

SMART FAMILY

WEDDING ISSUE

➔ ISSUE 90 ➔ RS 120

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A woman with long dark hair, wearing a red and gold patterned sari, is seated in a dark wooden chair with red upholstery. She is looking towards the camera with a slight smile. She is wearing large green and gold earrings, a matching necklace, and rings. The background shows a window with a view of greenery.

The Dance of Life

SHILPA MASKEY'S ARTISTIC AND PERSONAL EVOLUTION

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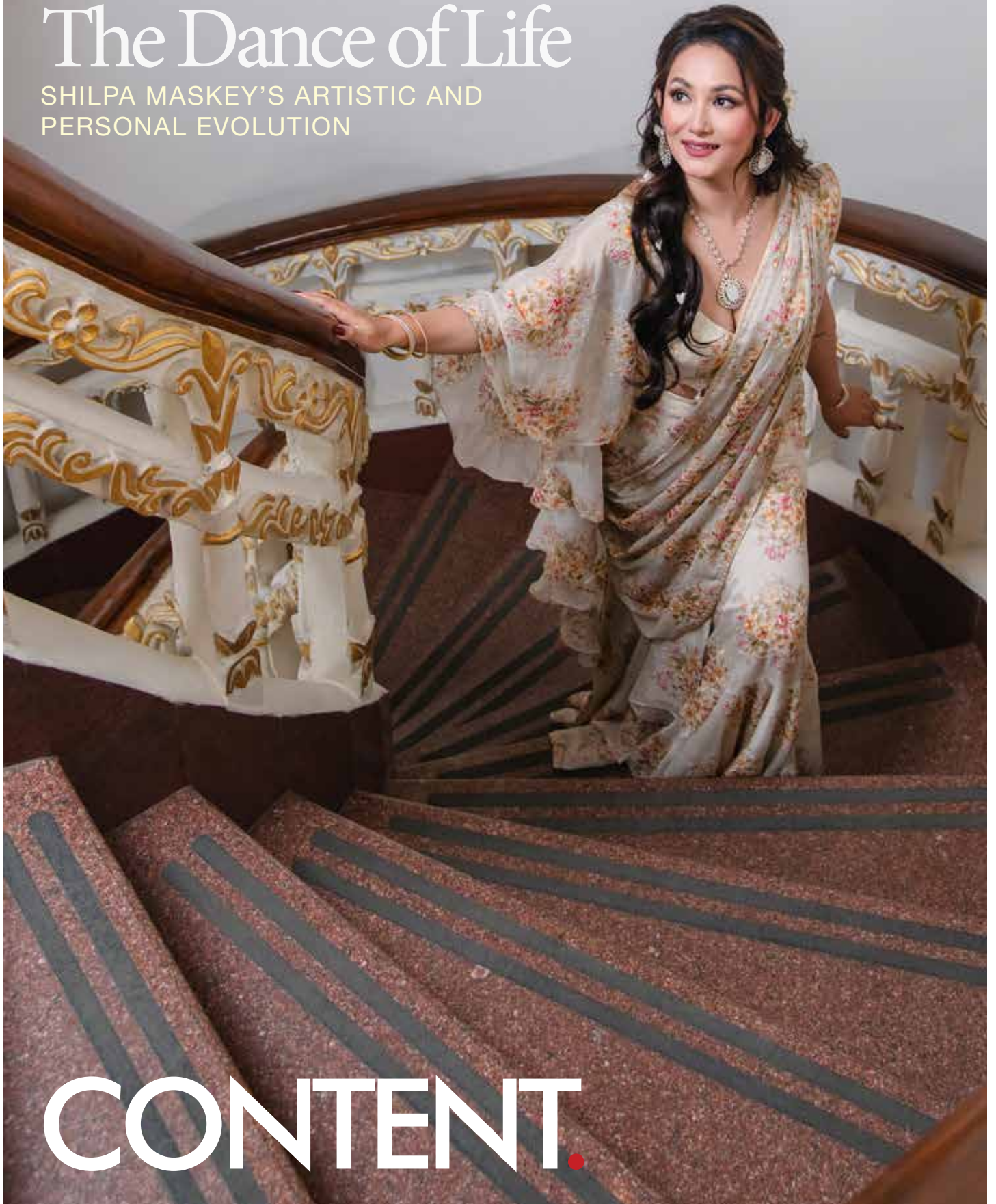
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COVER STORY

The Dance of Life

SHILPA MASKEY'S ARTISTIC AND
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EDITORIAL.

Happy New Year! As we welcome 2025, this special wedding-themed issue invites you to celebrate love in its most beautiful forms—through traditions, stories, and connections that last a lifetime.

Weddings are more than grand celebrations; they are the union of souls, families, and dreams. This month, we explore marriage from all angles. Sadhguru challenges us to rethink the institution of marriage, while Preeti Jha and Ansarul Haque share their heartwarming tale of love that transcends boundaries. Shilpa Maskey graces our cover, reflecting on her artistic journey and the personal evolution that mirrors the “dance of life.”

Planning your big day? We’ve got you covered with venue recommendations like Hotel Shanker and Hyatt Regency, tips on fitness, bridal skincare, and even advice from experts on navigating wedding stress. For parents, we offer

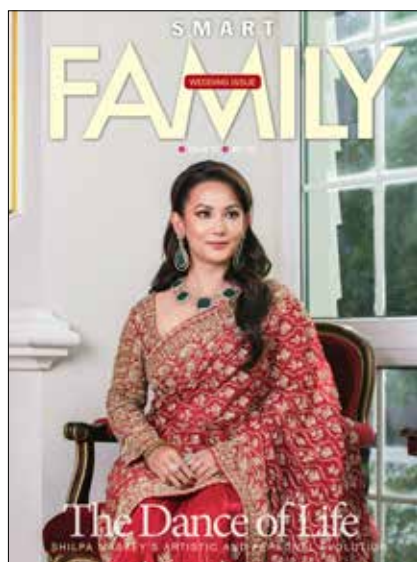
guidance on supporting children through the life-changing journey of marriage.

Every detail of a wedding tells a story, and food is no exception. From Ayurvedic honeymoon cuisines to festive family recipes, our culinary section is a celebration of flavors and togetherness. Meanwhile, our Home section helps you create a space where love and connection can thrive.

Weddings remind us of what truly matters: love, commitment, and shared joy. As you flip through these pages, we hope you find inspiration not just for the celebrations, but for the life you’ll build beyond them.

Here’s to love, laughter, and lifelong memories.

Happy Reading,
Smart Family Magazine Team.



Visit our e-magazine

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STARTER

Is Marriage An Outdated Institution?

Sadhguru explains that marriage provides stability and meets various human needs, especially for raising children. While young people may question it, he suggests marriage is a conscious choice and a long-term commitment, particularly when children are involved.

By Sadhguru, Photo Courtesy: Foto Fusion

We need to understand the institution of marriage. It is about bringing a certain sanctity to the simple basic needs that every human being has. Human beings have physical, psychological, economic, emotional, and social needs – a variety of needs. To fulfill all these needs, we set up an institution called marriage, where all this can be conducted sensibly. Marriage exists to achieve a sense of organization, aesthetics, and stability.

People may debate whether marriage is needed or not when they are eighteen years of age and the physical body asks for freedom. But this is hormone-fired freedom. Between eighteen and thirty-five, when your intelligence is hijacked by hormones and the physical body is dominant, you question the fundamentals of every institution. But when

you become forty-five, fifty years of age, you will be one hundred percent ready for marriage again.

When you were five years of age, you valued a stable marriage immensely – not your own but your parents' marriage – because, compared to any other creature, a human infant is the most helpless life and needs the maximum amount of support. You could leave a puppy on the street. As long as he gets food, he will grow up into a good dog. That is not so for a human being. A human being needs not just physical support but a variety of other support as well. Above all, a human infant needs a stable situation.

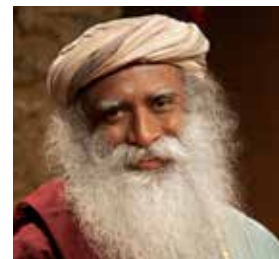
I am not saying marriage is “the thing,” but do you have a better alternative? At any point in our life, before we break any existing

structure, whether it is a social structure, political structure, or psychological set up in society, we must think through whether we have a better alternative system. Without an alternative, if you break the existing structure that is working reasonably well, the situation will go crazy.

Marriage is not compulsory for everyone, and it is good that young people take time to consider whether they should get married or not. You do not have to get married because everyone does. It is your choice whether you should get married or not, so choose consciously. Each individual should consider this for himself or herself, not by the social norm.

If you get into marriage and especially if you have children, you must understand it is at least a

twenty-year project whether you like it or not. If your whims, fancies, and emotions keep changing, do not get into such situations because a stable situation is a must for a child. If you do not commit, you should not get into such a project because this is not a project you should walk into, drop halfway, and walk away.



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.

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What's one advice you'd give to couples planning their wedding?

As January kicks off wedding season, the excitement of planning often comes with its fair share of chaos. We've gathered insights from recently married couples, who share their top tips for a smooth wedding experience. This article offers advice on crafting a celebration that's intimate, meaningful, and stress-free, with a focus on smart budgeting, cherishing the moment, and prioritizing what truly matters over excess.

By Malika Joshi



👤 **Preeti Jha & Ansarul Haque**

Event Planner

Firstly, most importantly, hire a professional planner. Their expertise will be invaluable in managing all the details, big and small. Review their work closely, but once you've nailed down your plans, feel free to dream and plan as much as you want before the wedding date. However, a week before the big day, let go of the need for perfection. Instead, focus on how much you can truly live in and soak up the moment. Trust that your planner will handle the rest, and you'll be able to enjoy the celebration without stress.



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A small and intimate wedding will always be my advice because while getting married, while you're creating core memories, you'll be seeing all the faces of the ones you love, the ones who genuinely want good for you, the ones who will always be there for you. You want to be surrounded by positivity to start a new chapter.

Spend wisely. Use your savings for the wedding day and your married life. Avoid unnecessary expenses.

It's your day so plan it the way you see fit, not according to your relatives, your neighbors, just according to you and your partner.



➡ Sareeta Shri Gyawali & Anup Sagar Tuladhar

Media Personality

A wedding is a significant event that should be intimate and meaningful, celebrating the beginning of a new life together. It's important to avoid overspending and set a budget, focusing on meaningful experiences and valuable gifts. Opting for smaller, more intimate celebrations can set a positive trend and make it easier for those with less financial means to feel at ease.



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on to a piece of your choice, this loan helps you make a Smart investment.

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Who wants high interest rates on their gold purchase? Not us! That's why Nabil Dhukka Sun Kharid Karja offers interest rates between 2-4%, making it one of the most affordable ways to get your hands on gold without breaking the bank. You can focus on building your future while keeping your finances in check. www.nabilbank.com.np

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Let's be honest: buying gold outright isn't always possible. But with Nabil Bank, you don't have to wait for the "perfect" time to buy gold. You can get up to 10 lakhs of financing and pay it off over 10 years with affordable EMIs. It's gold for today, paid for tomorrow, at a rate that feels just right.

Free Insurance: Your Gold Is Safe

We all know how precious gold is, and Nabil Bank understands that, too. That's

why your gold comes with free insurance. Whether it's jewelry, coins, or bars, your investment is fully protected from unexpected events, so you can rest easy knowing your gold is yours and it's safe and secure.

Pay Off Early, Save More

Life can be unpredictable, but if you come into some extra cash, you can pay off your loan early. And the best part? You save on interest! This flexibility makes Nabil Dhukka Sun Kharid Karja the perfect fit for anyone who wants to secure their gold without the burden of long-term debt. Once your loan is cleared, you get your gold back—simple as that.

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Getting started with Nabil Gold Loan is easy. Here's how it works:

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Head to a Nabil Bank-approved jeweler, where you can choose from a wide range of gold items, from jewelry to coins or bars. The jeweler will provide you with a quotation and don't worry—Nabil only partners with trusted, high-quality jewelers.

Gold Purity Test and Loan Approval

After you submit your quotation, Nabil Bank will test the purity of the gold. If everything checks out, the bank will approve financing for up to 70% of the gold's value, and you'll need to pay the remaining 30% as a down payment.

EMI Setup and Your Gold as Collateral

Once everything is set, you'll start paying the loan back in easy monthly installments (EMIs). The gold will be held as collateral until the loan is fully paid off, at which point you can claim it back. It's as simple as that!

Be Smart and choose Smart Investment

Gold has always been a symbol of stability and trust. Nabil Dhukka Sun Kharid Karja - lock in your purchase, not only securing gold—but also securing your future. You're building an asset that you can pass down, something that will always have value no matter what happens.

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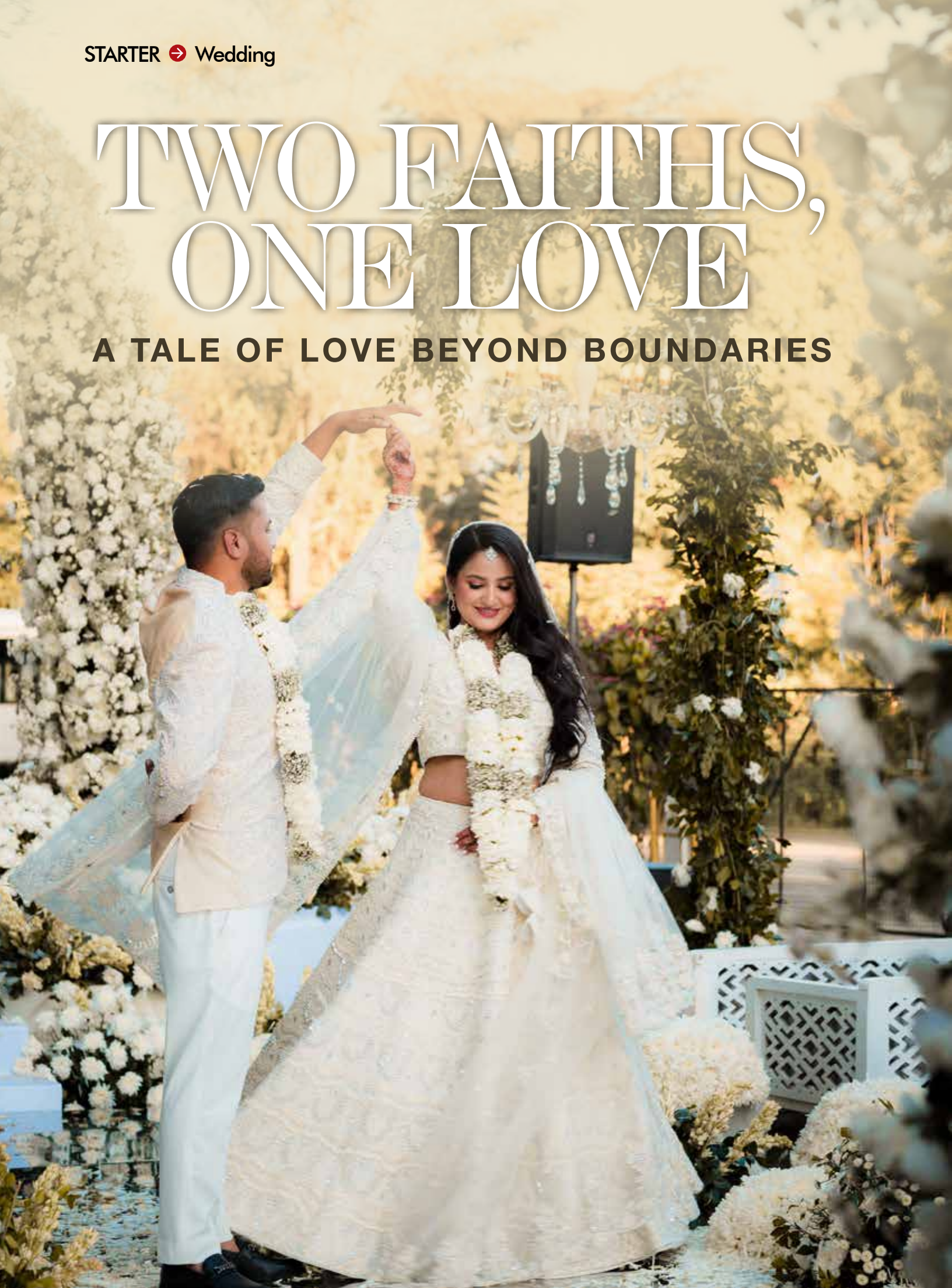
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TWO FAITHS, ONE LOVE

A TALE OF LOVE BEYOND BOUNDARIES



This article explores the journey of a couple who transcended cultural, religious, and societal norms to celebrate their interfaith union. From navigating family dynamics and societal expectations to blending Hindu and Islamic wedding traditions, it highlights the triumph of love, respect, and understanding in creating a harmonious, inclusive celebration.

By Malika Joshi

IN THE heart of Nepal, where tradition weaves through every part of life, Preeti Jha and Ansarul Haque's love story is a testament to love's power over centuries-old customs. In a society where cultural and religious differences often feel like insurmountable walls, their journey together proves that love is a force that can break through even the deepest divisions. Preeti, a Hindu, and Ansarul, a Muslim, faced not only the pressure of family expectations but also the weight of societal judgment. Yet, their unwavering commitment to each other, and the respect they shared for each other's beliefs, created a bond stronger than any tradition.

Their wedding, a beautiful fusion of Hindu and Islamic customs, became more than just a celebration—it was a declaration of unity, a heartfelt promise that love can transcend boundaries.

In a country where interfaith relationships are often viewed with skepticism, what gave you the courage to believe that love could overcome centuries of tradition?

Understanding that love knows no boundaries gave us the courage! True love is rooted in mutual respect, shared values, and a deep connection that transcends societal expectations. While traditions may shape our views, love itself is a universal force that brings people together, uniting them in ways that go beyond the constraints of history and background. We had the courage to embrace love in its purest form and breaking down barriers that divide us.

How did your families react to the blending of two distinct cultural legacies, and how did you both navigate this challenge?

It was undoubtedly challenging, especially given the religious differences involved. My family initially struggled to accept the relationship, as the interfaith aspect clashed with deeply rooted traditions. My partner's willingness to immerse himself in Hindu traditions and his openness to learning helped bridge the gap and soften the resistance. Together, we made a conscious effort to break free from patriarchal stereotypes. Our journey wasn't easy, but with love, patience, and the desire to blend our worlds in a meaningful way, we managed to navigate

the complexities of both families.

Was there a particular moment when you realized that your love was stronger than any cultural or religious boundary?

There was a moment when we both looked at each other and realized that our love had become something greater than any cultural or religious boundary. From the very beginning, we were clear about our intentions with each other—we were committed to making love our guiding force, not defined by labels or differences. We decided that our bond would transcend the divides of being Hindu or Muslim, choosing instead to see

each other as individuals. It wasn't an instant realization, but rather a gradual understanding that no barrier, no matter how deep-rooted, could diminish what we had.

What do you think this union symbolizes for future generations who may find themselves in similar situations of cultural collision?

This union symbolizes hope, progress, and the power of love to transcend cultural divides. It shows that love can be a unifying force, one that breaks down barriers of religion, ethnicity, and tradition. Our relationship is a testament to the idea that respect, understanding, and open-mindedness can bridge even the most



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→ We were mindful of the fact that they might not fully understand each other's culture, but we made sure to create an atmosphere of respect and inclusion. Whether it was the Hindu pheras or the Islamic nikah, had its own deep meaning, and blending them felt like a beautiful way to honor both our legacies.

deeply rooted differences. It reminds them that, rather than being limited by societal expectations, they can create their own path, rooted in shared values and mutual support.

Both religions are rich and distinct, how did you decide to incorporate Hindu and Islamic traditions into your wedding, and how did it feel to merge these sacred practices? We were very clear from the start that we wanted our wedding to be a reflection of both our cultures, but

we also wanted it to be manageable and meaningful for both families. Instead of overwhelming our families with the pressure of doing everything on their own, we took charge of organizing the key traditions from both sides, making sure both families were aware of the other's customs and understood the significance of each. We were mindful of the fact that they might not fully understand each other's culture, but we made sure to create an atmosphere of respect and inclusion. Whether it was the Hindu pheras or the Islamic nikah, had its own deep meaning,

and blending them felt like a beautiful way to honor both our legacies.

Was there a moment when you felt the weight of Nepali societal expectation pressuring you to conform to a certain narrative of 'proper' wedding? How did you overcome that?

Yes, there was definitely a moment when we felt the weight of Nepali societal expectations, especially from the girl's side of the family. Some

relatives expressed strong opposition, particularly due to the interfaith aspect of our relationship. However, rather than feeling defeated by this backlash, we chose to see it in a positive light. It revealed the true colors of certain individuals and made us realize who truly supported us and understood the essence of our love. In the end, we overcame the pressure by staying true to ourselves and creating a celebration that was meaningful and authentic, irrespective of external expectations.

What was the most memorable moment of your wedding journey?

The most memorable moment of our wedding journey was when we experienced the deep symbolism of both the Hindu and Muslim ceremonies. On the Hindu side, every moment felt precious, especially the pheras, when bride was adorned with “SINDOOR” and “MANGALSUTRA” from groom which now Preeti wears on a daily basis. The significance of these rituals—symbolizing our commitment and union—was overwhelming, and it was a powerful reminder of the sacredness of our bond. On the Muslim side, the moment we exchanged vows with a heartfelt “QABOOL HAI” became something much deeper than just words.

You are also one of the incredible and a creative force in the event planning context of Nepal, how did you feel to plan your day?

Planning our own wedding was an incredibly fulfilling experience, especially given our background in event planning. We were fortunate to have an amazing team that helped bring our vision to life, ensuring everything went smoothly and exactly as we had planned. As the bride and groom, we made it a priority to enjoy every minute of the process rather than stressing over what needed to happen next. This was key for us, and it’s something we always advise our clients—focus on the joy of the moment, rather than getting caught

up in the logistics. Our team truly understood our vision and made everything feel effortless, allowing us to be present, enjoy each moment, and celebrate our love without any unnecessary worries. It felt like the perfect reflection of what we want to offer others—creating events that are not only beautifully planned but also deeply meaningful and stress-free for the people at the heart of them.

If love can blend two such distinct worlds,

what other societal 'boundaries' do you think are ready to be dismantled next?

If love can blend two such distinct worlds, it shows that many societal boundaries are ready to be dismantled—starting with those around religion, ethnicity, and even caste. The success of our union proves that when two people are united by love, the things that have historically divided us can be overcome. Moving forward, I believe boundaries surrounding gender roles, social status,

and preconceived notions of what “acceptable” relationships should look like are next in line to be challenged. We are seeing more people question long-held stereotypes, from LGBTQ+ acceptance to redefining family structures, and that gives hope for a more inclusive future. Ultimately, it’s about breaking free from limiting societal norms and embracing the diversity of human experiences—because love, in all its forms, has the power to unite, heal, and transcend.



STARTER → Wedding



Wedding Cakes

A JOURNEY OF FLAVOR, DESIGN, AND TRADITION WITH JULIE'S CAKE

Behind every beautiful wedding cake lies not just a delicate balance of sugar, flour, and butter but also a rich tradition and an evolving art form that continues to excite us. From towering tiers to intricate designs, wedding cakes have come a long way. In this article, we dive into the fascinating world of wedding cakes and why Julie's Cakes in Kupondole, with its two decades of experience, should be remembered.

By Malika Joshi

Wedding Cakes: More Than Just Dessert

In many cultures, the wedding cake is more than just something sweet to cap off the evening; it celebrates prosperity, moments, and unity. The ceremonial cutting of the cake has been part of wedding traditions for centuries. Over the centuries, this ritual evolved along, and today, we find wedding cakes that are as much about the visual experience as the taste.

Yet, what truly sets today's wedding cakes apart is their diversity. No longer are couples limited to a one-size-fits-all cake that only comes in a few traditional flavors. The wedding cake has morphed into an experience, offering a variety of textures, fillings, and designs. And when it comes to innovation in wedding cakes, Julie's Cakes in Kupondole is keeping up with the trend.

Julie's Cakes: Baking Sweet Memories for 21 Years

Julie's Cakes, nestled in the heart of Kupondole, has been a trusted name in the bakery world for over 21 years. They entail ability to tailor wedding cakes to each couple's vision, desires, and tastes. Julie and her team understand that a wedding cake is more than just dessert—it's a personal statement that reflects the

couple's personality and, of course, love.

One of the defining aspects of Julie's Cakes is its commitment to customization. Whether you're envisioning a traditional three-tiered beauty adorned with delicate sugar flowers or something more daring like a drip cake or a Pinterest-inspired masterpiece, Julie's Cakes can bring it to life. But beyond aesthetics, Julie and her team pay great attention to the quality and health aspects of each cake. In today's world, where health-consciousness is more prominent than ever, they offer options that don't compromise on taste or texture but instead embrace natural ingredients and flavor.

The Flavors that Speak to the Soul

Every wedding cake should reflect the couple's tastes, and Julie's Cakes takes this to heart. They specialize in an array of flavors that cater to both the traditional and the unorthodox, ensuring that no two cakes are alike.

Mud Cake

For those who want a rich, decadent and indulgent dessert that speaks to the heart of chocolate lovers

Truffle Cake

If you want your wedding cake to feel like a luxurious

experience, the truffle cake is a fantastic option. It's sophisticated, rich, and a crowd-pleaser for the most discerning of guests.

Fresh Fruit Cake

For couples who prefer a lighter, fresher option, Julie's Cakes offers a beautiful fresh fruit cake. Bursting with seasonal fruits, this cake is for those seeking guilt-free health-conscious option.

Cheesecake

Looking for something out of the ordinary? A cheesecake wedding cake offers an elegant and slightly tangy alternative.

Red Velvet Cake

This deep red beauty isn't just a feast for the eyes. Red velvet cake is a favorite choice for couples who want something a little different and a vibrant color.

Each cake is crafted with care and attention to detail, ensuring that every slice delivers a perfect balance of flavor, texture, and aesthetic appeal.

Health-Conscious Choices

In an age where dietary concerns are at the forefront of food decisions, Julie's Cakes offers health-conscious options that don't sacrifice flavor. From gluten-free cakes to dairy-free, sugar-free, and even vegan options, Julie's

Cakes ensures every guest can indulge without worry. And for those with food allergies, Julie's is happy to accommodate specific needs, creating wedding cakes that everyone can enjoy.

Final Thoughts: A Cake as Unique as Your Love

Julie Pradhananga, the cake artist behind the creative explosion of Julie's Cakes, strongly says, "A wedding cake is as special as your wedding dress or any other element of the wedding." With this in mind, she ensures that each cake is not only a delicious masterpiece but also a star of the celebration that makes the moment sweet and long-lasting. Julie offers consultations to help couples bring their cake vision to life, ensuring it becomes a memorable part of their special day.

With Julie's Cakes, you get more than just a cake; you get a carefully crafted experience. From the first consultation to the final slice, Julie's Cakes in Kupondole ensures that every aspect of your wedding cake—flavor, design, quality, and health—is tailored to your exact specifications.

Your cake should be as unique as your love story. Let Julie's Cake craft that story in every bite.



The Dance of Life

SHILPA MASKEY'S ARTISTIC AND PERSONAL EVOLUTION

Explore Shilpa Maskey's inspiring transformation from a humble beginnings to an internationally recognized actress and dancer. This story covers Shilpa's personal and professional evolution, showcasing how her passion for dance and acting became a means of self-expression and social change. With insight into the struggles and triumphs of her journey, it highlights her resilience and her unwavering commitment to using her platform to advocate for social cause.

By Malika Joshi

SHILPA MASKEY, an accomplished actor and dancer is a dynamic force in both Nepali and international cinema. Known for her captivating performances, Shilpa's artistic journey is defined by her constant pursuit of growth, self-discovery, and a deep connection to the causes she believes in. From humble beginnings in Biratnagar to starring in international blockbusters like *Doctor Strange*, *Gold*, and *Shooting an Elephant*. Shilpa debuted herself from the movie *The Breakup* and had incredible performance on *Devi*, *Parastree*, *Kathaputali*, *Kagazpatra* and many more.

Shilpa has not only carved a name for herself in the arts but also used her platform to amplify important social messages, particularly in advocating for gender-based violence awareness and women's rights. With a blend of passion and resilience, she continues to inspire both on and off the screen.

As someone who excels in both acting

and dancing, and is also passionate about advocacy, where do you draw your creative inspiration from?

As an artist, my creative inspiration stems from a blend of personal experiences, the people around me, and the stories I wish to convey through my craft. I am far from perfect, but I strive to live up to expectations while using my art—whether acting, dancing, or advocacy—to connect with others on a deeper level.

I constantly push myself to grow and stay inspired. The audience plays a significant role in fuelling my creativity; their energy and feedback drive me to innovate. Other than that, traveling to places like East Rukum deeply moved me, showing me the resilience of life and the value of passion.

When you look back at your journey from Biratnagar to international cinema,

what are you most proud of?

I was born in Biratnagar and spent my early years moving across the eastern region due to my parent's postings before settling in Kathmandu for school in grade three. From growing up in a small hill-town school to navigating life in bustling cities like London at 17, the journey has been challenging but grounding. Adapting to different environments while staying connected to my family wasn't easy, and neither was figuring out my path. What I'm most proud of is finding clarity and changing my entire career trajectory at 23, despite the challenges along the way.

What made you realize acting was your true calling?

I started as a business student, studying accounts and earning a diploma, but I was never passionate about it. Dancing and other art forms had always sparked something in me. While I took a break from my work in UK and flew to Nepal, I got time to reflect on my

career. At 23, I realized I wanted to change paths and pursue something I truly loved. I went back to the UK, started dancing again, and that decision opened new doors for me.

From dancing to acting, what sparked your transition into the world of film?

It started with a chance opportunity. An international crew was looking for Nepali dancers for a movie, and I was recommended, I got the audition. During my first shoot, I waited six hours in 45°C heat, wearing a wig—it was chaotic but thrilling, and I knew this was what I wanted to do. A similar opportunity came with Dr. Strange, where I worked on an international set, which deepened my interest in acting. Dance laid the foundation, and I eventually trained at Identity School of Acting in London to formally step into this field.

Has your experience abroad and exposure



to international blockbuster given you a different perspective on cinema compared to the narratives commonly seen in Nepali films?

Definitely! My exposure abroad has completely changed my perspective, and I'm grateful for it. On international sets, you're judged based on your skill set and emotional expression, but in Nepal, when I started acting, the focus was more on my looks than my acting ability. I experienced body shaming, and instead of the depth of my performance, looks were prioritized. From shooting to audience perceptions, the narrative in Nepali cinema was very different.

Which experience was more challenging, working in international cinema or Nepali cinema?

Both had unique challenges. In international cinema, Asian actors were expected to have extra skills, like martial arts or dancing, which made it tough to land roles in a less diverse industry. In Nepal, the lack of agencies and connections made it hard to break in, and societal issues like gender bias and focus on physical appearance created additional hurdles. While things have improved, there's still a long way to go.

How did public's comments took a toll on your mental health and how did you took yourself out from the slump?

When I started, I faced body shaming on set and struggled with breakouts, which made it mentally hard to adapt. I

felt anxious and unprepared to deal with the criticism. Surprisingly, what helped me most was signing another film! My first movie, *The Breakup*, was postponed, and as someone used to constantly working, I knew staying idle would make me dwell on negative thoughts. Taking on a new project kept me productive and pulled me out of the slump. Work became my therapy.

Your participation in *16 Days of Activism Against Gender-Based Violence*, what motivated you to engage in this campaign, and what impact do you hope to achieve through your involvement?

My upbringing and personality naturally drive me to be part of such campaigns. With my mother as a nurse and my father working in an NGO, advocacy feels ingrained in me. As a goodwill ambassador for *Astitwa Nepal*, working with acid attack survivors deeply connected me to this cause. Meeting survivors firsthand made me realize the power of my platform. Even if I can impact just 1% of my audience, it's worth it. I aim to create social awareness, as I did through my film *Devi*, which highlighted the issue of rape. My goal is to inspire change, however small it may be.

The solo-trek you took to ABC, how did the solitude of the trek affect your mental state—did it bring clarity or challenge you emotionally?

Deciding to trek to ABC solo was spontaneous but

incredibly rewarding. While I'm independent, as a middle child, I often lean on my family and loved ones. This trek felt like something I needed to do for myself. The first day was challenging, but from the second day onward, I felt safe and connected—with nature, with people I met along the way, and with myself. The solitude brought me peace and mental clarity, and pushing myself throughout the journey was both empowering and grounding.

Your sisters being in a creative field too—were creativity and the arts a part of your upbringing, or did your interest in acting develop independently?

While my sisters are in creative fields and have inspired me in many ways—helping with makeup, dress, and creative expressions—my interest in acting developed independently. It was something I discovered and pursued on my own.

The project you honour the most that channelled your emotions on a deeper level and the impact it left on your growth. Could you brief it out.

That would be *Devi*. I was deeply connected to the storyline and felt a strong responsibility to portray it authentically. I channeled my own emotions to bring the character to life and was humbled to receive compliments about how my expressions resonated with the audience. This project not only challenged me emotionally but also helped me grow as an actor.

How does the process of embodying a character impact you personally and professionally?

Every movie transforms me as an actor because embodying a character means instilling their traits within myself. While I enjoy the process of becoming someone else, it can be hectic and scary when the character lingers longer than expected. It usually takes weeks to fully detach from a role, but the journey is both challenging and rewarding.

Was there a role that left a lasting emotional impact on you?

Parastree was particularly transformative and emotionally draining. The character was opposite to my independent nature, and portraying her struggles with domestic violence and rape was intense. At one point, I even felt uneasy around men. It was difficult to shake off the character, but the experience taught me resilience and gave deeper understanding of the emotional layers in acting.

How do you think your creative and independent personality would shape your approach to marriage?

As someone with an independent personality and my own career, I'd want a marriage that respects my freedom and professional aspirations. I'd value a partner who understands the demands of my field and supports my creative journey. For me, it's important to have a family that values my individuality and expressions without letting societal pressures dictate our relationship.



Say I Do in Style

ON WHY HYATT IS A TOP CHOICE FOR WEDDINGS,
FROM THEIR VENUES TO EXPERT PLANNERS

When it comes to creating timeless memories of your wedding day, Hyatt Regency Kathmandu stands as the epitome of elegance and sophistication. Here's why Hyatt Regency Kathmandu should be your top choice for saying "I do" in style.

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like haldi, mehendi, and sangeet.

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PARENTING.

Parental Role in Marriage

A PARENTING PERSPECTIVE IN THE NEPALI CONTEXT

Nepali marriage is more than just a personal commitment; it is a bond between families and cultures. This article offers practical parenting tips for navigating your child's journey to marriage, emphasizing the importance of communication, emotional support, and mutual respect while balancing modern values with traditional customs.

By Bala Ram Pathak, Photo
Courtesy: Foto Fusion

As we know, Marriage is a significant milestone in life. A good married life is built on a foundation of strong communication, mutual respect, trust, commitment, shared values, intimacy, the ability to compromise, support for each other's goals, shared experiences, and the willingness to adapt and grow together, allowing for both individual fulfillment and a sense of partnership in navigating life's challenges.

In Nepal, marriage is more than just a union of two individuals; it is the coming together of families, traditions, and values. As parents, guiding your children through this journey requires a delicate balance of understanding, support, and cultural sensitivity. Here are some practical tips and insights to help parents navigate this important phase of their children's lives.

Understanding Your Child's Perspective

The younger generation often has a different perspective on marriage compared to traditional norms. While arranged marriages have long been a practice in Nepal, many young adults today seek to find their life partner on their own. Your child is your friend now, better discuss their upcoming future rather than discussing or ordering them by saying do this and do that. Begin by having open and honest conversations with your children about their preferences and expectations for marriage.

For example, ask them questions like, "What kind of partner do you envision for yourself?" or "How do you see your married life?" Listening without judgment helps build trust and paves the way for meaningful discussions.

Providing Emotional Support

Marriage is a life-changing decision, and your children may face moments of doubt or anxiety. Be their source of emotional stability. Share your own experiences of married life, including the joys and challenges. This will not only reassure them but also prepare them for the responsibilities ahead. Avoid imposing your will or pressuring them into decisions they are not comfortable with. Instead, guide them by sharing your wisdom and providing options that make them more comfortable to carry your wisdom and their happiness together.

Tradition and Modernity with Respecting their Independence

While it is essential to uphold traditions, it is equally important to adapt to changing times. Encourage your children



to honor cultural values while allowing for their personal preferences. This could mean incorporating traditional elements into a modern wedding ceremony or being open to inter-caste or inter-cultural marriages. In today's context, many young Nepali adults prefer to make their own decisions about marriage while parental involvement remains crucial, it is important to respect their autonomy.

Topics like dowry, caste, and societal expectations can be sensitive. Address these issues openly with your children, ensuring they understand your

perspective while also considering theirs. Emphasize the importance of mutual respect, equality, and shared values in a marriage.

Celebrating the Choice Together

Once your child has made their decision, celebrate it wholeheartedly. Whether it's a love marriage, arranged marriage, or anything in between, your acceptance and blessings will make their journey smoother and more fulfilling. Remember, your support plays a vital role in setting the foundation for a strong and happy marriage.

Finally, we all should know that In the Nepali context,

marriage is a beautiful blend of personal choice and cultural heritage. As parents, guiding your children through this journey requires patience, empathy, and adaptability. By fostering open communication, respecting their choices, and offering unwavering support, you can help them embark on this new chapter of life with confidence and joy. Ultimately, the goal is to ensure that your children find happiness and fulfillment in their marriage, while also cherishing the values and traditions that make Nepali culture so unique.



Bala Ram Pathak

Relationship Consultant | Director- Dear Sambandha | Aspiring Counseling Psychologist
Bala Ram Pathak, Director of Dear Sambandha, leads initiatives to improve relationship dynamics and emotional well-being. He is pursuing a Master's degree in Counseling Psychology at Samarpan Academy, integrating academic knowledge with practical experience to empower individuals and couples in navigating complex relationship challenges.



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FOOD.

Honeymoon Cuisine in Ayurveda

FUELING INTIMACY AND WELLNESS

Ayurvedic cuisine offers nourishing foods to enhance newlywed's vitality, intimacy, and overall wellness. From energy-boosting fruits and nuts to herbs like saffron and cardamom, these foods support physical and emotional balance during the honeymoon period.

By Chef Sandeep Khatri

Marriage marks the union of two souls and the beginning of a shared journey toward health, vitality, and a prosperous future. Ayurveda, the ancient science of life, provides timeless wisdom on nourishing newlyweds, enhancing their connection, and preparing for parenthood. This article delves into Ayurvedic dietary recommendations for honeymooners, the cultural origins of the word "honeymoon," and the role of food in fostering intimacy and vitality.

The Cultural Origins of the Honeymoon: A Persian Legacy

The term "honeymoon" has an intriguing historical and cultural legacy tied to ancient Persian traditions. In Persian culture, the bride's family would gift jars of honey to the groom, encouraging the couple to consume it daily

for a full lunar cycle—the first month of marriage. This period symbolized sweetness, health, and fertility in their union.

Honey - considered a divine gift, held medicinal and aphrodisiac qualities, making it an essential element in marital rituals. Artifacts and texts from ancient Persia highlight honey's prominence, from ceremonial jars to early Islamic writings that described its role in fostering vitality and harmony in marriage. The lunar cycle further emphasized renewal and growth, aligning with the couple's journey in this auspicious phase.

Ayurveda aligns with these principles, recognizing honey as a "Yogavahi"—a substance that enhances the properties of other foods and herbs. It is essential for promoting vitality, balancing doshas

(Vata, Pitta, and Kapha), and fortifying the bond between newlyweds.

Fruits for Sweetness and Vitality

Bananas

Why: Known as a natural aphrodisiac, bananas provide a quick energy boost and enhance libido due to their potassium and B vitamins.

Dates and Figs

Why: Rich in iron and antioxidants, dates and figs enhance stamina and reproductive health.

Pomegranate

Why: Considered a symbol of fertility, pomegranate improves blood circulation and supports reproductive health.

Nuts and Seeds for Strength and Reproductive Health

Almonds and Walnuts

Why: Packed with healthy fats, vitamin E, and zinc, these nuts boost fertility and hormonal balance.

How to Use: Soak overnight, peel, and consume with milk for maximum benefits.

Sesame Seeds

Why: Rich in zinc, sesame seeds promote vitality and reproductive health.

How to Use: Add to desserts or mix with jaggery for a nourishing snack.

Pumpkin Seeds

Why: High in magnesium and antioxidants, they support prostate health and libido.

How to Use: Sprinkle on salads or blend into smoothies.

Vegetables for Hormonal Balance and Vitality

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**Asparagus**

Why: Known in Ayurveda as Shatavari, asparagus promotes hormonal balance and reproductive health, particularly for women.

How to Use: Steam and serve as a side dish or consume Shatavari powder with milk.

Spinach and Leafy Greens

Why: Rich in folic acid, greens support fertility and healthy cell growth.

How to Use: Incorporate into salads, smoothies, or soups.

Beets

Why: Improve blood flow and stamina through their high nitrate content.

How to Use: Roast or juice beets for a vibrant addition to meals.

Herbs and Spices for Intimacy and Balance

Ashwagandha (Withania Somnifera)

Why: Renowned for its ability to reduce stress, enhance stamina, and improve reproductive health.

How to Use: Mix a teaspoon of powder into warm milk with honey.

Saffron

Why: Known to enhance libido and mood.

How to Use: Soak a few strands in milk or water and add to dishes.

Cardamom and Cinnamon

Why: Natural aphrodisiacs that aid digestion and circulation.

How to Use: Add to herbal teas, desserts, or warm milk.

The honeymoon is not just a period of celebration but also a time to lay the foundation

for a healthy, harmonious marital life. By incorporating Ayurvedic foods and practices, newlyweds can enhance their vitality, intimacy, and overall well-being. The cultural legacy of honey during the honeymoon reminds us of the importance of sweetness and nourishment in relationships. Embrace these ancient traditions to ensure a joyful, thriving journey together.

Ayurvedic Almond Saffron Milk for Honeymoon

This simple yet nourishing recipe is ideal for newlyweds, promoting vitality, warmth, and intimacy.

Ingredients

- 2 cups whole milk (or almond milk for a dairy-free option)
- 68 almonds (soaked overnight and peeled)
- 23 strands of saffron
- 12 teaspoons honey (optional)
- 1/4 teaspoon ground cardamom
- A pinch of nutmeg (optional)

Instructions

Prepare the Milk: Heat the milk in a saucepan over low-medium heat, stirring occasionally to prevent sticking.

Add Saffron: Once the milk is warm, add the saffron strands and let them infuse for 23 minutes.

Blend Almonds: Grind the soaked and peeled almonds into a smooth paste using a blender or mortar and pestle.

Mix Ingredients: Add the almond paste to the milk, followed by cardamom and

nutmeg (if using). Stir well to combine.

Sweeten (Optional): Remove the milk from the heat and stir in honey, adjusting sweetness to taste.

Serve Warm: Pour into cups and serve immediately.

Benefits

Almonds: Boost stamina and reproductive health.

Saffron: Enhances mood and libido.

Cardamom: Aids digestion and promotes circulation.

Honey: Acts as a natural aphrodisiac and energy booster.

This comforting and aromatic drink is perfect for setting a romantic tone while supporting health and vitality.

In Ayurveda, the honeymoon period is considered a time of emotional and physical intimacy, with both partners experiencing a special bond. During this time, maintaining a balanced diet is essential to support harmony, vitality, and emotional well-being. Here are some Ayurvedic dos in terms of food during this period:

Dos:**Eat Fresh and Light Foods:**

Opt for easily digestible, fresh, and light foods like vegetables, fruits, and whole grains. Avoid heavy, oily, or overly spicy foods that could cause discomfort or imbalance.

Incorporate Sweet and Cooling Foods:

Sweet and cooling foods, such as fresh coconut, dairy (like ghee and milk), and sweet fruits (mango, berries, bananas), can help calm the



body and mind, promoting a relaxed state.

Favor Foods that Promote Ojas:

Ojas represent vitality, strength, and immunity in Ayurveda. To enhance ojas during the honeymoon period, consume foods like almonds, figs, dates, honey, and whole grains.

Hydrate Properly:

Drinking warm herbal teas (such as chamomile or mint) or warm water with a pinch of turmeric can help maintain digestion and balance the internal system.

Use Spices Mindfully:

Mild spices such as cardamom, cinnamon, and ginger can aid digestion and circulation, which are helpful

during this period. Avoid excessive use of pungent spices (like chili) that might disturb the digestive fire.

By following these Ayurvedic guidelines, you can maintain both physical and emotional balance during the honeymoon period, ensuring that the experience is enriching and harmonious.

Here's a refined recipe for a VitalityBoosting Salad for Honeymoon Energy, designed to nourish the body and enhance passion, intimacy, and overall wellbeing:

Vitality Boosting Salad for Honeymoon Energy

Ingredients:

- 1 cup fresh pomegranate seeds

- 1 cup mixed leafy greens (such as spinach, arugula, or kale)
- 1/2 cup cucumber slices
- 1/4 cup sliced avocado
- 1/4 cup walnuts or almonds
- 1/4 cup grated carrots
- 1 tablespoon fresh lime juice
- 1 tablespoon pomegranate molasses or raw honey
- 1/2 teaspoon ground cardamom
- A pinch of saffron threads
- A few fresh mint leaves

Dressing:

- 2 tablespoons extra virgin olive oil
- 1 teaspoon apple cider vinegar
- 1/2 teaspoon raw honey
- 1/2 teaspoon ground ginger

Instructions:

Prepare the Salad: Wash and chop the leafy greens of your choice. Slice the cucumber and avocado, and grate the carrots. Add the pomegranate seeds, walnuts or almonds, and fresh mint leaves to the salad bowl.

Make the Dressing: In a small bowl, whisk together olive oil, apple cider vinegar, honey (if using), ground ginger, and saffron threads until well combined.

Assemble the Salad: Pour the dressing over the salad and toss everything gently until the ingredients are evenly coated.

Add Final Touches: Sprinkle the ground cardamom and fresh lime juice over the salad. Toss again to incorporate the flavors.

Serve: Garnish with additional pomegranate seeds and fresh

mint leaves for a vibrant and refreshing touch.

Why This Salad Works:

Pomegranate enhances circulation and promotes vitality, contributing to increased energy and passion.

Leafy greens provide essential nutrients that balance energy and nourish the body, boosting overall vitality.

Avocados are rich in healthy fats that help balance hormones and support intimacy-enhancing energy.

Nuts (walnuts or almonds) contain omega-3s that are essential for hormone production, supporting vitality and overall well-being.

Cardamom and ginger are warming spices that improve circulation and digestion, helping to fuel energy flow.

Saffron is traditionally considered an aphrodisiac, uplifting mood and energy.

This salad is perfect for enhancing intimacy, boosting energy, and maintaining overall vitality, making it a great choice for the honeymoon period or any time you want to nourish your body and spirit!



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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La Casita

A SPANISH CULINARY OASIS WITH A VIEW

Nestled near the iconic Boudhanath Stupa, La Casita offers a dining experience that's hard to forget. The menu is a delightful fusion of authentic Spanish dishes and Nepali favourites, catering to diverse palates, making it hard to forget. Whether savouring traditional Spanish tapas or indulging in a comforting plate of momos, you can taste the care in every bite.

By Adishree Shrestha

LA CASITA is more than just a restaurant; it's a sensory experience where flavours, culture, and scenery harmonise harmoniously. The true magic lies on the rooftop of La Casita. With the panoramic views of the Boudhanath Stupa and a tranquil atmosphere, it's an ideal spot to relax with a refreshing drink. The spiritual hum of the stupa adds a unique charm, making it more than just a meal—it's an experience. Whether you're a local or a traveller, this gem is a must-visit for anyone seeking a delightful meal with unforgettable views.

About the chef

Chef Richa Rai began her culinary journey at La Casita de Boudhanath - Spanish Tapas Bar & Restaurant, where she has been an integral part of the team for the past eight years. Throughout her tenure, she has consistently infused the kitchen with a unique blend of passion, expertise, and creativity. While staying true to traditional flavours, she skillfully experiments with modern twists, creating dishes that offer both authenticity and innovation. Her ability to merge diverse influences while honouring the essence of Spanish cuisine has earned the restaurant a dedicated following, with guests returning time and again to enjoy her thoughtfully curated dishes.

Pork belly Pintoxs

Braised pork belly with brava sauce

Pork Belly Pintoxs, is a dish that masterfully combines Spanish flair with irresistible decadence. The pork belly is slow-cooked or braised to melt-in-your-mouth tenderness, then seared to achieve a crispy, golden-brown crust. This creates the perfect balance of crunchy exterior and juicy interior, bursting with flavour. Elevated by the bold, smoky flavours of the brava sauce, the dish adds a delightful hint of spice that complements the savoury richness of the pork. The contrast between the rich, juicy pork belly and the crispy outer layer is key to its indulgent flavour profile. This dish is accompanied by tomato achar, a type of South Asian pickle that brings a bold, tangy, and spicy element to dishes. When paired with the rich, fatty pork belly pintoxs, the tomato achar acts as a perfect counterpoint.



Ham croquettes

Served with aioli sauce

Ham croquettes, is a delightful Spanish tapa that never disappoints with its golden, crispy bites of indulgence. These bite-sized morsels feature a rich, velvety béchamel filling made with finely chopped ham. The filling is coated in breadcrumbs and deep-fried until golden brown, resulting in a satisfyingly crunchy exterior and a luscious, delectably light centre. The combination of savoury ham and the smooth béchamel creates a comforting, indulgent flavour profile, with just the right amount of saltiness and richness. Paired with a side of tangy aioli or a fresh herb garnish, these croquettes are a satisfying treat, ideal as a snack or a crowd-pleasing appetizer.

Mix tapas platter(non-veg)

Served with chicken croquettes, mutton bomba, fish fitters, pork belly pintxos, anchovy romesco toast

The Mixed Tapas Platter is a thoughtfully curated selection of bite-sized dishes that blend indulgence, spice, and savoury depth. It features crispy chicken croquettes, filled with a rich béchamel and tender chicken, complemented by a tangy aioli. The mutton bomba presents juicy, spice-infused meatballs with a savory kick, while the fish fritters offer a light, flaky texture with every bite. Pork belly pintxos feature melt-in-your-mouth pork with a crispy crust, enhanced by a smoky brava sauce. Rounding out the platter is the anchovy romesco toast, where smoky romesco sauce and salty anchovies sit atop crispy toast, creating a perfect harmony of flavours. Together, these dishes deliver a dynamic and satisfying tapas experience, showcasing the best of Spanish cuisine.



Churros and chocolate

A classic Spanish treat, Churros and Chocolate are the perfect combination of crispy and indulgent. These golden, deep-fried dough sticks are dusted with cinnamon sugar, offering a light, crunchy exterior and a soft, fluffy interior. Served alongside a rich, velvety chocolate dipping sauce, the warm churros are perfect for dipping, creating a sweet, comforting contrast between the light pastry and the decadent, slightly bitter chocolate. Whether enjoyed as a dessert or a snack, this duo delivers the ultimate balance of texture and flavour, making it a deliciously irresistible indulgence.



Chicken tacos

Chicken mince cooked tomato sauce and served with cheese and salsa on top

Chicken Tacos feature savoury, seasoned chicken mince simmered in a rich tomato sauce, offering a perfect balance of tangy and comforting flavours. Infused with garlic, cumin, and chilli, the chicken creates a flavorful, aromatic base. Wrapped in warm, soft tortillas, each taco is topped with melted cheese for a creamy richness, and a zesty salsa that adds a fresh, vibrant contrast to the dish. Served with a creamy mayo-mix sauce on the side, these tacos offer an extra layer of indulgence, making each bite even more satisfying.



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Tuna Aji Amarillo

Rs. 1,945



Tucked away in the serene Le Sherpa Village, the Le Sherpa Restaurant offers a fine dining experience unlike any other in Kathmandu. By collaborating with local and international culinary talents, Le Sherpa has curated a menu that celebrates exquisite European cuisine made with the freshest local ingredients, perfectly paired with a selection of fine wines.

Some dishes are more than food—they're an experience.

Tuna Aji Amarillo is one of those dishes. This delightful creation features tuna steak, quickly seared to perfection, ensuring a tender and juicy interior. It is paired with a vibrant yellow chili sauce made from long red chilies, red onions, garlic, celery sticks, ginger, yellow capsicum, lime juice, and a pinch of salt. The fusion offers a balanced blend of mild heat, zest, and creaminess that's sure to please every palate.

We recommend pairing it with sparkling water and a twist of lime or a glass of Chardonnay for an ideal match. Perfect for an intimate family dinner or as a way to explore something new, Tuna Aji Amarillo is ready in just 15 minutes, promising to deliver a satisfying and memorable dining experience.

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Kimchi, Japanese and Vegan Thai Basil Fried Rice



Rs. 745/799/745



Kimchi Fried Rice

Experience the vibrant, tangy zest of Korea with FuAsian's Kimchi Fried Rice. A perfect balance of spicy, sour, and savory, this dish blends traditional kimchi with aromatic stir-fried rice, creating a hearty and satisfying meal that's both refreshing and bold. The added crunch of vegetables and the delicate stir-fry technique bring out the richness of flavors

Japanese Fried Rice

With fragrant, perfectly cooked rice tossed in a delicious medley of fresh vegetables, edamame beans, and delicate seasoning, this dish offers a lighter yet equally fulfilling option. It's a perfect harmony of flavors, where simplicity meets the complexity of umami, ideal for any meal of the day.

Vegan Thai Basil Fried Rice

A vibrant choice for anyone seeking a healthy yet flavorful option. The earthy heat of Thai basil leaves, combined with crunchy vegetables, tofu, and a dash of soy sauce, creates an explosion of flavors that is as satisfying as it is nourishing. This plant-based dish offers a perfect balance of sweet, salty, and spicy notes, capturing the essence of Thai street food in every bite.

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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BODY.

FIT FOR LIFE

STAYING FIT TOGETHER BEFORE AND AFTER THE WEDDING

Get wedding-ready with a glowing complexion and healthy body by incorporating simple diet and lifestyle changes! Emphasize simple, sustainable dietary choices, hydration, and digestive health while avoiding extreme dieting and last-minute pitfalls. Follow these easy tips for radiant skin, a toned figure, and lots of energy as you prep for your big day.

By Sukadev Karki

YOUR WEDDING day—arguably the most important day of your life—marks the beginning of a lifelong commitment. It's a celebration of love, unity, and a shared future. While couples spend months, sometimes years, planning the perfect venue, decor, and guest list, there's another important detail that often gets last-minute attention: personal fitness.

Ironically, many couples find themselves in the least fit shape of their lives leading up to their wedding. The pressure to look good in those once-in-a-lifetime photos often inspires a sudden dash to the gym just months or even weeks before the big day. While a quick fitness fix might help you feel confident in your wedding attire, the real challenge comes after the wedding—when the commitment to health often fades. What couples need to remember is that fitness isn't just about looking good for a day—it's about building a foundation for a healthier, happier future together which will often shape the wellbeing of the future children in the family.

The decision to embrace fitness isn't just about appearances. It's about feeling good, being strong, and prioritizing your overall well-being. Maintaining a fitter lifestyle is even more crucial after marriage. Here's why:

The Age Factor

As we age, our bodies naturally lose muscle mass, flexibility, and metabolic efficiency. A consistent fitness routine can slow this process, keeping you active and energized for years to come.

Growing Your Family

Good health doesn't just impact you—it plays a role in the health of your future children. Fitness improves both internal health and overall vitality, ensuring you're prepared for the demands of parenthood.

Being an Active Parent

Fitness equips you with the stamina to keep up with little ones, setting a positive example for your family to follow.

Building a Lifelong Bond

A shared commitment to health can strengthen your relationship. Working out together isn't just motivating—it's a great way to spend quality time and support each other's goals.

Inspiring the future generation

You can set an example to the whole world that being fit impacts the family positively. This message will shape the future of our society, country, and the world.

Here's a Quick Wedding-Ready Fitness Routine to help you

While lasting health requires consistency, it's never too late to get started—especially if you're aiming to look and feel amazing for your big day. If you've got 12 weeks to spare, this wedding fitness routine can help you achieve noticeable results.

Nutrition Tips

To complement your workouts, follow these simple dietary guidelines

- Limit carbohydrates to 3-4 grams per kilogram of body weight.

- Consume 1.5 grams of protein per kilogram of body weight to aid in muscle recovery and growth.
- Include 1 gram of healthy fats per kilogram of body weight for energy and overall well-being.
- Day 2 - Lower Body Dominant Exercises (Squats & Deadlifts)
- Volume: 2-3 sets, 15-20 repetitions
- Benefits: Builds lean muscle, improves posture, and tones your physique.

Note: Before starting any fitness or nutrition plan, consult with a physician or exercise physiologist, especially if you have an underlying medical condition.

The 12-Week Workout Plan

Commit to this balanced fitness routine, combining cardio, strength, and high-intensity training:

Steady-State Cardio (once a Week):

- Duration: 40-60 minutes
- Intensity: 70-85% of your Maximum Heart Rate (MHR)
- Benefits: Builds endurance, promotes fat burn, and improves heart health.

Moderate to High-Intensity Interval Training (HIIT) (2 Days/Week)

- Duration: 20-30 minutes
- Structure: Short bursts of high-intensity exercise followed by minimal rest
- Benefits: Boosts metabolism, enhances cardiovascular fitness, and burns calories efficiently.

Weight Training (2 Days/Week)

- Focus: Day 1 - Upper Body Dominant Exercises (Pushing and Pulling Exercises)

While this plan can get you wedding-ready in 12 weeks, the true reward lies in maintaining your fitness journey beyond the ceremony. Marriage is about building a life together, and a healthy lifestyle ensures you're both physically and mentally prepared for every chapter—whether it's exploring new adventures, raising a family, or simply growing old with grace.

So, as you prepare to say "I do," remember to commit not just to each other but to your health. Because a fitter, stronger, and healthier version of yourself is the best gift you can give your partner—and your future together.

Here's to a lifetime of love, happiness, and health!



SUKADEV KARKI
ACE CPT | Sports Nutritionist
NSCA CSS | Crossfit L1
Head Lecturer - Nepali Youth
Fitness Academy Co-Owner -
BeFit Fitness Studio

Pre-Wedding Wellness

Get wedding-ready with a glowing complexion and healthy body by incorporating simple diet and lifestyle changes! Emphasize simple, sustainable dietary choices, hydration, and digestive health while avoiding extreme dieting and last-minute pitfalls. Follow these easy tips for radiant skin, a toned figure, and lots of energy as you prep for your big day.

By Sonal Talegaonkar, Nutritionist



THE BRIDE-to-be! Finally, the day of the glow and glam every girl dreamt of is near. A lot is yet to do: shopping, bookings, preparations, and many more.

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.

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 so 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, 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.

Some easy pointers to go by

- 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 a good amount of fiber, fruits, and complex carbohydrates to avoid constipation and a clean gut. Clean gut = clear skin.

- Add beetroot, apples, berries, and pomegranates. They are a rich source of iron and give a rosy glow to our skin.
- Drink enough water. Make sure to consume an adequate amount of water every day to get healthy and glowing skin, as it helps flush out toxins and gives you 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, and vitamin D to reduce any skin inflammation and puffiness.
- Stick to the mini meal policy (3-4 small meals a day)
- 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 L water, add watermelon, lemon, cucumber, mint leaves, and chia seeds)
- You can add one coconut water, too.
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Avoid Last-Minute Pitfalls

- Limit Sugary Foods and Drinks: They can lead to inflammation, skin

breakouts, and energy crashes.

- Reduce Alcohol: It dehydrates the skin and can increase bloating. If drinking, stay hydrated alongside.
 - Avoid Experimenting: Don't try new foods or supplements close to the wedding in case of allergies or sensitivities.
- Reduce Bloating
- Avoid Processed Foods and Excess Sodium: Stick to fresh, whole foods to prevent water retention.
 - Add Digestive Aids: Foods like papaya, pineapple, yogurt (probiotic-rich), and ginger can ease digestion.
 - Limit Carbonated Drinks: They can contribute to bloating. Opt for herbal teas like peppermint or chamomile instead.

The seven non-negotiable tips

- 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.
- Mini-meal policy—Eat small meals every 3 hours.
- You are allowed cheat meals until the third month, but NO cheat meals one month before the wedding day.

- Keep a target of 8-10 glasses of water every day.
- Avoid alcohol.
- Stay happy!

Healthy juices for glowing skin

ABC

- 1 Apple
- One small Beetroot
- 1 Carrot
- Add lemon and pink salt.

Amla Shot

- (1/2 beetroot (blanched in boiling water for 3-5 mins)
- One amla chopped
- Four leaves curry leaves
- Grated ginger
- Blend these with 1 cup of water and strain it.
- Add a pinch of rock salt & drink.

The best time is in the morning (15 minutes before breakfast is the best time for nutrient absorption)

Green Juice

- Handful of organic spinach
- Handful of celery
- Handful of coriander
- One amla
- One cucumber
- Small piece of ginger
- One apple / 3 slices of pineapple



MS. SONAL TALEGAONKAR
Sonal's Nutrofit
Clinical Nutritionist
(Post-graduation in Clinical Nutrition, Mumbai University, India). Find us on Instagram & Facebook (sonalsnutrofit)

The bride-to-be should maintain an easy, simple, sustainable diet plan with all the chaotic and hectic days.



Navigating Wedding Maze

AVOIDING BURNOUT AND FINDING JOY

Pursuing a "perfect wedding" can lead to emotional burnout and post-wedding blues due to societal pressures, unrealistic expectations, and intense planning stress. Couples can prevent or recover by focusing on personal priorities, delegating tasks, practicing self-care, and embracing mindfulness to enjoy the journey and strengthen their relationship.

In conversation with Sneha Agrawal, Psychologist

How can the “perfect wedding” ideal contribute to emotional burnout, and what are some signs to look out for? The “perfect wedding” ideal can contribute to emotional burnout by creating unrealistic expectations, intense pressure, and a sense of overwhelm during the planning process.

Some signs to look for can be

- Physical symptoms like headaches, stomach ache, tension
- Irritability/ mood swings
- Loss of joy
- Physical or mental exhaustion
- Disturbed sleep
- Change in Appetite
- Indecision

How can one manage pre-wedding anxiety without compromising the excitement of the event?

A little bit of anxiousness is ok as it might help you to plan better and avoid last-minute confusion.

Mixed emotions are also normal, focus on the love and commitment at the heart of your wedding. Stay organized with a flexible plan, delegate tasks to trusted people, and avoid comparisons by limiting social media. Prioritize self-care through regular sleep, healthy eating, and exercise, and incorporate mindfulness techniques like meditation or deep breathing to stay

grounded. Communicate openly with your partner and celebrate the small moments leading up to the big day.

Is post-wedding burnout common, and why do some couples feel a sense of emptiness after the celebration ends?

Yes, post-wedding burnout is common and often referred to as the “post-wedding blues.”

It is common due to a mix of emotional highs and lows, the loss of focus after intense planning, and unmet expectations. Couples may feel empty as the excitement and attention of the wedding fade, and unresolved stress or financial strain can add to this.

What role do societal expectations and family dynamics play in the burnout couples experience before or after their wedding? Societal expectations and family dynamics

can heavily contribute to pre- and post-wedding burnout. Societal pressures for a “perfect” wedding, amplified by social media and cultural traditions, create stress and unrealistic expectations. Family dynamics, including conflicting desires, financial involvement, emotional baggage, and post-wedding demands, add further strain.

This leads to emotional overload, decision fatigue, and post-event letdown. To cope, couples should set boundaries, prioritize their vision, delegate tasks, and seek support to navigate these pressures and reduce burnout.

Everything is blamed on digitalization, could social media somehow make mental health worse during the wedding journey?

Social media can negatively affect mental health during the wedding journey by fostering unhealthy comparisons, unrealistic expectations, and pressure

for perfection. It may invite unwanted opinions, create dependence on validation, and distract from enjoying real moments. Overdocumentation, cyberbullying, and relationship tensions can also add stress.

To mitigate these effects, limit social media use, focus on personal priorities, practice mindfulness, and rely on close, real-life support. A social media detox during key moments can help you stay present and enjoy the experience.

Suggest some healthy coping mechanisms and strategies couples could follow to prevent burnout during the wedding planning process or to cure from post-wedding void.

To prevent wedding planning burnout, focus on what truly matters, delegate tasks, and set aside non-wedding time for self-care and connection. Communicate openly, stick to a budget, and avoid social media comparisons. After the wedding, cope with the post-wedding void by planning new goals, reflecting on happy memories, and maintaining romance through meaningful gestures. Pursue personal growth, connect with other newlyweds, and celebrate everyday moments together. If needed, seek support to navigate the transition smoothly. Stay balanced and prioritize your relationship throughout the journey.



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Compatibility before Marriage

This article emphasizes the importance of pre-marital health screenings, including blood tests and genetic checks, to ensure a healthy marriage and successful parenthood. It highlights key assessments that help couples plan for fertility, pregnancy, and a healthy family.!

By Sushil Thapa

THE JOURNEY towards a successful marriage and parenthood is influenced by a myriad of factors, among which the health and genetic compatibility of the couple are paramount. Blood group determination and various health screenings serve as critical components of pre-marital assessments. These evaluations can help identify potential health indicators, guide decisions regarding family planning, and foster more harmonious relationships. This article explores the numerous dimensions of health screenings for couples, emphasizing their contribution to a flourishing

Blood Compatibility & disease conditions

Before conception, couples should undergo blood tests to identify any health issues that may impact fertility or

pregnancy. These tests play a vital role in facilitating a safe pregnancy and childbirth, assisting couples in planning for potential complications. Engaging in pre-marital health screenings allows couples to have informed discussions about family planning and the health of future children.

Some of the essential blood tests to be undertaken before conceiving include:

Blood Group Determination

Identification of ABO and Rh blood types is crucial. Blood is classified into four primary groups—A, B, AB, and O—determined by the presence or absence of specific antigens. Additionally, the Rh factor (positive or negative) plays a critical role in pregnancy outcomes.

ABO and Rh factor systems have significant implications for parental health. For example, if a Rh-negative mother carries a Rh-positive baby, she may develop antibodies against the baby's blood group, potentially leading to hemolytic disease in the newborn. Therefore, couples must comprehend their blood types and the associated risks to better prepare for a healthy pregnancy. But even if you are of blood group positive and negative, do not worry in that the field of medicine has progressed and your wife can be given AntiD vaccine or RhoGAM which can nullify the problem.

Hemoglobin Count

Checking for anemia in women is vital, particularly in pregnant women, to ensure both maternal and fetal health.

Vitamin D Levels

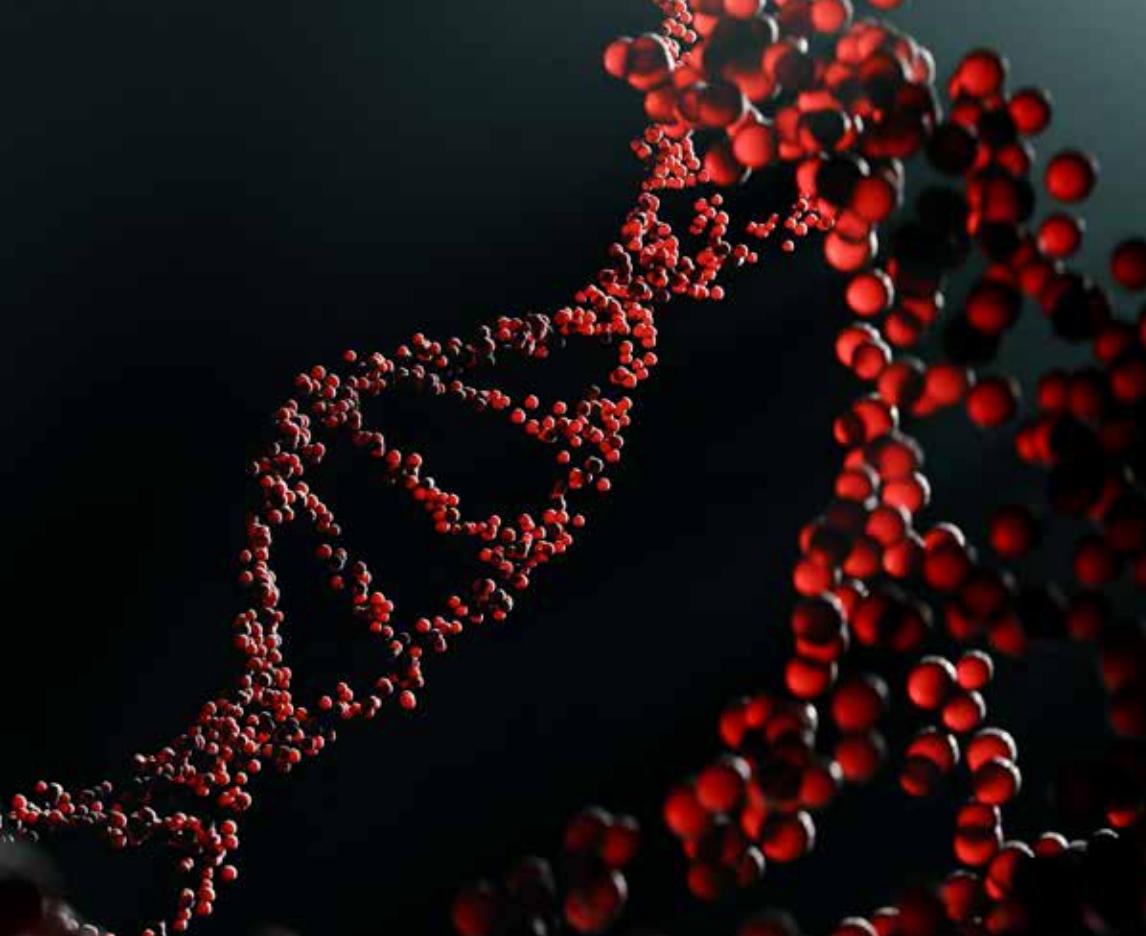
Ensuring adequate vitamin D levels is essential for maternal health, influencing both pregnancy and overall wellness.

Thyroid Function Tests

Thyroid hormone imbalance can significantly affect ovulation and reproductive capacity, making this test essential. Hypothyroidism is bound to have multiple issues with pregnancy.

Infection Screening

Testing for HIV, Hepatitis B, Hepatitis C, and Syphilis identifies any infections that require management before conception, protecting both partners and potential offspring. Early detection permits informed decision-making and the implementation of safer practices.



Rubella Immunity Testing

Assessing immunity against rubella is crucial, as contracting this illness during pregnancy can pose significant risks to the fetus.

Varicella Titer

This checks for immunity against chickenpox, another condition that could affect pregnant women and their babies.

Human Papillomavirus (HPV) Screening

Given that HPV is linked to several health issues, including cervical cancer, it is vital for women's health.

Genetic Compatibility

Carrier Screening: This involves testing for genetic conditions that may be passed on to children, providing insight into hereditary risks. **Genetic Compatibility Testing (GCT)** helps reduce the transmission of genetic disorders to offspring. The primary objective is to identify any mutations

or altered genes in each partner that could affect the health of their children. Compatibility in blood groups can minimize the risk of hereditary blood disorders; for example, a child born to two parents with the same blood group, especially in specific geographic populations might incur a lower risk of certain genetic diseases. Genetic counseling based on blood types can provide insights into potential concerns affecting family planning.

Psychological and Emotional Compatibility

Mental Health Assessments: Pre-marital psychological evaluations are essential to ensure that both partners are emotionally ready for marriage and parenting. Counseling sessions can help detect areas of concern, such as anxiety, depression, or past trauma, and provide coping strategies for these challenges.

Workshops or courses focused on effective communication and conflict resolution can fortify couple relationships. Understanding each other's styles, needs, and triggers can foster a healthy dynamic, vital for a harmonious marital life.

Other Considerations

For men, semen analysis is one of the primary assessments for male infertility. Approximately 15% of couples globally face difficulties conceiving, and semen analysis evaluates various parameters such as sperm count, motility, and morphology—all essential to understanding male reproductive health.

Both partners should adopt a healthy lifestyle ahead of marriage and parenthood. Pre-marital counseling can assist in establishing wellness routines, emphasizing the significance of nutrition and physical fitness, which

are critical for enhancing fertility and ensuring a supportive environment for future children.

Implementing lifestyle changes such as balanced diets and regular exercise can significantly influence overall health and well-being, thus enhancing the quality of marital and parental life. Ensuring adequate nutrition and health can improve both partners' emotional and physical states, promoting a positive atmosphere for family life.

Investing time and resources into these comprehensive health assessment lays a strong foundation for a happy and harmonious life together, thereby enhancing the likelihood of positive outcomes in their marital and parental journeys.



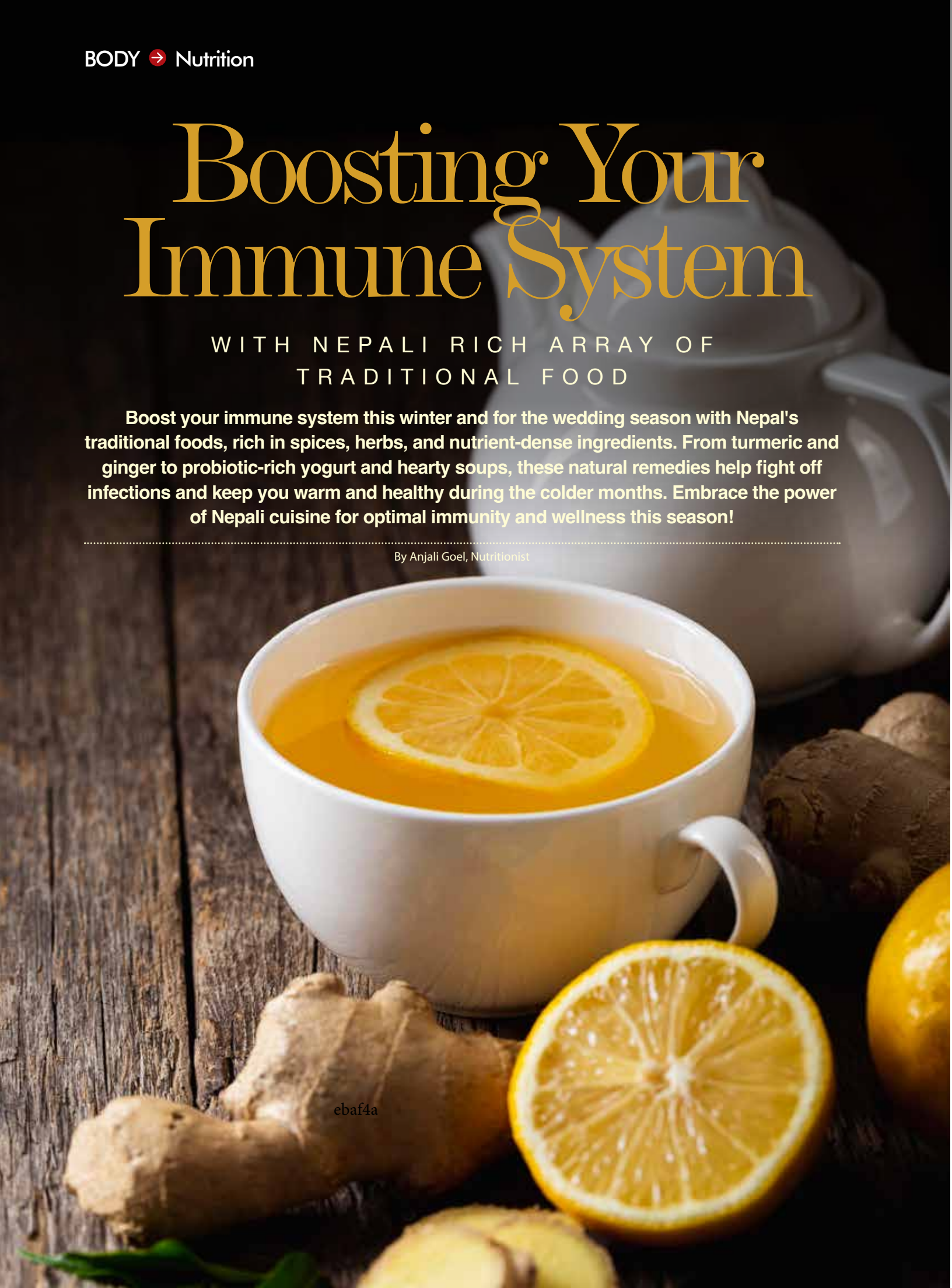
Sushil Thapa, secretary of BAG | MJF Diamond Lion of LCI, contributor to Quality Management System as Six-Sigma Black Belt, dedicated medical magazine publisher, committed to advocate for wellbeing and healthy lifestyle. He preserves and promotes ancient literature while aiming to innovate Natural Super Food out of local food grain and fruit.

Boosting Your Immune System

WITH NEPALI RICH ARRAY OF
TRADITIONAL FOOD

Boost your immune system this winter and for the wedding season with Nepal's traditional foods, rich in spices, herbs, and nutrient-dense ingredients. From turmeric and ginger to probiotic-rich yogurt and hearty soups, these natural remedies help fight off infections and keep you warm and healthy during the colder months. Embrace the power of Nepali cuisine for optimal immunity and wellness this season!

By Anjali Goel, Nutritionist



ebaf4a

AS WINTER brings its chill, so comes the seasonal coughs and colds that can put a damper on our spirits. Boosting immunity becomes essential, and the good news is that Nepal's rich array of traditional foods can naturally support and strengthen our defense. With a blend of spices, herbs, and locally available ingredients, Nepali cuisine offers nourishing options to keep us warm, healthy, and resilient during the colder months.

Turmeric: The Golden Immunity Booster

Turmeric is a staple in many Nepali kitchens, known for its anti-inflammatory and antioxidant properties. The active compound, curcumin, enhances immunity and combats infections. Try adding a pinch of turmeric to your morning warm water with a dash of honey and black pepper for a simple, immune-boosting drink. Turmeric milk is also a wonderful evening tonic to stay warm and ward off infections.

Ginger: Nature's Warming Herb

Ginger is revered for its ability to fight off infections, aid digestion, and promote circulation. Its warming qualities are perfect for winter, especially when dealing with respiratory issues. A steaming cup of ginger tea with honey and lemon can soothe sore throats, while also offering antibacterial properties. Adding ginger to curries, and even warm soups boosts both flavor and immune support.

Garlic: The Natural Antibiotic

Garlic, widely used in Nepali households, is packed with immune-boosting compounds like allicin,


This classic tea combines the immune-boosting powers of ginger and lemon with the antibacterial properties of honey. Ginger helps soothe sore throats, while lemon is high in vitamin C, which strengthens immunity.

which has antiviral and antibacterial properties. Raw or lightly cooked garlic can be consumed daily, perhaps mixed with honey for added benefits. In winter, adding garlic generously to curries, lentils, and soups provides both health benefits and rich flavor.

Yogurt: Rich in Probiotics

Yogurt is a great source of probiotics, which are beneficial for gut health. Since a healthy gut is closely linked to strong immunity, consuming fresh yogurt helps maintain good bacteria in the digestive system, supporting overall health. Try dahi chiura (yogurt with beaten rice) as a light snack or enjoy a bowl with fruit in the morning.

Green Leafy Vegetables: Nutrient-rich and Antioxidant-Packed

Winter brings an abundance of green vegetables in Nepal, like spinach, fermented leafy greens (gundruk), and mustard greens. These vegetables are rich in vitamins A, C, and K, as well as iron, which are essential for immune function. Gundruk, in particular, provides probiotics as a fermented food, supporting gut and immune health.

Citrus Fruits: Vitamin C Powerhouses

Citrus fruits such as mandarin oranges, lemons, and Indian gooseberries are abundant during winter and are high in vitamin C. This essential nutrient boosts the immune system and helps the body fight infections. Consuming these fruits fresh or making a warm citrus tea is a refreshing way to get a daily dose of antioxidants.

Honey: A Natural Antimicrobial Sweetener

Honey not only adds sweetness but also offers antimicrobial and immune-supporting properties. A spoonful of honey in warm water or ginger tea soothes the throat and fights off harmful microbes. For a quick energy and immunity boost, consider chhyankhla, a traditional Nepali snack with honey, ghee, and roasted flour.

Fenugreek: A Warming Seed for Digestive and Immune Health

Fenugreek seeds are commonly used in Nepali cooking and are known to support digestive health, which indirectly enhances immunity. Methi ko achar (fenugreek pickle) or adding a small amount of fenugreek to curries and dals (lentil soups) can provide immune

support and aid in warding off seasonal ailments.

Hot Soups and Stews: Comfort and Nutrition in a Bowl

Nothing feels more comforting than a warm bowl of soup during winter. Nepali soups like thukpa (a noodle soup with vegetables and meat) and kwati (a mixed bean soup) are full of nutrients, including proteins, vitamins, and antioxidants. Such warm and hearty soups help keep the body warm and provide the energy needed to fend off colds and flu.

Spiced Teas: Warming Blends for Winter Health

Traditional Nepali teas are infused with spices like cinnamon, cloves, and cardamom, which not only enhance the flavor but also improve circulation and immunity. These spices are naturally antibacterial and anti-inflammatory, making a cup of masala chai a perfect immune-boosting drink. Just brew your tea with these spices and add a splash of milk and a touch of honey for added warmth and sweetness.

Here are some traditional Nepali hot drinks that can help boost immunity, especially during the colder months

Ginger Lemon Honey Tea

This classic tea combines the immune-boosting powers of ginger and lemon with the antibacterial properties of honey. Ginger helps soothe sore throats, while lemon is high in vitamin C, which strengthens immunity.

Recipe: Boil a few slices of fresh ginger in water for 5-10 minutes. Add a teaspoon of

honey and a squeeze of fresh lemon juice before serving.

Turmeric Milk

Known as "golden milk," this warm, soothing drink is made with turmeric, which has strong anti-inflammatory and antioxidant properties.

Recipe: Warm a cup of milk, and add 1/4 teaspoon of turmeric, a pinch of black pepper, and a touch of honey or jaggery. Stir well and enjoy before bed for better sleep and immunity support.

Spiced Tea (Masala Chiya)

This popular Nepali tea combines a variety of immunity-boosting spices like cardamom, cinnamon, cloves, and ginger. Each spice has unique benefits: cinnamon

is antimicrobial, cardamom helps with digestion, and cloves are antioxidant-rich.

Recipe: Brew black tea in boiling water with cardamom pods, a small cinnamon stick, a few cloves, and a slice of ginger. Add milk and simmer for a few minutes. Sweeten with sugar or honey and enjoy hot.

Thyme Seed Water (jwano pani)

Ajwain or carom seeds, known as jwano in Nepali, are rich in antioxidants and have antibacterial and anti-inflammatory properties. This drink is great for relieving coughs, colds, and indigestion, making it ideal for immunity support during winter.

Recipe: Boil a teaspoon of jwano seeds in water for 5-10 minutes. Strain and add a bit of honey or lemon for flavor. Drink it warm for the best effects.

Lemongrass Ginger Tea

Lemongrass is packed with antioxidants and is known to fight infections, while ginger adds an extra immune boost and warmth. Together, they make a refreshing and soothing tea for winter.

Recipe: Boil fresh lemongrass stalks and ginger slices in water for 10 minutes. Add honey to taste. This tea is particularly refreshing in the mornings or afternoons.

Tulsi (Holy Basil) Tea

Holy basil, or tulsi, is a popular

Ayurvedic herb known for its immune-boosting and stress-relieving properties. It has antibacterial and antiviral qualities, making it an excellent remedy for fighting off infections.

Recipe: Boil fresh or dried tulsi leaves in water for 5-10 minutes. Strain, add a bit of honey, and drink while hot.

In Nepal, winter is the season to enjoy traditional, nourishing foods that are naturally beneficial for the immune system. By incorporating these Nepali ingredients and dishes into your diet, you can enhance your body's resilience, stay warm, and embrace winter in the healthiest way. Whether through a simple ginger tea, a bowl of yogurt, or a hearty bowl of soup, the power of traditional Nepali foods can be your best ally for winter immunity.



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. Instagram: @theanjaliGoel

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Bridal Skincare

THE SECRET TO RADIANT SKIN ON YOUR BIG DAY

Want glowing skin for the wedding season? This article offers essential skincare tips to help you shine. Discover simple pre and post-makeup routines, including cleansing, exfoliating, and nourishing your skin. Embrace the wedding spirit with a radiant complexion, ensuring you're ready to celebrate with loved ones!

By Punam Shrestha, Photo Courtesy: Foto Fusion

YOUR WEDDING day is the ultimate celebration of love, joy, and beauty—so naturally, glowing skin is every bride's dream. But between back-to-back functions, heavy makeup, and the inevitable stress, maintaining radiant skin can feel like a challenge. A thoughtfully curated skincare routine can make all the difference in ensuring your skin looks as luminous as your smile.

Pre-Wedding Prep: Building a Solid Foundation

Start your bridal skincare journey months before the wedding to address

concerns like uneven tone, pigmentation, or dullness. Add to that the cold dry winters of Nepal. That's why I recommend a multiple purpose oil that can work on dryness, skin tone and overall enhance your natural glow. Aminu's Radiance Face Oil is the perfect choice for brides seeking long-term radiance and skin resilience. More the natural glow and hydration, better the makeup.

Event-Ready Glow: Hydrate and Protect

With multiple events leading up to the wedding, hydration is key to keeping your skin plump and fresh. For me

Aminu's Hydrating Cream not only provides a surge of moisture but also calms the skin, ensuring a flawless makeup base in the months before and after the wedding. Don't forget a lightweight sunscreen for daytime events to protect your skin from damage.

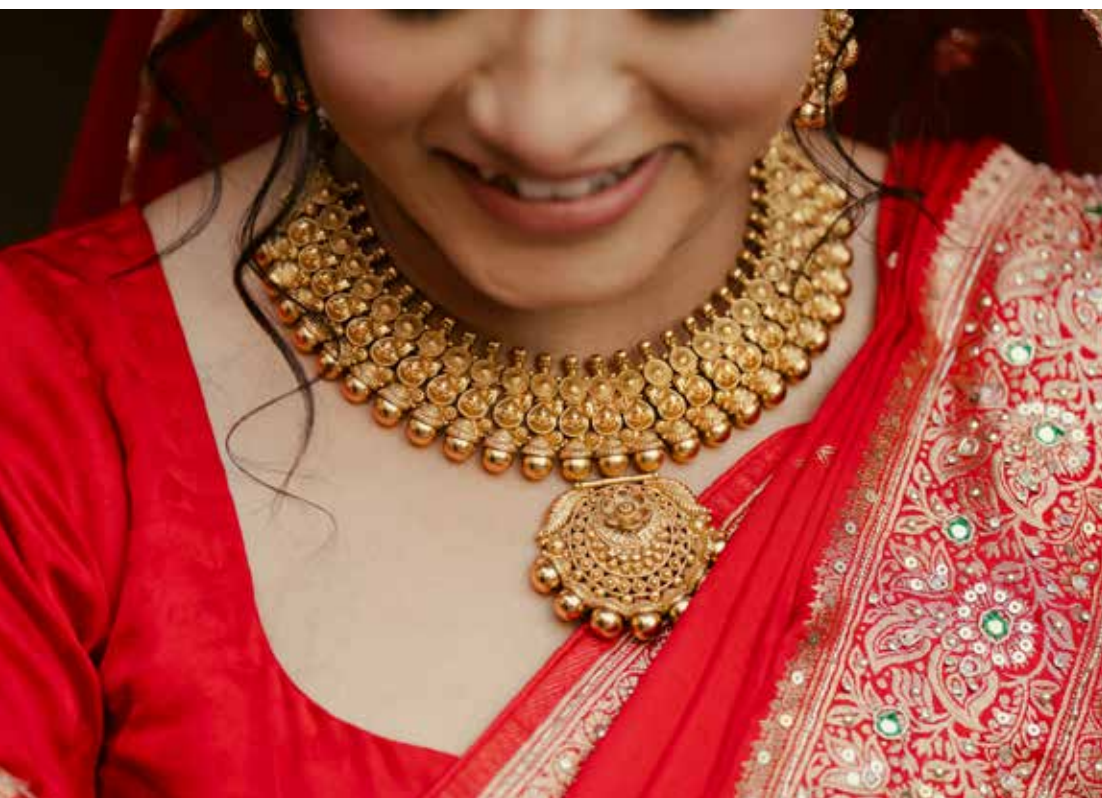
Post-Makeup Recovery: Let Your Skin Breathe

After hours of wearing heavy makeup, double cleansing is non-negotiable to remove every trace of impurities. Follow up with again with a face oil to restore balance and replenish lost nutrients overnight.

Stress Management: Inside-Out Care

Long nights and wedding jitters can show on your skin. Products powered by neuro-cosmetic ingredients, such as Aminu's Nourishing Sleep Oil, can help regulate stress responses and leave you looking serene and refreshed.

Remember, bridal skincare is about enhancing your natural beauty. With the right products and consistent care, you'll be picture-perfect on your special day—and beyond.



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.

Curate a Home that Celebrates Togetherness

A PERSONAL TOUCH FOR NEWLYWED COUPLES

Creating a home that reflects both your and your partner's personalities is one of the most exciting parts of starting a new life together. Your home is more than just a place to sleep; it's a space where your love story unfolds, where memories are made, and where you both come together in shared moments of joy.

By Malika Joshi

Merge Your Styles: Find Common Ground

Every couple has distinct tastes. Perhaps one of you love minimalist design, while the other prefers cozy, eclectic decor. Finding the perfect balance is key. Start by discussing what you both love and dislike. Blend your unique styles into a cohesive

look by incorporating items that resonate with both of you. For example, if one loves vintage furniture and the other enjoys modern art, integrate pieces that combine both elements—think of a mid-century sofa with abstract artwork. The idea is to create a space where both of your styles shine through and complement each other.

Personal Touches Matter

Incorporating personal items into your home can make it feel like a true reflection of your relationship. These can be souvenirs from trips, heirlooms, or artwork that has a special meaning. Display photos of your journey together—whether it's a framed wedding picture or snapshots of your favorite vacations. Personal touches, like a handmade blanket or a picture from your first date, can create a sense of warmth and connection.

Shared Spaces, Shared Moments

Design spaces that encourage togetherness. Whether it's a cozy reading nook, a kitchen where you can cook together, or a spacious living room perfect for movie nights, create environments where you both feel connected.

Consider furniture and layouts that invite conversation and interaction. A big, comfy couch or a dining table with enough space for friends and family to gather will help you nurture the feeling of togetherness.

Embrace Traditions and New Beginnings

While it's important to honor the traditions and memories you each bring into the marriage, don't forget to make room for new traditions as a couple. Perhaps it's a weekly date night, cooking a favorite recipe together, or creating a collection of items from your travels. These new rituals will help strengthen your bond and fill your home with even more meaning.

By curating a home filled with personal touches and a blend of both your styles, you can create a space that truly celebrates your togetherness.





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A Timeless Expression of Emotion

Bouquets, a language of emotions, symbolize unique sentiments and are perfect gifts for weddings and celebrations. This article provides tips for selecting and caring for the right bouquet.

By Mamta Khatri, Green Owl

SEASON'S GREETINGS, from The Green Owl. I write this article while walking through the Bogor Botanical Gardens in Indonesia. It is a stunning place to visit if you are a plant lover and traveling to this part of the world.

How swiftly time has flown, and here we are already turning the pages of a new calendar year.

This is always a busy month as people have bid farewell to the year gone by and are ready to embrace the new one. We also have eager couples waiting for the auspicious dates to tie the knot and plunge headlong into a new life of togetherness.

The one thing that is becoming more and more of a trend in Nepal is gifting a bouquet to the bride & groom on their special



occasion, and it makes complete sense.

Bouquets have a unique way of conveying feelings. They are more than just arrangements of flowers; they are symbols of love, celebration, and remembrance.

The combination of flowers and colors can evoke different emotions. For instance, red roses symbolize love and passion, while yellow tulips represent cheerfulness and friendship. Creating a bouquet is a very delicate form of art.

Flowers have a unique language of their own. Each bouquet tells a story, conveying emotions and sentiments without uttering a single word.

The classic rose bouquets are timeless. They come in various colors, each with



its meaning. Red roses symbolize love, while white roses represent purity. A classic rose bouquet adds elegance and romance to any wedding. Pink roses express gratitude and admiration, while yellow roses convey friendship and joy. Each color carries its message.

Lilies represent purity and refined beauty. White lilies symbolize virtue, while orange lilies denote passion. A bouquet featuring these elegant blooms can be perfect for celebrations or as a heartfelt gesture during difficult times.

Bright and cheerful, sunflowers symbolize adoration and loyalty. Their vibrant yellow petals bring warmth to any occasion, making them ideal for birthdays or to brighten someone's day.

Orchids are exotic flowers that symbolize luxury, strength, and beauty. Gifting an orchid bouquet can express admiration for someone's unique qualities or celebrate special achievements.

Choosing seasonal flowers is the best option as they are readily available. Spring brings tulips and daffodils, which sadly are not available in the market. I don't see them being imported, either. Summer flowers,

however, are plenty, like the gorgeous sunflowers and daisies. During autumn, we have chrysanthemums, while winter gives us poinsettias.

If you can add a personal touch to your bouquet, it will make them even more special. The next time you present or receive one, remember the thoughtfulness and meaning behind each bloom.

Once the grand occasion is over, what do you do with all the flowers that you have? It's an important thought because you don't want to throw them away. Most of them you can cut and keep in a vase. Trim the stems and clean up all the leaves.

Choose a vase according to the size of the / flowers that you have. You might need a few vases to keep them all. Add lukewarm water to the vases and place them in your living room. Be sure to change the water every few days while cleaning up the dead foliage at the same time. The blooms won't last forever, but it is a far better way of appreciating their beauty.

The Green Owl family wishes you a very Happy New Year. To all the new couples tying the knot, our warmest wishes for a happy and prosperous married life. May we all bring happiness and peace into this world, our lives, and the lives of others around us.



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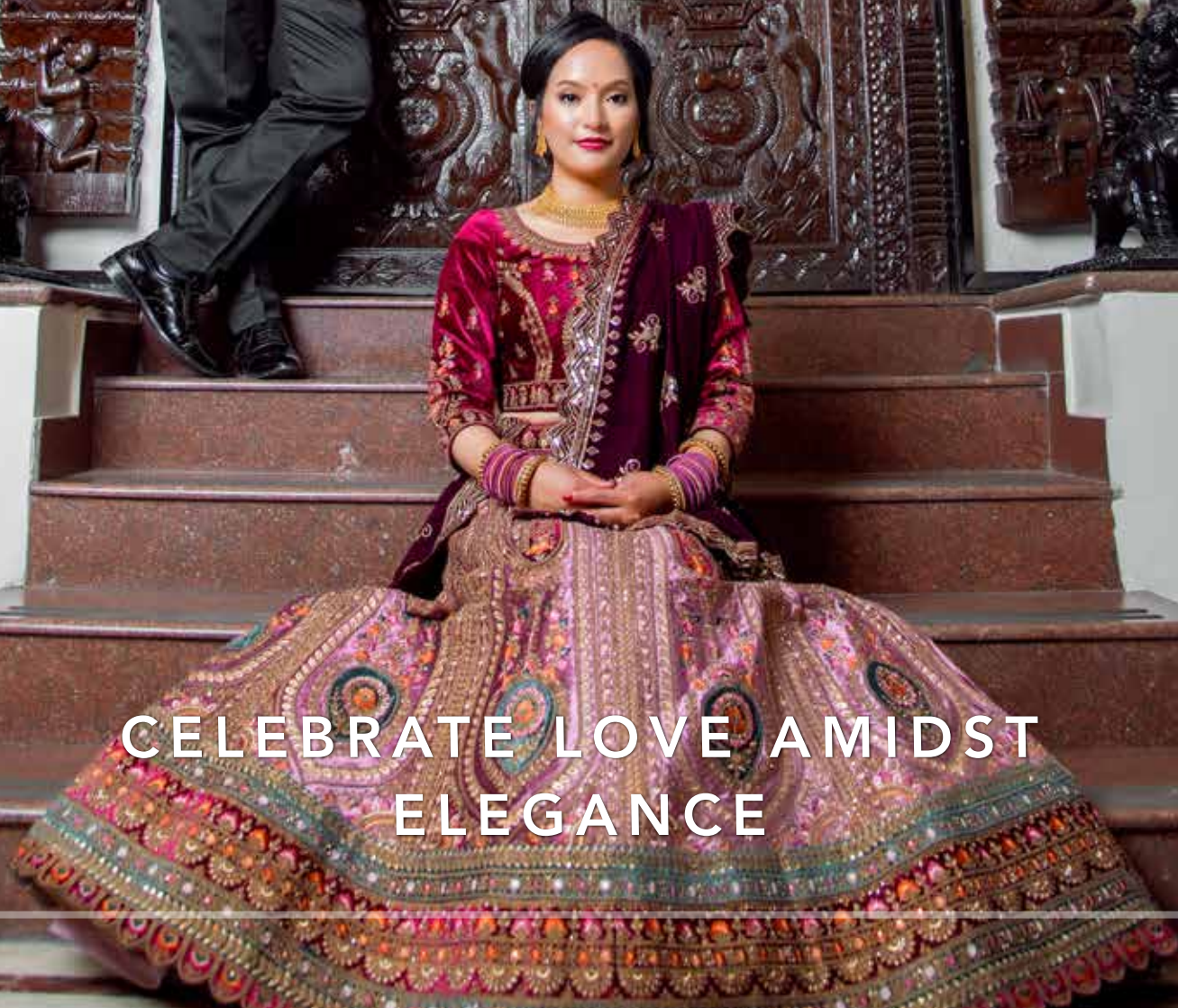


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↑ Hyatt Centric Soalteemode Kathmandu Officially Debuts in Nepal

Hyatt Hotels Corporation and City Hotel Limited have opened the Hyatt Centric Soalteemode Kathmandu in Nepal, marking the country's first Hyatt-Centric branded hotel. The hotel, located in the heart of Kathmandu, offers modern comfort and blends contemporary design with the city's rich cultural heritage. It features a vibrant lobby, revitalized event spaces, the Centric Lounge, an all-day dining restaurant, and a chic poolside retreat with stunning

views of Kathmandu. The 153 guestrooms are designed for functionality and flair, with free Wi-fi. Hyatt Centric is a brand of full-service lifestyle hotels in prime destinations, offering social spaces, local hot spots, and a passionate team for local expertise.



↑ The Jyoti Group's transformation into Padma Jyoti Group.

The Jyoti Group has been transformed into Padma Jyoti Group, marking the start of a new journey of growth and innovation. Despite facing numerous challenges, the group remains committed to its legacy of excellence. Padma Jyoti Group will continue to offer quality brands while introducing new plans and strategies for the future. The change reflects

the company's dedication to progress, adaptability, and exploring new opportunities. The visionary leaders, Mr. Padma Jyoti, Mr. Saurabh Jyoti, Ms. Srijana Shakya Jyoti, Mr. Suhrid Jyoti, and Ms. Arati Jyoti, will guide the company in this new chapter, aiming for a brighter and more dynamic future.



↩ Mercure opens its first Hotel in Nepal

Mercure, a luxury travel brand, has opened its first hotel in Nepal, Mercure Kathmandu Sokedhara Heights. The hotel offers thoughtfully designed accommodation with modern amenities, natural light, and panoramic views of the city, mountains, and Himalayas. The interiors blend contemporary design with traditional Nepali accents, creating a welcoming environment reflecting the region's rich heritage. The hotel also features a diverse culinary experience, with DYNE, an all-day dining restaurant,

Sopra Italian, and Zaiqa offering authentic and local cuisine. The Sukra Bar offers a sophisticated rooftop lounge setting for relaxation. The hotel also offers a rooftop infinity pool and a state-of-the-art fitness centre. The hotel also offers exceptional venues for events, including weddings, corporate meetings, and social celebrations. Mercure hotels are inspired by Mercury, the Roman god of travelers, and offer a portal to discover and explore the destination.

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How to help your Kids behave at Weddings

Prepare your child for a wedding by explaining its significance and setting behavior expectations for both the ceremony and reception. Emphasize etiquette, gratitude toward hosts, and be ready to address any challenges that arise.

By Malika Joshi

Prepare Your Child Ahead of Time

The first step in ensuring your child behaves appropriately is to prepare them before the wedding day. Explain the importance of the occasion and what to expect. Let them know this is a special event for the couple, and they should be on their best behavior. Talk about the ceremony, the reception, and the schedule, so there are no surprises.

Set Expectations for the Ceremony

The wedding ceremony is typically the most solemn part of the event, so it's

important to set clear expectations for your child. Let them know that this is a quiet, respectful time and that they should avoid talking or playing during the ceremony. You might also want to bring along quiet activities like coloring books or small toys to keep them occupied without disrupting the service.

If you think your child might get restless, consider sitting near an exit, so you can quietly step out if needed without causing a distraction.

Monitor Behavior at the Reception

The reception is where the atmosphere becomes more relaxed, but kids should still behave appropriately. Help them understand that the newlyweds' first dance and events are special moments that deserve attention. Explain that they should wait for cues before joining the dance floor or starting to eat. Encourage them to interact with other kids or play in designated areas if available, rather than interrupting adult conversations.

Teach Proper Social Etiquette

Encourage your child to practice good manners during the wedding. Teach them to say "please" and "thank you" when interacting with other guests, and to greet the couple politely. If the newlyweds have a speech or any other event, encourage your child to stay quiet and attentive. It's also a good idea to remind them to respect personal space and avoid being too loud, especially in quieter areas of the venue.

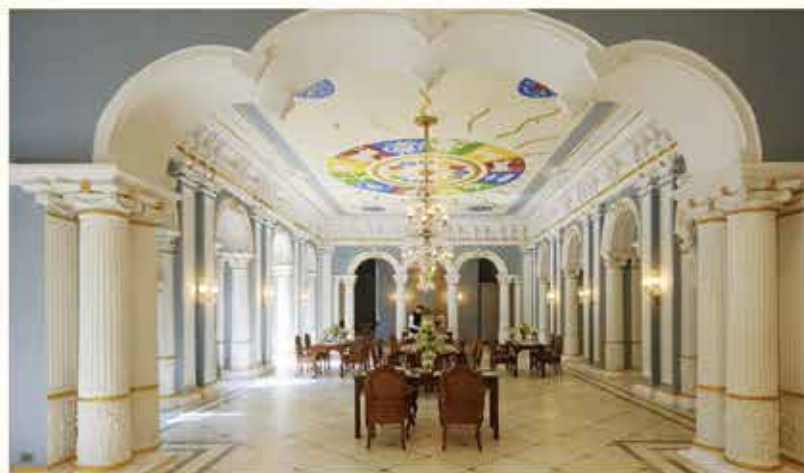
Help Your Child Show Gratitude

At the end of the event, it's always a nice gesture for your child to thank the couple for inviting them. Whether it's a quick "thank you" or a small note, this teaches your child to appreciate special occasions and show respect for the hosts.

Be Prepared for Challenges

Kids can get tired, overstimulated, or simply bored during long events.. If your child needs a break, don't hesitate to step outside for a short walk or sit in a quiet area.





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