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➔ ISSUE 88 ➔ RS 120



FAMILIAL BONDS IN SPOTLIGHT
The Journey of Najir & Shristi

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CONTENT.



STARTER

COLUMN

- Fear is Our Own Creation - 8

INSPIRE

- Honoring Tea Heritage Through Every Sip, With Cause - 10

INSPIRE

- Bridging Generations in Nepali Cinema - 12



PARENTING

COLUMN

- Vacations & Homework - 22

OCCUPATIONAL THERAPY

- Upstairs & Downstairs Brain - 24

COVER STORY

- Familial Bonds in Spotlight- The Journey of Najir Husen & Shristi Shrestha - 16



FOOD

FOOD INNOVATION

- Vatuk: A Journey Through Ayurvedic Tradition- 26

MUST TRY

- Family Feast Fiesta - 31

RESTAURANT REVIEW

- Global Flavors meet Nepalese Hospitality at Sesamé- 36

PERSONAL REVIEW

- Bao Xuan- 40



BODY

YOGA

- Mind- Body Connection - 44

NUTRITION

- Wellness In a Jar: Chyawanprash- 48

NUTRITION

- Personalized Nutrition - 50

NUTRITION

- Pre-wedding Diet - 52

SKIN



HOME

QUICK TIPS

- Dazzle with DIY Lights- 56

HOME DECOR

- Winter Garden- 58

VASTU

- Ultimate guide to a balanced Home - 60

MARKET - 62

LAST PAGE

- Facts Vs Myths about EV Cars- 66





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EDITORIAL.

As winter wraps its chilly arms around us, we find ourselves in a cozy corner of the year, just after the lively festivals of Dashain and Tihar. These times aren't just about celebration; they remind us of family, warmth, and love—like a big hug on a cold day.

In this issue, we dive into the theme of joy as our natural state. It's easy to get lost in chaotic thoughts and emotions, leading to fear and insecurity. By venturing beyond everyday worries, we can transcend the fears rooted in an overactive mind. This resonates beautifully with the journeys of travelers uncovering hidden gems like Catamarca in Argentina. Its breathtaking salt flats and the majestic Andes invite us to experience beauty beyond our comfort zones.

This issue features the inspiring journeys of Najir Husen and Shristi Shrestha, two shining stars in Nepal's entertainment scene, as they prepare for their upcoming film, *Keti Harayeko Suchana*. Their stories are relatable, reminding us of our own paths. Their experiences reflect what many of us feel: that love and support from family can help us soar.



As we step into the winter & wedding season, excitement fills the air. If you're getting ready for your big day or supporting someone you love, it's all about feeling confident and radiant. Our tips on skincare and pre-wedding diets are like little gifts to help you shine, so you can glow like the festive lights around you.

Let's also talk about parenting. It's a journey, much like tending a garden. We plant seeds of knowledge and love, hoping they'll grow into strong, happy individuals. Every challenge we face can be a lesson, both for us and for our kids. Embracing this idea can help us create a nurturing environment at home.

So, as you turn these pages, remember that winter isn't just a season; it's a chance to connect, reflect, and celebrate. Let's cherish the moments with our families, enjoy the flavors of our culture, and embrace the beauty of change together. Thank you for being part of our Smart Family community! Here's to a winter filled with laughter and love!

Happy Reading
Smart Family Magazine Team.



Visit our e-magazine

ON THE COVER:
Najir Husen and Shristi Shrestha

VENUE:
Holiday Inn Express Kathmandu Naxal

WARDROBE:
Kasa Nepal, Dulla Shoes, Meraki Accessories

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Nest

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New Perspectives

Imagine a finely crafted mechanical timepiece,
inspired by Japanese tradition with a modern,
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crafted into a mechanical timepiece.

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STARTER.

A person with dark hair, wearing an orange robe, is sitting in a meditative posture on a large, dark, rounded rock. The rock is partially submerged in a calm body of water, and the person's reflection is clearly visible in the water below. The background shows a misty or hazy landscape with mountains and trees under a soft, warm light, suggesting dawn or dusk. The overall mood is peaceful and contemplative.

Fear Is Our Own Creation

Joy is our natural state, and suffering arises from unregulated thoughts and emotions. Fear and insecurity stem from our limited identification with the physical self, making spiritual exploration essential for true freedom. By experiencing life beyond physical limitations, one can transcend fear, as it is rooted in an overactive mind.

By Sadhguru



There is really nothing to be done to be joyous. If you stop creating misery, you are naturally joyous. Being joyous is not something you do; it is your natural state of being. But you create misery through your thoughts, emotions and other aspects of you being out of control.

There are many ways to see how one can come out of present patterns of creating suffering. Suppose today you are not peaceful. The first thing you might do is maybe quarrel with your spouse. The next thing you will do is yell at your neighbour. Then you will realize its time to go to the doctor. If you go to the doctor, he will give you a pill. This pill is made up of chemicals. If you put these chemicals into your body, your body and mind become peaceful. So one way of understanding this is, what you call as peace has a certain kind of chemical background to it. Similarly what you call misery, suffering, fear, anxiety, everything has a certain chemical basis. As there is a science for external wellbeing, there is a whole science as to how to create your inner chemistry. Yoga has many methods through which you can create the right kind of chemistry where being peaceful and joyous comes naturally to you.

Human beings have been creating suffering, misery, fear and insecurities unconsciously. Why are we

creating them and how to leave them behind? We do not have to leave our fears and insecurities because they do not exist. The fundamental reason why fear has arisen in you is because you are a little human being and you do not know the beginning or the end of this vast creation. You being the small, little entity that you are right now, naturally fear is overwhelming.

As long as you are identified with the physical body, as long as your experience of life is limited to your physical and mental faculties, fear and insecurity are inevitable. It is just that different people may be in different levels of fear and insecurity. Today if your life is going smoothly, you might forget about your insecurity. Tomorrow if your life goes upside down, it reminds you but it is always there with you. Only when a person begins experiencing life beyond his limitations, only that person can be truly free of any sense of insecurity or fear.

Experiencing life beyond the physical is what we are

referring to as spiritual. When I say spiritual, do not think it is about going to temple or praying for this or that. If you look at your prayers, ninety-five percent of the prayers in the world are all about asking for either this or that. 'Please take care of me, protect me.' There is nothing spiritual about it; the very basis of this is fear and insecurity. So when I say spiritual, I am talking about you beginning to experience something which is not physical.

Once this spiritual dimension is alive, once you start experiencing yourself beyond the limitations of the physical and the mental, there is no such thing as fear. Fear is a creation of an over-active and out-of-control mind.



Ranked among the fifty most influential people in India, Sadhguru is a yogi, mystic, visionary and a New York Times bestselling author. Sadhguru was conferred the Padma Vibhushan by the Government of India in 2017, the highest annual civilian award, accorded for exceptional and distinguished services.

➔ As long as you are identified with the physical body, as long as your experience of life is limited to your physical and mental faculties, fear and insecurity are inevitable.

Honouring Nepali Tea Heritage

For Nepal Tea Collective, tea transcends the seasons—it's a timeless drink that warms in winter and refreshes in summer. The story of Nepal Tea Collective is rich and deeply rooted in a family legacy of resilience, innovation, and social impact. Nepal Tea Collective has three co-founders: Nishchal Banskota, Amigo Khadka, and Pratik Rijal. Together, they've taken this legacy forward with a refreshing vision to elevate Nepali tea globally, bridging social impact with business success.

By Smart Family Team in conversation with Nishchal Banskota and Amigo Khadka



Can you share how your journey with tea began and what inspired you to continue the family legacy?

Nishchal: My journey with tea is a family legacy. My parents started a tea business over 40 years ago, running a factory in Phidim, Eastern Nepal. Although I never envisioned joining this sector, my experiences and the desire to drive change brought me back to it. While studying in New Hampshire, I partnered with friends on projects like bringing American students to Nepal and building classrooms for underprivileged children. This connection with home and the vision of a socially impactful business inspired me to return to my roots and reshape the tea business.

What were some of the biggest obstacles you faced, and how did you overcome them?

The 2015–2016 blockade in Nepal was a turning point. One of our shipments was stuck at the border, which delayed payments and left farmers in a difficult position. This incident highlighted the importance of self-reliance and streamlined operations. We also faced skepticism in Nepal about the concept of a tea bar, as tea was not as popular as coffee. But seeing a rising tea trend and collaborations like our partnership with Himalayan Java, we managed to bring the concept to life.

What opportunities do you see for Nepali tea on the global stage, and how are you leveraging them?

Globally, people value unique and high-quality teas, and we've positioned Nepali tea as a premium, sustainable



Our 1% revenue distribution program strengthens our partnership with our farmers, while boosting their incomes.



option. Our direct-to-consumer (DTC) model allows us to share the stories of Nepali farmers, while our B2B model provides bulk tea to tea companies worldwide. We're expanding tea experiences by offering tea tastings for companies like Google and Facebook, making Nepali tea a memorable experience. In a market saturated with low-grade teas, the company has not only been availing its extensive selection of premium loose-leaf teas through e-commerce platforms like Daraz, but also via its social media channels. Additionally, the company has established five different tea bars at various prime locations throughout Kathmandu like Thamel, Lalitpur, Boudha, and Durbarmarg."

Can you share some interesting stories or unexpected moments from your journey that stand out to you?

One memorable moment was when I initially started a tea bar in Jhamsikhel, anticipating it to become the next Thamel. It was innovative but challenging—many Nepalis weren't used to tea without sugar, and the location on the second floor didn't work out as planned. I learned a lot from that venture, and upon my return to the US, I embraced the feedback and started Nepal Tea Collective.

As Nepal Tea Collective continues to grow, are there any new projects or innovations that you're excited about?

Amigo: Our vision is to make Nepali tea a staple on the global stage, enhancing our product range with herbs and spices and introducing tea-based beverages. A key aspect is our source—Nishchal's family farm, Kanchanjangha Tea Estate and Research Center (KTERC), Nepal's

first organically certified tea farm, where we source teas and herbs. Other farms, like Bhajanje Tea Estate and Jasbire Tea Processing Center, are not yet organically certified. We aim to transition these farms to fully organic over time, though it's a gradual process that we're still planning.

With Nepal Tea Collective's success, how do you ensure that the benefits reach the local farmers and communities who make it all possible?

As of last year, we successfully distributed \$3,985 to 81 farmers and tea workers. Our 1% revenue distribution program strengthens our partnership with our farmers, while boosting their incomes. This redistribution supplements our efforts to uplift wages, which increased by 11.2% from 2022 to 2023, marking a 48.1% rise since our inception. You can check our Impact Report for further insights into our contributions to the community.

What is your vision for the future of Nepali tea? How do you hope it will be perceived and enjoyed by people worldwide in the coming years?

I envision Nepali tea gaining a distinct identity, recognized for its quality and cultural heritage. I hope people around the world will appreciate Nepali tea not only for its flavor but for the stories and lives it supports. Tea from Nepal is a product of passion, resilience, and social impact, and I believe this can change the way tea is valued globally.



Bridging Generations in Nepali Cinema

From the very beginning, the development of cinema has always been a question of revolution and tradition. *Missing: Keti Harayeko* Suchana, an upcoming Nepali feature film is a good example of this blend, where senior director Deependra Gauchan is accompanied by a team of junior directors. Combined with traditional and modern techniques, this creates a film that interests both the older and younger audiences.

By Ritika Shakya in Coordination with Tri-City

From the very beginning, the development of cinema has always been a question of revolution and tradition. *Missing: Keti Harayeko* Suchana, an upcoming Nepali feature film is a good example of this blend, where senior director Deependra Gauchan is accompanied by a team of junior directors. Combined with traditional and modern techniques, this creates a film that interests both the older and younger audiences.

A Fusion of Experience and Fresh Ideas

For the experienced director, it was not just a business to work with young filmmakers but for their own development as well. They were employing deep narrative strategies and classic techniques that received new life from the youthful team's creativity. It also ensured mutual learning due to the harmonious working relations that prevailed during the implementation of the project. The director who was set in his ways, got motivated from the ideas provided by assistant directors and the work environment resulted in the director coming up with



➔ The assistant directors knew that to make this concept relevant, they needed to balance it skillfully, ensuring that it felt fresh yet deeply connected to its roots.

better stories to tell and better methods to tell them. It turned into an exchange of ideas, which can be considered as a mixture between sharing knowledge and supervision.

The younger team, on the other hand, described learning from the veteran concerning their precaution, which entails depth as well. It is not every day that one sees a director taking his time to make each shot look perfect, especially in an age when technology continues to dominate. The assistants found out that while technicalities are helpful when telling a story, they should not strip the essence of the story personally.

Capturing Tradition for Modern Audiences

The theme of *Missing*—unity in diversity—resonates with both younger and older audiences. The assistant directors knew that to make this concept relevant, they needed to balance it skillfully, ensuring that it felt fresh yet deeply connected to its roots. This balancing act was personified by the character Villas, a young man whose



→ Missing is more than just a film; it represents the future of Nepali filmmaking. It demonstrates how traditional and modern approaches can complement rather than conflict with one another.

demeanor reflects influences from older generations. Through *Villas*, the film serves as a metaphor for the coexistence of tradition and modernity, providing a bridge between past and present.

Crafting a character like *Villas* required the team to pay careful attention to detail. His mannerisms, speech, and interactions were designed to resonate with viewers who see elements of the past reflected in contemporary life. This careful character development ensured that audiences could see themselves in the story, making it relatable and emotionally compelling.

The younger filmmakers' commitment to retaining these traditional nuances while presenting them in a modern light showcased their understanding of the film's theme.

The Role of Technology

To inject new energy into a heritage-based story, the team experimented with the Sony FX3 camera, which had previously been employed in *Mansara*. This decision enabled the filmmakers to depict the Terai region's culture in vivid detail, capturing the essence of Mithila art, the majesty of Janaki Mandir, and the spirit of the Ganga Aarati. The modern technology

highlighted these traditional characteristics, making them relevant to today's audience while maintaining their authenticity. The incorporation of modern technologies was more than just a technical decision; it was a reflection of the film's overall ambition to combine tradition and progress. Using tools like the FX3, the filmmakers honored Nepal's rich visual traditions while infusing them with a modern style.

Challenges and Lessons

The collaboration was not without problems. Differences in working styles

occasionally caused conflict; the veteran director's cautious approach contrasted with the assistants' fast-paced techniques. However, these disparities finally resulted in a successful combination of structure and adaptability. The experienced came to appreciate the power of fast, tech-driven storytelling, while the younger team came to value the director's emphasis on depth and narrative integrity.

This dynamic produced a film that emphasized the strengths of both generations. The younger staff offered a new tempo and technological expertise, while the director ensured that the plot remained emotionally rich.

A blueprint for Nepali cinema

Missing is more than just a film; it represents the future of Nepali filmmaking. It demonstrates how traditional and modern approaches can complement rather than conflict with one another. The experience demonstrates that, while new technology might improve narrative, the timeless concepts of emotion, humanity, and connection remain paramount.

This collaboration provides lessons that extend beyond a single project. It inspires future filmmakers to rely on the assets of both classic and contemporary approaches, resulting in inclusive stories that reach across generations. In an industry characterized by perpetual change, *Missing* serves as a reminder that true storytelling connects the past and present, utilizing innovation to enhance rather than overshadow its roots.



The Heart of Storytelling

The essence of *Missing* is its portrayal of unity and collaboration, both in the narrative and in the production. The filmmaking process itself is a story of unity—between old and new, tradition and innovation, experienced and inexperienced. This combination serves as a reminder that, while cinema evolves and technology progresses, the human experience will remain at the center of storytelling.

The project emphasizes the necessity of balancing progress with respect for tradition. While filmmaking equipment and methods may evolve throughout time, the art of delivering an emotionally engaging story will endure. *Missing* embodies this notion by combining new methods with traditional storytelling components, demonstrating how cinema's future may be enhanced by its past.

In an industry defined by constant change, *Missing* stands as a beacon for what can be achieved through collaborative, cross-generational efforts. It's a call to filmmakers to not just adapt to change, but to do so while retaining the spirit of what makes a tale special. By combining old and new, filmmakers may produce cinema that honors its roots while appealing to modern viewers, ensuring that the craft of storytelling stays dynamic and relevant for many years to come.



FAMILIAL BONDS IN SPOTLIGHT

The Journey of Najir & Shristi

Najir Husen and Shristi Shrestha, two prominent Nepalese actors, share their journeys in the entertainment industry and the importance of family support. Husen reflects on how his family's evolving acceptance of his acting career has motivated him, while Shristi credits her family's unwavering encouragement during her transition from modeling to acting. Both actors draw from their personal experiences to portray deep emotional connections in their upcoming film, Ketī Harayeko Suchana, highlighting how familial ties and values shape their artistic expressions.

By Ritika Shakya

Najir Husen, Actor

Najir Husen is a Nepalese film actor, known for his work in the Nepalese entertainment industry. One of the most critically acclaimed actors in Nepal, Husen began his career in acting at the Mandala Theater, Nepal. He received fame for his role in Hostel Returns as Rameshwor Yadav and Bikram in Bir Bikram 2, and is now set to make an impressive impression as Ram in the upcoming movie, Ketī Harayeko Suchana.

Your career in the film industry has been impressive. How do you manage to keep your family ties strong while navigating the demands of such a competitive profession?

I often find myself away for months due to shoots, which makes me miss my family. Fortunately, my brothers live in Kathmandu, so on my off days, we make it a priority to spend time together. We either gather at my place or visit theirs. During these times, we enjoy cooking and sharing meals, going shopping, or hiking. We also spend the night at each other's homes, where I share stories from my shoots. This routine helps us maintain our close bond despite my hectic schedule.

Family often provides a strong foundation. How has your family helped you stay grounded and motivated during the ups and downs of your career?

I come from a Muslim background, and initially, my family members were not pleased with my decision to pursue acting as a career. I started as a theatre actor, and at that time, they didn't express much concern. However, when I shared my intention to make a full-time career out of acting, they were bit disappointed. For them, acting was an art, not a legitimate occupation. Like many parents, they hoped I would take up a business or a profession that would elevate our social status. It was challenging to make them understand my passion, but over time, as my movies were released and my work gained recognition, my parents also began to receive respect and acknowledgment. This shift in perspective helped ease their concerns, and

they eventually accepted my career choice. They are now very proud and supportive. Although my mother passed away 13 years ago, her words, lessons, and advice have continued to keep me grounded and motivated. During my low phases, my sisters and brothers are always there to lift me up. They've seen both my darkest moments and my brightest achievements, and their support encourages me to keep moving forward. I am proud and grateful to have them by my side.

In Ketī Harayeko Suchana, you explore themes of personal connection. Did you draw from your own family experiences to bring authenticity to your character?



Winter's Fashion

SHRISTI & NAJIR
WEARING KASA'S
LUXE LAYERS

Winter is coming, and for our October cover shoot, Shristi and Najir wore Kasa's latest collection—bold coats, luxe layers, and effortless style that redefine how we embrace the cold season.

By Ritika Shakya in Collaboration with Kasa

So, here's what happened on set, with Kasa Style on the go. Shristi walks in, wrapped in this bold, scarlet wool coat like a real firecracker in the middle of winter (Rs 18,500). Think classic with a twist: wrap-around belt, notched lapels, looking like she just stepped out of a winter dream. Do you know how sometimes a coat just owns the room? That was this coat. She styled it with neutral colors, but with that coat, you could wear slippers and still look runway-ready.

Then she does this flip—she's in this soft beige coat (Rs 18,500), a whole new vibe. It's loose, a bit relaxed, like it's saying, "Hey, winter can be cozy too." Over a white turtleneck (Rs 4,000) and wool pants (Rs 4,400), she looked ready for a coffee date or a snowy evening out. It's that blend of snug and stylish, you know?

Now Najir, he's all about that sleek elegance. First, he's in this dark navy overcoat (Rs 19,500). Wide lapels, kinda dramatic but not too loud, just enough to say "I've arrived." He's got this satin shirt under it (Rs 4,000), with a bit of a shimmer—just the right amount. And paired with black trousers (Rs 4,400)? A total James Bond moment, I swear. You could imagine him walking into a classy winter party, or just casually making heads turn.

Then he switches up too. He's in a charcoal double-breasted coat (Rs 19,500), a matte texture, over that same satin shirt, but somehow, it's like a whole different vibe. It's the kind of look that says, "Yeah, I didn't try too hard, but I nailed it anyway."

These styles are from Kasa! They aren't just winter clothes; they're like a winter story you wear. Cozy yet sharp, bold but so wearable, each piece makes you feel a little bit warmer and a whole lot cooler. Winter dressing done right.

In the movie Ketī Harayeko Suchana, the character Ram Baran Thakur is portrayed as a kind family man who has grown up surrounded by women. Similarly, I was raised by my mother and sister, which allowed me to relate deeply to the character. I also drew from my elder brother's personality and way of thinking to further connect with my role. By combining inspiration from my own life, my brother's traits, and the society I grew up in, I tried my best to bring authenticity to the character.

What's one piece of advice from a family member that has stuck with you throughout your career and continues to influence your decisions today?

One piece of advice from a family member that has been deeply influential in my life is my mother's. She always said, "Sapana sano manche ley pani dekhnu parcha" (even a small person should dream). I have a dream that is yet to come, but her words have been a pillar of support, motivating me to persevere. This dream has guided me through life's struggles, teaching me resilience. Additionally, my mother's emphasis on being kind has kept me grounded and humble throughout my journey.

How do you handle the pressure of fame and public expectations while maintaining meaningful personal relationships?

I have a small circle of meaningful relationships, which helps minimize the

pressure of managing fame and public expectations. My friends are very supportive and understanding when it comes to my time. They respect my need for space and give it to me without any fuss. Whenever we meet, we engage in deep and soulful conversations about various aspects of life, making our time together enjoyable and stress-free. I feel fortunate to have friends who not only support me in my career but also maintain a strong bond through simple meet-ups.

If you were to dedicate this film to someone in your family, who would it be and why?

I would like to dedicate this film to my mother and brother. They are the most significant parts of my life. In the movie, the character's love for his mother and grandmother reflects the love I have for my own mother. The character fulfils his mother's dreams and wishes, which is something I deeply resonate with. Unfortunately, my mother passed away during my struggling phase of career. If she were still here, I would have loved to fulfil her wishes—taking her shopping, on foreign trips, or even for a plane ride as she had always wanted. I see myself in the character's actions, and I wish I could do the same for her now.

Personal message: Thank you for the love and support you have shown me, for embracing both my work and who I am. Your love feels like a celebration of my existence, and the growing support from my audience is truly immense and a blessing to experience. I am deeply grateful to all

Nepalese audiences from all around the world, who have supported not only my acting but also my poetry, which uplifts me greatly. I also appreciate the constructive feedback that people give me. The love you've given me is equally reciprocated from my side, and I hope this support continues, especially for my upcoming movie, *Keti Harayeko Suchana*, releasing on Kartik 30 (November 15).

Shristi Shrestha, Actress, Model

*Shristi Shrestha is a Nepalese actress, model, and beauty pageant titleholder and also the title holder of the Miss Nepal 2012. Starting from modeling, she has now made her presence as an actress through applause-worthy movies like *Gajalu* and a remarkable series *Just Another Love Story*. Recently starred in multiple music videos, Shristi is all set to show us her character; *Sita* in *Keti Harayeko Suchana*, releasing November 15.*

Your journey from modeling to acting has been inspiring. How did your family support you through this transition, and what role did they play in helping you overcome the challenges?

I am truly blessed with an incredibly understanding and supportive family. They have been not only my cheerleaders but also my mentors throughout this journey. During times of challenges, they offer me a safe haven where I can retreat, reflect, and rejuvenate myself. Their

↓

I would like to dedicate this film to my mother and brother. They are the most significant parts of my life. In the movie, the character's love for his mother and grandmother reflects the love I have for my own mother. The character fulfils his mother's dreams and wishes, which is something I deeply resonate with.



unwavering support has been instrumental in helping me overcome obstacles, and I would not be where I am today.

With your busy schedule in the

spotlight, how do you stay connected to your roots and maintain close relationships with your family?

Living away from my family is far from ideal, but technology plays a crucial

role in bridging that gap. Thanks to video calls, I get to see and talk to them every day, which helps me stay connected on a daily basis. Beyond that, the values, morals, and love they've instilled in me are always in my heart, no matter where I am. In that sense, they're always with me.

In *Keti Harayeko Suchana*, you explore deep emotions. Did your personal experiences with family life influence your performance in this film?

Yes, surely. The intention of understanding mine and any characters I come across in the story with as a non judgemental is crucial and something that I've learnt from my family. For instance, seeing a situation rationally/practically comes from what I've learnt from my brother, while the empathy and the pure love towards all beings stems from my mother. I try to balance these elements and response in a scene accordingly.

In your opinion, what defines a "smart family" in today's fast-paced world, and how do you incorporate those values into your own life?

"Smart family" for me is a family that grows and evolves together. We are all humans and are not perfect but being there for each other to uplift the individual and collective journeys of life is important and beautiful too. Like Rumi said, "We are all just walking each other home."

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PARENTING.



Vacations and Homework

Parenting is a unique journey filled with challenges, joys, and endless lessons. As we strive to nurture our children, it's crucial to adopt a holistic approach—one that encompasses their physical, emotional, social, and cognitive development. In this article, we explore the common challenges parents face in this endeavor and how understanding holistic development can lead to healthier, more fulfilled children.

By Pooja Gautam

When we have a vacation, teachers plan for homework to engage children in vacation. There are different opinions on whether homework should or should not be given to children. I have been working in the child development field since the last 23 years and have closely observed children and their behavioral patterns. I am writing this article to share what I have seen throughout my years of experience.

These days when children are free, they are inclined towards watching screens. To lessen screen time, many parents and teachers suggest for homework in vacation. These home assignments have both pros and cons.

These assignments not only help children retain what they have learnt but also help them to practice self-discipline as they balance study and free time. They also keep children connected to their academics

throughout the long break from school.

Having said that the traditional homework also has some downsides. Vacations are meant for rest, whereas homework creates stress and fatigue, reducing children's motivation and enthusiasm for learning. Vacations are important opportunities for family bonding, relaxation and non-academic experiences which help to foster creativity and life skills. It allows children to recharge and explore interest outside of academics. Vacations allow unstructured and creative activities that helps kids to grow in different ways, which homework might restrict. Instead of cultivating a natural curiosity, they may begin to view education as a chore. A constant workload, even during breaks can negatively affect children's mental health, give them feelings of anxiety, fatigue

and pressure towards studies. Not all children thrive under structured assignments. Some may benefit more from experiential learning during the holidays such as travel, hobbies or family activities.

My experience regarding this topic is that, when we are giving less academics-related homework in long vacations like Dashain and winter/summer vacation, children are more likely and ready to study. I might as well say that they are more "study-hungry". Their listening, reading and writing skills are improved. Breaks really charge them for studies. They enjoy coming back to school without stress and give their full potential after long vacations.

Integrating light, engaging activities into daily life can be an effective way to enhance creativity in children. We should include activities that promote learning

without formal structure such as reading for pleasure, educational games or creative projects. Children need much more than the age-old rote learning and completing piles of homework. Teaching children about day-to-day life skills is a much necessary but overlooked topic nowadays. Now this doesn't mean children should be away from their academics for the whole time but using a healthy combination is the best choice.

Overall, I think children shouldn't be limited to just books and copies. There are so many things that life, the world around us and the nature teaches us and vacations are the perfect time for children to learn from the outside world!

➔ A constant workload, even during breaks can negatively affect children's mental health, give them feelings of anxiety, fatigue and pressure towards studies. Not all children thrive under structured assignments. Some may benefit more from experiential learning during the holidays such as travel, hobbies or family activities.



Pooja Gautam, Principal at Sanskar Shikshyalaya, Bafal. She is trainer of Parenting Education Facilitator of International Child Development Program and author of Smart Kids book series. Along this she is esteem Member of Smart Parenting Nepal.

UPSTAIRS AND DOWNSTAIRS BRAIN

UNDERSTANDING
CHILDREN, EMOTIONS AND
RELATED BEHAVIOUR

In a world full of emotional challenges, understanding children's behavior is crucial. Ganga Gurung explores self-regulation, explaining how kids respond to stress and big emotions. This article offers practical strategies for parents to support their children during overwhelming moments, highlighting the importance of co-regulation and fostering essential skills for a happier, more successful life.

By Ganga Gurung

While it is tempting to label a fussy child as oppositional, manipulative, and attention seeking, more often than not, it is not in the child's control. It is more accurate and helpful to understand challenging behaviour as a sign that children cannot handle their big emotions. When they feel overwhelmed, their emotions are getting the best of them. That is, they cannot self-regulate.

As discussed in our previous article, self-regulation is the ability to remain calm, cope with big emotions, adapt,

and respond appropriately to our environment. Self-regulation is important because it allows children to participate better in school, with friends, and at home. It helps children develop self-esteem and confidence.

In their book, *The Whole Brain Child*, Dr. Dan Siegel and Dr. Tina Payne Bryson conceptualize the idea of upstairs and downstairs brain.

The downstairs brain (brainstem and limbic system) controls our basic functions (e.g.,

heart rate and breathing) and stress response (e.g., fight, flight, freeze). Imagine yourselves in a room where you suddenly see a snake. The survival instinct will kick in and you will run for your life. That's the work of our downstairs brain. It senses danger and moves us to act before we think to survive. The problem arises when our downstairs brain wrongly interprets everyday stress as a danger. When a child has big emotions or feels threatened, they are dysregulated and in their downstairs brain, their strong emotions can get

triggered to react without thinking. If ongoing, this can lead to a combination of social, emotional, behavioural, and academic challenges.

When children feel safe and relaxed, they can access their upstairs brain (prefrontal cortex) that does the thinking, reasoning, planning and problem-solving. It allows them to become self-aware, exert self-control, pause in the moment and think before acting.

A mature upstairs brain is under construction till

around 25 years of age i.e. growing all the way into young adulthood. This means that younger children have more difficulty than older children with self-regulation (coping and adapting to change). They get triggered easily and may look like they are throwing a tantrum but they actually experience a meltdown. Frequent or intense challenging behaviour is often a sign that children do not have the skills they need to calm themselves (regulate) when they feel overwhelmed.

Typically developing children find it easier to cope or self-regulate while neurodiverse children like autistic and ADHDers might find it more difficult to self-regulate. For example, development of the prefrontal cortex part of the brain in children with ADHD develops more slowly - as much as 30% or more - than in children without ADHD. This means that a 10-year-old child with ADHD may have the self-regulation skills like a typically developing (neurotypical) 7 year old.

Research shows that when children learn and practice self-regulation skills, they are forming pathways in their brains that increase their ability to manage stress in the future. Think of regulation as eating. You need to refill the stomach at regular intervals throughout the day to stay energized and function smoothly. Much like eating, self-regulation needs to be regularly maintained. A child already at the edge of dysregulation cannot cope with new emotions or situations that may come uninvited.

Children need to feel good and energized to cope when feeling overwhelmed. It is important to increase enjoyable activities for children where they can experience joy, success, and pride. These positive experiences will maintain their regulation tank, so they have the energy they need to get through the day. Children's energy reserves will change throughout the day depending on the enjoyable activities (that refuel their tank) and stressors (that drain their tank) they experience. We want to ensure that the demands we place on children (e.g., academics, chores, activities) are never greater than their internal resources to cope.

What is the best way to manage an episode of meltdown/overwhelm in children? Remember to always identify the real cause/trigger of the overwhelming. Then, use the power of you. Children need their parents or caregivers to co-regulate with them, not escalate further. Calm yourself down and the child will mirror your emotions. It is impossible to reason with someone whose downstairs brain has temporarily taken over their ability to access their upstairs brain. Listening to your child, validating their feelings, making them feel safe, offering gentle touch or deep hugs and meeting them where they are allows them the much needed space to regulate.

Always remember, punishment in any sugarcoated form will not teach them the skills they need to stay calm, cope, and

adapt. Instead, punishment will likely frustrate children more, lead to feelings of shame and failure, increase challenging behaviour and mess up relationships and trust.

Self-regulation is a skill that needs to be supported in children because it is key to their overall success and happiness. Children who can cope with stress, anger, disappointment, and frustration are more able to do well in school, with friends, and at home. Like any other skill, it takes practice but guiding them with loving support will get them there.



Ganga Gurung, a Pediatric Occupational Therapist with 5 years of clinical experience, is the co-founder of Bloom Park Clinic and Bloom Park Store Pvt Ltd., Nepal. She is also the Project Lead and member of International Chapter of All India Occupational Therapists Association (ICAIOTA) and Secretary of Association of Nepal Occupational Therapists (ANOT). She has worked as a freelance consultant/expert for rehabilitation activities by the LCDMS, EDCCD-Ministry of Health and Population, WHO-Nepal and Handicap International-Nepal.

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Vatuk

The Historical Roots of Vatuk: From Vataka to Nepal

The dish known as Vatuk in Nepal has its roots in an ancient dish called vataka, which is mentioned in ancient Vedic texts such as the Atharvaveda and Dharma Sutras. In these texts, vataka is described as a dish made from black lentils that were soaked, ground into a paste, fermented, and deep-fried in ghee or oil.

In the Atharvaveda (1000–900 BCE), black lentils, or masa, are mentioned as a sacred food, symbolizing nourishment and prosperity. One of the shlokas from the Atharvaveda highlights the importance of black lentils:

(Atharvaveda 6.140.1)

Translation:

"May those who cultivate lentils prosper and bring forth abundance. We seek the blessings of the gods by

offering lentils in our rituals, nourishing both the earth and ourselves."

Vataka, in its original form, was a part of Hindu rituals and daily meals, valued for its nutritional properties and its ease of preparation. Over time, as South Indian rulers like King Nanyadeva migrated northwards, the dish traveled with them. When Nanyadeva established the Simraungadh Kingdom in Nepal's Terai region in the 11th century, the dish evolved into what is now known as Vatuk.

The Simraungadh Kingdom and the Spread of Vatuk

King Nanyadeva, also known as Naldev Singh, was a ruler from Karnataka in southern India. After losing his southern Indian territories, Nanyadeva moved north and founded the Karnat dynasty in Simraungadh, a city in present-day Bara District of Nepal. The Simraungadh Kingdom thrived under

Nepal's cultural diversity is deeply reflected in its food traditions, and Vatuk (or Batuk)—a traditional black lentil fritter—is one of the most significant dishes that encapsulates this. This humble dish holds profound significance not just for its taste, but for its role in religious, social, and even medicinal contexts through Ayurvedic practices.

By Chef Sandeep Khatri

his reign and became an important political and cultural center, linking the Terai region with northern India.

Nanyadeva's migration and the establishment of the Simraungadh Kingdom brought with it South Indian cultural influences, including foods like vataka. This dish, along with other elements of Dravidian culture, merged with local Nepalese traditions and evolved into Vatuk, a staple of Magar and Khas cuisine.

The Malla dynasty, which later rose to prominence in the Kathmandu Valley, is believed to have been influenced by the Karnat rulers of Simraungadh. Jayasthiti Malla, one of the most famous Malla kings, may have adopted the Malla title from the Karnat rulers, further integrating South Indian elements into Nepal's political and cultural framework.

Significance of Vatuk in Magar and Khas Culture

Today, Vatuk holds a special place in Magar and Khas cultures, especially during

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festivals and important life events. For the Magar people, Vatuk is traditionally prepared during Maghi, the Magar New Year festival that coincides with Maghe Sankranti. It is also an integral part of wedding ceremonies, where the groom's family presents Vatuk, along with other foods like pig meat, alcohol, and sel roti, to the bride's family as a symbol of fertility and prosperity.

The dish has become more than just food—it symbolizes abundance, community, and the cycle of life. The ring shape of the fritter is thought to represent continuity, and the sharing of Vatuk during festivals is a way to bring people together, binding families and communities through food.

Ayurvedic Significance of Vatuk

Apart from its cultural and historical significance, Vatuk holds a special place in Ayurvedic medicine. According to Ayurveda, black lentils (known as maas in Nepali) have powerful warming properties. In Ayurvedic teachings, foods are categorized based on how they affect the body's balance of doshas—the three fundamental energies (Vata, Pitta, and Kapha) that govern physical and mental processes.

Black lentils are considered especially beneficial for balancing Vata dosha, which is

responsible for movement and communication in the body. When Vata is imbalanced, it can lead to issues like joint pain, dryness, and anxiety. Foods like Vatuk, made from black lentils, help warm the body, improve digestion, and provide sustained energy, which is particularly important during the cold winter months when Vatuk is traditionally consumed.

The preparation of Vatuk, with warming spices like ginger and turmeric, further enhances its Ayurvedic benefits. Ginger is known for its digestive properties, while turmeric is celebrated for its anti-inflammatory effects. Together, these ingredients make Vatuk not only delicious but also a nourishing food that promotes balance and well-being.

The Simple Recipe of Vatuk

You don't have to wait for a festival to enjoy Vatuk—this traditional dish is easy to make at home and requires only a few simple ingredients. Here's a step-by-step recipe for preparing Vatuk:

Ingredients:

- 1 large cup black lentils (kalo maas)
- 2 tablespoons ginger paste
- 1 tablespoon garlic paste (optional)
- 1 teaspoon turmeric powder
- Salt to taste

- 2 cups vegetable oil for frying

Instructions:

Soak the lentils: Soak black lentils in water for at least 5–6 hours or overnight. After soaking, massage the lentils with your hands to remove some of the outer black layer. Rinse thoroughly and drain the water.

Grind the lentils: Using a blender or traditional stone mortar (silauto), grind the soaked lentils into a coarse paste. Slightly grainy paste will give the Vatuk a light, fluffy texture.

Add spices: In a mixing bowl, combine the lentil paste with ginger paste, turmeric powder, and salt. You can also add garlic paste if desired. Mix the ingredients well.

Let the mixture rest: Allow the mixture to rest for at least 30 minutes. This process helps the flavors meld and allows slight fermentation, which enhances the taste and texture.

Shape the Vatuk: Wet your hands and take a small handful of the lentil paste. Shape it into a ring or doughnut with a hole in the center. Wet your hands before shaping each piece to prevent sticking.

Fry the Vatuk: Heat vegetable oil in a deep pan or wok over medium heat. Once the oil is hot, carefully drop the shaped Vatuk into the oil. Fry until golden brown, turning

occasionally, which should take about 3–4 minutes per side.

Serve: Once fried, remove the Vatuk from the oil and drain on a paper towel. Serve hot with your favorite dipping sauce, chutney, or alongside boiled yams and sweet potatoes, as is traditionally done during Maghe Sankranti.

In the end, Vatuk is more than just a food item—it is a culinary link between the past and the present, between South India and Nepal, and between the body's nourishment and the spirit's unity.



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

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S I X T H S E R I E S

Welcome back, Smart Family! We're so excited to have you here for the sixth chapter of our "Family Feast Fiesta" series. This time, we're taking a delicious trip around the world with some amazing dishes!

By Smart Family Food Team

What's on the Table?

Imagine sitting by the ocean, the sun setting, and enjoying a plate of Seafood Paella. It's like a party on your plate! Or think about the fragrant aromas wafting from a steaming bowl of Thai Laksa Soup, wrapping you in a warm hug. Then there's Khao Pad, a tasty Thai fried rice that feels like home, no matter where you are.

Join the Fun!

Tried one of these yummy dishes? We'd love to see how you're celebrating! Snap a pic and share your foodie moments on Instagram or Facebook using #SmartFamilyFood and tag us. It's like sharing a slice of joy with the world!

Here's to enjoying every bite and making each meal feel like a little adventure! So grab your forks, and let's dig in together!

Seafood Paella

Rs. 2,295

When you step into La Casita, the Paella is like the star of the show, drawing everyone's attention. Imagine a colorful feast on your table, filled with seafood, chicken, or veggies—each bite a taste of sunshine. The Seafood Paella is packed with juicy shrimp, tender squid, and flaky fish, all mingling together like old friends at a reunion. It's got this rich saffron-infused rice that feels like a warm hug after a long day.

Every Paella takes about 45 minutes to whip up, which is a little wait, but worth every second. It's like the chef is crafting a masterpiece, pouring their heart into each dish. You sit there, chatting and laughing with family, creating memories as delicious as the food itself. Paella isn't just a meal; it's a way to connect and share, making every dining experience at La Casita feel special.



La Casita is a cozy rooftop restaurant boasting breathtaking views of the Boudhanath Stupa. Known for its delightful blend of authentic Spanish cuisine and local favorites, it serves fresh, locally sourced ingredients with warm Nepalese hospitality. The inviting atmosphere makes it a perfect spot for families and friends to gather.

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Khao Pad Sapporod



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Finished with cashews for a hint of crunch and garnished with herbs, our Khao Pad Sapparod is a perfect balance of textures and tastes. This dish, served in a hollowed-out pineapple, is not just a feast for the palate but a feast for the eyes as well.

An Asian saga unfolds at FuAsian Bar & Kitchen, the rooftop restaurant atop the Holiday Inn Express in Kathmandu, Naxal. The setting is an expansive, yet intimate, space - choose from cosy indoors or open-air al fresco dining. An exquisite spread of Pan-Asian cuisine leaves you spoilt for choice: think culinary delights like Sushi, Dim sums, Chinese and Thai delicacies. While the impressive selection of fine wine, spirits, and crafted cocktails adds the finishing touches to this delicious tale.



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Thai Laksa Soup is like a warm hug in a bowl, a must-try for families wanting to explore exciting flavors. Picture a creamy coconut curry broth that's rich and smooth, wrapping you up like a favorite blanket. It's filled with vibrant Thai herbs and spices that dance on your taste buds. Each spoonful brings a mix of sweet and savory with a little kick that makes you smile. It's not just a meal; it's an adventure for your senses!

What's even better is how easy it is to enjoy together. You can add fresh veggies, tender noodles, and maybe shrimp or chicken for heartiness. Every bite bursts with flavor, making dinner feel like a celebration. Imagine the laughter around the table as everyone shares stories and savors every delicious drop. Thai Laksa Soup isn't just food; it's a way to bring the family together, creating memories one tasty spoonful at a time!

The Society Fine Dining Redefined, a serene oasis in Chandol, Kathmandu, offers luxurious, multi-cuisine dining for every taste. Their spacious family restaurant features a dedicated kids' play area, perfect for family outings. With valet parking for your convenience, choose from inviting indoor seating, a scenic outdoor terrace, or exclusive VIP sections. Immerse yourself in a captivating atmosphere, enjoying everything from authentic Nepali delicacies to global flavors. Whether you're savoring a family dinner or celebrating life's special moments like birthdays, engagements, and baby showers, The Society ensures every visit is unforgettable. At The Society, every meal becomes a cherished family memory, making it the perfect destination for families seeking an extraordinary dining experience.

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Experience the rich tapestry of flavors at Sesamé, where authentic Indian, Asian, European, and Nepalese cuisines come together in a serene setting. We've featured Sesamé's signature dish specially for you.

By Malika Joshi



TANDOORI ALOO

Tandoori Aloo is a delightful Indian appetizer that combines comfort and uniqueness in every bite. This dish features potatoes with a smoky exterior infused with Indian spices and stuffed khowa and the blends of nuts stuffed inside making it soft and flavourful. The warmth of the potatoes, complemented by a crispy roasted layer, tantalizes the taste buds and leaves you craving more. Served with two enticing condiments, Tandoori Aloo is not just a classic starter but a vibrant celebration of Indian flavours.



PUNJABI MURGH MALAI TIKKA

Murgh Malai Tikka is an Indian classic that perfectly caters to both Nepali palates and foreign tastes, offering a creamy and less spicy alternative to traditional tikka. This rich delicacy features tender chicken marinated in a luscious blend of 'Malai' with melt-in-the-mouth texture. Hints of Indian mild spices elevates the taste, making it indulgent. Often served with refreshing mint chutney, each bite delivers a delightful balance of flavours.



DAL "SESAMÉ" AND WARQI PARATHA

An authentic, slow-cooked black lentil delicacy, Dal "Sesamé" brings together earthy flavors and a silky texture that's rich yet comforting. Simmered overnight with tomatoes, chili, garlic, and butter, each spoonful reveals layers of taste that appeal to both Nepali and international palates. Paired with the flaky, golden layers of Warqi Paratha infused with saffron, cardamom, and honey, this combination offers a perfect balance of warmth and indulgence—ideal for those craving a flavorful, hearty experience.



SOM TUM

Raw Papaya Salad, or Som Tum, crafted by Chef Joy, is a vibrant and refreshing Thai salad that can double as a delightful dessert. This zesty salad features shredded green papaya tossed with a tangy dressing of lime juice, fish sauce, and a hint of sweetness. Topped with fresh herbs, crunchy peanuts, and juicy tomatoes, it offers a satisfying blend of textures and flavors, complemented by a bold chili kick. Not only is it delicious, but it's also a powerhouse of vitamins, making it a perfect way to end a meal on a light and healthy note.



CHICKEN PAD THAI

Chicken Pad Thai, a well-known Thai dish at Sesamé that brings authentic flavours to your plate. This delightful stir-fried flat rice noodles tossed in a savoury-sweet sauce, perfectly combined with tender chicken and scrambled eggs. Plated with crunchy peanut crumbles, a sprinkle of chili flakes, fresh lime, and vibrant bean. Pad Thai is my personal favourite & must- try for any food lover.



DIMSUM

These exquisite crystal dimsums, wrapped in a naturally vibrant yellow dough derived from pumpkin, are a celebration of flavors and colors. Steamed to perfection and served in a bamboo steamer atop a lotus leaf, they are filled with a delicate mix of steamed carrot, asparagus, water chestnut, and chives, creating a delightful, crisp texture within each bite. Garnished with sesame seeds and a hint of edible gold, these dumplings are both visually captivating and richly flavorful. Paired with dipping sauces, each mouthful offers a harmonious blend that appeals to both local and international tastes.

Sesamé, nestled in the serene ambiance of Hyatt Regency, authentic flavours come to life under the warm glow of inviting lighting. This culinary gem offers a delightful blend of Indian, and Asian cuisines alongside Nepalese cuisine, inviting foreign guests to savour the heart of Nepalese flavours. With a steadfast commitment to health and hospitality, Sesame takes pride in partnering with local vendors and sourcing fresh ingredients from its own herb garden, ensuring each bite bursts with flavour and authenticity. Whether you're a traveller exploring new tastes or a local seeking comfort in familiar flavours, Sesamé's signature dishes promise a memorable dining experience that feels like a warm embrace.



Chef Suvendu, the Executive Chef at Hyatt Regency Kathmandu, brings a wealth of culinary expertise honed over a decade in prestigious kitchens, including the Grand Hyatt and Hyatt Pune in India. Now at Hyatt Regency Kathmandu for the past seven months, he delights guests with impeccable meals. Ensuring a memorable dining experience through quality and taste, he surely is a gem in the culinary scene.



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Chicken Dimsum

King Prawn Donggu



Spicy Mango



Sliced Lamb



Banana Chocolate Marquise

Bao Xuan

Join us as we revisit Bao Xuan in Kathmandu through the delightful dining experience of one of our readers, Sharone S. Joshi. A few months ago, she explored this fine dining gem, savoring authentic Chinese flavors and warm hospitality. Discover her standout dishes, including the King Prawns Donggu and the rich banana chocolate marquise, making Bao Xuan a must-visit for fine dining enthusiasts.

By Sharone S. Joshi, Entrepreneur

When craving authentic Chinese cuisine in Kathmandu, the first name that comes to mind is the fine dining restaurant Bao Xuan, located at The Soaltee Kathmandu.

From the moment I arrived, I was greeted with a warm welcome, enveloped by the restaurant's sophisticated interior featuring traditional wooden furniture, low lighting creating a sensual yet intimate atmosphere, and subtle strains of music that transported me to the heart of mainland China. All these elements set the stage for an exceptional dining experience. As I was seated, I was offered a refreshing wet towel, which set the tone for a relaxing meal. Shortly after, I was served a warm cup of Jasmine tea. These gestures exemplified the restaurant's gracious

hospitality, heightening my anticipation for the evening ahead.

Spicy Mango

Bao Xuan has a wide variety of cocktails and a sophisticated range of wines. As I glanced at their drink menu, one standout was the Spicy Mango, a vodka-based cocktail that is a special from their extended cocktail menu. I felt this drink would be perfect for the evening, as it sounded tropical with a fiery twist. On my very first sip, I could taste the blend of sweetness and bold spicy Tabasco sauce, delivering a delightful heat that lingers on the palate and harmonizes beautifully with the fruit's natural sweetness. Garnished with fresh chili and chili flakes on the rim of the glass, this cocktail was as

visually appealing as it was tasty. It perfectly suited the hot and humid evenings of Kathmandu.

King Prawns Donggu

The à la carte menu offers a wide variety of dishes that take you on a culinary journey reflecting China's rich history. For starters, I ordered King Prawns Donggu, which were tossed in fragrant rice wine, chili, and garlic oil. The dish was garnished with finely chopped peanuts, adding a delightful crunch that complemented the tender, succulent texture of the prawns. Each piece was a delightful infusion of flavors that kept me wanting more. This is something I would reorder on my next visit to Bao Xuan.

Chicken Dim Sum

Next, I ordered Chicken Dim Sum, exquisitely presented on a traditional bamboo steamer, adding an authentic touch to this classic Asian delicacy. Each piece was placed on a Sal (*Shorea robusta*) leaf, enhancing the flavors of this traditional Cantonese dish. Each piece was crafted with precision, offering juiciness and a burst of flavor. Among the various dipping sauces, the spicy chili oil complemented this dish perfectly.



Bao Xuan remains the perfect place to impress someone special or to treat yourself because we all need that sometimes. I loved the food, the service, the gorgeous location, and the décor. Highly recommended!

Sliced Lamb

For the main course, I opted for the chef's signature sizzling Sliced Lamb paired with aromatic jasmine rice. The lamb was tender, perfectly seasoned, and a must-try. I also ordered the Hangzhou sweet and sour chicken, hoping to enjoy its renowned balance of flavors. While the dish was beautifully presented and the chicken tender, I found the sweetness overwhelming for my palate. The sauce, which ideally should offer a harmonious blend of tangy and sweet notes, leaned too heavily on the sweet side, masking the subtler flavors I was expecting. Despite this, the vibrant mix of vegetables and the overall freshness of the ingredients were commendable. If you prefer less sweetness, it might be worth mentioning this to your server when ordering.

Banana Chocolate Marquise paired with Caramel Ice Cream

There is also a decent selection of desserts and flavors of ice cream as a palate cleanser at the end of the meal. I chose the Banana Chocolate Marquise paired with Caramel Ice Cream. This rich, decadent treat hits all the right notes for even the most discerning palates. It was a fitting conclusion to a fabulous meal, though it was quite heavy given the amount of food I had already enjoyed. The banana chocolate marquise, with its luscious chocolate ganache and buttery cracker crust, delivered a luxurious texture crowned with smoked fresh banana slices. As I savored each bite, I discovered a delightful blend of dry fruits—sweet raisins, crunchy walnuts, and a touch of fine sugar—creating a perfect balance

of flavors and textures. The puree and creamy caramel ice cream provided a sublime contrast, making this a memorable and fitting conclusion to my meal.

The last time I was at Bao Xuan was for my birthday in July this year. I enjoyed fried noodles tossed in honey with a scoop of creamy vanilla ice cream on the side, and the chef's signature Chinese mango pudding, which I would highly recommend. The desserts at Bao Xuan are exceptional and cater to those with a sweet tooth, making it a standout choice among fine dining establishments. While I thoroughly enjoyed my experience and will certainly return, I suggest adding a selection of duck dishes to the menu, as no authentic Chinese dining experience feels complete without them. Bao Xuan remains the perfect place to impress someone special or to treat yourself because we all need that sometimes. I loved the food, the service, the gorgeous location, and the décor. Highly recommended!

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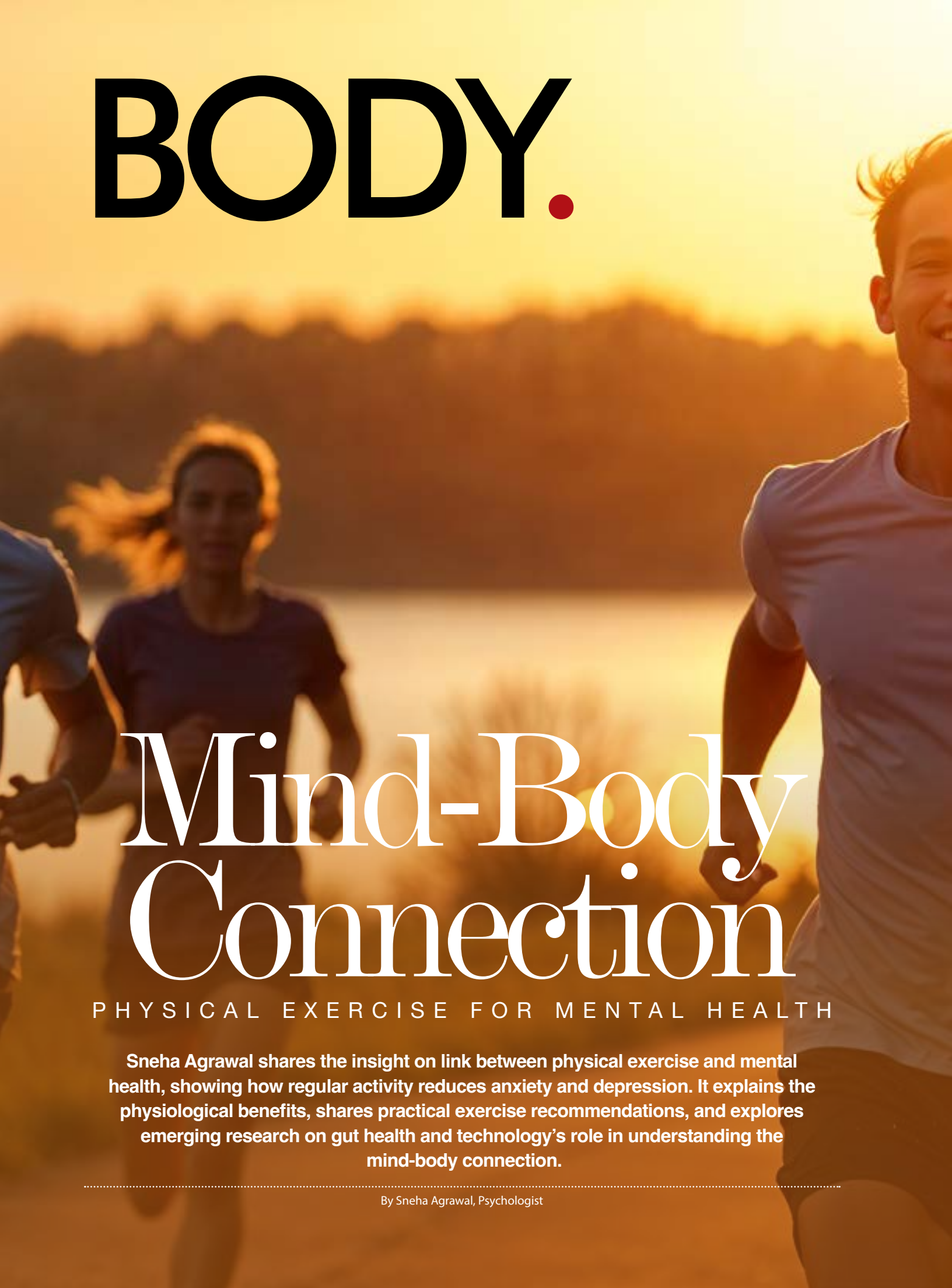


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BODY.

Mind-Body Connection

PHYSICAL EXERCISE FOR MENTAL HEALTH

Sneha Agrawal shares the insight on link between physical exercise and mental health, showing how regular activity reduces anxiety and depression. It explains the physiological benefits, shares practical exercise recommendations, and explores emerging research on gut health and technology's role in understanding the mind-body connection.

By Sneha Agrawal, Psychologist



➔ The positive effects of exercise on mental health are multifaceted, involving direct neurochemical changes, stress reduction, improved sleep, and overall brain and body health. These physiological mechanisms, together with behavioural and social benefits, make regular physical activity a powerful tool for maintaining and improving mental health.

How would you articulate the relationship between physical exercise and mental health in terms of the mind-body connection?

The relationship between physical exercise and mental health is a prime example of the mind-body connection, which underscores how physical states and mental well-being are deeply intertwined. Regular physical exercise has been shown to have profound effects on mental health by influencing brain chemistry, cognitive function, and emotional regulation. When you engage in physical activity, your body releases endorphins, often referred to as “feel-good” hormones, which can alleviate stress and improve mood.

What are the most compelling scientific findings that demonstrate the impact of physical exercise on mental well-being?

There are various scientific findings, some are:

- Numerous studies have shown that regular physical activity can significantly reduce

symptoms of depression and anxiety.

- Physical exercise increases the levels of BDNF, a protein that supports the growth and survival of neurons, which is vital for learning, memory, and overall cognitive function. Higher BDNF levels are associated with better cognitive performance and a reduced risk of neurodegenerative diseases like Alzheimer's.
- The endorphin release during exercise, often termed the “runner's high,” contributes to feelings of euphoria and a reduction in negative emotions. Studies have shown that even a single bout of exercise can boost mood and enhance emotional well-being.
- Regular aerobic exercise has been shown to improve executive functions such as planning, problem-solving, and multitasking. This is particularly notable in older adults, where exercise can help mitigate age-related cognitive decline.

Could you explain the physiological

mechanisms through which regular exercise influences mental health?

- Exercise stimulates the release of endorphins, which are natural mood lifters.
- Regular physical activity increases the availability and production of neurotransmitters like serotonin and dopamine. Serotonin plays a crucial role in regulating mood, anxiety, and happiness, while dopamine is involved in reward and pleasure pathways
- The hypothalamic-pituitary-adrenal (HPA) axis regulates the body's response to stress. Exercise helps modulate the HPA axis, reducing the secretion of cortisol (a stress hormone). Regular exercise can lower baseline cortisol levels and improve the body's resilience to stress
- The positive effects of exercise on mental health are multifaceted, involving direct neurochemical changes, stress reduction, improved sleep, and overall brain and body health. These physiological mechanisms, together with behavioural and social benefits,

make regular physical activity a powerful tool for maintaining and improving mental health.

In your practice, what significant changes have you observed in clients or patients who incorporate regular physical activity into their lives?

We can see a lot of changes in terms of their mood, and their energy levels. We have seen a significant change in sleep quality as well. Clients who exercise regularly often start making other positive lifestyle changes, such as eating healthier, reducing alcohol consumption, or quitting smoking. Improved focus, memory, and cognitive function have also been observed.

Can you share an impactful case study or personal anecdote where exercise played a crucial role in improving someone's mental health?

I cannot share anything specific but as a Psychologist, I often use physical exercise as a part of my therapy sessions. There have been a few clients who would come and say they feel so fresh after doing some physical exercise be it walking as well.

What specific types of physical activities do you recommend for individuals coping with stress, anxiety, or depression, and why?

- Aerobic exercises (walking, running, cycling) are known to significantly reduce symptoms of anxiety



The mindfulness component of yoga helps in focusing the mind, reducing rumination, and promoting a sense of calm. Physically, the stretching and poses help release muscle tension, which can accumulate due to stress.

and depression. They increase heart rate, which promotes the release of endorphins and other neurotransmitters like serotonin and dopamine. These “feel-good” chemicals improve mood and provide stress relief. Additionally, regular aerobic exercise can reduce overall levels of tension, elevate and stabilize mood, improve sleep, and boost self-esteem.

- Yoga combines physical postures, breathing exercises, and meditation, making it highly effective for reducing stress and anxiety. The mindfulness component of yoga helps in focusing the mind, reducing rumination, and promoting a sense of calm. Physically, the stretching and poses help release muscle tension, which can accumulate due to stress.
- Other exercises like dancing, swimming, Pilates, strength training, and nature walks also help a lot. The key is to choose what works best for you and be consistent to see the change.

What are some prevalent myths about the mind-body connection and exercise, and how do you address them?
The most challenging ones are that exercise is just good for physical health and the other one is it's going to uplift your mood immediately.

Sometimes it takes a lot of time to counsel them regarding the same. We do explain to them the biological reasons and share scientific evidence on how it helps and sometimes we also just let them see the change once they start doing it.

What strategies do you suggest for individuals who struggle to start or maintain a regular exercise routine?
Starting and maintaining a regular exercise routine can be challenging, especially for individuals dealing with stress, anxiety, or depression. You can start slow, don't over-stress yourself, and make sure you have realistic goals set for the same. Try to pick the form which you think would enjoy which would help you to be consistent. Remember consistency is the key.

What emerging trends or future research directions do you see as pivotal in understanding and enhancing the mind-body connection through physical exercise?

The research on mind-body connection is getting diverse.

- Recently I came across an article that said how your gut health can affect your mental health. The evidence suggests that exercise may influence mental health through its effects on gut microbiota. The gut microbiome is thought to play a crucial role in mood regulation and mental health.
- The use of wearable devices and digital health platforms is expanding rapidly. These technologies can monitor physiological responses, track mood changes, and provide real-time feedback, making it easier to understand the mind-body connection in daily life.



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



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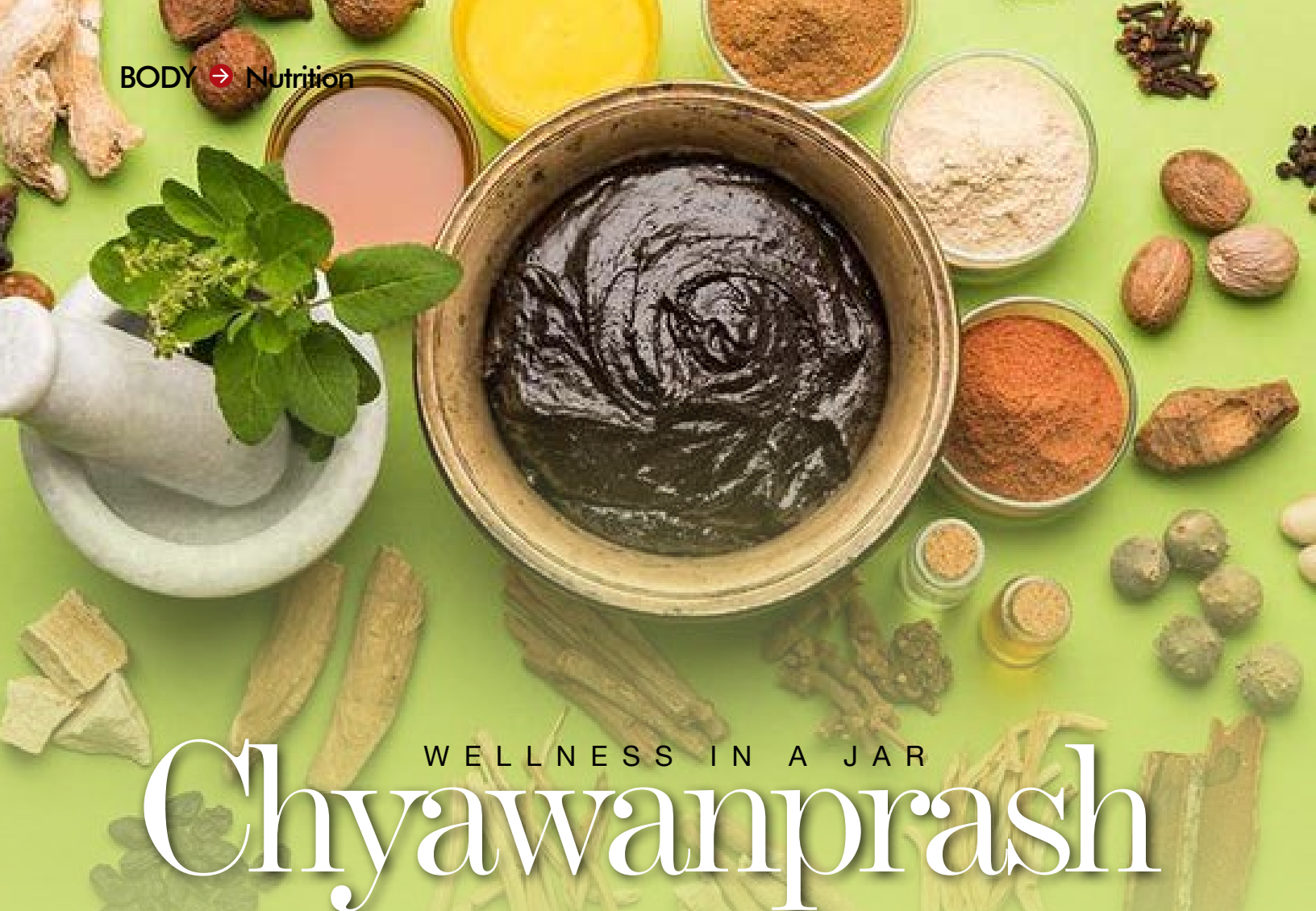
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WELLNESS IN A JAR

Chyawanprash

Winter is one of the most awaited seasons, but it may also bring a plethora of diseases like colds, coughs, and respiratory problems, which are the most prevalent in this season and usually occur due to low immunity. Here in this article, we will be exploring the benefits and proper way of the consumption of the Ayurvedic formula.

During cycles of season change, there is a sudden temperature change. The temperature can go far below negative in the Himalayan region, which also causes shivering cold in the Hilly and Terai regions. In Kathmandu valley, temperatures at night can dip to 0° C and float at 20° C during the day. Seasonal change leads to illnesses like cough, cold, and flu. Enhancing immunity is an effective way to fight such diseases.

The consumption of Chyawanprash is an effective way to boost one's immunity

during seasonal change. It is a clinically tested Ayurvedic formulation of more than 41 Ayurvedic herbs that aid in boosting the immune system, thereby protecting the body from everyday infections like cough and cold, etc. caused by bacteria, viruses, dust, and weather change.

In Sanskrit, the word 'prash' stands for specially prepared food, and 'Chyawan' was the name of the sage for whom this Ayurvedic nutritive formula was concocted to restore his youth & vitality. Thus, the name 'Chyawanprash'.

The key ingredient of Chyawanprash is Amla (Indian gooseberry). Other ingredients are guduchi, Ashwagandha, Pippali, Mulethi, Haritaki, Karkatshringi, and Vasa. An amalgamation of all these ingredients makes Dabur Chyawanprash a perfect blend of Ayurvedic herbs that provides immunity for better health during the winter season.

How and when to consume Chyawanprash?

Chyawanprash is a safe Ayurvedic formula that can be consumed by people of all age groups- from young children to the elderly. For children above 3, 1 teaspoon of Chyawanprash daily is recommended. For adults: 1 teaspoon of Chyawanprash twice a day is recommended. 1 teaspoon to be taken twice a day- once in morning & once at night. Chyawanprash can be consumed directly & can also be mixed with warm milk or water.

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Personalized Nutrition

ENJOYING MEALS WITH HEALTHY NEPALI FOODS

Are you ready enjoy good meals without compromising your health? As our vibrant festivals ended and wedding season is on the foot, we get array of delicious traditional Nepali foods that can be both festive and nutritious. In this article, nutritionist Anjali Goel shares practical tips for enjoying these special occasions while making healthier choices, allowing you to indulge in the rich flavors of Nepali cuisine and celebrate with vitality.

By Anjali Goel, Nutritionist



What is Personalized Nutrition?

Personalized nutrition is based on the idea that individual factors such as genetics, lifestyle, metabolism, and even medical conditions affect how we respond to food. In Nepal, where diets vary by region and community, personalizing your eating habits ensures that your body gets the nutrients it needs based on your unique circumstances.

FACTORS TO CONSIDER

- Age, gender, and activity level.
- Health conditions (e.g., diabetes, PCOS, cardiovascular issues).
- Genetic predispositions.
- Regional diets (Himalayan, Terai, or hilly areas).

Nepali Diet and Its Strengths

Traditional Nepali food is nutrient-dense and provides a strong foundation for personalized nutrition. Dishes are typically made from whole foods, including seasonal vegetables, legumes, grains, and lean proteins. Some key elements: Daal-Bhat-Tarkari: A staple meal providing proteins (lentils), carbs (rice), and micronutrients (vegetables).

Gundruk: Fermented leafy greens rich in probiotics, promoting gut health.

Yomari: A Newari dish providing a balance of carbohydrates and proteins.

Customizing Your Nepali Diet Based on Individual Needs

Here's how to personalize a traditional Nepali diet based on different health goals:



Winter: Focus on warming dishes like root vegetables (yam, sweet potatoes) and soups with turmeric and black pepper for their anti-inflammatory properties.

Weight Management

Swap white rice with millet or brown rice for sustained energy and better digestion.

Incorporate more leafy greens (saag) and fiber-rich vegetables like gourd, pumpkin, and cucumber to promote fullness.

For PCOS or Hormonal Balance

Focus on low glycemic index foods like quinoa, buckwheat (phapar), and beans to manage blood sugar levels.

Include healthy fats from sources like ghee, flaxseeds, and walnuts to support hormone production.

For Muscle Gain and Active Lifestyles

Increase protein intake with local foods like chana (chickpeas), eggs, paneer, and gundruk.

Include energy-dense grains such as flattened rice (chiura) and beaten corn (makaiko pitho) for pre- and post-workout fuel.

For Gut Health

Add fermented foods like gundruk, sinki, and achar to improve digestion and nutrient absorption.

Drink herbal teas like tulsi or ginger to reduce bloating and improve metabolism.

Seasonal and Local Eating

Eating seasonally is an intrinsic part of Nepali culture and plays a vital role in personalized nutrition. Foods grown during a particular season are more aligned with our body's natural needs during that time.

Summer: Emphasize cooling foods like cucumber, watermelon, and yogurt (dahi).

Winter: Focus on warming dishes like root vegetables (yam, sweet potatoes) and soups with turmeric and black pepper for their anti-inflammatory properties.

Portion Control and Meal Timing

Dal-Bhat Portioning: Adjust the portions of rice, dal, and vegetables depending on your health goals (e.g., weight loss or muscle gain).

Meal Timing: Embrace the traditional practice of two main meals a day, but tweak it according to your body's hunger cues and metabolism. Incorporating healthy snacks like roasted soybeans (bhatmas) or chiura can keep energy levels steady.

Special Considerations for Women

In Nepali households, women often prioritize family over their own health. However, it's crucial for women, especially those with hormonal imbalances or during pregnancy, to personalize their diets:

Include iron-rich foods like black lentils (kalo daal) and green vegetables to prevent anemia.

Add omega-3 fatty acids from local fish or flaxseeds to support hormonal health.

Embrace a Personalized Nepali Diet

Nepali cuisine is not only delicious but also adaptable to personalized nutrition. Whether you're managing weight, dealing with health issues like PCOS, or simply looking to optimize your overall wellness, the key is to balance tradition with your unique nutritional needs. By personalizing your diet, you can stay rooted in cultural heritage while ensuring your body thrives in the best possible way.



Anjali Goel, a clinical and sports nutrition consultant, offers personalized nutrition services to Nepalese and the Nepalese diaspora worldwide. Her brand, Nutrimantra, focuses on creating customized nutrition plans tailored to individual health goals and lifestyle habits, using ingredients and cuisine from the Nepali Kitchen.

Pre-Wedding Diet

A NUTRITIONIST'S GUIDE ON HOW TO PREP FOR THE BIG DAY

If you are gearing up for your winter wedding, it is time to channelise your natural glow with some quintessential diet tweaks. The Bride-to-be! Finally, the day of the glow and glam every girl dreamt of, is just near. A lot of is yet to do, shopping, bookings, preparations, be fit and many more.

In conversation with Sonal Talegaonkar

How do I look slim? How do I fit into my lehenga? How do I get my skin glowing and hair shiny? Many clients come to me for pre wedding packages but honestly there aren't any. It is pretty overwhelming because you wish to look your best on your day.

A few essential things brides seek before the wedding are clear skin, a healthy body, an attractive figure, and luscious hair. But several times, the never-ending-to-do list can take a toll on your wellness.

Which pre-wedding diet mistakes should they avoid to prevent sudden weight fluctuations or fatigue? The months before the big day may call for a whirlpool of tasks like shopping, salon visits, family get-togethers, preparations, dress and dance rehearsals, invitations, and the list goes on. Amidst all this, healthy eating takes a back seat with all the visitors at home and such action-packed days. The bride-to-be should maintain an easy, simple and sustainable diet plan with all the chaotic and hectic days.



Many women and men resort to extreme dieting and juice/ cleanse/ detox diets which can negatively affect their health overall. Don't drop food groups entirely like very low carbs, no fat diets.

Is there any healthy meal or a drink that you can share that soon to be married could have during pre wedding time frame?

- Start the nutrition plan 3 months before the wedding. The earlier, the better. Sharing a few pointers to keep in mind.
- Don't diet, instead nourish your body
- Finish your dinner every day before 7.30 pm.
- Exercise every day for at least 45 minutes. Include a 30-minute brisk walk in your daily schedule.
- Don't skip carbohydrates, instead opt for complex carbs like oats, buckwheat, quinoa, brown rice.
- Add colourful salads with a dash of lemon (vitamin C for skin glow)
- Mini-meal policy—Eat small meals every 3 hours.

- Avoid packaged foods entirely (Helps keep the gut, skin and weight in place)
- Avoid white sugar.
- Go for smaller meals throughout the day
- Avoid late night snacking or stress eating.
- Have seasonal fruits, snack on fruits and nuts.
- You are allowed cheat meals, now and then, till the third month, but NO cheat meals one month before the wedding day.
- Add healthy fats (Vit E & omega 3 fatty acids from nuts & seeds on daily basis)
- Hydrate! Hydrate! Keep a target of 10-12 glasses of water every day.
- Add 3-4 cups of herbal teas or 2-3 glasses of lemon water
- Avoid alcohol
- Take supplements if necessary
- Stay active (Hit the gym, do a combination of endurance and strength training as it increases blood flow to your skin for that healthy glow)
- Stay happy! (This is the secret of that pinkish healthy glow!!)

What foods should they prioritize to improve skin radiance and combat inflammation before the big day?



Stay active (Hit the gym, do a combination of endurance and strength training as it increases blood flow to your skin for that healthy glow). Stay happy! (This is the secret of that pinkish healthy glow!!)

- Beetroot, apples, and pomegranates are a rich source of iron and give a rosy glow to our skin
- ABC (Apple, beetroot & Carrot juice with lemon) helps improve the skin texture and gives you a healthy glow. A potent juice for beauty that shines from within.
- Drink enough water. Make sure to consume adequate amount of water every day to get healthy and glowing skin as it helps flush out toxins and gives you a clear skin.
- A good sleep schedule helps produce collagen, increases blood flow, keeps the skin plump, and reduces inflammation. Nap whenever possible. Beauty sleep is a real thing!!

- Take your vitamin E, omega 3, vitamin D to reduce any skin inflammation and puffiness.
- Say no to alcohol and smoking
- Avoid junk food and sugar
- Consume lemon water / detox infused water daily.

DIY detox water for skin

- To 1 litre water add watermelon, lemon, cucumber, mint leaves and chia seeds. You can add coconut water too

Are there any specific foods or supplements that help reduce bloating naturally in the final days before the wedding?

- Drink 3 L water daily

•Ginger water (soothes digestive distress)

•Saunf, ajwain, jeera water (These spices have powerful properties that can help reduce bloating, relieve gas, and improve overall digestion)

•Peppermint Tea (widely used to relieve gas and bloating)

•Avoid raw salads for dinner if you tend to bloat

•Eat a wholesome diet with good amount of fibre, fruits, complex carbohydrates to avoid constipation and a clean gut. Clean gut = clear skin.



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Skincare Rituals for a Glowing Event Look

As the wedding season approaches, the excitement of getting ready for pujas, functions gatherings, and celebrations brings an opportunity to highlight not just the perfect outfit or makeup, but also naturally glowing skin. In the rush of preparation, it's easy to overlook how much healthy, radiant skin can enhance a festive look, reducing the need for heavy makeup and emphasizing natural beauty.

By Punam Shrestha

Prep Before Makeup

Step 1: Cleanse

Starting with a gentle, pH-balanced cleanser is key. This ensures the skin is clean, hydrated, and gently exfoliated, preventing clogged pores and breakouts while leaving the skin refreshed and ready for the next steps.

Step 2: Exfoliate (twice a week)

Exfoliating is essential for removing dead skin cells that can make the complexion look dull. Incorporating either a scrub or chemical exfoliant once or twice a week helps maintain a smooth and glowing texture. However, it's important not to overdo it, as excessive exfoliation can damage the skin barrier.

Step 3: Face Masks (once a week)

A face mask is a powerful tool to absorb excess oil, clear pores, and oxygenate skin cells. For those looking for a radiant boost, using a mask once a week can leave the skin feeling tight, smooth, and ready for makeup.

Step 4: Hydrate

Regardless of skin type, hydration is non-negotiable. A lightweight moisturizer or multi-purpose face oil helps

keep the skin plump, dewy, and prevents makeup from looking cakey. As waterproof makeup becomes more common, hydrated skin ensures a long-lasting, flawless finish. Finding a moisturizer that suits specific skin needs is key to this step.

Pro Tip: Sunscreen is essential, even when it's cloudy outside!

Post-Makeup Reset

Step 5: Double Cleanse

To effectively remove makeup and prevent clogged pores, a two-step cleansing process is recommended. First, an oil-based cleanser can break

down makeup and oil-based products, while a water-based cleanser removes any remaining sweat or impurities. This technique helps avoid breakouts and ensures the skin stays clean.

Step 6: Nourish

Nighttime is when the skin focuses on repairing itself, making it the perfect time to use targeted skincare products. Serums, which penetrate deeply, are particularly effective for addressing specific skin concerns. This step helps restore the skin's glow and vitality after a long festive day or night.

Bonus Tip: For dry skin, always follow up with a moisturizer. For oily skin, a hydrating serum may provide enough moisture on its own, without the need for an additional layer of cream.

By incorporating these pre- and post-makeup skincare rituals into a wedding beauty routine, anyone can ensure their skin remains glowing and healthy throughout the season.



Punam Shrestha, an entrepreneur with over 21 years of experience in the beauty industry, began her journey at Poonam Beauty Home & Training Centre. Today, she manages Poonam Beauty Academy in Kathmandu and has introduced several world-class products and procedures in Nepal.



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HOME.

Dazzle your sights with DIY lights

Revamp traditional decorations to add a personal touch to wedding celebrations with these creative DIY ideas. Within a budget and with items lying around us, create dazzling light that can be warm wedding gift or a project to beautify your new home!

By Shreya Malla

Diyas have been a true friend in the festive seasons and can add a beautiful golden glow to wedding houses. Your only goal: revamp them! Create some brushstrokes of saturated colors over the monotonous clay diya and add additional details like a mandala. Don't worry if you lack artistic abilities – you can mix random hues to end up with an abstract diya! For the ones with minimalistic preferences, paint a plain neutral background, and use gold paint to create geometric patterns. You can even curate multiple to create a cohesive arrangement perfect for decor or gifting.

With new sets of bangles to match your wedding outfits, I'm sure the old ones are being stored without purpose. Here's how to give them a second life. Stack several bangles – monochromatic or a blend of designs – and adhere with a strong glue.

After drying for a few hours, a candle holder is created. All there's left to do is place a scented candle. It is equally essential for your house to have an aroma of love in addition to brightening the looks.

Receiving jars of sweets is a common heart-warming gift for a wedding. Make sure to preserve the empty containers! If you want to craft this before the special day, collect some recyclable, transparent glass jars. The only step here is to decorate,

leaving some blank spaces. Permanent markers, acrylic paints, gems, and stickers are some tools to achieve this goal. Adding some fairy lights inside, watch your area glow within minutes.

Flower garlands are a staple in Nepali weddings – but go up a notch. Print out templates on colored papers and cut them out, or, create a 3-dimensional look with origami flowers. Assemble the designs on a string and combine this with the hanging lights. With multiple combinations, a dull space can be illuminated by hanging multiple of these. Your wedding decor can be as unique or meaningful as you choose!

An eye-catching decor or a thoughtful gift, let the dazzling lights guide you through this celebration—on a budget.





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Winter Garden

With Kathmandu's cold winters, plants need special attention to thrive. From adjusting watering schedules to using grow lights and protecting outdoor plants with mulch, here's easy ways to help your garden flourish through the colder months.

By Mamta Khatri, Green Owl

The days are growing shorter and temperatures dropping day by day. If you look around you, you will notice how nature is much more prepared for the change of seasons than we humans are. Trees start to shed their leaves and start to store more energy and moisture in their trunks and roots to save itself from dying out. Indoor plants and flowers however still

need a little help to survive the cold. As I prepare my garden for the next few months I thought it would be good idea to share what I am doing.

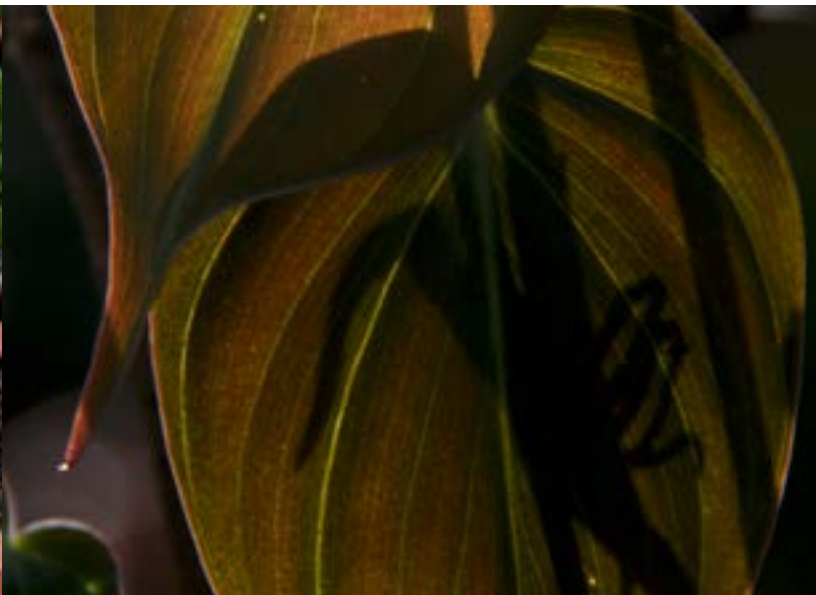
Indoor plants need that little extra care as winter approaches, especially here in Kathmandu and surrounding areas as we don't have insulated homes and it gets really cold inside. I have pruned and repotted

all of my indoor plants last week and moved them closer to area where they are getting enough light to keep them healthy and warm. Avoid placing your plants directly at doorways where they face the cold air coming in.

I will also adjust my watering schedule because we all know that plants need less water in the winter. The thumb rule is to stick your

finger about an inch into the soil and water only if it feels dry.

Thirdly, maintain the humidity. We all start using heaters to warm the rooms and this dry heat can kill your plants. It might be a good idea to invest in a humidifier which will benefit both you and your green babies.



Go easy with the fertilizers as your plants go dormant during winters and they do not like to be overwatered or fed too much. Give them their food now and leave them at peace. Keep an eye out for the pests as they can take advantage of this vulnerable situation. Pick out the dead leaves, weeds and dust, and just remind them that this is not a permanent situation.

If you are able to keep them indoors at a consistent temperature between 65°F and 75°F (18°C - 24°C), they will truly appreciate it.

The same rule applies to your succulents. In winter,

succulents enter a dormant phase which obviously means they need less water. Overwatering will definitely lead to root rot. Succulents love sunlight so as with your indoor plants, please place them in a sunny spot.

Just a thought, if you do not have enough natural sunlight flooding into your homes, you could consider using grow lights to supplement their needs.

If you are someone who has indoor plants, then you absolutely have plenty of outdoor plants too and they too need a little love and attention during the colder months. The good part is they adjust to the temperature gradually so it isn't all that demanding

but you can still give them an extra layer of mulch to insulate the soil and protect the plant roots from freezing. For this you can use the fallen leaves in your garden, straw and wooden chips.

Cut back perennials and add extra mulch around their bases to shield them from harsh weather. Get all your bulbs out and plant them now to get your blooms in Spring.

I would advise you give your garden and your indoor plants a good watering before the real cold sets in and then leave them undisturbed for the winter.

Preparing your garden and your protecting your indoor plants for winter doesn't have to be daunting. If you take a few steps now, you will have your plants ready to burst into life come Spring.

Let us learn to embrace the change of season rather than be afraid of it and enjoy the process of nature and learn from them.

Happy gardening!

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Ultimate guide to a balanced Home

If you think the external makeup of your house is all that matters, you'd be wrong. To create a harmonious house, it is vital to carefully curate a space where energies flow properly and there is a perfect alignment.

By Madhav Mangal Joshi



An Ideal Land: The Very First Step

Choose a land that aligns with the cardinal directions—ideally facing true north, between 337.5 and 22.5 degrees. Then, check that the northeast corner forms an angle of less than 90 degrees. The southwest corner, on the other hand, should form an angle of exactly 90 degrees, ensuring stability.

Additional tip: Check for the presence of underground minerals or water as this can disrupt the earth's energy. You can use the L rod dowsing method.

Main doors: Inviting Positivity

Place the main door on the right when standing in the center of the house for a balanced energy flow. Avoid any pillars or trees right in front of the door, which is considered to bring obstructions.

Living rooms: Bring Out The Liveliness

Have fruitful conversations by positioning living rooms in the northeast corner. Lowering the elevation in comparison to the rest of the home helps retain the abundant life force and bioelectrical energy that naturally flows from the North and East—auspicious for success in career and financial growth. Avoid the South-east and South-west directions to prevent overstaying of guests.

The Kitchen: Balance Fire and Water

The Southeast direction is your kitchen's best friend and the Northeast, North, and Southwest are the opposite. Face east or west when

cooking, and avoid facing north or south—it makes you irritable, which can attract bad energy. Water (sink) and fire (stove) must be at least four to five feet away—avoid this by placing a wooden partition. Eating at an oval-shaped table, not four-cornered, facing the East or West is considered auspicious.

Rooms: A guide to Sleep Soundly

Guest rooms are best suited to the Northwest followed by the West, Southeast, or North and East. Avoid the Southwest or South as guests tend to stay for an extended period, disrupting your work-life balance. Pay special attention to the master bedroom. The ideal location for this is the Southeast, as it enhances the relationship between husband and wife, promoting leadership in the household, but avoid having your children's bedrooms here. For them, the ideal direction would be to the west followed by Northeast, East, and North. The Northwest should be avoided as it may make children restless and affect their concentration.

Staircase and Tanks: A Few Dont's

Staircases should not be placed in the following directions: Northeast, Centre, and Southwest—relationships are hampered. There's an old belief that "dead people climb Southern ladders," so the South direction is also best avoided. The ideal placement for an overhead water tank is in the Southwest, South, or West, while a septic tank should be in the Northwest or West.

Waterways: It Matters More Than You Think

When deciding the placement of underground water tanks, borings, or wells, it's crucial to avoid positioning them in the South, whether in the Southeast or Southwest. The best would be in the Northeast as this placement ensures financial stability. If the Northeast is not feasible, the next best options, are the East, North, or West. It is especially unfavorable to put a well on in the southwest corner of the house because it is thought to make the housewife unhappy.

It is essential to consider all these factors while creating a perfect home that radiates positivity. Together, you can create a space that embodies your vision and balances energies.



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MARKET.



↑ Fairfield by Marriott Kathmandu presented "Purani Dilli ka Zaika"

Fairfield by Marriott Kathmandu had launched a culinary promotion called "Purani Dilli ka Zaika" from 18th to 26th October 2024. The event showcased the authentic flavors of Old Delhi's Street food culture, bringing the authentic flavors of Delhi to Kathmandu. Chef Khansama Talat Mehmood Khan, a culinary master with over two decades of experience in traditional Mughlai and North Indian cuisine, presented an unlimited feast with buffet-

style dishes and live stations, showcasing signature delicacies from Old Delhi. The event started from 6:00 PM to 10:30 PM, and featured a lively and vibrant setting with live cooking stations. The event was an excellent opportunity for food lovers to experience the traditional tastes of India in Kathmandu.



↑ #GrowWithTikTok Masterclass: TikTok organized workshop in Nepal

TikTok has organized a workshop in Nepal to empower Small and Medium Businesses (SMBs). The #GrowWithTikTok Masterclass aimed to teach participants how to use TikTok's unique features to boost brand visibility, engage with younger audiences, and showcase their products and services. The workshop covered promotion, content creation tools, audience engagement strategies, and content moderation. Attendees also learned

about TikTok's Community Guidelines, safety features, and content moderation process. The event also provided networking opportunities for SMBs to connect with peers from various industries and discuss common challenges. TikTok aims to be a key partner in SMBs' growth journey in Nepal, where they play a crucial part in the economy.



← Aloft Kathmandu Thamel and Revive Spa Garner Top Honors at the 2024 World Luxury Awards

Aloft Kathmandu Thamel has been awarded the 2024 World Luxury Awards for its exceptional contributions to the luxury hospitality and wellness industry. The hotel received multiple accolades, including Best General Manager, Luxury Business Hotel, and Luxury Urban Hotel, for its leadership and vision. The hotel was also recognized as a premier destination for business travelers in Nepal and a leading urban hotel across Southwest Asia. Revive Spa, Aloft Kathmandu

Thamel's in-house wellness center, was recognized for its excellence in the spa industry, winning titles such as Best Spa Manager, Luxury Business Hotel Spa, and Luxury City Hotel Spa. The hotel's Chairman, Mr. Prithvi B Pande, praised the team's dedication to world-class hospitality and wellness. The World Luxury Awards celebrate excellence in the global luxury hospitality industry, ranging from luxury hotels and wellness centers to fine dining establishments.

Nest

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CLC BLOCK

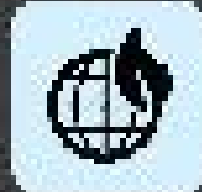
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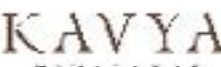
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EV Cars

Electric vehicles have been on the rise now. It has aided in environmental progress, however many people hesitate to try it for its existing myth. This article debunks some of the common myths.

By Malika Joshi

Myth: EVs are slow and have low performance

Fact: Many electric vehicles offer impressive acceleration and performance, often outperforming traditional gasoline cars. For example, some EVs can go from 0 to 60 mph in just a few seconds.

Myth: Charging an EV takes too long

Fact: While charging an EV does take longer than filling up a gas tank, many EVs can be charged to about

80% in 30 minutes using fast-charging stations. Additionally, most owners charge their vehicles overnight at home.

Myth: EVs are too expensive

Fact: While some EVs have a higher upfront cost, many are eligible for government incentives and rebates. Additionally, EVs often have lower operating costs due to reduced fuel and maintenance expenses, making them more economical in the long run.

Myth: All electric vehicles are fully electric.

Fact: There are different types of electric vehicles, including fully electric (BEVs), plug-in hybrids (PHEVs), and hybrid electric vehicles (HEVs). PHEVs can run on both electricity and gasoline, offering more flexibility for users.

Myth: EVs can't handle extreme weather conditions.

Fact: Electric vehicles are designed to operate in

various weather conditions, including extreme heat and cold. While battery performance can be affected by temperature, manufacturers are continuously improving battery technology to enhance performance in all climates.

Myth: EV charging stations are hard to find.

Fact: The number of EV charging stations is rapidly increasing, with many public and private organizations investing in charging infrastructure. Apps and navigation systems can help locate nearby charging stations easily.

Myth: EVs are not safe.

Fact: Electric vehicles undergo rigorous safety testing and are subject to the same safety regulations as traditional vehicles. Many EVs have received high safety ratings from agencies like the National Highway Traffic Safety Administration (NHTSA).





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