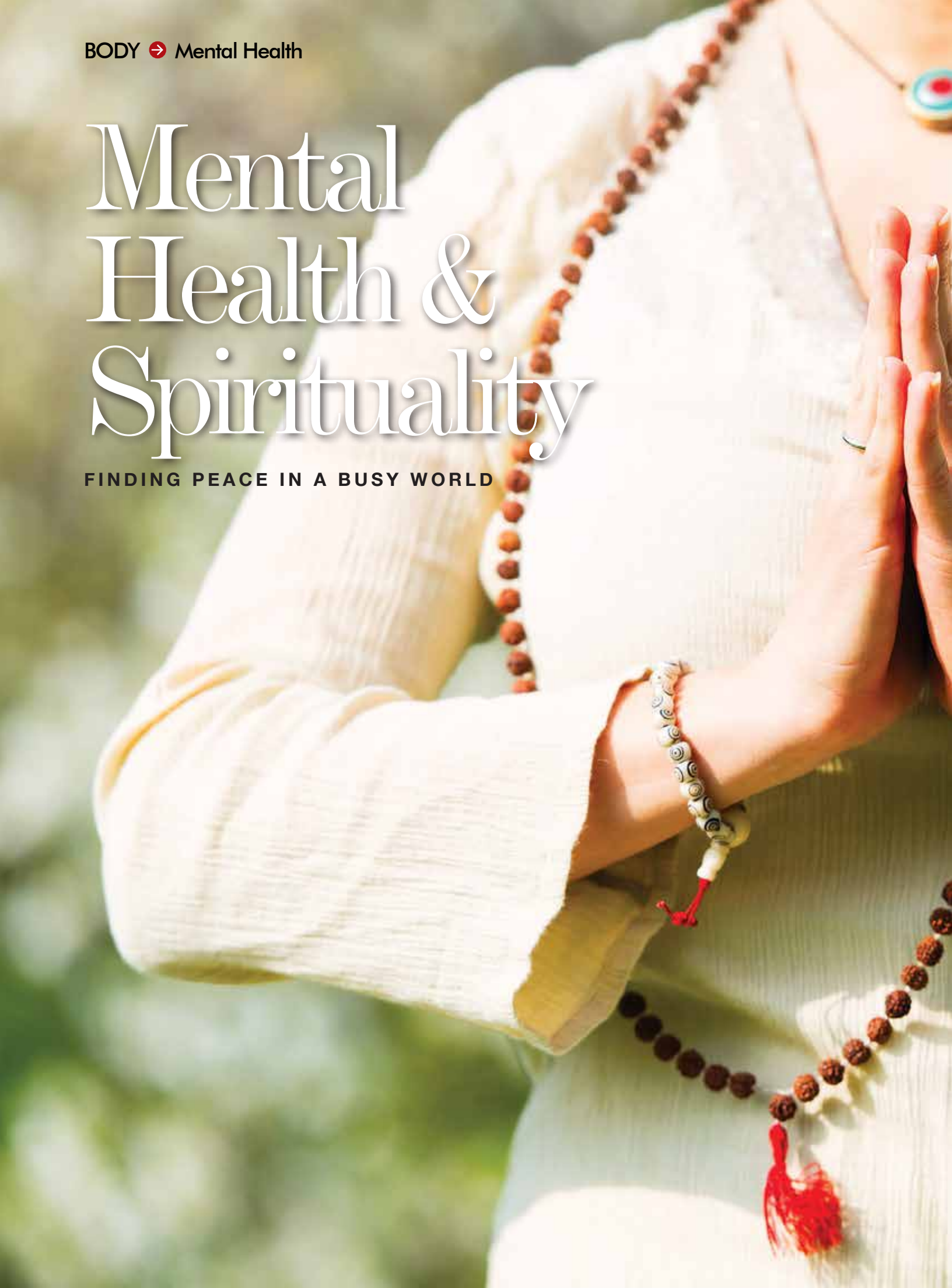


VIJAY VAIDYA, is a yoga teacher with over a decade of experience. Originally from Nepal, he moved to Bali in 2019, where he continues to live and host immersive yoga retreats. Vijay completed his yoga teacher training and certification in Mysore, India, the birthplace of Ashtanga Yoga, and is certified in Ashtanga Yoga (Level 1) as well as Postnatal and Prenatal Yoga.

BODY → Mental Health

Mental Health & Spirituality

FINDING PEACE IN A BUSY WORLD



“You don't have to be religious to be spiritual. You only need to be willing to connect with something that brings you peace, purpose and presence.”

In today's fast-paced world, stress has almost become a part of everyday life. Deadlines, responsibilities, relationships, and constant digital distractions often leave us feeling mentally exhausted. While therapy, medication, exercise, and healthy lifestyle habits all play an important role in maintaining mental well-being, there is another powerful resource that is often overlooked: spirituality.

For many people, the word spirituality immediately brings religion to mind. While spirituality and religion may overlap, they are not the same. Religion usually involves organized beliefs and practices, whereas spirituality is deeply personal. It is about discovering meaning, purpose, inner peace, and a sense of connection to

yourself, others, nature, or something greater than yourself.

There is no single definition of spirituality because each person's journey is unique. For some, it is prayer. For others, it may be meditation, mindful breathing, spending time in nature, practising gratitude, listening to devotional music, or simply sitting quietly with their thoughts.

How Does Spirituality Influence Mental Health?

Research over the years has consistently shown that spiritual practices can positively influence emotional well-being. People who engage in meaningful spiritual practices often report feeling calmer, more hopeful, and better equipped to cope with life's challenges.

One of the greatest gifts spirituality offers is meaning. During difficult phases of life.

Whether it's the loss of a loved one, illness, failure, or uncertainty, spirituality can help people find purpose even in suffering. Rather than feeling completely overwhelmed by adversity, individuals often develop a broader perspective that

nurtures resilience and hope.

Spirituality also encourages healthy coping mechanisms. Practices such as meditation, chanting, prayer, and mindfulness help regulate our emotional responses by calming the mind and bringing our attention back to the present moment. When we are fully present, our minds spend less time worrying about the future or replaying the past.

Another important benefit is the sense of connection it provides. Whether through a faith community or shared spiritual values, many people experience a sense of belonging, support, and reduced loneliness.

As mental health professionals, we increasingly recognize that emotional well-being is about more than managing symptoms. Exploring a person's spiritual beliefs, when they are open to it can help make therapy more holistic and personally meaningful. Healthy spirituality should encourage compassion, self-awareness, acceptance, and growth, not fear, shame, or dependence.

Spirituality Is Personal

One of the most beautiful aspects of spirituality is that there is no right way to practise it.

Personally, I chant a few mantras every day. Whenever I feel overwhelmed or my mind becomes flooded with thoughts, I return to them. The practice gently reminds me to pause, breathe, and reconnect with the present moment. Is it my way of

grounding myself? But it may not be yours, and that's perfectly okay.

Your spiritual practice should reflect what genuinely brings you peace, clarity, and balance.

Final Thoughts

Mental health is not merely the absence of illness; it is the presence of emotional balance, resilience, purpose, and meaningful connections. Spirituality can be one pathway toward achieving that balance. It may not eliminate life's challenges, but it can transform how we respond to them.

If you've never explored your spiritual side, consider beginning with something simple.

Spend five minutes in silence. Focus on your breathing. Express gratitude. Repeat a comforting affirmation or mantra. Walk in nature without distractions. You don't need to follow someone else's path. Simply discover what helps you feel connected, grounded, and at peace. Sometimes, the journey toward better mental health begins with a quiet conversation with yourself.



SNEHA AGRAWAL CHAUDHARY is an Experienced licensed psychologist 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.

➔ Exploring a person's spiritual beliefs, when they are open to it can help make therapy more holistic and personally meaningful. Healthy spirituality should encourage compassion & self-awareness,

Breastfeeding Facts

Breastfeeding is a natural yet learned skill that provides the best start for a baby's health while benefiting the mother as well. Understanding evidence-based practices, preparing before birth, and separating medical facts from common myths can help mothers breastfeed with greater confidence and success.

By Dr Arju Chand Singh, Obstetrician and Gynecologist at Nepal Medicti

As an obstetrician and gynecologist, I often see expectant mothers carefully preparing beautiful nurseries, buying tiny clothes, and packing hospital bags. Yet many forget to prepare for one of the most important parts of motherhood; breastfeeding.

Here is what every mother should know before, during, and after delivery.

Before Birth: Preparing for Breastfeeding

Understand How Breast Milk Is Made

Many women worry that small breasts cannot produce enough milk. Fortunately, this is not true. Breast size is mostly determined by fat tissue, while milk is produced by specialized glandular tissue that develops naturally during pregnancy.

Don't Throw Away Colostrum

One common myth still found in some communities is that the first thick yellow milk, called colostrum is dirty, stale, or too heavy for the baby.

Colostrum is often called your baby's first vaccine because it is rich in

antibodies, nutrients, and immune cells that protect newborns against infections and help their digestive system develop. Every drop is precious.

If You Have Flat or Inverted Nipples

Some women naturally have flat or inverted nipples. In most cases, this does not prevent successful breastfeeding. During your antenatal visits, ask your healthcare provider to examine your breasts if you have concerns.

Good positioning and early breastfeeding support after delivery are usually all that is needed. Occasionally, temporary use of a nipple shield under professional guidance may help.

During Birth

Immediate Skin-to-Skin Contact

Whenever possible, ask your healthcare team to place your baby directly on your bare chest immediately after birth, even after a cesarean section if both mother and baby are stable.

Skin-to-skin contact helps regulate your baby's temperature, heartbeat, and breathing



while encouraging early breastfeeding.

Start Breastfeeding Within One Hour

Early breastfeeding helps establish a good milk supply and improves successful breastfeeding in the weeks ahead.

Even if you have delivered by c-section, most mothers can successfully breastfeed. Your milk may come in slightly later, but frequent feeding and skin-to-skin contact help stimulate milk production.

➔ Many women worry that small breasts cannot produce enough milk. Fortunately, this is not true. Breast size is mostly determined by fat tissue, while milk is produced by specialized glandular tissue that develops naturally during pregnancy.

After Birth: Feeding Your Baby and Caring for Yourself

Exclusive Breastfeeding for Six Months

For the first six months, breast milk is all your baby needs. No water. No cow's milk. No formula unless medically advised. Even during Nepal's hot summers, breast milk contains enough water to keep your baby well hydrated.

Nourishing the Mother

Producing breast milk requires extra energy, approximately 400–500 additional calories every day. Eat a balanced diet that includes:

- Lentils
- Green leafy vegetables
- Seasonal fruits
- Eggs
- Milk and dairy products
- Meat or fish if you eat them
- Plenty of fluids

Traditional postpartum foods such as Jwano ko Jhol can be comforting and help maintain hydration. Staying well hydrated and eating nutritious meals certainly supports successful breastfeeding.

Similarly, Sutkeri Masala provides valuable calories and energy but should be enjoyed in moderation as part of a balanced diet.

Mastering Breastfeeding

Breastfeeding should not be extremely painful.

If it hurts throughout the feed, your baby may only be sucking on the nipple instead of taking a large portion of the darker area around it (the areola).

A deep latch allows your baby to remove milk efficiently while protecting your nipples from injury.

Managing Breast Engorgement

Some mothers experience swollen, hard, painful breasts a few days after delivery. The best treatment is frequent breastfeeding.

Applying a warm compress before feeding can encourage milk flow, while a cold compress afterwards helps reduce swelling and discomfort.

Breastfeeding for the Modern Mother

If you plan to return to work, begin expressing and storing breast milk a few weeks before resuming your job.

A good manual or electric breast pump can make this much easier.

Freshly expressed milk can generally remain at room temperature for about four hours in cooler conditions. During Nepal's warmer months, refrigeration is preferable whenever possible. Refrigerated breast milk can usually be stored safely for up to four days.

Your caregiver can feed the baby using a clean cup and spoon while you are away.

Returning to Fitness
Breastfeeding naturally increases your body's energy requirements, and many women gradually lose pregnancy weight while breastfeeding. However, every mother's body is different, so weight loss varies.

Avoid crash diets or skipping meals, as this can leave you exhausted and may affect milk production.

Light walking and gentle pelvic floor exercises can usually begin soon after birth. More strenuous exercise should wait until

your postpartum check-up and your doctor's approval.

Feeding or expressing milk before exercising often makes workouts more comfortable.

Breastfeeding also releases oxytocin, a hormone that helps your uterus contract and gradually return to its pre-pregnancy size.

Common Breastfeeding Myths

Myth: "If I have a cold or fever, I should stop breastfeeding."

Fact: In most common illnesses, you should continue breastfeeding. Your body produces antibodies against the infection, and these protective antibodies pass into your breast milk, helping protect your baby. Wash your hands regularly and wear a mask if you have a respiratory infection.

Myth: "My baby cries a lot, so I don't have enough milk."

Fact: Crying does not always mean hunger. Babies cry because they are tired, uncomfortable, need cuddling, have gas, or simply want to feed more frequently.

Perceived low milk supply is far more common than true low milk production. In many cases, improving positioning and latch solves the problem.

Myth: "Breastfeeding ruins my figure."

Fact: Pregnancy, not breastfeeding, is responsible for most of the natural changes in breast shape.

Breastfeeding does not permanently ruin your figure. In fact, many mothers find breastfeeding helps them gradually return to their pre-pregnancy weight.

Myth: "I should wash my nipples before every feed."

Fact: No. Daily bathing is enough. Your nipples naturally produce protective oils that prevent dryness and cracking. Washing with soap before every feed removes these protective oils and may actually increase nipple soreness.

Myth: "I must eat only bland food while breastfeeding."

Fact: A breastfeeding mother should eat a nutritious and varied diet. Most foods including spices, vegetables, and traditional Nepali meals are perfectly safe. Unless your baby develops a proven food allergy, there is usually no need to avoid specific foods.

Myth: "I had a cesarean section, so I won't be able to breastfeed."

Fact: Most mothers who deliver by cesarean section can breastfeed successfully. Early skin-to-skin contact, good positioning, and frequent feeding help establish a healthy milk supply.

When Should You Seek Help?

Speak to your obstetrician, pediatrician, trained nurse, or lactation counsellor if:

- Your baby is unable to latch properly.
- Feeding is consistently painful.
- Your baby is not gaining weight.
- Your breasts become severely swollen or painful.
- You think your milk supply is low.
- You simply need reassurance.

A Final Word

Breastfeeding is one of the greatest gifts you can give your baby but it should never become a source of guilt or anxiety. Every mother and every baby learn together.

Be patient with yourself. Accept help when you need it.

Whether you are a homemaker, a professional, or somewhere in between, remember that caring for your baby does not mean losing yourself. With the right support, you can nourish your child while also caring for your own health, confidence, and future.



ARJU CHAND SINGH

Senior obstetrician-gynaecologist and Principal Consultant at Nepal Medcity with over 30 years of experience in women's healthcare. She specialises in high-risk pregnancies.

➔ Your body produces antibodies against the infection, and these protective antibodies pass into your breast milk, helping protect your baby.



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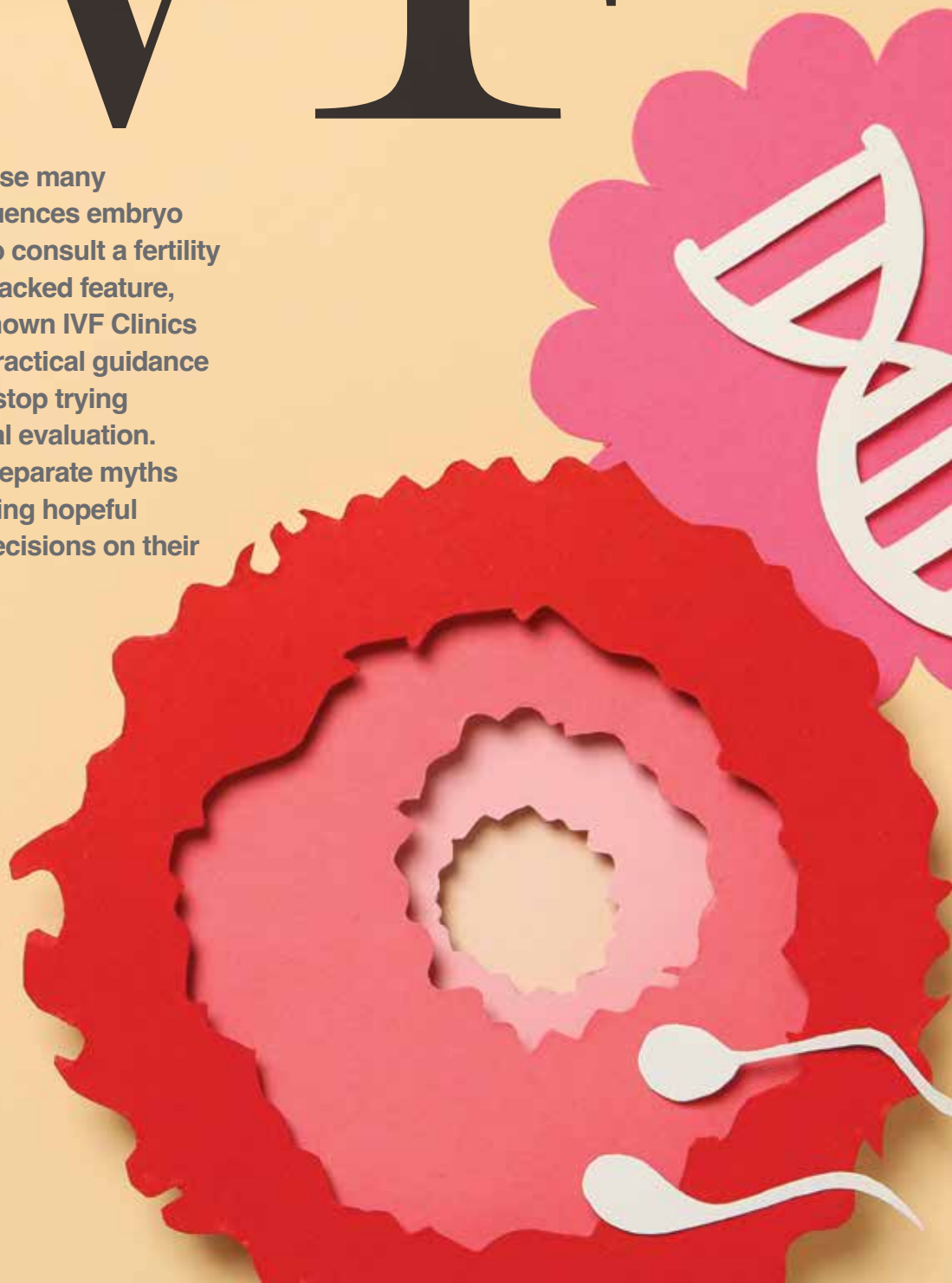
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D E C O D I N G

IVF

Trying to conceive can raise many questions, from what influences embryo quality to when it's time to consult a fertility specialist. In this expert-backed feature, top expertise from well-known IVF Clinics comes together to offer practical guidance on when couples should stop trying naturally and seek medical evaluation. Together, these insights separate myths from facts, IVF facts, helping hopeful parents make informed decisions on their fertility journey.



What determines embryo quality and can it be improved?

Embryo quality is one of the most important factors. A good-quality embryo has a higher chance of implantation, leading to a healthy pregnancy and live birth.

Several factors determine embryo quality, many of which start well before fertilization. The quality of the egg is the most crucial factor for embryo quality. Maternal age is significant, as the quantity and quality of normal eggs decreases

with age. Sperm quality is also vital, especially sperm DNA integrity, which influences normal embryo development. Genetic factors from both partners can also affect embryo growth and viability. In addition to biological factors, the IVF laboratory environment is essential. Optimal culture conditions such as stable temperature, pH, air quality, and optimized culture media support healthy embryo development.

While some factors, like age, cannot be reversed, other steps can help

improve embryo quality. Lifestyle changes that reduce oxidative stress, like maintaining a healthy weight, eating a balanced diet rich in antioxidants, exercising regularly, avoiding smoking and excessive alcohol, and getting enough sleep, can positively impact egg and sperm health.

Certain supplements like Coenzyme Q10, vitamins, and omega-3 fatty acids may also help if recommended by a fertility specialist.



Dijan Vaidya

*Senior Clinical Embryologist
Creator's IVF Nepal Pvt. Ltd.*



Dr Rashmi Shrish

*Senior Fertility Specialist
Founder of Maya IVF Clinic*

When is the right time to stop trying naturally and seek fertility treatment?

This is one of the most common questions couples ask. The answer depends mainly on your age, how long you've been trying, and whether there are any known fertility problems.

You should seek fertility evaluation if:

IF YOU'RE UNDER 35 YEARS OLD:

- Have regular, unprotected intercourse (2–3 times/week)
- Have been trying for 12 months without pregnancy

If you're 35–39 years old: Don't wait a full year. Seek help after 6 months of trying.

If you're 40 years or older: Don't delay. See a fertility specialist as soon as you decide to conceive, because egg quantity and quality decline more rapidly after 40.

DON'T WAIT THE RECOMMENDED TIME IF YOU HAVE

- Irregular or absent periods (possible ovulation problems)

like Polycystic ovary syndrome)

- Known blocked fallopian tubes
- Moderate to severe Endometriosis
- Previous pelvic infection or surgery
- Two or more miscarriages
- Previous chemotherapy or radiation
- Male partner with low sperm count or sexual dysfunction
- Women with very low ovarian reserve (low AMH or AFC)

Seeking fertility treatment doesn't mean you'll need IVF. Many couples conceive with:

- Lifestyle changes
- Ovulation induction
- Timed intercourse
- Treating underlying conditions
- Intrauterine insemination (IUI)

Only some couples eventually need In Vitro Fertilization (IVF).

HOME.

Creating a Sacred Puja Space at Home

VAASTU AND ENERGY PERSPECTIVE

A thoughtfully designed puja space, guided by Vaastu principles, can become the spiritual heart of the home, fostering peace, positivity, and harmony. By aligning with natural energies, maintaining cleanliness, and incorporating simple spiritual practices, homeowners can create a sanctuary that nurtures both mind and spirit.

By Medina Joshi



According to Vaastu Shastra, the puja space plays an important role in enhancing the spiritual energy of a home. A well-planned sacred area not only creates a peaceful atmosphere but also improves the overall energy of the house. It is considered the spiritual center of the home, designed to connect human life with natural and cosmic forces, while promoting harmony, clarity, and well-being.

In Vaastu Shastra, the Ishan Kona (North-East corner) is considered the most sacred direction and is associated with the head of Vaastu Purusha. Vaastu Purusha is depicted lying diagonally across the plot with Head in the North-East (Ishan Kona). It is regarded as a highly subtle and pure sector of a building, associated with wisdom, clarity, and divine consciousness.

The East is symbolically associated with the rising sun and the flow of 'prana' (life-force energy), which activates vitality, awareness, and mental clarity. The North is traditionally linked with stability, prosperity, and a grounding influence often interpreted in Vaastu as related to directional balance and natural.

If a separate puja room is not possible, a clean and dedicated northeast corner of the home can serve as a sacred space. The key principle is to preserve purity, openness, and minimal obstruction in this direction so that its subtle qualities are maintained.

Orientation During Worship

Traditional Vaastu practice emphasizes directional alignment during worship. Devotees are generally advised to face east or north while praying. The east-facing orientation is associated with illumination and awakening, while the north-facing orientation supports progress and mental stability. Similarly, deities are ideally placed so that the worshipper naturally aligns with these auspicious directions during prayer.

Simplicity and Order in the Shrine

Vaastu literature emphasizes proportion, balance, and spatial clarity within all architectural arrangements. The puja space should therefore remain simple, uncluttered, and well-organized.

Overcrowding the altar with excessive idols or ritual objects may disturb visual and energetic harmony. Broken or damaged sacred images are not recommended for continued placement and should be respectfully disposed of according to tradition.

Cleanliness as a Spiritual Principle

Purity is a foundational principle in both Vaastu and broader Dharmic traditions. Regular cleaning of the puja space is essential for maintaining its sanctity. Fresh flowers, clean cloths, and orderly arrangements help preserve an atmosphere of devotion and calmness. Cleanliness in this context is not only physical but also

symbolic, representing clarity of thought and sincerity of intention during worship.

Incorporating the Five Elements

The concept of the Pancha Mahabhutas, Earth, Water, Fire, Air, and Space, forms the philosophical foundation of Vaastu Shastra. A well-balanced puja space subtly reflects these elements:

Fire: Through the diya or lamp

Water: Through a vessel of clean water

Earth: Through flowers, plants, or natural materials

Air: Through ventilation and fragrance

Space: Through openness and minimal clutter

Together, these elements create a balanced environment that supports both physical serenity and mental focus.

Creating a Positive Energy Field

The energy of a puja room is influenced not only by its physical design but also by the intentions and practices performed within it. Daily prayers, chanting mantras, meditation, and expressions of gratitude gradually build a strong reservoir of positive vibrations. Sacred sounds such as bells, conch shells (Sankha), or devotional music help cleanse stagnant energy and elevate the vibrational frequency of the space. Incense, natural fragrances, and fresh flowers further contribute to an

atmosphere of serenity and spiritual upliftment.

Colours for the Puja Room

Vaastu tradition recommends light and calming colours for sacred spaces. Shades such as white, cream, pale yellow, and soft pastels help maintain a peaceful and receptive environment.

These tones support mental health and are considered conducive to prayer, meditation, and spiritual reflection.

Preserving the Sanctity of the Space

The puja room should remain dedicated exclusively to spiritual use. Classical Vaastu discourages converting sacred spaces into storage areas or mixing them with unrelated household functions wherever possible.



Medina Joshi, is an astrology and vaastu consultant with 4-5 years of experience. An ex-banker, she spent 18 years in the banking sector before continuing her family's legacy profession of Jyotish and Vastu. She blends traditional wisdom with a practical, modern approach to guide individuals and families toward balance and clarity.



UNLOCK MAGIC WITH HETTICH PREMIUM DOOR HARDWARE SOLUTIONS



A WELL-DESIGNED home is remembered not only for its architecture or interiors but also for the way it feels like magic. The effortless swing of a door, the quiet click of a lock, the gentle closing of an entrance, and the confidence of knowing your family is secure, are the details that shape everyday living.

As homes across Nepal become more contemporary, homeowners are paying closer attention to quality materials, refined finishes, and products that deliver lasting performance. While furniture, lighting, and flooring often receive the spotlight, one essential element quietly influences comfort, safety, and aesthetics every single day — **Architectural Door Hardware**.

For more than 138 years, Hettich has been synonymous with German engineering, precision manufacturing, and timeless quality. Its architectural hardware range is designed to transform every door into an experience of comfort, security, and sophistication.

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A home should be a place where every family feels protected.

Hettich Mortise Locks are engineered to deliver dependable security without compromising on smooth operation or elegant design. Manufactured with precision and built using high-quality materials, these locks are designed to withstand years of daily use while providing reliable protection for entrance and internal doors.

Every turn of the key reflects the confidence that comes from choosing quality engineered to perform consistently.

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The HIN 10 Surface Mounted Standard Arm Door Closer is designed to provide smooth and reliable door control for residential and commercial spaces alike. It automatically closes the door after every use, helping maintain privacy, improve security, reduce unnecessary noise, and protect the door from everyday impact.

For homeowners seeking a cleaner and more sophisticated appearance, Hettich offers the HCS 380 and HCS 385 Concealed Door Closers. Hidden within the door, these solutions preserve the beauty of modern interiors while delivering effortless closing performance. With no visible mechanism, they offer a minimalist aesthetic that perfectly complements premium homes, luxury apartments, hotels, and executive offices.

The result is a door that performs beautifully while maintaining a seamless architectural finish.

True Luxury is found in Thoughtful Details

A beautifully crafted door deserves accessories that are equally refined. Hettich's range of architectural door accessories has been developed to complement modern homes with products that combine functionality, durability, and premium aesthetics.

From elegantly designed door stoppers that protect walls and furniture, to security chains that provide an added layer of safety, every accessory serves a purpose while enhancing the overall living experience.

Smooth-operating tower bolts and flush bolts ensure secure door positioning with precision, while door viewers offer peace of mind by allowing homeowners to identify visitors before opening the door. Every product is crafted with attention to detail, offering corrosion-resistant finishes, dependable performance, and a refined appearance that blends effortlessly into contemporary interiors.

These are the elements that homeowners may not always notice immediately, but they appreciate every day.

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Premium hardware is not simply about appearance; it is about reliability over time.

Every Hettich product is developed to meet demanding quality standards, ensuring consistent performance through years of everyday use. Whether opening a bedroom door hundreds of times, welcoming guests through the main entrance, or securing your home each night, Hettich hardware is built to perform quietly, smoothly, and reliably.

It is this commitment to engineering excellence that has earned the trust of architects, interior designers, builders, and homeowners around the world.

Creating Homes That Last

A home is one of life's most meaningful investments. Choosing premium door hardware is about more than functionality, it's about creating spaces that feel secure, elegant, and effortless to live in.

From the visible elegance of thoughtfully designed accessories to the invisible precision of concealed door closers, every Hettich solution reflects a philosophy of quality without compromise.

Because exceptional homes are not defined by what stands out, they are defined by the details that work perfectly, every single day.



Hettich Mortise Locks are engineered to deliver dependable security without compromising on smooth operation or elegant design. Manufactured with precision and built using high-quality materials, these locks are designed to withstand years of daily use while providing reliable protection for entrance and internal doors.



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TO BEE OR NOT TO BEE

World Honey Bee Day, which falls under August serves as a reminder that protecting pollinators begins at home. By embracing diverse, perennial, and naturally wild gardens, we can create year-round habitats that nourish bees and help sustain the ecosystems that support our food and environment.

By Mamta Khatri



SEASON'S GREETINGS from The Green Owl Family.

Every August, gardeners and nature lovers around the world unite for World Honey Bee Day. Held on the third Saturday of the month, this global event shines a spotlight on our most critical, hard-working pollinators. While it is a fantastic reminder to protect hives and support local beekeepers, true bee conservation does not happen during a single calendar event. It happens over time, right in our backyards, one blossom at a time.

As a keen gardener, my philosophy has always been to work with nature rather than trying to tame it.

Initially I was always fussing over my well-planned manicured garden till I noticed this wasn't creating any kind of buzz. After reading about how to help the pollinators thrive, I intentionally converted my annual garden into a perennial one and now there is no looking back. I learnt that bees and other pollinators love a messy garden, one that has abundant flowers, where they can rely on a long-term grocery store allowing them to return after year and

create their own permanent habitat.

The trick is to strategically choose a diverse mix of perennials that bloom from early spring to late autumn, so that the bees can have an uninterrupted supply of nectar and pollen.

Oh! the wild joy of waking up to find an African Daisy or a Calendula popping up in an unexpected corner is hard to express in words. The workload also drastically drops for the gardener.

I never miss out growing the Sunflowers because not only do they light up my garden with their bright sunny faces, they truly provide the biggest feast for the bees.

The Strawflowers with their papery blooms provide a reliable food source almost throughout the year. They are growing all over my garden where ever they want to.

The intoxicating, sweet fragrance of Jasmine literally attracts all pollinators including the bees.

I enjoy watching the bees nestle into the centre of the beautiful scented Roses, sometimes taking a nap from all of the hard work.

My other favorite is the Bottlebrush. Once they start blooming, the long cone

shapes blooms are full of bees feasting on the nectar.

The Yellow Bell Flowers (scientifically known as Tecoma stans) grow in beautiful clusters and if you look closely, you will see each flower has a bee nestled inside feeding on the nectar and pollen.

These are some of the perennial flowers that I grow in my garden every single year. It took me some time to adjust to an unruly wild garden but I love it. By giving up a little control and letting my garden bloom wildly, I realized it is the best thing I have ever done. Besides growing flowers, I am also helping to build a self-sustaining ecosystem that honors the bees every single day.

It is never too late for you to change the landscape of your garden and let nature take the lead.

Here is how you can step back and let your garden become a pollinator paradise:

Firstly, stop deadheading the flowers and let their seeds fall where ever they want to.

The winds, the birds and the pollinators will plant next year's bee buffet for you, completely free of charge.

Secondly, wait before you pull out the weeds in your garden. Not all weeds are evil and some are extremely important for these buzzing bees.

August can be a tough month for hives because of the frequent rains and the heat. I try and let my plants grow over and overlap, just to provide night foliage and safe shelters for the pollinators. It's the small thoughts that count.

World Honey Bee Day reminds us that these incredible insects are responsible for one out of every three bites of food we eat. We simply need to change our mindset. When we give up a little bit of human control, stop stressing over straight lines and celebrate the flowers that dare to grow in unexpected places, we create something beautiful. We build a garden that isn't just a treat for our eyes, but a lifeline for the bees.

Happy gardening folks.



SUPER LUXURY
INTERIOR EMULSION



MARKET.



📌 The Terraces Resort wins 4 awards at the 2026 Haute Grandeur Global Excellence Awards.

The Terraces Resort has added another remarkable milestone to its journey, securing four prestigious honors at this year's Haute Grandeur Global Excellence Awards.

The luxury retreat was named **Best All Suite Resort in Asia**, while also earning three national accolades: **Best Destination Resort in Nepal**, **Best Activity Hotel in Nepal**, and **Best All Suite Hotel in Nepal**.

These awards recognize the resort's unwavering commitment to delivering exceptional guest experiences, world-class hospitality, and outstanding service. Renowned for seamlessly blending contemporary luxury with the serenity of the Himalayas, The Terraces Resort continues to set new benchmarks for premium hospitality in Nepal, offering guests an unforgettable escape defined by elegance, comfort, and authentic experiences.



📌 LG Electronics Singapore Unveils "ESSENTIAL SERIES": A New Line of Home Appliances

LG Electronics Singapore, in partnership with CG Electronics, has launched the new LG Essential Series in Nepal under the campaign "Harek Gharko Khushi, Ghar-Gharma LG." Developed using insights from Nepali households, the affordable range includes refrigerators, washing machines, and air conditioners designed for local conditions. Key features include energy-efficient technologies, durable construction, smart functionality, and 10-year motor and compressor warranties on select products. The appliances are built to address challenges such as low water pressure, dust, humidity, and seasonal weather. The Essential Series is available nationwide, with prices starting at approximately NPR 49,690.



📌 Aloft by Marriott Kathmandu Thamel Wins Four Prestigious Honors at the 2026 Haute Grandeur Global Excellence Awards

Aloft by Marriott Kathmandu Thamel has earned four prestigious honors at the 2026 Haute Grandeur Global Excellence Awards, reinforcing its position as one of Nepal's leading lifestyle hotels. The property was recognized as **Best City Hotel in Nepal**, **Best Conference Venue Hotel in Nepal**, and **Best Culinary Experience in Nepal**, while General Manager Vikram Singh received the **Best General Manager in Nepal** award. These globally recognized awards celebrate excellence based on genuine guest experiences and outstanding hospitality standards. Under Singh's leadership, Aloft has continued to elevate guest experiences while fostering a culture of teamwork and creativity. Expressing gratitude, Singh dedicated the awards to the entire team and thanked guests for their continued trust and support.



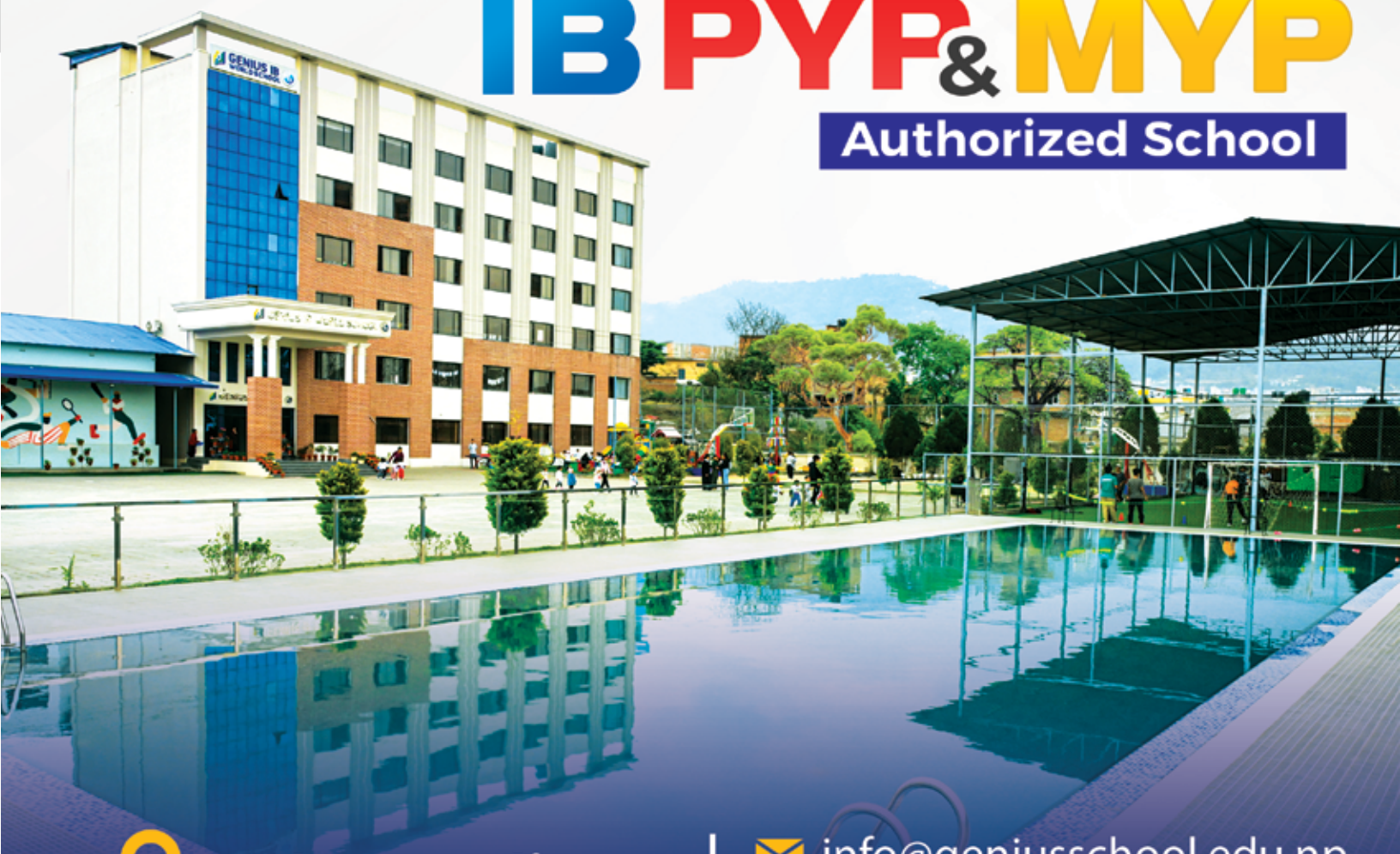
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Harnessing the Moon

HOW NEW AND FULL MOONS CAN ANCHOR YOUR LIFE

MOON BATH: RITUAL FOR FULL MOON NIGHT

Just like sunbathing, this is the practice of sitting or lying down directly under the light of the Full Moon to absorb its calming, cooling yin energy.

Find a spot on your balcony, garden, or by a large open window where the moonlight stream is direct. Spend 10–15 minutes in quiet reflection, meditation, or simply breathing deeply. Let go of the limiting beliefs and cultivate belief while bathing under the glow of a full moon.

You can also take a literal bath. Take a warm bath, add Epsom salts, for physical detoxification and drawing out tension. As you soak, consciously focus on the idea of "cleansing." Let your mind review the past two weeks. As you breathe out, imagine letting go of a specific worry, an argument, or a self-imposed pressure. As the water flows through you, visually associate it with the stress or negative energy leaving your home and life.

THE LUNAR cycle is one of nature's oldest rhythms, and it works best to reset your and your family's intentions.

We are often packed with schedules, screen notifications, and endless to-do lists. Most of us have been increasingly turning to ancient wisdom to create space for stillness and meaning. The moon, cycling through its phases every 29.5 days, offers a built-in calendar for resetting and intentional living. By aligning our routines with the natural rhythm of the lunar cycle, we can introduce a powerful, grounding structure to our

lives, especially emotional well-being.

The two most potent focal points of this cycle are the New Moon and the Full Moon. Think of them as nature's built-in reset buttons, designed for setting clear intentions and practicing emotional cleansing.

The New Moon: Planting the Seeds of Intention

In astrology, the New Moon represents the cosmic clean slate. It symbolizes a time of inward reflection, rest, and renewal. This is the ideal

window to hit pause and ask: What do we want to invite into our lives over the next 28 days?

THE RITUAL: Gather around a clean workspace or a quiet corner. Write down 3–5 specific, actionable intentions. Whether it is "cultivating more patience during morning routines" or "prioritising a healthy diet," committing them to paper gives them energetic weight. Write it down. Say it aloud. Believe you have it.

The Full Moon: The Art of Emotional Cleansing

Two weeks later, the cycle peaks at the Full Moon. This is a period of high energy, illumination, and culmination. Because the moon governs our emotions, you might notice heightened sensitivity, restlessness, or vivid dreams around this time. The Full Moon shines a bright cosmic light on everything hidden, making it the perfect moment to let go of what no longer serves you.

THE RITUAL: Practice a collective release. Write down a frustration, a limiting belief, or a stressful thought you want to shake off. Safely shred, burn, or dissolve the paper to symbolize the emotional clearing. Follow up with a grounding activity, like a warm bath or 15 min moon bath.



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