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➔ ISSUE 92 ➔ RS 120



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Celebrating Strength

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EDITORIAL.

March is more than just a month—it's a movement. A time to honor the relentless spirit, unwavering resilience, and boundless achievements of women who continue to inspire, uplift, and redefine possibilities.

Our cover story shines a spotlight on Anjila Tumbapo Shah, the fearless goalkeeper and captain of Nepal's national women's football team. Her journey—marked by perseverance, passion, and leadership—embodies the very essence of strength. She is not just defending goals on the field but also breaking barriers for women in sports, proving that dreams have no limits.

Beyond the field, this issue explores the multifaceted strength of women—be it in motherhood, leadership, or self-care. We delve into the chemistry of love, the delicate art of balancing multiple roles, and the importance of prioritizing both mental and menstrual health in this dimensional journey.

Through compelling stories, thought-provoking columns, and expert insights, we explore what it means to lead like a mother, find balance as a woman, and embrace the divine moments that make us say, Oh, how I love being a woman!

Each story in these pages is a tribute to the women who dare, dream, and do. May their journeys remind us that strength is not just about endurance—it's about embracing who we are and lifting others along the way.

This issue is for every woman who has ever fought, every woman who has ever dreamed, and every woman who continues to rise.

With admiration and gratitude- Happy Women's Day!



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Suraj Patra Bansha

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— Adventurer, Naomi Uemura

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STARTER. ●

Every emotion that you go through has a certain chemistry behind it. Whether you become joyous or sad, tense or calm, your chemistry is happening in different ways. It works in both directions – an emotion can change your chemistry, and changing your chemistry can change your emotion. For different states of experience that we go through, our chemistry naturally goes through certain changes, or because our chemistry is going through changes, we go through different levels of experience. For example, if you get excited, your blood will move faster and your heart will pump faster, that's one thing. But now if your heart starts pumping faster, you will get excited unnecessarily. Both are true.

Hallucinatory drugs have been produced on this very basis. Or as treatment for psychiatric problems, when someone is very agitated, they give him a drug, a

tranquilizer, and he becomes calm. These drugs somehow bring down the tension chemically. Any drug-taking is manipulation on the level of your chemistry. So whatever the experience is, for that there is a supporting chemistry. Whatever is the chemistry, for that there is a resultant experience.

Now chemically, can we create love? Suppose if I change my chemistry, can I become love? Yes, that is what we do in yoga in terms of sadhana or spiritual practices. The difference between bhakti yoga and whatever other forms of yoga – especially hatha yoga and kriya yoga – is just this: with kriya yoga and hatha yoga, you are trying to change your inner energies to change the chemistry, so that your inner quality or your experience will change. With bhakti yoga, you are trying to change the quality by being loving, so that someday your chemistry becomes love.

Without a proper chemistry, any amount of trying to become something will not lead you anywhere. No matter how much you say, "I want to be peaceful, I want to be peaceful," if your chemistry is agitation, no matter how much you try, you will not settle down into peace. It is impossible. With pranayama, asanas, and meditation, we are changing the chemistry. This must be understood that with meditation, we are not trying to become peaceful. We are changing the chemistry into that kind of chemistry where peace will be the natural way of being. What it means is, if with proper practices you change your chemistry into peace – a kind of chemistry that will make a person joyous – then your natural state will become like that. Another way to do this is by creating an object of love, maybe a God, a Guru, or some other object for which you have tremendous feeling, if you create a tremendous amount of love towards that,

then also your chemistry will change.

When biologists talk about love and chemistry, it is totally different. If you look at all activities in nature, everything is aimed only at reproduction – nothing else. Flowers are not blooming out of their love for you. You may think so and poets may say so, but they are simply blooming so that pollination can happen, then a seed will come and one more plant will grow. That is their only interest. They are not great artists throwing out great colours for you to enjoy, nor are they throwing out fragrance so that you pluck them and keep them in your hair. They are throwing out fragrance to attract bees, so that pollination can happen.

So when the biologist talks about love, he is actually talking about reproduction. This is just a trick of nature to keep things going. Nature wants to perpetuate itself.

Love is not just an emotion; it is a chemistry within. In this piece, Sadhguru explores how emotions shape our inner chemistry and vice versa. He delves into the science of love from both biological and spiritual perspectives, revealing how true love transcends physicality and leads to liberation.

By Sadhguru

Chemistry

A full-page background image showing the silhouettes of a man and a woman in yoga poses on a rocky shore at sunset. The sun is low on the horizon, creating a warm, golden glow. The man is on the left, in a standing pose with one leg raised and arms extended. The woman is on the right, in a similar pose with one leg raised and arms extended. The ocean is visible in the background.

That is what is known as maya. It has its own inbuilt systems to perpetuate itself. Nobody has to do anything. It does not even need the Creator's interference; that is the beauty of creation. Even the creator is not needed; everything is automatic. That is the nature of maya.

But what we are referring to when we use the word "love" is, once you really experience love within you, your biology and the body becomes very minimum. If your biology is too active then love has not happened to you. When bhakti enters a person, his body becomes of least importance to him. He is willing to throw it and go; he is in that state. This love is not one that binds you into the process of maya, it liberates you from it.

People coming together and falling in love only with each other is unfortunate. Till this world evolves to such a point where people can just fall in love with anything and everything, we have not really known love. We have only been servants of the reproductive process to perpetuate the human race, that is all; but love has not happened to us.



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.

of Love

What's one divine moment that makes you say,

Oh, how I love being a Woman

This collection of voices beautifully captures the divine essence of womanhood, from the quiet strength of self-reflection to the joy of shared sisterhood. Whether through draping a saree, stepping onto a basketball court, or simply celebrating resilience, each woman finds empowerment in her unique journey. These moments remind us that femininity is a blend of grace, confidence, and unbreakable spirit.

By Malika Joshi

➔ Divya Rayamajhi

Actress

A divine moment that makes me say, “Oh, how I love being a woman,” is when I adorn myself. Whether it’s wearing a beautiful saree, a favorite piece of jewelry, or just lining my eyes with kajal, I feel graceful and confident. It’s that moment when I look in the mirror and see not just beauty but also strength, tradition, and my unique self. A woman’s presence doesn’t need to be loud to be powerful—there’s something magical about the way she carries herself with quiet confidence and grace.



⌚ Sadina Shrestha

International Basketball Player / Coach

One divine moment that makes me say, ‘Oh, how I love being a woman,’ is when I step onto the court and realize that my journey has been about so much more than leadership or titles. It’s about embracing new challenges, stepping outside my comfort zone, and redefining who I am beyond the captaincy. I’ve learned that as a woman, my strength lies not just in what I’ve accomplished, but in the courage to keep evolving and proving that my identity can be bigger than any one role I’ve ever held.

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⬆ **Jasmine Maharjan**

Content Creator, Co-founder Pawsome

Getting ready with my girlies, taking each other's pictures, doing silly things, and sharing unfiltered laughter, these moments make being a woman so special. Whether it's hyping up a stranger, cheering on a friend or exchanging a knowing smile, the unspoken sisterhood and endless support are truly magical. Every moment reminds me how powerful and beautiful it is to be a woman. These little moments make me realize how much I love being a woman.



⬆ **Krisha Bajracharya**

Vlogger

As a woman, I've always been proud of myself, whether that's in success or failure. I love being a woman because of the strength, resilience, and grace that come with it. I cherish the deep connections, the ability to nurture, and the power of intuition. Womanhood is a superpower, especially after birthing my daughter. I feel like I can do anything and everything, and THAT has to be and always will be my divine moment..



⬅ **Abhaya Subba**

Singer, Songwriter, Composer, Founder of Women in Concert, AATSE, Former Coach of Voice of Nepal

In the quiet moments of reflection, when I realize how far I've come, how my struggles have shaped me, and how my voice, as a woman, holds power - that's the divine moment where I think, 'Oh, how I love being a woman.'

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➔ Jane Dipika Garrett

Miss Universe Nepal 2023, Model and Content Creator

I love the elegance of draping a saree, feeling the fabric embrace my form with grace. Adorning myself with jewelry, styling my hair, and seeing my reflection glow with confidence fills me with joy. In those moments, I celebrate my femininity, beauty, and strength, embracing the essence of womanhood.



➔ Nirvana Bhandary

Feminist writer and filmmaker

Having self-autonomy, a voice and the power to design the life of my dreams is what I love about being a woman. I value my intellect, curiosity about the world and passion to connect with other women. There is no love more profound than that which happens when women get together to ignite change.



➔ Sanju Moktan

Musical Enchantress, Founder sanbeauty

I truly love being a woman. For me, It's about small things such as getting genuine compliments from total strangers, taking out my mum on coffee dates and having deep conversations with my best friend. I am gentle but also fierce and resilient at the same time, and compassionate. The way my mood lights up just by putting on a cute little outfit. I love supporting and encouraging other women, and love the sense

of community that comes with being a woman. I love the woman I see in the mirror. And I wouldn't wanna change it for anything else.

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WOMEN LEADING THE WAY

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In the fast-paced world of hospitality, women are not only managing the day-to-day operations but also breaking barriers and shaping the future of the industry. This article explores the behind-the-scenes challenges women face while managing high-energy properties like Aloft Kathmandu, shedding light on tasks that often go unnoticed by guests. Through personal insights, we dive into the most rewarding aspects of navigating such a dynamic environment. From balancing multiple responsibilities to fostering meaningful connections with guests, women in hospitality demonstrate resilience, strength, and grace.

Sharmila Rai

Duty Manager

What's one behind the scenes challenge guest don't realize you handle, and how do you tackle it?

It's been quite a wonderful journey working in the hotel industry. I have faced and overcome variety of obstacles. However, one of challenge behind the scene is like the scenes is dealing with things like managing each guest's journey to make sure they are taken care of and their needs are met.

To deal with all these details, it first entails developing and training the team and all the associates, preparing them so later they can take care of all the guests' needs and everything happens at the right time, anticipating problems, and remaining composed under pressure. This is the most crucial cycle for having both a satisfied guest and a satisfied team member.

I can then make sure that everyone is giving it their all and that the guest experience is seamless.

What's the most rewarding part of managing a high energy property like Aloft? Meeting new people and seeing their cultures has always been an interest of mine. Observing the direct

influence, you have on giving guest's unforgettable experiences is the most fulfilling aspect of running a high-energy property like an Aloft. Whether it's managing a last-minute request, resolving a difficult circumstance, or just making someone's stay memorable, every day offers fresh chances to improve the guest's experience. Additionally, it is really motivating to see the good comments left by guests who feel appreciated and cared for.

The Hospitality industry is fast passed how do you see women shaping its future?

The future of the hospitality sector is already being significantly shaped by women, and I believe this tendency will further intensify. Because the sector is fast-paced and always changing, women's distinct perspectives, leadership styles, and inventiveness will continue to propel development.

One-way women are influencing the future is through their leadership in creating more inclusive and diverse environments, not only for guests but also for employees. In short, women are not just adapting to the changes in hospitality; they are leading them. Their leadership is creating a more inclusive, sustainable, and innovative future for the industry.

Nilima Bista

Duty Manager

Behind the scenes challenges and how do you tackle it?

As a duty manager one of the major challenges is handling last minute guest requests or complaints while ensuring a seamless experience. The key is staying calm, thinking quickly, and working closely with my team to find solutions before guests even realize there was a problem. Seeing a guest's smile after resolving an issue makes all the effort worth it.

Most rewarding part of managing a highly energy property like Aloft?

Response: The energy at Aloft is contagious. It's a place where everyday is different, and that keeps me motivated. I love connecting with guests from all walks of life, making their stay memorable, and leading a team that thrives in a fast paced environment. The sense of accomplishment when everything runs smoothly is truly rewarding.

Women shaping the future of hospitality?

Response: Women are not just shaping the future of hospitality, we are redefining it with resilience, innovation, and heart. We lead with empathy, turning hotels into experiences, guests into family, and challenges into opportunities. Every woman

in the industry is proof that hospitality thrives on strength, grace, and the ability to create magic in every moment.

The future isn't just bright, it's brilliantly led by women.

Shweta Chettri

Front Office Executive

What's one common misconception people have about women in front office roles in hotels?

When you are a joyful person who presents oneself organically by "Being you", complemented by a touch of kindness, humility, a dash of Empathy, and, most importantly a warm smile on your face, I think that's when the first impression are made in the hotel industry.

If you had to pick one Aloft feature that guests love the most, what would it be?

Giving guest a sense of care and making them feel at home are, in my opinion, the key touch points that are still important in the hospitality sector.

What's your personal favorite part about working at the front desk?

If one piece of career advice I could provide to the young women entering the hotel industry would be to be consistent in everything you do and never stop learning

Chahana Shah is a dynamic force in law, sports, and social impact. A lawyer and Youth Olympic Ambassador, she champions fairness in the courtroom and on the field while advocating for youth empowerment and gender equality. With a passion for change, she seamlessly blends law, athletics, and advocacy to shape a better future.

.....
Chef Sandeep Khatri

CHAHANA SHAH

A Legal Mind with an Olympic Heart



SOME PEOPLE carry an aura of quiet strength, and Chahana Shah is one of them. A lawyer, a Young Olympic Ambassador (2022), and an advocate for youth empowerment, she seamlessly bridges the worlds of law, sports, and social impact. Her journey—from a disciplined boarding school life to global recognition—is a testament to resilience, ambition, and purpose.

From Boarding School to the Global Stage
Raised in a boarding school at La Martinière Girls' College, Lucknow, Chahana developed independence early on. "Boarding school teaches resilience, discipline, and confidence," she reflects. These skills shaped her path as a sports leader before she stepped onto the global stage as a Youth Olympic Ambassador.

Despite her deep involvement in athletics, she pursued law at Kathmandu

University and later at the National Law University, Delhi. For her, sports and law are interconnected. "Both require discipline and strategic thinking," she says. Her legal career allows her to champion fairness, whether in the courtroom or sports governance.

Advocacy Beyond the Courtroom

Chahana's commitment to social change extends beyond her legal work. She actively promotes gender equality, youth empowerment, and sports inclusion. As a Youth Olympic Ambassador, she advocates for accessible sports programs, particularly for underprivileged girls.

Determined to break barriers, she envisions a sports school for girls in Nepal. "Too often, children must choose between education and sports. They deserve both," she asserts. Her goal is to provide



training and mentorship to young girls, ensuring they receive the opportunities they deserve.

A Passion for Food and Culture

Beyond law and sports, Chahana has a deep appreciation for food. At the Siddhartha Momo Festival, she participated not as a guest but as an eager learner. “Food is history, culture, and emotion,” she says. Her passion for food aligns with her advocacy for sports nutrition, an often-overlooked area in Nepal.

She is currently writing a book on sports nutrition for youth, integrating Nepal’s indigenous superfoods into modern athletic diets. “If avocados can be a global trend, why not Nepal’s nutrient-rich foods?” she asks. Her goal is to introduce local superfoods into youth diets, improving

She is currently writing a book on sports nutrition for youth, integrating Nepal’s indigenous superfoods into modern athletic diets. “If avocados can be a global trend, why not Nepal’s nutrient-rich foods?”

health and performance while promoting Nepal’s culinary heritage.

Championing Sports Law and Fairness

With expertise in both sports and law, Chahana recognizes the importance of legal protections for athletes. “Sports law ensures fairness, from contracts to gender equality,” she explains. She is committed to promoting ethical sports practices, advocating for

equal opportunities, and ensuring safe spaces for athletes.

A Vision for the Future Chahana’s ambitions don’t stop with sports, law, or nutrition. She is also campaigning against malnutrition, particularly in remote areas of Nepal. “Raising awareness is key,” she emphasizes, believing education and community involvement are essential

in solving nutritional deficiencies.

When asked about the future, she remains focused: “To keep growing, learning, and giving back. Whether through law, sports, or food, I want to make a difference.”

Chahana Shah embodies the spirit of modern leadership—bold, passionate, and deeply committed to change. Whether advocating in court, inspiring young athletes, or reshaping Nepal’s nutritional landscape, she continues to pave the way for future generations.

INSPIRING WOMEN



Celebrating Strength

THE STORY
OF ANJILA
TUMBAPO
SUBBA

Anjila Tumbapo Subba, Nepal's star goalkeeper and captain of the women's national football team, has shattered barriers in sports. From playing in Nepal, India, and Pakistan to making history in European leagues, her journey is one of resilience and triumph. With the film 'Anjila' capturing her rise, she continues to inspire the next generation of athletes. While celebrating the beacon of force she is, we also celebrate the strength and resilience of all the women through her.

By Malika Joshi

Anjila Tumbapo Subba—fearless, fierce, and a force to be reckoned with. Born under the bold and dynamic Gemini sign in the hills of Panchthar, Nepal, she has shattered barriers to become the captain and star goalkeeper of Nepal's women's national football team. Her performance has taken her beyond Nepal's borders, playing professionally in India, Pakistan, and now Europe, where she continues to grow as a player and leader. From commanding the field with her lightning-fast reflexes to making history as the second Nepalese female footballer to conquer European leagues, her journey is nothing short of cinematic. And with the film *Anjila* capturing her rise, her legacy is only getting started.

Growing up, what first drew you to football,

and what obstacles did you encounter as you pursued it?

Growing up, football was everywhere—I started playing purely for fun, never imagining it could become something bigger. I was around 12 or 13 when I first kicked a ball, unaware that a national team even existed. In the beginning, I didn't enjoy being a goalkeeper—I was afraid of getting hit and diving on the rough ground. But when a local club, Pandam, offered me a spot, I took the opportunity, even though I was placed as a goalkeeper against my preference. From local games, I progressed to APF FC and eventually earned a place on the national team.

As a woman in sports, the biggest challenges weren't just personal but societal. In Nepal, women's sports often take a backseat;

women pursuing sports were seen as too bold, and while my family initially had no objections, the pressure and criticisms from society made things difficult. People complained to my parents, urging them to put barriers on me playing. Despite the barriers, I stayed committed to my passion, determined to prove that women belong in sports just as much as men do.

How were you selected as captain of Nepal's Women's National Football Team, and what does wearing the armband mean to you?

Being named the captain of the Nepal Women's National Football Team is a privilege that comes with immense responsibility. The selection isn't based on personal preference or any

selection process but rather on experience & dedication. The federation evaluates players who have consistently contributed to the team and have the capability to guide and inspire others. Longevity, performance, and the ability to unite the team provided me the opportunity to achieve such big entitlement.

For me, wearing the captain's armband isn't about authority—it's about accountability. On the pitch, I focus on motivating my teammates, leading by example, and ensuring we work together toward success. Off the pitch, I see myself as their friend rather than just their captain, creating an environment where everyone feels supported.

Having played professionally across diverse footballing

cultures—from Nepal to Pakistan, India, and now Greece—what differences can be seen?

Playing professionally across diverse footballing cultures has been a transformative journey for me. From my international debut in Sri Lanka in 2014 to the opportunity I had to be on teams of Pakistan, India, and now Greece, each experience offered unique insights into the game. South Asian football shares a common style and strategy, but transitioning to European football was a significant shift. The European game is far more advanced, primarily due to the substantial investment in football and structured training from a young age. Players there develop exceptional footwork and game awareness early on, benefiting from grassroots-level training and long-term exposure. These contrasting environments have broadened my tactical understanding, global training, and have pushed me to elevate my performance on the field.

Can you share a defining match in your journey that you'll never forget?

A defining match in my journey was the Hero Gold Cup in 2018 against Iran. I had an incredible performance, saving many potential goals, and we won. I've tried to replicate that match, but it never happens the same way. Another unforgettable moment was our draw with Myanmar-FIFA's 55th-ranked country, in the first qualifier round, earning us significant



Portraying myself in the film was both challenging and exciting. Since the story was based on my journey, I immersed myself in the role, and it felt more like reliving my experiences than acting.

recognition. And the SAFF Championship of 2024 was a tough but rewarding experience, marking the highest recognition for our women's national team. Each of these moments is special to me.

A high-pressure moment in your career and the toughest opponent you've faced?

In the last SAFF match against India, we faced a particularly intense situation when the referee disallowed a goal that seemed legitimate, leading to a break in the game for over an hour. That moment added immense pressure on our team. Looking back, the toughest country I've faced in a match has to be Japan. Their disciplined approach and high-level technical skills make them a formidable opponent.

Nepal's recent victories place the country on the map in women's football, and the growing support from fans, how does it feel to be at the forefront of this transformative moment in the sport? It feels amazing to be part of this transformative moment in Nepal's women's

football. In just ten years, we've sparked hope and enthusiasm among fans. There was a time when I doubted the future, as many players left for opportunities abroad. But now, seeing the team succeed and gaining the support we deserve is truly rewarding. The growing fan base and their shared excitement remind me that our persistence is paying off. It's inspiring to know that we're part of something bigger, creating a wave of pride for the country.

Women's football in Nepal still lacks the recognition and investment. What changes do you want to see?

Women's football in Nepal has the potential to grow, but it still lacks the recognition and investment that the other countries enjoy. While the facilities provided by the federation are on par for both genders, the visibility and frequency of domestic leagues are limited. Establishing provincial or city-based leagues would create more competitive opportunities and help players hone their skills for larger tournaments. Currently, players often have to wait up to three years to play in a match, and the low number of matches each year

hinders growth. More regular matches, minimally around 4 to 5 annually, would not only elevate the quality of play but also bring forward new talent and boost the overall development of women's football in Nepal.

A movie about your life, Anjila, is being made. What was it like portraying yourself in a film?

Portraying myself in the film was both challenging and exciting. The acting was new to me, but the support from directors, producers, and co-actors Dayahang Rai, and Buddhi Tamang helped me feel comfortable and inspired me. The opportunity came from producer Prem Shrestha, who has been a guardian to me since I arrived in Kathmandu, encouraging me in all aspects of life. Since the story was based on my journey, I immersed myself in the role, and it felt more like reliving my experiences than acting. The whole experience was truly fulfilling.

The feeling of stepping into the pitch- how do you feel? Jersey, national anthem, crowd's cheer?

Stepping onto the pitch wearing the national jersey is always a moment of pride, but the first time I received it was truly surreal and special. Seeing Nepal's flag and my name on it created an emotional connection that I will never forget. The feeling is further amplified by the crowd's cheer—it's one of the biggest driving forces behind my performance. Their voices have a magic to energize,





inspire, and uplift us, pushing us to give our best on the field. The national anthem playing in the background only adds to the sense of honor and responsibility, making every match an unforgettable experience.

Has your family ever traveled to watch you play live? If so, what was their reaction? Surprisingly, my parents have never watched me play a game live. For the ongoing

match, I even booked their flight so they could finally see me in action, but unfortunately, I had to be on the bench that day, and they missed the chance to watch me perform. It's a bit ironic that I'm nearing my retirement, yet they still haven't seen me play. (laugh) Hopefully, before I hang up my boots, they'll get to witness me on the field at least once!

You are among the few Nepali women footballers to

play professionally in Europe. How did it feel to sign with Nees Atromitou?

Signing with Nees Atromitou was a significant milestone in my career, especially as one of the few Nepali women footballers to play internationally. The journey wasn't easy—I spent years searching for opportunities, reaching out to numerous agents without success. After nearly three to four years, I finally connected with a Swedish agent through an

app, and that conversation led to this opportunity.

Playing here has given me the chance to compete in more matches than I would have back home, and I believe I've contributed my fair share to the team's progress. However, communication remains a challenge, making training sessions a bit tough. Despite that, this experience has been invaluable, and I'm looking forward to making the most of my one-season contract.

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Accelerating Action

HOW HYATT REGENCY KATHMANDU IS EMPOWERING WOMEN IN HOSPITALITY



Taragaon, Boudha, Kathmandu

The hospitality industry thrives on passion, dedication, and service excellence. While women have always played a crucial role in shaping guest experiences, leadership opportunities and career growth have often been limited. At Hyatt Regency Kathmandu, this is changing. The hotel is taking bold steps to accelerate action, ensuring that women are not only part of the hospitality workforce but are also given the support, training, and leadership opportunities to thrive.

This Women's Day, we highlight six inspiring women from different departments at Hyatt Regency Kathmandu. Their journeys, challenges, and achievements reflect the hotel's commitment to building an inclusive, empowering workplace. Each of them is shaping the future of hospitality in their own way, proving that with the right support, women can excel in every aspect of the industry.

Simran Sapkota

Assistant Marketing & Communication Manager: Crafting the Hyatt Story

Marketing in hospitality is about creating memorable experiences, and Simran Sapkota is at the forefront of telling Hyatt Regency Kathmandu's story to the world. She develops campaigns, builds brand identity, and fosters connections between guests and the hotel.

"Marketing isn't just about promotions; it's about creating a brand that people connect with. At Hyatt, I've had the chance to shape campaigns, build relationships, and drive real impact. I believe in

humanizing the brand; being in the service industry, it's essential that our guests feel a genuine connection with us."

Outside of work, Simran finds joy in photography and travel, capturing different cultures and lifestyles that inspire her storytelling and creative campaigns.

Sanumaiya Aryal

Finance Manager: Leading with Precision

Finance is the backbone of any organization, and Sanumaiya Aryal ensures that Hyatt Regency Kathmandu operates with financial excellence. Managing budgets, analyzing financial trends, and ensuring profitability require meticulous attention to detail, and she excels in this demanding role.

"Being in finance means making tough decisions daily. But with the right support system, women can thrive in leadership roles. At Hyatt, I've been given the trust and the tools to grow."

When she's not working, Sanumaiya enjoys reading books and exploring new investment strategies, helping her stay ahead in her field while also inspiring other women to take charge of their financial independence.

Nista Nagarkoti

F&B Waitress: Crafting Memorable Dining Experiences

As an F&B professional, Nista Nagarkoti plays a key role in ensuring guests enjoy unforgettable dining experiences. Through Hyatt's training and mentorship programs, she has gained confidence in service, guest engagement, and teamwork.

"F&B is more than just serving food; it's about hospitality, connection, and passion. Every interaction is an opportunity to make a guest's day special."

When she's not serving guests, Nista enjoys experimenting with new recipes and baking desserts, bringing creativity from the kitchen into her personal life.

Sujita Rajbhandari

Assistant Front Office Manager: The Face of Hospitality

The Front Office is where guests get their first impression of a hotel, and Sujita Rajbhandari leads a team that ensures seamless check-ins, reservations, and exceptional guest experiences. She thrives in a dynamic role that requires quick thinking, problem-solving, and leadership.

Every guest has a story, and our job is to make their Hyatt experience unforgettable. Being in this role has taught me resilience, leadership, and the power of first impressions.

Outside of work, Sujita loves practicing yoga and mindfulness, which helps her maintain the calm and composure needed for her high-energy role.

Alina Silwal

Assistant Manager HR: Building a Workplace of Opportunity

A hotel's strength lies in its people, and Alina Silwal ensures that Hyatt Regency Kathmandu is a workplace where talent thrives. She focuses on employee well-being, talent development, and fostering a culture of inclusivity.

"A strong company culture starts with its people. At Hyatt, we are committed to ensuring that women not only feel safe and valued but also have real opportunities for career growth."

When she's not working, Alina enjoys exploring food and attending leadership workshops to inspire and guide future HR leaders.

Isha Biswakarma

Housekeeping Attendant: Ensuring Excellence Behind the Scenes

Housekeeping is the unsung hero of hospitality, ensuring that every guest enjoys a clean, comfortable, and welcoming stay. Isha Biswakarma upholds Hyatt's high standards, ensuring every detail contributes to a perfect guest experience.

"Every detail matters in hospitality. Housekeeping isn't just about cleanliness—it's about creating a space where guests feel at home."

Beyond work, Isha finds happiness in gardening, nurturing plants as she nurtures guest experiences, bringing beauty and harmony to both her workplace and personal life.

Hyatt Regency Kathmandu is proud to celebrate these remarkable women who continue to break barriers and set new standards in hospitality. Their dedication, resilience, and passion embody the essence of Hyatt's commitment to diversity, inclusion, and career development. This Women's Day, let's recognize and support the women who make our industry stronger and more vibrant every day.

PARENTING.

Lead like a Mother

MOTHERS- THE UNSUNG HEROES OF LEADERSHIP

"Lead Like a Mother" highlights the often-overlooked leadership qualities that motherhood cultivates. Deepti Shrestha draws parallels between motherhood and leadership and explores how these innate skills shape strong leaders in households and professional spaces.

By Deepti Shrestha

A LEADER provides direction, sets a vision, and motivates individuals to contribute their best efforts. This involves clear communication, empathy, and building strong relationships.

Women's leadership extends far beyond politics, permeating every facet of society. Across diverse fields, from business and science to education and community activism, women demonstrate their capacity to lead with vision, resilience, and empathy. Their contributions are not merely about filling positions but about transforming the very nature of leadership itself. Often, women bring unique perspectives, fostering collaborative environments and prioritizing inclusive decision-making.

Whether navigating corporate boardrooms, pioneering scientific breakthroughs, or spearheading grassroots movements, women are proving that effective leadership is defined not by gender but by the ability to inspire, innovate, and

drive positive change. Their increased presence in leadership roles enriches our communities, strengthens our economies, and creates a more equitable and just world.

Let's discuss women in leadership, household, and beyond. Can women indeed be both mothers and leaders? We all have a leader within us. Every one of us can develop the quintessential skill that leads us to happiness, confidence, and success in whatever we set our minds to. Leadership is a skill like any other; it can and should be developed in everyone, regardless of their position in society, home, or company.

The moment a child is born, mother instincts kick in and are molded into a 'new' person. She acquires skills that she was never aware of—an endless love. Sleep deprivation, enormous amounts of stress, and a priority change provide a different approach to leadership. Mothers will go to great lengths for their children, for what they believe in, and for what they care for, which they implement into

their leadership roles. Leader identity includes the work-family interface, affirmative paradigms, lived experience, and multiple dimensions of self-identity.

From an early age, my child learned the same things I learned from my mother. I taught my child the essential life skills, such as patience, listening, sharing, and caring. These are not abstract concepts but life skills that we ultimately apply daily. The list of attributes we embody continues as we grow and practice resilience, adaptability, and planning. Many life lessons mothers teach us empower us to become successful leaders. Motherhood enables high performance as a leader for generations of a child.

Many of us remember mothers as multitaskers in everything they do. We can pinpoint a mother's unique blend of skills and know they are often the most substantial role models for their children. Motherhood is usually considered one of the most challenging facets of life. At the same time, it can be the

most rewarding role a woman can have. It involves the care and upbringing of a child, which includes providing emotional support, ensuring their basic needs are met, and helping them develop into independent and responsible adults. A great mother, like a great leader, must also be able to make tough decisions and set boundaries that are in the best interest of their child. However, the journey of motherhood and leadership is not without its challenges. Both roles require a person to balance multiple responsibilities, which can be overwhelming. Specific leadership attributes, like empathy and divergent thinking, are associated with women, which have been key to their success.

Here, we will look into some of the qualities a good mother, as a leader for life, can impart to their children to become successful future citizens and lead many walks of life.

Emotional Intelligence and Compassion: Mother teaches us to express our feelings and empathize. Leaders who can relate to their team on a

personal level inspire loyalty and create a great team vibe. Incorporating these qualities in your leadership style can foster a more positive and productive environment, increasing team morale.

Time management: Mother is a calendar master when it comes to balancing work deadlines, leading others, prioritizing tasks, and managing time efficiently. She can teach this skill to her children.

Interpersonal Skills: Mothers are good at listening and sharing, translating into boss-level communication skills for leaders. They're all about heart-to-heart talks that build trust and understanding in the family, skills every leader needs.

Negotiation Skills: Whether brokering peace between arguing siblings or struggling over pandemic times, mothers negotiate wizards. These skills are invaluable in leadership for navigating contracts, managing team expectations, and more.

In developed countries worldwide, women are under increasing pressure to leave their children as early as possible to pursue demanding careers. At the same time, they sacrifice career advancement to raise emotionally secure children by being as present as possible, both physically and emotionally.

Motherhood creates a powerful combination of skills, making moms even

more successful leaders in all areas of life. Achieving solutions that work for all is a skill every mother practices at home. Motherhood transforms many women into better leaders. Power Moms from all generations have become better leaders, bosses, and caregivers by raising families.

Motherhood shapes and amplifies leadership possessed by mother leaders, emphasizing nurturing, empathy, understanding, and empowerment. International Journal of Management, Entrepreneurship, Social Science and Humanities (IJMES), Vol. 5 defines how motherhood shapes leadership in a patriarchal culture to support impactful generations and the next future leaders. Many of

today's most famous business leaders credit their mothers. According to a Wall Street Journal article, Bill Gates's mother suggested her son get into philanthropy after Microsoft's stock made Gates wealthy.

Mothers are examples of leadership that is not confined to professional settings but is a vital part of life. Through their everyday actions, mothers impart wisdom that guides us through our lives, making the world a better place one leadership lesson at a time.



Deepti Shrestha, is a Psychologist, Freelancer, School counselor and Co-founder of Lotus Psychological Counseling and Research Center.



FINDING MY PERFECT BALANCE

As a Mother and a Woman

Torn between work, family, and personal well-being, the author shares her journey of finding a balance that works. Through self-reflection, boundaries, and self-care, she discovers that true fulfillment comes not from doing more, but from being present.

By Mridula Saria

IT TOOK ME a long time to find the right balance as a mother. For the first couple of years, I constantly struggled; both at work and at home. When I was at work, guilt consumed me for leaving my child behind while I spent my time teaching other children. And when I was home, I couldn't stop thinking about the impact I could be making if only I worked more. I was never fully present in either space. Add to that the well-intended but often confusing advice from family and society, and it felt like I was in a constant battle with myself.

When I finally found my balance, it wasn't perfect in the sense that my time was equally distributed; but it was perfect for me. Looking back, I realize that my approach was quite simple, though at the time, it

felt anything but that. I spent a lot of time overthinking and then actively trying not to overthink before I finally figured it out. Now, I can share it as a strategy that might help others.

I took Simon Sinek's advice and started with why.

- Why did I choose to have a child?
- Why do I do the work I do?
- Why does this balance matter to me?

Asking these questions shifted my perspective. Instead of feeling torn between my roles, I began to see how they could complement each other. Understanding my why gave me clarity and helped me let go of external pressures and expectations.

Next, I moved to what.

- What are my true priorities?
- What makes me happy—not as a mother, not as a professional, but as a person?

This part was harder than I expected. As mothers, we are conditioned to prioritize others first—our children, our families, our work, even societal expectations. But when I asked myself what truly mattered to me, I had to step outside of those roles and look inward.

The answers to these questions were eye-opening. I realized that my priorities weren't about achieving a perfect split between work and family. They were about ensuring that whatever time I dedicated to something, I was fully present whether that was

spending time with my child, working with my clients, or simply sitting alone with a book and a cup of tea.

This clarity helped me stop chasing an unattainable version of balance and instead focus on being intentional.

And finally, I figured out how.

- How do I integrate these priorities into my life?
- How do I ensure that I don't just understand this in theory, but live it every day?

The execution wasn't about grand changes. It was about small, intentional choices. I set clear boundaries at work so I could be fully present at home. I created rituals; simple, meaningful ones, so that I could cherish quality



moments with my child instead of feeling like I was constantly playing catch-up. Something as simple as reading a book for him and putting him to bed, after a long day. And most importantly, I learned to make space for myself.

All of this might sound simple, but there was another layer to it; one I hadn't anticipated.

Before becoming a mother, I never had to think about self-care. It happened naturally in the rhythm of daily life. Meeting friends, enjoying a meal, reading a book, exercising, watching a show, or even just resting when I was tired. These things just fit into my day.

After having a child, 24 hours suddenly felt insufficient. And I know I'm not alone in this feeling. Whenever we need to make time for something, whether it's work, family, or social commitments, the first thing we sacrifice is ourselves. We can't compromise on our children. We can't

compromise on work. So, we convince ourselves that the only thing we can adjust is self-care.

At first, it feels manageable. We tell ourselves, It's just temporary. I can function without rest. I don't need that time for myself.

Over time, this becomes the norm. At first, we feel like we can handle it all, like superwomen. Some days, we feel invincible. But then, there are those other days, the ones where exhaustion takes over. At first, they are rare, but they gradually become more frequent. And then, one day, we wake up feeling truly unhappy.

That was me. I had a wonderful child, a supportive family, and work that I was super passionate about. By all measures, I should have been happy. But I wasn't. And for a long time, I couldn't figure out why.

This is something I see in so many of my clients. Mothers

become so overwhelmed by all they have to do that they leave no time for themselves. And when we don't care for ourselves, we all suffer, not just us, but our children too. We're too exhausted to play with them. We resent their clinginess. We struggle to manage their emotions. Patience becomes a skill we no longer possess. And yet, we carry this nagging feeling of I am doing so much.

But doing so much isn't the same as feeling fulfilled.

The lesson I've learned, and the one I now share with the mothers I work with, is that balance isn't just about time management. It's about energy, presence, and self-compassion. And above all, it's about recognizing that taking care of ourselves isn't a luxury, it's a necessity.

Because when we feel balanced, everyone benefits.

When we make time for our own joy, we bring more joy to our families.

When we take care of our own emotional needs, we become more patient and present with our children.

When we show ourselves love, we teach our kids what self-love truly looks like.

And that more than anything else, is what makes us not just great mothers, but perfect women.



Mridula Saria is an Educationist, Certified Parent Coach, and Child Development Researcher. She is a passionate learner dedicated to understanding and exploring child behavior and development. As the co-founder of Grooming Tales, she works with children to foster their growth and development. Through her coaching practice, she helps parents and mentors navigate their journey, sharing effective methods and tools to support children's learning and thriving. You can reach her at www.mridulasaria.com



RAISING A CHILD WITH ADDITIONAL NEEDS

AN ODE TO A MOTHER'S JOURNEY OF STRENGTH

A Mother's Unbreakable Spirit – More than just caregivers, these mothers are warriors, advocates, and unwavering sources of love. This piece highlights their struggles, triumphs, and the collective responsibility to support them.

By Ganga Gurung

MOTHERHOOD, in all its forms, is an act of resilience. But for mothers of children with additional needs, resilience is not just a trait—it becomes a way of life. Every milestone, challenge, and triumph is magnified, making their journey both extraordinary and emotionally demanding.

In my six years of clinical practice, I have worked closely with countless children and families, and oftentimes it is the mothers I end up forming close bonds with. Leaving behind promising careers, some mothers leave behind husbands or families, the

stories of their grit and determination leave one awestruck. Through this article, I want to explore the lived experiences of mothers raising children with autism, cerebral palsy, down syndrome and other developmental challenges. Through an occupational therapist's perspective, I will uncover the emotional rollercoaster they navigate, the coping mechanisms that sustain them, and how society can provide the support they truly deserve.

Every mother starts with dreams for her child—of laughter-filled childhoods, academic achievements, and a bright future. But when

a medical diagnosis enters the picture, those dreams shift. The love remains, but now it is intertwined with grief, uncertainty, and fierce determination. As I hear this story from countless mothers, "When the doctor told me my daughter was autistic, my world paused. I didn't cry at first—I just listened, trying to make sense of words I had never even heard or deeply understood before."

The emotional impact of diagnosis is often overlooked. Many mothers go through a cycle of denial, fear, guilt, and eventual acceptance—

but the journey is never linear. Understanding this emotional toll is crucial in offering them the right support.

Mother goes through an emotional rollercoaster of fear, strength, and finding joy in small wins.

Mothers face daily battles in the form of advocating for services, navigating judgment, self-doubt and burnout. Whether it's fighting for an inclusive school, therapy, or medical support, mothers become warriors for their children's rights. Family members, friends, and even strangers

often misunderstand the child's condition, leading to unsolicited advice, blaming on parents or isolation. The constant need to "do everything right" can drain a mother's emotional and physical energy.

Despite these struggles, mothers of children with additional needs redefine success. A single word spoken, a step taken, or a hug initiated by their child can mean the world. The resilience of these mothers is built in the moments no one else sees—the quiet tears after a tough therapy session, the deep breaths before advocating for inclusion, and the unwavering belief that their child is capable, no matter what the world says.

Thus, it is crucial that mothers develop coping mechanisms to sustain their strength because with time, therapy, education and counselling, they understand that resilience isn't just about enduring challenges; it's about finding ways to recharge and keep going.

Some strategies that help mothers thrive are seeking community, educating themselves, self-care, without guilt and advocacy as empowerment. Support groups and trainings, online forums, and therapy communities provide

a safe space to share struggles and wins. Many mothers become experts in their child's condition, empowering themselves to make informed decisions. Prioritizing mental and physical health allows them to care for their child more effectively. I personally know few mothers who have turned their experiences into activism, pushing for better policies and awareness.

A grievance I have with our society is how poorly we try to support and uplift these mothers. While mothers of children with additional needs are resilient, they shouldn't have to do it alone. Society plays a crucial role in lightening their load. Awareness & acceptance, inclusive education, empathy over judgment, workplace flexibility and financial or emotional support are some ways in which a society can support our mothers. Educating the public about disabilities to



Leaving behind promising careers, some mothers leave behind husbands or families, the stories of their grit and determination leave one awestruck

reduce stigma, ensuring schools have proper support systems for neurodivergent and physically challenged children could be our way to show "we are with you". Offering understanding instead of unsolicited advice, providing parents with additional-needs children flexible work policies and access to government aid, therapy insurance, and mental health counseling can tremendously change the trajectory of their quality of life.

Finally, celebrating the unbreakable spirit of mothers I have worked with, I can more than say that mothers of children with additional needs are more than caregivers—they are advocates, teachers, and unwavering sources of love and strength. Their journey is not easy, but it is filled with deep meaning, small victories, and a love that transcends every challenge.

As a society, we have a responsibility to stand beside them—not just with words, but with real action. By offering support, breaking down barriers, and celebrating their resilience, we can create a world where both mothers and their children thrive.

To every mother raising a child with additional needs: Your strength is seen. Your love is powerful.

To the mothers I've worked with, thank you for always inspiring me with your journey, which is tough, but is one of the most beautiful testaments to resilience.



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

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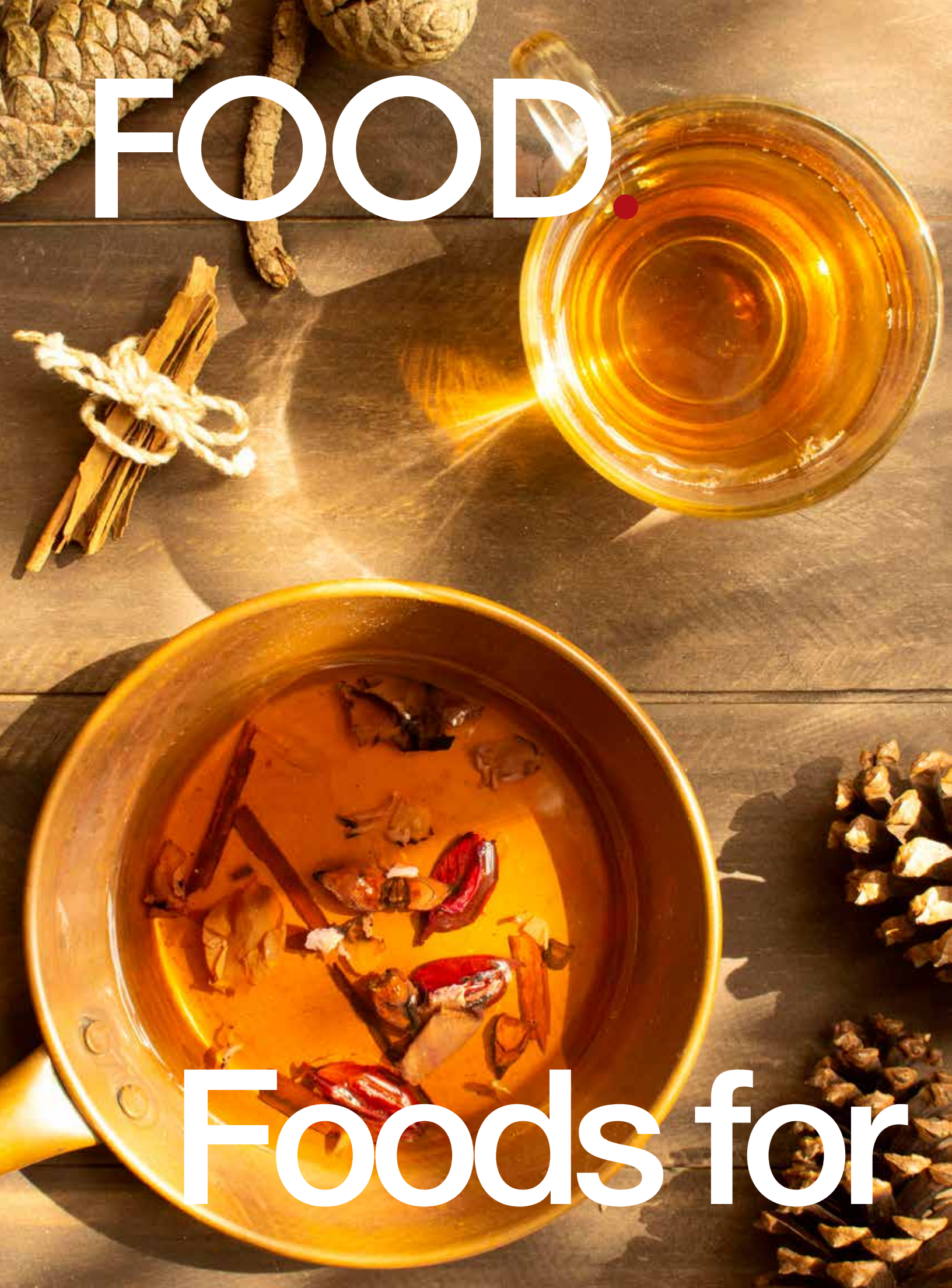
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A still life composition featuring a glass of amber liquid, a bowl of spices, cinnamon sticks, and pinecones on a wooden surface. The scene is lit with warm, golden light, creating a cozy and aromatic atmosphere. The glass is in the upper right, the bowl is in the lower left, and the spices are scattered around them. The text "FOOD." is overlaid in the top left, and "Foods for" is overlaid in the bottom right.

FOOD.

Foods for

MENOPAUSE IS a natural biological process that marks the end of a woman's reproductive years, typically occurring between the ages of 45 and 55. From a medical standpoint, menopause is officially diagnosed after 12 consecutive months without menstruation. It is primarily caused by a decline in estrogen and progesterone levels, leading to various physical and emotional changes. Common symptoms include hot flashes, night sweats, mood swings, vaginal dryness, and an increased risk of osteoporosis and heart disease. While menopause is not a disease, its symptoms can significantly impact a woman's quality of life. Modern medicine offers several management options, including hormone replacement therapy (hrt), lifestyle modifications, and alternative therapies to help ease the transition.

Ayurvedic Perspective on Menopause: Wisdom from the Founders

Ayurveda, one of the oldest systems of holistic healing, views menopause as a natural transition rather than a disease. The classical texts describe it as "rajonivritti", meaning the cessation of menstruation. According to Ayurveda, menopause is linked to the aging process, which is dominated by vata dosha, leading to dryness, instability, and depletion of vital energies.

Ayurvedic Approach to Menopause

- warm, nourishing foods, oil massages, and herbal therapies
- supporting ojas (vitality): rasayana (rejuvenating) herbs like shatavari and ashwagandha
- harmonizing the mind: meditation, yoga, and pranayama

Herbal Formulations for Menopause

Shatavari (asparagus racemosus)

Known as a powerful adaptogen, shatavari is often called the "queen of herbs" for women's health. It is a key herb for rejuvenating the shukra dhatu (reproductive tissues) and balancing vata. It promotes hormonal balance, nourishes the nervous system, and reduces symptoms like hot flashes and mood swings.

Ashwagandha (withania somnifera)

This herb is used for its rejuvenating properties, reducing stress, and balancing vata. It helps in combating fatigue, anxiety, and sleeplessness, common during menopause.

Yashtimadhu (licorice)

Known for its ability to support the endocrine system and soothe irritated tissues, yashtimadhu helps balance hormonal fluctuations.

Diet and Lifestyle Adjustments

The rishis prescribed specific diets to balance the vata dosha, which dominates during menopause. These diets included:

- Warm, cooked foods: Soups, stews, and easily digestible foods to support vata.
- Ghee (Clarified Butter): Known for its nourishing and lubricating qualities, ghee helps prevent dryness in the body, a common symptom of menopause.
- Sesame seeds and nuts: Rich in healthy fats, these help strengthen ojas (vital energy) and support the body's natural functions.
- Avoiding cold and dry foods: Cold foods can aggravate vata, leading to more dryness and discomfort.

Oil Massage (Abhyanga)

Ancient rishi recommended abhyanga, a form of therapeutic self-massage with warm oils, to balance vata. Abhyanga helps to:

- Lubricate joints and tissues, reducing the dryness that comes with menopause.
- Calm the nervous system, helping with mood swings and stress.
- Enhance circulation and lymphatic drainage, which helps detoxify the body and support overall vitality.

Yoga and Pranayama

Physical practices such as yoga and pranayama (breathing exercises) were also prescribed by the rishis to maintain balance during menopause. These practices:

- Calm the mind, reduce anxiety, and support emotional well-being.
- Enhance flexibility, especially in the joints, which tend to become stiffer during menopause.

This guide explores Ayurveda's holistic approach to menopause, viewing it as a natural transition rather than a disease. It highlights ancient wisdom, herbal remedies like Shatavari and Ashwagandha, dietary recommendations, lifestyle practices, and Vedic astrology's influence on menopause, helping women navigate this phase gracefully.

By Chef Sandeep Khatri

Menopause

- Improve circulation and regulate hormones.

Rasayana (Rejuvenation)

The rishis also emphasized rasayana therapies, which involve the use of rejuvenating herbs and practices to restore vitality and longevity. Rasayana strengthens the body's tissues, especially the shukra dhatu, and prevents premature aging. Some common rasayana herbs used during menopause include:

- Amla (Indian Gooseberry): Rich in vitamin c, amla is a powerful antioxidant that helps restore balance and vitality.
- Guduchi (Tinospora Cordifolia): Known for its detoxifying and immune-boosting properties, guduchi also strengthens the body's resilience during this transition.

Ayurvedic Mantras for Menopause

The rishis often accompanied their physical treatments with spiritual practices, believing that the mind and spirit are deeply connected to physical health. meditation, chanting, and mindfulness were seen as important aspects of maintaining balance and promoting well-being.

Astrological influence on menopause: the role of planets

In vedic astrology, menopause is linked to planetary influences that govern aging, hormonal changes, and reproductive



cycles. the key planets responsible for menopause are:

Shani (Saturn) – The Aging Factor

Saturn is the significator of aging and decline. As a woman approaches menopause, saturn's influence becomes stronger, indicating the body's gradual slowdown and depletion of reproductive functions.

A strong or afflicted saturn in the 1st, 6th, 8th, or 12th house can cause early menopause, joint pain, dryness, and increased vata-related symptoms. If saturn aspects the moon, venus, or the 5th house, menopause may bring emotional challenges, anxiety, or a sense of detachment.

Chandra (Moon) – Menstrual Cycle and Emotional Balance

The moon governs the menstrual cycle, and its waning strength in a woman's chart signals the gradual cessation of periods.

A weak or afflicted moon (especially in conjunction with saturn or rahu) may cause mood swings, hot flashes, and emotional instability during menopause. If the moon

is in scorpio (debilitated) or aspected by malefic planets, menopause may be emotionally intense.

Shukra (venus) – Reproductive Health and Hormonal Balance

Venus rules femininity, beauty, and reproductive organs. A decline in venus's strength often coincides with menopause, leading to hormonal shifts, loss of skin elasticity, and reduced libido.

A weak or afflicted venus (especially in virgo, debilitated, or aspected by saturn or ketu) may cause vaginal dryness, osteoporosis, and lack of vitality. If venus is strong (in taurus, libra, or pisces), the transition to menopause may be smooth with minimal symptoms.

Rahu & Ketu – Karmic Influences on Menopause

Ketu, being a planet of detachment, can create a loss of reproductive power, leading to premature menopause or a lack of interest in physical intimacy.

Rahu can bring sudden or early menopause when placed in the 1st, 5th, or 8th house, often causing intense hot flashes, anxiety, and hormonal imbalances. Rahu-

ketu dasha or transits over the moon, venus, or the 5th house may trigger significant menopausal symptoms.

The 5th & 8th Houses – Indicators of Reproductive Changes

The 5th house governs reproduction and hormonal health. If saturn, rahu, or ketu influence the 5th house, menopause can be difficult or come earlier than usual.

The 8th house is the house of longevity and transformation. A strong 8th house (with benefic planets like jupiter) can indicate a smooth menopausal transition, while malefic influences can bring severe health issues during menopause.

Guru (Jupiter) – The Protector of Health

Jupiter governs hormonal balance and nourishment. A strong jupiter supports a smooth menopause transition, while a weak jupiter may lead to weight gain, sluggish metabolism, or hormonal imbalances.

If jupiter is in the 6th, 8th, or 12th house, menopause symptoms may be more challenging due to metabolic issues, joint pain, or excessive dryness.

Foods to Prevent Early Menopause & Support Hormonal Balance

By incorporating the right foods at different life stages, women can nourish their reproductive health, balance doshas, and prevent early menopause.

20s to early 30s:
Building Hormonal Resilience: This phase is

crucial for nourishing the reproductive system and maintaining hormonal stability. Foods should focus on reproductive tissue nourishment. Some of the best foods are:

Healthy fats

Ghee, coconut oil, sesame oil, nuts, and seeds (flaxseeds, pumpkin seeds, sunflower seeds)

Iron-rich foods

Green leafy vegetables (spinach, moringa, fenugreek), jaggery, black sesame seeds, and pomegranate

Dairy products

Cow's milk, homemade curd, and paneer.

Whole grains

Millet, brown rice, and barley for sustained energy and metabolic health.

Avoid – Processed foods, excessive caffeine, artificial sweeteners, and alcohol (they deplete ojas and accelerate aging).

Mid-30s to early 40s: Strengthening Ojas & Preventing Early Hormonal Decline

This phase is pre-menopausal, where slight hormonal fluctuations begin. The focus should be on maintaining reproductive health and preventing dryness. Best foods:

Sesame seeds & Almonds

Rich in calcium, help maintain bone strength & hormonal stability.

Dates & Figs

Natural estrogen boosters, help prevent hormonal decline.

Soy & Flaxseeds

Contain phytoestrogens that mimic estrogen, supporting hormonal balance.

Turmeric & Ginger

Anti-inflammatory spices to reduce menstrual irregularities & bloating.

Ghee & warm soups

Help lubricate the body, preventing vata imbalance.

Leafy greens

Spinach, moringa, kale – High in iron, magnesium, and calcium, prevent osteoporosis and fatigue.

Avoid – Excessive sugar, refined oils, and deep-fried foods that accelerate cellular aging.

40s to early 50s: Managing Perimenopause & Delaying Full Menopause

In this stage, vata dosha increases, and estrogen declines, leading to symptoms like hot flashes, mood swings, and joint pain. Foods should be warm, nourishing, and hormone-regulating. Best foods
Amla (Indian gooseberry) & Triphala

Rich in vitamin C, help maintain collagen and prevent premature aging.

Bone broth & Dairy

Milk, curd, paneer – Support bone health and prevent osteoporosis.

Warm, spiced herbal teas

Cumin, fennel, coriander tea for digestive support and hormonal balance.

Avoid – Cold, dry foods, excessive caffeine, and highly processed snacks that aggravate vata dosha.

50s & beyond: Post-Menopausal Nourishment

Menopause is complete, and the body shifts into a vata-dominant stage. The focus should be on bone health, joint lubrication, and

maintaining emotional well-being. Best foods

Ashwagandha & Brahmi

Adaptogenic herbs that support brain health and emotional balance.

Turmeric & Black Pepper

Anti-inflammatory, prevent arthritis and joint pain.

Calcium-rich foods

Moringa leaves, sesame seeds, ragi (finger millet), and dairy products for bone strength.

Ghee & Almonds

Prevent dryness, fatigue, and cognitive decline.

Avoid – Raw salads, cold foods, excess tea/coffee, and dry snacks that increase vata imbalance.

Best Ayurvedic Drinks for Menopause Relief

Shatavari Almond Milk (hormone balancer)

Best for: hot flashes, dryness, and hormonal imbalance.

Ingredients:

- 1 cup warm milk (cow milk or almond milk)
- 1 tsp shatavari powder (Asparagus Racemosus)
- 1/2 tsp organic turmeric
- 1/2 tsp crushed almonds
- 1 tsp honey (optional)

How to make: Mix all ingredients in warm milk and drink before bedtime.

Why it works: Shatavari is a natural phytoestrogen that balances hormones and prevents dryness.

Cumin-Fennel-Coriander Tea (cooling & digestive)

Best for: Hot flashes, bloating, and stress

Ingredients:

- 1 tsp cumin seeds
- 1 tsp fennel seeds

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- 1 tsp coriander seeds
- 2 cups water

How to make: Boil the seeds in water for 5 minutes, strain, and drink warm.

Why it works: This tea cools the body, aids digestion, and soothes pitta dosha, reducing heat-related menopause symptoms.

Coconut Water with Basil Seeds (hydration & cooling)
Best for: Hot flashes, anxiety, and dryness

Ingredients:

- 1 glass fresh coconut water

- 1 tsp soaked basil seeds (sabja)
- a squeeze of lemon

How to make: Mix everything and drink chilled.

Why it works: Coconut water hydrates, cools pitta dosha, and prevents dryness.

Ashwagandha golden latte (stress & sleep support)

Best for: Mood swings, insomnia, and fatigue.

Ingredients:

- 1 cup warm milk (cow milk or plant-based)
- 1/2 tsp ashwagandha powder
- 1/2 tsp turmeric
- a pinch of cinnamon
- 1 tsp honey

How to make: Mix everything in warm milk and drink before bedtime.

Why it works: Ashwagandha reduces stress, improves sleep, and supports adrenal function during menopause.

Amla juice with honey (vitamin c boost)

Best for: Skin health, collagen production, and immunity.

Ingredients:

- 2 tbsp fresh Amla (Indian Gooseberry) juice
- 1 tsp honey
- 1 cup warm water

How to make: Mix and drink on an empty stomach.

Why it works: Amla boosts collagen, prevents wrinkles, and supports bone health.



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.

How do you want your skin to feel?



Soap dries.



Dove doesn't.



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cream



has
plant-based
cleansers[^]



pH balanced
formula



no sulfate
cleanser

Mekong

FLAVORS OF ASIA

Mekong - Flavors of Asia where the vibrant flavours of Indo-Asian Cuisine meet breathtaking views of Kathmandu valley and the majestic Shivapuri hills. Perched on the fifth floor of Holiday Inn Resort Kathmandu Budhanilkantha, Mekong is all set to welcome guests for an exceptional fine-dining experience..

By Malika Joshi



◀ Cucumber Mint Lemonade

It is a refreshing and revitalizing drink, perfect for cooling down on a warm day. Crisp cucumber and fragrant mint blend beautifully with the zesty kick of fresh lemon juice, creating a perfectly balanced mix of sweet, tangy, and cooling flavors. Light, hydrating, and invigorating, this drink is a must-try for those looking for a healthy and rejuvenating thirst-quencher!

⬇️ Crispy Tiger Prawn

The crispy tiger prawn with fried garlic and chilli flakes is a signature appetizer. The moment the dish arrives, the rich aroma of fried garlic and roasted chili fills the air, teasing what's to come. The combination of crispy prawns, fried garlic, chili flakes, and salted soybean (douchi) creates an umami-packed bite with layers of crunch and spice. The addition of peanuts brings another level of texture and nuttiness. This dish has an unforgettable charm.



⬆️ Chukandari Kebab

The chef's special melt-in-mouth beetroot kebab is a unique starter. It offered a perfect balance of health and indulgence. Soft, flavorful, and packed with the natural moisture of beetroot, these kebabs are enhanced with cottage cheese, curd, and cashew paste for an irresistibly smooth texture. Every bite melts in your mouth, delivering hearty, earthy flavors with the simplest of spices. Paired with a fresh mint chutney, this dish is a delightful taste of tradition—both satisfying and nourishing.



↑ **Sliced Lamb in Pineapple**

The sliced lamb in pineapple and cashew nuts is a unique dish that I had tried to date. Served beautifully in a pineapple shell, it impresses both in flavor and presentation. Tender slices of lamb are coated in a rich blend of oyster sauce and soy sauce, creating a perfect balance of savory and subtly sweet notes. The nutty cashew pairs harmoniously with the juicy tang of pineapple, while a hint of pepper adds depth without overwhelming spice. A mild yet flavorful dish that's as stunning to look at as it is to savor.



⬆ **Galouti Kebab**

The galouti kebab, a starter from Awadhi cuisine, is the epitome of melt-in-mouth perfection. Finely minced lamb, infused with a rich blend of aromatic spices, is so soft that it dissolves effortlessly with every bite. The smokiness of desi ghee, the depth of nuts, and the creamy finish elevate its indulgent texture. Served with traditional 'ulta tawa' paratha, alongside a tangy chutney, this Lucknowi delicacy is a must-try for kebab lovers seeking an authentic and luxurious experience.



⬆ **Stir-Fried Thai Noodles**

This classic Thai delight, offers a perfect balance of savory, sweet, and spicy flavors. Made with chewy flat rice noodles, egg, and tofu, each bite is coated in a rich soy-sauce blend, enhanced by the depth of palm sugar and a hint of chili. Available in prawn, chicken, or veg, this dish delivers a wonderful chargrilled aroma, complemented by crunchy peanuts and a refreshing touch of lime. A satisfying, flavor-packed experience in every bite!



With an illustrious 30-year career in the hospitality industry, Executive Chef Naresh Kharbanda is a seasoned expert in Asian cuisine. Hailing from Delhi, India, he has honed his craft at prestigious five-star hotels, including Hyatt and Taj, and has showcased his culinary artistry internationally in Dubai, Moscow, and St. Petersburg. Having visited Nepal for the second time, he has been leading the culinary team at Holiday Inn. Specializing in Pan-Asian flavors, Chef Kharbanda brings a wealth of experience, passion, and innovation to every dish he creates.

Mekong at Holiday Inn Resort offers a truly exceptional dining experience that combines Indo-Asian cuisine with stunning views of Kathmandu Valley and the majestic Shivapuri Hills. It provides a serene ambiance perfect for both casual meals and special occasions. The restaurant's menu is a vibrant journey through rich, authentic flavors, featuring signature dishes crafted by Chef Naresh Kharbanda, a culinary expert with over 30 years of experience. Every dish reflects the harmony of traditional spices and fresh ingredients. Mekong offers a fine-dining experience that promises to delight your senses and transport you to the heart of Asian culinary traditions. Whether you're a local or a visitor, Mekong is the perfect place to indulge in unforgettable flavors while soaking in breathtaking panoramic views.

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Holiday Inn Resort
Budhanilkanttha, Kathmandu
Ph: 01-5970651



The Black Gold

The Black Gold, Mediterranean House offers a luxurious dining experience with a diverse and carefully curated menu that spans Arabian, Mediterranean, and Indian cuisines. Each dish is expertly crafted to showcase the rich, subtle, and healthy flavors, all made with halal ingredients, honoring the unique culinary traditions of these regions. Whether you're in the mood for aromatic spices, fresh herbs, or savory grilled dishes, The Black Gold offers a truly unforgettable dining experience, taking your taste buds on a delightful journey.

By Adishree Shrestha

⬇️ **Lentil Soup & Macaroon Soup**

Each sip was comforting as the earthy richness of lentils and the macaroon combined with the aromatic spices and fresh ingredients like cumin, coriander, and turmeric added layers of warmth and depth.



⬇️ **Tabbouleh**

Tabbouleh, a refreshing zesty and herby salad, with a burst of freshness from the finely chopped parsley, tomato, mint, onion, and burghul, seasoned with olive oil and lemon juice.



⬇️ **Falafel salad**

Crispy falafel served on a bed of fresh greens, with earthy, spiced flavors, paired with fresh vegetables and tangy tahini sauce. A delightful combination of textures and flavors that make it a perfect choice for starters.



⬆️ **Grilled Halloumi Salad**

Showcasing the signature salty, slightly savory flavor of halloumi cheese, the grilled halloumi salad combines the rich, savory taste of the cheese with the freshness of crisp vegetables, all balanced by a zesty lemon dressing.



⬆️ **Grilled Lamb Souvlaki**

Tender goat meat skewers grilled to perfection, served with pita, tzatziki and a fresh green salad for a savory, smoky flavor.



⬆️ **Shish Tarok**

Grilled chicken skewers marinated in yogurt, garlic, and lemon, offering a tangy, and smoky taste. It's a light, flavorful dish that pairs perfectly with fresh salad or pita.



⬅️ **Kofta Kebab**

The Kofta Kebab is made from minced goat meat, carefully seasoned with a blend of herbs and spices before being grilled to juicy perfection, delivering a tender and aromatic bite.





⬇️ Manakish

The manakish selection, served on Mediterranean flatbread, offers a variety of savory delights. The za'atar manakish blends herbal flavors of za'atar and olive oil with soft, warm dough for a tangy, savory experience. The cheese manakish features a creamy, melty cheese spread while the Lahm manakish, topped with tender, spiced minced goat meat, delivers a bold flavour.



⬇️ Cold Mezze: Hummus

The first dip you'll want to try is the classic hummus. Its texture is luxuriously smooth, with a velvety consistency that melts in your mouth. The balance of the chickpeas and tahini gives it a deep, earthy flavor, while the lemon juice adds just the right amount of tang to keep it fresh. A drizzle of olive oil enhances the richness making it comforting, familiar, and the ultimate crowd-pleaser.



⬇️ Cold Mezze: Baba Ghanoush

Baba ghanoush offers a smoky, savory experience. The roasted eggplant provides a soft, tender base, while the charred edges bring a hint of smokiness that's almost reminiscent of a campfire. The tahini blends harmoniously with the eggplant's natural creaminess, and the garlic and lemon add layers of brightness.



⬆️ Cold mezze: Labneh

Labneh is the dip you didn't know you needed. The creamy, slightly tangy yogurt base is refreshingly light compared to the other dips but no less satisfying. The thick texture coats the palate with a velvety smoothness, and the slight acidity from the yogurt adds a refreshing note to balance the richness. Topped with olive oil and a sprinkle of za'atar or fresh herbs, it's a perfect dip that feels both indulgent and refreshing at the same time. It's a cool contrast to the smokier or spicier option.

⬆️ Cold Mezze: Muhammara

Muhammara is a dip that surprises with its complexity. The roasted red peppers give it a vibrant sweetness, which is perfectly complemented by the earthiness of toasted walnuts. There's a subtle kick from the chili and a lovely tang from the pomegranate molasses, which rounds everything out with a touch of sweetness and acidity. The walnuts create a slightly grainy texture, adding bite to the otherwise smooth consistency. It's rich and bold—perfect for those who like a little spice and a lot of flavor.

⬆️ Cold mezze: Mutabbal

Similar to baba ghanoush but with a more pronounced tahini flavor, mutabbal has a deeper creaminess thanks to the tahini's richness. The roasted eggplant, while still smoky, has a slightly less intense flavor than in baba ghanoush, allowing the tahini and garlic to shine through. The addition of lemon brightens the dish, making it both satisfying and light on the palate. It's perfect for those who prefer a more subtle, balanced eggplant dip with a touch of sesame nutty goodness.



⬅️ Turkish Coffee

Turkish coffee is made by boiling medium-roasted, finely ground Arabic beans with water to create a rich, frothy brew. The coffee is allowed to settle for 1-2 minutes before being served, offering a strong, aromatic flavor with a velvety texture and a unique, unfiltered experience.

📌 Hot mezze: Kibbeh

The Kibbeh consists of fried bulgur and meatballs stuffed with minced meat, onions, and a blend of spices. The exterior is perfectly crispy, offering a satisfying crunch with each bite, while the filling is rich, savory, and flavorful. Whether dipped in tahini or enjoyed on its own, kibbeh offers a deliciously satisfying experience.



📌 Hot mezze: Falafel

The Falafel is golden and crispy on the outside, with a tender, herbed interior made from ground chickpeas. The texture is perfectly light, while still providing a satisfying crunch on the outside. Paired with tahini or enjoyed alone, falafel is a delightful, plant-based bite that brings both comfort and flavor to the table.



📌 Yemeni Mandi (Goat)

Yemeni Mandi is a fragrant and flavorful dish made with tender goat slow-cooked with rice, aromatic spices, and saffron. The rich, spiced flavors of the mutton perfectly infuse the rice, creating a satisfying and aromatic main course.



📌 Ouzi (Goat)

Ouzi (Goat) is a rich and flavorful dish made with seasoned rice, tender mutton (goat meat), nuts, and spices, all cooked inside a dough dome. The mutton infuses the rice with deep, savory flavors, while the dough seals in the aromas, creating a fragrant and hearty main course.



📌 Mohallabiya

Mohallabiya is a smooth, creamy pudding made with milk and flavored with rose or orange blossom water. Its delicate sweetness and fragrant floral notes make it a light, refreshing dessert that's both soothing and satisfying.



📌 Baklava

Baklava is a luxurious pastry with crisp, flaky layers of filo dough, filled with a mixture of finely chopped nuts and sweetened with honey. Each bite offers a perfect balance of crunch, sweetness, and richness, making it a beloved treat for any occasion.

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Chef Manju's Diavola Pizza

Rs. 1,195



"I enjoy every aspect of cooking, especially the challenge of crafting delicious dishes that bring happiness to our guests." — Chef Manju, emerging culinary talent who began her journey as an 18-year old at Piano Piano South.

A standout on the menu is her Diavola Pizza, with a crispy yet chewy crust, topped with rich tomato sauce, melted mozzarella, and perfectly spiced pepperoni. The result is a perfect balance of flavors and textures.

Every Saturday, Piano Piano South brings this Italian classic to the Farmer's Market at Le Sherpa Village in Maharajgunj. Patrons enjoy it at the market and are often inspired to visit the restaurant for more. Pairing this pizza with a fine glass of red wine elevates the experience.

Chef Manju's commitment to perfecting her craft shines through in every bite of her Diavola Pizza, making it a must-try for all. Experience passion and joy baked into each slice of pizza at Piano Piano South.

Piano Piano South is a cozy neighborhood gem located in Sanepa, Lalitpur, inviting you to a lush hideaway serving authentic Italian cuisine, wines, and local favorites. Tucked away from the busy streets, our thoughtfully curated space promises a memorable culinary journey through Italy. Enjoy a relaxed atmosphere in the serene garden restaurant and an unforgettable dining experience like no other.

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FuAsian Flying Noodles

Rs. 945



Prepare to be mesmerized as FuAsian unveils its pièce de résistance—Flying Noodles!

This gravity-defying masterpiece is more than just a dish; it's a theatrical experience that blurs the line between art and gastronomy. Watch in awe as delicate noodles appear to float mid-air, suspended by an unseen force, creating a visual spectacle that's as Instagram-worthy as it is delicious. But the magic doesn't stop at the presentation.

Each bowl is a harmonious symphony of bold flavors, featuring rich, aromatic broths and a medley of perfectly balanced toppings. From succulent meats to fresh herbs and spices, every element is meticulously crafted to deliver a multi-sensory dining experience. The Flying Noodles embody the essence of FuAsian 2.0—innovation, excitement, and an unwavering commitment to creating unforgettable moments.

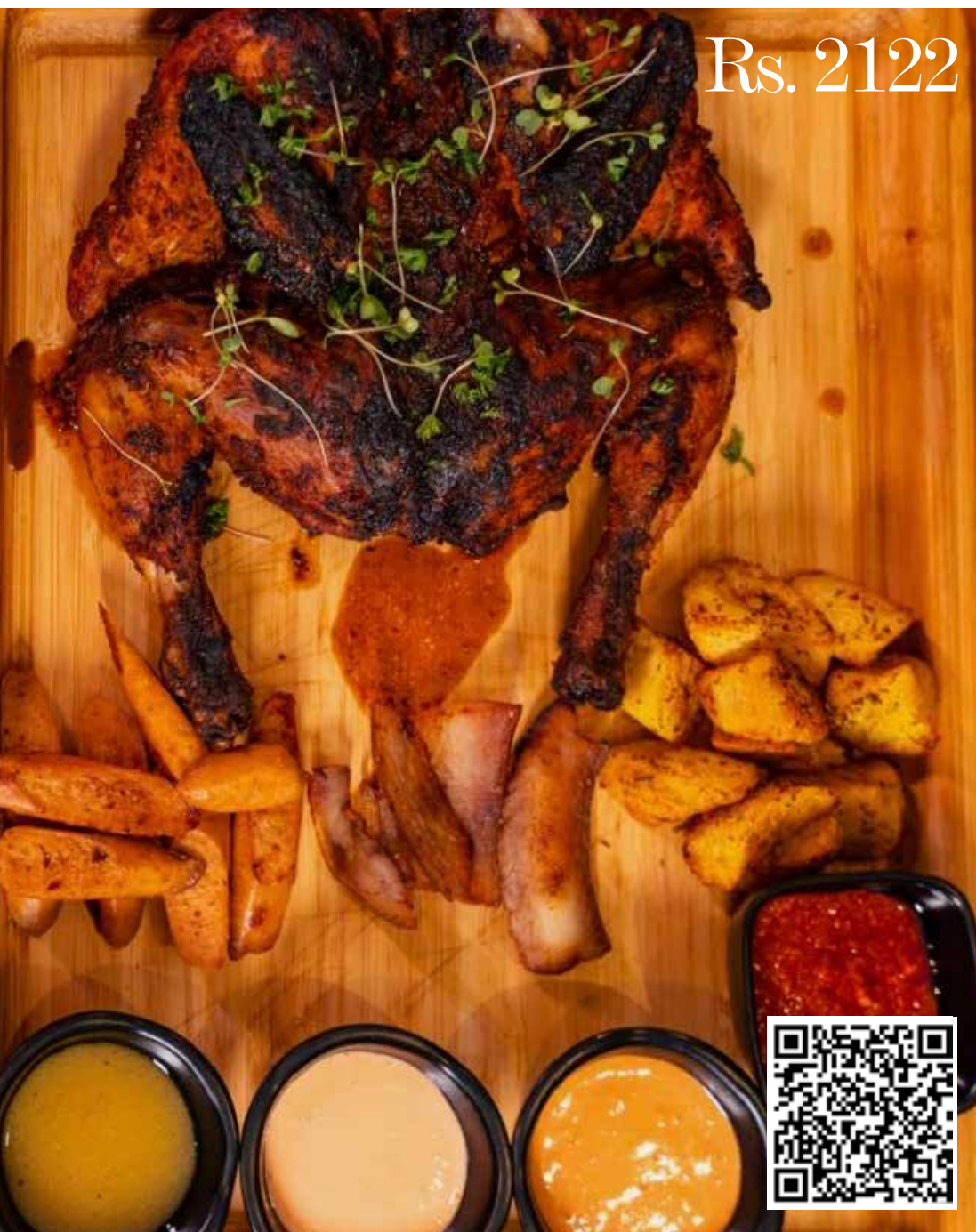
FuAsian isn't just a restaurant, it's a destination. Whether you're celebrating a special occasion, enjoying a romantic evening under the stars, or simply indulging in a night of culinary exploration, FuAsian promises an experience that transcends the ordinary. As the sun sets over Kathmandu and the city lights begin to twinkle, FuAsian invites you to savor the magic of Pan-Asian cuisine in a setting that's as breathtaking as the flavors on your plate. This is more than a meal, it's a celebration of innovation, culture, and the art of dining.



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Texas BBQ Chicken



Rs. 2122

Introducing the bold, savory flavors of The Society's new Texas BBQ Chicken, a dish that promises to transport your taste buds straight to the heart of the Lone Star State.

Grilled to perfection, each tender chicken is generously glazed with a smoky, tangy barbecue sauce that packs just the right amount of heat and sweetness. Slow-cooked over a wood-fired grill, every bite is a burst of authentic Texas flavor, complemented by a perfect charred finish that seals in all the juiciness. Whether you're craving something to satisfy your hunger or simply want to indulge in a rich, mouthwatering experience, this Texas BBQ Chicken is the ultimate comfort food with a fiery twist.

Get ready to dig in and savor the taste of Texas like never before.

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

The Society
 FINE DINING REDEFINED

The Society
 Fine Dining Redefined
 Chandol-4, Kathmandu
 T: 9851357763

Savory Brunch Delights to Savor and Enjoy

This curated brunch listing features a range of savory dishes that are perfect for a leisurely mid-morning meal. Whether you're in the mood for classic egg-based dishes, fresh salads, spicy dumplings, or flavorful healthy bowls, there's something for every palate. These mouthwatering options offer a balance of nutrition and taste, ideal for a satisfying and relaxing brunch experience with friends or family. Perfect for those looking to indulge in a savory spread that combines freshness with rich flavors!

HEARTY AMERICAN



PUMPERNICKEL BAKERY

Paryatan Marg, Kathmandu

A choice of egg, toast, bacon, hash-brown, grilled sausage, and sautéed vegetables
Price : Rs.650/-

TROPICAL SMOOTHIE BOWL



NOURISH BY AVATA

Baluwatar, Kathmandu

Blend of tropical super fruits like dragon fruit, kiwi & banana with yoghurt
Price: Rs 625/-

CHICKEN PROTEIN BOWL



ANNAMAYA

Gyan Mandal, Jhamsikhel

Quinoa with chicken fillet, chickpeas, beans, carrots, broccoli, spinach, brinjal, pickled cabbage, sprouts & choice of sauce.
Price: Rs. 500/-

ROADHOUSE NACHOS



ROADHOUSE CAFE

Thirbam Sadak, Kathmandu

Dive into a generous serving of crispy corn chips, melted cheddar, refined beans, diced tomatoes, jalapenos, salsa, and sour cream.
Price: Rs.680/-

STRAWBERRY LIME DANISH



LA MARI KTM

Hotel Ambassador, Kathmandu

Flaky, buttery dough with homemade strawberry jam, lemon curd, torched meringue, and fresh strawberries for a perfectly balanced, indulgent treat.

SPICY WILD MUSHROOM



MESOHOT

The Baha, Sikali Marg, Lalitpur

Delicate Dumplings filled with wild mushrooms & bold spicy seasoning.
Price: 950 (Prices are inclusive of taxes)

SMOKED CHICKEN PIZZA



BRICKS CAFE

Kupondole, Lalitpur, Nepal

Savor the perfect fusion of smoky chicken, mozzarella, and rich tomato sauce, all on a crisp, golden crust!
Price: 1025/-

POULET AU GINGEMBRE



CHEZ CAROLINE

Baber Mahal revisited

Ginger Sesame Chicken served with rice and vegetables
Price: RS.1600/-

BODY.

Hatha Yoga & Feminine Energy

Understanding Yin and Yang

The idea of yin and yang comes from ancient Chinese philosophy. Yang represents the masculine energy—it is active, warm, and outward-focused. Yin, on the other hand, is feminine energy—it is calm, cool, and inward-focused. These energies are not in conflict; they work together, just like day and

night, breathing in and out, or effort and rest in yoga.

In Hatha Yoga, we use breathing, movement, and meditation to balance these energies. The word Hatha itself comes from two Sanskrit words: “Ha” (sun) and “Tha” (moon). These represent the active and strong (yang) energy of the sun and the calm and gentle (yin) energy of the moon.

Hatha Yoga is more than just physical exercise; it is a practice that helps bring balance between two opposite but connected energies—the masculine and the feminine, the sun and the moon, the active and the calm. Understanding these energies helps us maintain harmony in our body, mind, and spirit

By Vijay Vaidya

The Sun (Ha) – The Masculine Energy

The sun is linked to masculine energy, which brings strength, power, and action. In Hatha Yoga, Surya (sun) practices, like Surya Namaskar (Sun Salutation), create warmth, energy, and motivation. This energy helps us achieve goals and stay active, but too much of it can lead to stress and exhaustion. To stay balanced, we need to include cooling, calming practices as well.

The Moon (Tha) – The Feminine Energy

The moon represents feminine energy, which is gentle, intuitive, and

peaceful. It influences our emotions and cycles, much like the menstrual cycle or the movement of water in the body. Feminine energy is nurturing and reflective, helping us connect with our inner self.

In Hatha Yoga, Chandra (moon) practices, such as Chandra Namaskar (Moon Salutation) and restorative poses, help bring relaxation and awareness. Cooling breathing techniques like Chandra Bhedana help calm the mind and body, balancing the heat of the sun's energy.

Bringing Feminine Energy into Hatha Yoga

Many people, especially women, are drawn to the gentle and calming side of yoga. However, modern life often pushes us to be busy and goal-focused, increasing masculine (yang) energy. This can lead to stress and fatigue, making it important to reconnect with feminine (yin) energy.

To embrace feminine energy, try:

- Slow and gentle movements (Yin Yoga, restorative poses)
- Meditation and deep breathing (Nadi Shodhana, Chandra Bhedana)
- Practicing under the moonlight, following lunar cycles.
- Listening to your emotions and giving space for reflection.

- Balancing work with rest, knowing that stillness is also powerful.

Hatha Yoga helps us balance masculine and feminine energies, creating a life of strength, peace, and awareness. By understanding the sun and moon, yin and yang, we can connect with both our inner power and softness. This balance not only improves our yoga practice but also brings harmony to our daily lives.



Vijay Vaidya, a certified Ashtanga vinyasa teacher, has taught over 1000 students worldwide, including in Nepal, Bali, Vietnam, and Copenhagen. He specializes in Ashtanga yoga, including hip opening, hand balance, inversions, back bending, power Ashtanga, restorative yoga breath work, and pranayama, ensuring correct asana execution.



Unfiltered and Unashamed

UNDERSTANDING MENSTRUAL HEALTH

Menstruation is a natural physiological process, yet it remains surrounded by myths and misconceptions. Here, we address some common concerns regarding menstrual health

By Dr. Smrity Maskey, Assoc. Professor Obgyn, Senior Consultant Unit 2 Incharge Nepal Medcity Hospital, Pre n Post Natal Fitness Instructor, Cosmetic gynecologist

How Does Menstrual Blood Differ from Normal Blood?

Menstrual blood is not the same as blood from a wound. Menstrual blood consists of blood, uterine lining, cervical mucus, and vaginal secretions, making it less viscous than normal blood. Due to the presence of anticoagulants, menstrual blood typically flows smoothly. However, if the flow is heavy, clots may form as the blood coagulates before being expelled. Clots larger than a coin in size could indicate pathology like fibroids, endometriosis, or bleeding disorders and should be evaluated.

Can Menstrual Irregularities Indicate Chronic Diseases?

Yes. Irregular cycles can be an early indicator of conditions like diabetes, thyroid disorders, or metabolic syndrome. Studies suggest that

irregular ovulation may be linked to cardiovascular disease risks later in life. Tracking menstrual patterns can help detect hormonal imbalances and systemic health issues early.

Amenorrhea: When Is It a Concern?

Amenorrhea can be primary or secondary. Temporary cessation of periods (amenorrhea) can result from pregnancy, stress, extreme weight fluctuations, excessive exercise, or hormonal imbalances like polycystic ovary syndrome (PCOS).

Persistent amenorrhea warrants medical attention, as it may signal thyroid dysfunction, premature ovarian insufficiency, or pituitary disorders. Other menstrual include excessively heavy periods (menorrhagia), painful periods (dysmenorrhea), and irregular cycles, all

of which may indicate underlying health conditions.

Do Irregular Periods Always Mean Fertility Problems?

Not necessarily. While ovulation irregularities can affect fertility, not all cycle disturbances lead to infertility. Many women with irregular cycles conceive naturally or with minimal medical intervention. However, persistent irregularities, particularly when combined with symptoms like excessive hair growth or acne (as seen in PCOS), should be evaluated by a healthcare provider.

Menstrual Products and Cancer Risk

There is no direct evidence linking long-term use of sanitary pads to cervical

cancer. However, prolonged use of damp pads may increase infection risk. Choosing fragrance-free, chemical-free options and changing pads frequently helps maintain vaginal health.

Are Scented or Antibacterial Pads Safe?

Pads with added fragrances or antibacterial agents may cause irritation or disrupt vaginal flora, leading to infections. It is best to opt for unscented, hypoallergenic and organic products to avoid potential health risks.

Understanding menstrual health is crucial for overall well-being. Open discussions and awareness can help dispel myths



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GIRL-BOSS



OR BURNOUT?

Social media glorifies the "girl boss" lifestyle, often blurring the line between inspiration and unrealistic expectations. Hustle culture normalizes overwork, leading to burnout and guilt when resting. Setting boundaries, practicing self-care, and embracing productive rest can help maintain balance while redefining success on personal terms.

By Sneha Agrawal, Psychologist

Social media often glorifies the "girl boss" lifestyle—always hustling, achieving, and staying busy. How can one differentiate between inspiration and unrealistic expectations? That's a great question because the "girl boss" narrative can be both empowering and exhausting, depending on how it's framed. Inspiration should feel empowering, flexible, and aligned with your values, while unrealistic expectations often create pressure, burnout, and a rigid definition of success. True motivation encourages progress, balance, and well-being rather than glorifying constant hustle and perfection. If content makes you feel motivated and capable rather than guilty or behind, it's likely a healthy source of inspiration. The key is to focus on growth and define success on your terms rather than chasing external validation or an unattainable standard.

A good way to check in with yourself is to ask: Is this making me feel empowered and excited, or is it making me feel like I'm not enough?

What role does hustle culture play in normalizing overwork, and how can individuals detach from this mindset? Hustle culture glorifies relentless work and constant productivity, often normalizing overwork and blurring the boundaries between professional and personal life. This societal mindset can lead to increased stress, burnout, and adverse effects on mental and physical health.

One can set clear boundaries, practice self-care, and gratitude, and understand their values and what matters to them, which can be a few strategies that can help an individual to detach from this mindset and have a healthy lifestyle.

Is there a psychological explanation for why people feel guilty when they're not constantly working or being productive, especially when they see others doing so online?

Few theories would explain this. A few of them are Imposter Syndrome & FOFB (Fear of Falling Behind).

FOFB, similar to FOMO, is the anxiety that others are progressing faster and leaving you behind. Social media intensifies this, which can make rest feel like a setback in their lives, which might not be even important for their lives.

Imposter syndrome is where an individual doubts their abilities and fears their competence. Many people—especially high

achievers—fear that they're not truly competent and must constantly prove their worth. Seeing others working hard online can reinforce this fear, making them feel like they should be doing more to "earn" their success.

Are certain personality traits more prone to burnout, and if so, how can those individuals be more mindful of their limits?

Yes, certain personality traits—such as perfectionism, overachievement, people-pleasing, and high conscientiousness—are more prone to burnout due to their tendency to overwork and struggle with boundaries. To prevent burnout, these individuals should set clear limits, prioritize rest, challenge perfectionist thinking, listen to signs of exhaustion, and practice self-compassion. Engaging in stress-reducing activities and recognizing that productivity doesn't define worth can help create a healthier balance.

What are some red flags that indicate a person is pushing their limits too far, and how



A good way to check in with yourself is to ask: Is this making me feel empowered and excited, or is it making me feel like I'm not enough?

can they intervene before reaching a breaking point? Some red flags would be feeling exhausted, difficulty focusing, disturbed or increased sleep, procrastination, feeling demotivated and low, neglecting self-care, and a few physical symptoms like headache, dizziness, muscle tension, digestive issues, etc., can indicate that an individual needs to slow down and understand how he/she is reacting.

For the intervention we have discussed above too, definitely engaging in self-care activities, setting clear boundaries, and engaging in mindful activities can help.

What is “productive rest,” and how can high achievers incorporate it into their lives without feeling unproductive? Productive rest is the concept of resting in a way that actively supports mental and physical well-being, making future work more effective and sustainable. Unlike passive rest (such as mindlessly scrolling on social media), productive rest involves intentional activities that replenish energy, reduce stress, and enhance overall performance.

How High Achievers Can Incorporate Productive Rest Without Feeling Unproductive

- Instead of viewing rest as wasted time, reframe it as a strategic investment in long-term success.
- Engage in active recovery, such as light exercise, nature walks, or



Unlike passive rest (such as mindlessly scrolling on social media), productive rest involves intentional activities that replenish energy, reduce stress and enhance performance.

- stretching, to recharge your mind while keeping your body engaged.
- Practice mindfulness and reflection through meditation, deep breathing, or journaling to enhance clarity and creativity.
 - Schedule rest like any other important task by blocking time for it in your calendar, ensuring it becomes a priority.
 - Find creative or social activities that provide mental refreshment, such as reading, painting, or spending time with loved ones, while still feeling meaningful.
 - Prioritize quality sleep by recognizing its crucial role in productivity, shifting your mindset away from viewing rest as a luxury.

What are some quick, effective stress management techniques for busy women?

I believe our perception of ourselves as busy women may vary. If being occupied brings you joy, go ahead and embrace it. However, if it's causing stress, we must find effective ways to manage it.

Here are a few helpful tips

The 5-4-3-2-1 Grounding Technique

This technique involves identifying five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste. By engaging in this activity, you can bring yourself back to the present moment and reduce stress.

Power Walks

Even a 10-minute brisk walk, whether indoors or outdoors, can help reduce stress and enhance focus.

Mini Meditation or Mindfulness Breaks

A minute or two of guided meditation or simply focusing on your breath can reset your mind and provide a sense of calm.

Single-Tasking for 10 Minutes

Instead of multitasking, focus on one task at a time to reduce overwhelm and increase productivity.

Digital Detox Moment

Take a break from screens for 5-10 minutes to prevent mental fatigue and maintain a healthy work-life balance.

By incorporating these quick techniques into your daily routine, you can effectively manage stress without compromising your productivity.

How can workplaces become more supportive in preventing burnout among employees? Workplaces can prevent burnout by ensuring reasonable workloads, promoting work-life balance, and offering flexible schedules. Open communication and mental health resources provide employees with a supportive environment, recognizing that preventing overwork from being the sole path to success is crucial. Additionally, reducing unnecessary meetings, encouraging breaks, and streamlining communication minimizes stress. By valuing well-being, companies can enhance productivity, retention, and overall job satisfaction.



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

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Fueling Your Inner Girl Boss

NUTRITION GUIDE FOR WORKING WOMEN

Working women often face nutritional challenges like skipping meals, reliance on junk food, and dehydration, which impact energy levels, productivity, and overall well-being.

This guide offers practical solutions, including quick, nutritious meals, stress-busting foods, and healthier caffeine alternatives. By focusing on balanced nutrition, hydration, and mindful eating, women can fuel their inner "girl boss" for sustained energy, mental clarity, and long-term health.

By Sonal Talegaonkar, Clinical Nutritionist

What are the biggest nutritional challenges faced by busy working women?

- Skipping meals / eating irregularly, which causes energy crashes, and over eating later.
- Dependence on junk/ convenience foods, which are devoid of nutrition but loaded in calories.
- Low protein intake.
- Dehydration, which leads to headaches, fatigue, poor digestion, and dull skin.
- Excess tea/ coffee, which leads to acidity, anxiety, and poor sleep.
- Emotional eating.
- Lack of a routine and a healthy meal plan.

How does diet impact energy levels, productivity, and



mental clarity in a fast-paced work environment?

There are three parameters we want to focus on: energy levels, productivity & focus, and clarity.

- Skipping meals will lead to low blood sugars, fatigue, feeling drained, and brain fog.
- Dehydration causes headaches and reduces alertness.
- Poor gut will lead to brain fog and irritation.

Remember a diet rich in junk will cause more moodiness, energy crashes, anxiety, brain fog as opposed to a diet focussing on protein, healthy fats and complex carbohydrates will help one function optimal.

What are some quick and nutritious breakfast ideas for women on the go? The ground rule is that a healthy breakfast should ideally include protein and complex carbohydrates, as this combination helps you feel full for longer and provides sustained energy throughout the morning by preventing blood sugar spikes and crashes.

Some quick and nutritious breakfast ideas

- Overnight oats (ready to grab and run!!)
- Whey protein smoothie
- Egg avocado toast
- Chia fruit pudding (you can add whey protein to it)
- Paneer/ tofu wrap
- The good old boiled chana (Chickpeas) and boiled egg.

What are some healthy snack options to beat afternoon fatigue and sugar cravings?

The best way to banish afternoon fatigue is keeping healthy SOS snacks like dry roasted makhana (not the flavoured packaged ones), groundnuts, unsalted peanuts, a trail mix (nuts and seeds), a glass of thin unsalted lassi, unflavoured yogurt with muesli/ nuts, and seeds/ strawberries.

How does stress impact eating habits, and what are some foods that help with stress management?

High stress triggers cravings for sugary, salty, and high-fat foods as comfort. Also, high levels of cortisol (stress hormone) can increase appetite and lead to overeating. Stress affects people differently, some overeat, and some lose appetite. Stress affects gut health, leading to bloating, indigestion, and acidity. Quick, processed foods become the go-to instead of nutrient-dense foods.

Some foods that help with stress management

- Magnesium-rich foods like dark chocolate, nuts, spinach, banana.
- Omega-3 fatty acids as they reduce inflammation & cortisol (walnuts, chia seeds, fatty fishes).
- Protein & healthy fats as they help stabilise blood sugar levels & reduce mood swings (eggs, chicken, tofu, paneer, nuts, avocado).
- Probiotic-rich foods improve gut health, which is linked to mental well-being. (curd, buttermilk, kefir, kimchi).
- Herbal teas are full of flavonoids that are great to unwind and have brain health protective properties. (ashwagandha, chamomile, jasmine, green tea).
- Carbohydrates (oh yes carbs are wonderful!) They can temporarily increase levels of serotonin, a hormone that boosts mood and

reduces stress. Once serotonin levels are increased, people under stress have better concentration and focus. Just make sure to choose healthy & unrefined carbohydrates.

Most women consume caffeine to fuel them mid-day. Does excessive caffeine consumption affect women's health, and what are some healthier alternatives?

Opt for lemon water, coconut water, herbal teas, green tea as excessive caffeine consumption can negatively impact women's health by increasing the risk of anxiety, disrupted sleep, hormonal imbalances, and bone density loss due to calcium depletion. 1-2 cups black tea/ coffee without sugar is fine to consume

Do working women need additional supplements like vitamins or protein powders, or can they get everything from food?

Get your blood work done twice a year to know where your health is at and take supplements as your general physician prescribes.

Apart from that, a daily multivitamin and omega 3 helps combat nutritional deficiencies, boosts immunity, enhances energy & metabolism, supports skin and hair health, has anti-

inflammatory benefits and promotes heart health.

Why a Healthy Lifestyle Matters More:

Better Energy Levels – Balanced nutrition fuels your body, unlike crash diets.

- Stronger Immunity – A nutrient-rich diet, exercise, and sleep keep illnesses away.
- Stable Mood & Mental Health – Healthy habits reduce stress, anxiety, and mood swings.
- Better Digestion & Gut Health – Whole foods and hydration support digestion.
- Hormonal Balance – Proper nutrition, movement, and stress management regulate hormones.
- Sustainable Fitness – A holistic approach ensures long-term health, not just quick fixes.

Focus on:

- Nourishing your body, not starving it.
- Moving daily, not just exercising for weight loss.
- Getting quality sleep for recovery.
- Managing stress for overall wellness.



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➔ Stress affects people differently, some overeat, and some lose appetite. Stress affects gut health, leading to bloating, indigestion, and acidity.

HOME. ●

Feng Shui for Business Owners

Feng Shui, the ancient Chinese practice of harmonizing energy (chi) within spaces, is not just for homes—it can be a powerful tool for business owners looking to enhance productivity and profitability. By making strategic adjustments to the workspace, entrepreneurs can create an environment that fosters focus, creativity, and financial success.

By Malika Joshi

Optimize Office Layout

The positioning of furniture and workspace elements plays a crucial role in Feng Shui. The command position is essential—ensure that your desk faces the entrance without being directly in line with the door. This placement fosters a sense of control and awareness, reducing stress and distractions. Avoid sitting with your back to the door, as this can create subconscious anxiety.

Declutter for Clear Energy Flow

A cluttered office leads to stagnant energy, affecting concentration and decision-making. Regularly clear out unnecessary items, organize paperwork, and keep pathways unobstructed. A tidy, well-organized space allows positive energy to circulate, fostering efficiency and mental clarity.

Harness the Power of Colors

Different colors influence emotions and productivity. Blue and green promote calmness and creativity, ideal for brainstorming areas. Red and orange can boost energy and motivation, perfect for sales offices. Gold and purple symbolize wealth and success, making them great accents for financial growth.

Incorporate Natural Elements

Bringing nature indoors enhances the workspace's

energy. Plants such as the lucky bamboo or money plant attract prosperity, while air-purifying plants like snake plants improve indoor air quality. A small water feature or a picture of flowing water symbolizes abundance and financial flow.

Use Proper Lighting

Natural light is best for productivity, but if unavailable, opt for warm LED lights that mimic daylight. Avoid harsh fluorescent lighting, which can cause fatigue. Balanced lighting creates a harmonious and energetic work atmosphere.

Position Symbols of Prosperity

Displaying symbols such as a laughing Buddha, wealth bowl, or Chinese coins in the wealth area of your office (southeast) can invite financial success. Crystals like citrine and pyrite are also believed to attract abundance.





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Flowers and

"Flowers and Femininity" highlights how flowers have long been metaphors for the strength, beauty, and nurturing nature of women. Across cultures, history, and art, this connection symbolizes growth, resilience, and the ever-evolving journey of womanhood.

By Mamta Khatri, The Green Owl

"WOMEN are like beautiful flowers. Only when you love them and take good care of them will they fully bloom into the beautiful flowers that they are." -Avijeet Das

Flowers have been used as metaphors for everything from youth to the momentary nature of life, echoing the experiences of women through various stages of their lives. They also serve as metaphors for more complex and multifaceted aspects of womanhood, such as strength and resilience.

The representation of women as flowers is often tied to nature, growth, and all the experience women go through in their lives. This connection can be seen in various cultures and traditions, where flowers symbolize femininity, beauty, and nurturing qualities.

When you look back at your childhood days, most of us can recall the visions of our grandmothers and mothers planting flowers and vegetables, caring for the garden, plucking flowers to do the morning puja, making garlands, doing floral embroidery.

In ancient Greek mythology, flowers are frequently associated with feminine deities and their stories. In Chinese culture, the Lotus flower is revered as a symbol of purity, beauty and resilience. It is often used to represent feminine virtues, as the flower grows from the mud yet rises above it without being sullied. In Indian literature, Jasmine flowers are often associated with femininity, sensuality, and purity. The Jasmine's fragrance and soft petals make it an ideal metaphor for the feminine experience. Likewise in art, the imagery of women intertwined

with flowers is prevalent, often portraying themes of growth, transformation and resilience.

Flowers in literature often symbolize qualities traditionally attributed to femininity such as fragility, beauty, innocence and grace. From classical myth to contemporary novels, flowers remain one of the most powerful symbols of femininity in world literature.

The very act of gardening and caring for flowers is so prominently associated with women. This nurturing role aligns with societal views of women as caregivers and homemakers, reinforcing the bond between women and the natural world.

Across different cultures, flowers hold special significance in women's lives. From the symbolic use of flowers in traditional

ceremonies and rituals to the exchange of blooms as tokens of love and appreciation, flowers play a central role in celebrating and honoring women in diverse cultural contexts.

Flowers have also been used as powerful symbols in women's rights movements worldwide. From the suffragette movement's use of purple, white and green flowers as symbols of dignity, purity and hope to the contemporary #MeToo movement's floral campaigns, flowers have served as poignant expressions of solidarity, resilience, and empowerment among women advocating for social change.

Throughout history, women have been drawn to the beauty of flowers in fashion. From the intricate floral embroidery of the

Femininity



Renaissance era to the vibrant floral prints of the swinging sixties, blooms have been a perennial favorite in women's wardrobes. Today, floral patterns continue to dominate our fabrics and clothing, home decor and paintings.

If you look into botanical research and discovery, women have been right

on top of the ladder. From Mary Anning, the fossil hunter, to Ynes Mexia, the adventurous plant explorer, to Maria Sibylla Merian, whose groundbreaking scientific illustrations have expanded our knowledge of the botanical world and uncovered hidden treasures in nature.

In gardens around the world, women have been at the forefront of horticultural innovation, developing new techniques, cultivating

rare species, and creating stunning landscapes.

This article is in no way trying to alter the contributions by the other genders. I am just trying to celebrate the relationship between flowers and femininity.

The connection between women and flowers is multifaceted, encompassing symbolism, cultural practices, and personal expressions. This enduring relationship highlights

the beauty and strength of women, as well as their deep connection to the natural world.

May we always strive to nurture nature, embrace our differences and celebrate our uniqueness while striving to be a better version of ourselves.

Happy Women's Day from The Green Owl Family.



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📌 FuAsian 2.0: A Bold New Era of Elevated Pan-Asian Dining at Holiday Inn Express Kathmandu

Kathmandu's premier rooftop dining destination, FuAsian at Holiday Inn Express, has ushered in a bold new chapter, celebrating its first anniversary with a transformative evolution. Building on its legacy of refined culinary artistry, it introduces a reimagined menu that honors beloved classics while daring to innovate with bold, playful creations designed to captivate even the most sophisticated palates.

Perched high above the bustling city, FuAsian continues to set the standard for luxury rooftop dining in Kathmandu. With the majestic Himalayan skyline as its backdrop, the restaurant invites food lovers and culinary adventurers to embark on an elevated journey through the vibrant and diverse flavors of Pan-Asian cuisine.



📌 Hatti Hatti Nepal hosts market for International Women's Day

Hatti Hatti Nepal, in partnership with the International Club, organized 3-days experience based market from March 7th-9th (10 AM-6PM) on the occasion of International Women's Day.

This event will honored inspiring women

entrepreneurs, showcasing eco-friendly products, featuring live art, and offered fun activities for all attendees, it's an open free event.

This inspiring event was initiated to support and empower women from all walks of life.



📌 Aloft Kathmandu Thamel Honors International Women's Day with an Inspiring Celebration

Aloft Kathmandu Thamel hosted its International Women's Day Celebration 2025 on March 9, 2025, focusing on promoting gender equality through initiatives like menstrual health awareness and entrepreneurial opportunities. The event welcomed beneficiaries from Amma Ghar, Pabitra Samaj Sewa, and Orphan and Helpless Children Development Society. The Menstrual Hygiene Workshop raised awareness on women's health, while the

Women Entrepreneurs Market provided a platform for local women-led businesses to promote their products. The event was praised by Italian Honorary Consul General Pratima Pande, who praised Aloft Kathmandu Thamel for its efforts in creating opportunities for women to thrive.

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Secure Your Financial Future

Finding the right savings account is a crucial step toward financial independence. This curated list highlights banks that offer dedicated savings accounts for women, helping them take charge of their financial journey. Whether you're planning for the future or looking for a secure place to grow your savings, these accounts provide a reliable foundation. Explore your options and make an informed choice today!

NABIL BANK

Premium Nari Bachat Khata

Eligibility:

- Open to Nepalese women aged 18 years & above.

Account Details:

- Minimum Balance: NPR 5,000.

Features & Benefits:

- Visa Electron Debit Card: Free for the first year.
- Credit Card Subscription: Free for the first year.
- Locker Facility: 25% discount on annual rental charges.
- Swift Transfer/Demand Draft: 50% discount on standard rate (minimum NPR 300).
- Nabil Installment (Credit Card Installment Loan): 50% discount on loan processing fee.

HIMALAYAN BANK LTD.

HBH Nari Bachat

Eligibility:

- Dedicated deposit product for women of all categories.

Account Details:

- Minimum Balance: NPR 1,000.
- Attractive Interest Rates: Calculated in daily basis and capitalized quarterly
- Free SCT Debit Card: Can be used as account ID.

Benefits & Features:

- Locker Service: 50% discount on key deposit (per customer subject to availability).
- Discounts on Banking Services: 25% off on fees for bill purchases, drafts, SWIFT transfers, cards, locker rent, guarantees, balance certificates, and credit facilities.
- Foreign Exchange Rebate: 10 paisa per USD on FX transactions.

- Accidental Death Insurance is Maximum up to Rs. 1.00 Mil or Four times the minimum balance during the Nepali Month of the Accident whichever is lower.
- Deposit Guarantee: Up to NPR 500,000 as per Nepal Rastra Bank regulations.

NMB BANK

NMB Smart Nari Bachat Khata

Eligibility:

- Available for all Nepalese female individuals.

Documents Required:

- Personal Account Opening Form (filled).
- Copy of Citizenship Certificate.
- One passport-size photograph.
- Product Declaration Form.

Account Details:

- Minimum Balance: Nil.
- Interest Rate: Calculated on daily balance, paid quarterly.

Features:

- Free NMB Omni channel banking for first year.
- Free first-year subscription on NMB Delight Card.
- Facility of NMB Credit Card & NMB Dollar Online Payment Card.
- Facility of top up NMB Dollar Online Payment Card.
- Facility of DEMAT & Mero Share
- Facility to link NMB Mero Kramik Khata
- Facility to link SIP (Systematic Investment Plan)
- Facility of Locker
- Discount/Cash Back facility under special arrangements done by CADC unit in existing and future tie-ups.

LAXMI BANK

Wonder Woman Savings

Eligibility:

- Exclusively for women, designed to empower financial growth.

Account Details:

- Minimum Balance: Not specified.
- Mobile & Internet Banking: Available.
- VISA Debit Card: Provided.
- Free Cheque Book: Issued.
- ASBA/C-ASBA Service: Available.
- Any Branch Banking Services (ABBS): Including cheque book requests.

Insurance Benefits:

- Medical Insurance: Up to NPR 100,000 per year.
- - NPR 20,000 for OPD.
- - NPR 80,000 for hospitalization.
- Accidental Death/Disability Insurance: Up to NPR 500,000.
- Critical Illness Insurance: Up to NPR 500,000.

Fees & Charges:

- Green Banking Package: NPR 299 or as per Schedule of Service Charges (SSC).
- Other Charges: As per SSC.
- Insurance provided through Himalayan Everest Insurance Ltd. (Terms & Conditions apply).

NIMB LIMITED

Srijanshil Nari Bachat Khata

Eligibility:

- Available for all female Nepali citizens.

Account Details:

- Minimum Balance: NPR 500.

Features & Benefits:

- Cheque Book: Free upon request.

- Mobile Banking: Access via NIMB Smart app.
 - Debit Card: VISA and MasterCard options.
 - DEMAT Facility: Available.
 - Credit Card: Can be applied for through the account.
 - Account Opening: Available online or via video account opening service.
 - Locker Facility: Attractive rates on key deposit fees.
 - Utility Payments & Online Transactions: Free registration for e-commerce services.
 - Virtual Dollar Prepaid Card: Can be applied for with PAN documentation.
 - Travel Card: Available for international travel (except India & Bhutan) with necessary documents.
 - Internet Banking: Access to account statements, fund transfers within NIMB and to other banks via ConnectIPS.
 - Merchant Discounts: Attractive offers available.
- Documents Required:
- Citizenship certificate.
 - Two recent passport-size photos.

GLOBAL IME BANK

Global Nari Bachat Khata

Eligibility:

- Female individuals aged 18 years or above.

Account Details:

- Minimum Balance: NPR 100
- Interest Rate: Attractive rates offered.
- Free Cheque Book: Available on demand.
- Visa Debit Card: Available on demand (standard charges apply).
- Mobile & Internet Banking: Free for the first year.
- DEMAT & Mero Share: Available (standard charges apply).

SIDDHARTHA BANK

Siddhartha Nari Bachat Khata

Eligibility:

- Exclusively for women.
- Account Details:
- Minimum Balance: Zero balance account.
 - Interest Rate: Attractive rate on daily balance.
 - Withdrawals & Deposits: No restrictions.
 - Any Branch Banking Services (ABBS): Available.
 - Free Account Statement: On request.

Benefits:

- Free Debit Card: For the first year.
- Free Standard Credit Card: For the first year.
- Free BankSmart XP (Mobile Banking): For the first year.

SANIMA BANK

Nari Bachat Khata

Features:

- No minimum balance requirement
- Monthly interest payment

Digital Banking:

- Sanima Mobile Banking – As per Standard Tariff Charges (STC)
- Sanima VISA Debit Card – As per Standard Tariff Charges (STC)
- Sanima VISA Credit Card – As per Standard Tariff Charges (STC)
- Sanima USD e-Card – As per Standard Tariff Charges (STC)

Other Auxiliary Services:

- Locker: 50% discount on locker charges (subject to availability)
- DEMAT & Mero Share: Free issuance for the first year

Note:

- Interest rates are subject to change as per Nepal Rastra Bank regulations.
- The bank reserves the right to modify/remove services after one year from account opening.

Required Documents:

- Copy of Citizenship/Valid Passport
- 1 Passport-size photo of the applicant

Disclaimer: The above details have been collected from the respective banks. Interest rates, terms, and availability may vary. For applications and the latest information, please contact the banks directly..

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Mountain View Deluxe Double: NPR 20,999/-
Nett (Triple: NPR 31,999/- Nett)
Premium View Deluxe Double: NPR 23,999/-
Nett (Triple: NPR 34,999/- Nett)
Valid till: March 2025
For Nepalese Nationals and Indian Expats living in Nepal Only

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- Local guide for hiking
- Campfire in the evening
- Rate: 4500 per person
- Valid till: April 2025
- For Nepalese Nationals Only

RANIBAN RETREAT

- 1 night 2 days
- Breakfast for 2 guests
- Welcome drinks

- Pickup/drop-off available on request (chargeable)
- Rate: Lake View Cottage: Rs. 10,000
- Mountain View Cottage: Rs. 10,000
- Premium Sunrise Room: Rs. 15,000
- Premium Sunrise Room with Jacuzzi: Rs. 18,000
- Valid till: December 2025
- For Nepalese Nationals Only

KAVYA HIMALAYAS

- 2 night 3 days
- Art of Mindfulness
- 2 Nights' accommodations in Kavya's Suite.
- Healthy daily breakfast, lunch and dinner.
- Yoga session every morning guided by experts for an hour from 7 am to 8 am.
- An hour massage workshop for 2 persons (2 sessions of massage if guest is single occupancy).
- 45 mins to 1 hour natural jungle trail.
- Doctor consultations
- Round trip airport transfer, pick-up, and drop-off

BEGNAS LAKE RESORT

- 2 nights 3 days
- Accommodation
- Welcome refreshment drink
- Breakfast (7:30am - 10:30am)
- Pickup/drop-off available on request (chargeable)
- Rate: Classic Rooms: Rs: 10,000 (Double Occupancy)
Bungalow/Waterfront Cottage: Rs: 11,000 (Double Occupancy)
Premier Rooms: Rs: 12,000 (Double Occupancy)
- For Nepalese Nationals Only and residents with valid stay permits

GOKARNA FOREST RESORT

- 1 night 2 days
- Inclusions:
 - Welcome refreshment drinks
 - Accommodation with breakfast and dinner
 - Exclusive spa offer
 - Indoor swimming pool
 - Guided nature walk
- Valid till: March 2025
- For Nepalese Nationals and Expats Only



Disclaimer: The above package details have been collected from the respective resorts. Prices and availability may vary. For bookings and the latest rates, please contact the resorts directly.

Hatchback EVs to Watch

Electric vehicles (EVs) are taking over the roads, combining sustainability with cutting-edge innovation. This month, we spotlight some of the hatchback EV models across leading brands, each offering a unique blend of range, performance, and smart technology. Whether you're looking for a sleek city cruiser, or a rugged electric SUV, our curated list has something for every driver. Stay ahead of the curve and explore the EVs shaping the future of mobility!

SERES MINI EV

- Battery: 13.8 kWh
- Motor Power: 25 - 30kW
- Ground Clearance: 140 mm
- Range: 180-220 km (depends on variant)
- Price: Rs. 13.99 lakh – Rs. 17.99 lakh
- Dealer: MAW Vriddhi Motors Pvt. Ltd.
- Address: Naxal, Kathmandu
- Contact: +977 9802340750, +977 9802340658



WULING AIR EV

- Battery: 17.3 kWh (Standard), 26.7 kWh (Long Range)
- Motor Power: 30 kW
- Ground Clearance: 130 mm
- Range: 200 km (Standard), 300 km (Long Range)
- Price: Rs. 20.99 lakh (Standard), Rs. 26.99 lakh (Long Range)
- Dealer: Available through Wuling dealers in Nepal
- Address: Naxal, Kathmandu
- Contact: +977 9801029473



DAYUN YUEHU EV

- Battery: 30.66 kWh Ternary Lithium
- Motor Power: 35 kW Permanent Magnet Synchronous Motor (PMSM)
- Ground Clearance: 201 mm
- Range: 300 km (CLTC)
- Price: Rs. 31 lakh
- Dealer: CG Motors
- Address: Contact CG Motors showroom Panipokhari, Kathmandu
- Contact: +977 9802375603, +977 9802340946



NAMMI 01 EV

- Battery: 31.4 kWh or 42.3 kWh Lithium Iron Phosphate
- Motor Power: 70 kW Permanent Magnet Synchronous Motor (PMSM)
- Ground Clearance: 176 mm
- Range: 330 km (31.45 kWh battery pack) and 430 km (42.3 kWh battery pack)
- Price: Rs. 30.24 lakh - Rs. 35.99 lakh
- Dealer: MAW Vriddhi Motors Pvt Ltd
- Address: Naagpokhari, Naxal, Kathmandu, Nepal
- Contact: +977 9802376743



BYD DOLPHIN

- Battery: 44.9 kWh Blade Battery
- Motor Power: 70 kW Permanent Magnet Synchronous Motor (PMSM)
- Ground Clearance: 175 mm
- Range: 340 km (WLTP)
- Price: Rs. 41,15,000
- Dealer: Cimex Nepal
- Address: Thirbam Road, BYD Park, Bhat-Bhateni Naxal, Kathmandu, Nepal
- Contact: +977 9802396101, +977 9801390408



MG COMET EV

- Battery: 17.3 kWh
- Motor Power: 31.26 kW
- Ground Clearance: 185 mm
- Range: 230 km (ARAI-certified)
- Price: Rs. 19.49
- Dealer: Paramount Motors Pvt. Ltd.
- Address: Naxal, Labim mall, Thapathali
- Contact: +977 9801155179, +977 980115516



TATA PUNCH EV

- Battery: 35 kWh
- Motor Power: 90 kW
- Ground Clearance: 190 mm

- Range: 365 (certified full charge range), 270-290 km (real world range)
- Price: Rs. 34.99 lakh - Rs. 39.99
- Dealer: Siprati Trading Private Limited

- Address: Thapathali, Kathmandu, Nepal
- Contact: +977 9801988951, +977-1-4230340



Disclaimer: The above details have been collected from the respective dealerships. Prices and availability may vary. For bookings and the latest rates, please contact the dealerships directly.



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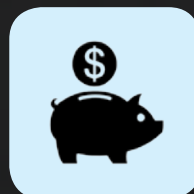
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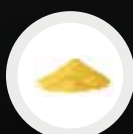
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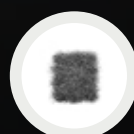
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Do Women have to do it All?

For generations, women have been expected to juggle multiple roles seamlessly—career, motherhood, relationships, social commitments, and self-care. But is this expectation realistic, or is it a societal myth? Let's break it down.

By Malika Joshi

Myth: A woman's success is measured by her ability to “do it all.”

Success should be defined by individual aspirations, not by an imposed expectation of handling everything alone. Society often glorifies the “superwoman” archetype, but real fulfillment comes from prioritization, delegation, and personal goals rather than external validation.

Myth: Women must prioritize family over career

Fact: The idea that women must choose between career and family is outdated. Many women successfully navigate both, but the key is access to structural support, such as parental leave, flexible work arrangements, and shared domestic responsibilities. The issue is not a woman's capability but the systemic barriers that make balance difficult.

Myth: Self-care or non-chalant?

Fact: Self care is often seen as selfish act but self-care is essential, not non-

chalant. Women are often conditioned to prioritize others' needs over their own, leading to burnout. Recognizing that personal well-being is a necessity rather than a luxury allows women to perform better in all areas of life

Myth: Women are naturally better multitaskers.

Fact: Studies show that men and women perform similarly when it comes to multitasking. The perception that women are naturally better at juggling

tasks often stems from social conditioning rather than biological ability. Women are frequently expected to handle multiple responsibilities, reinforcing the stereotype.

Myth: Motherhood naturally comes easy to all women

Fact: While motherhood is often portrayed as an instinctual and fulfilling experience, it comes with challenges that many women struggle with, including postpartum depression, societal

expectations, and career interruptions. There is no single “right” way to be a mother, and recognizing that every woman's experience is unique allows for more compassion, support, and flexibility in both personal and professional spheres.

Women don't have to do it all—nor should they be expected to. Societal structures, cultural norms, and outdated stereotypes contribute to this belief, but the modern world is shifting toward a more equitable model. The solution? Encouraging shared responsibilities, advocating for workplace policies that support balance, and redefining success beyond an unrealistic standard of perfection. True empowerment lies in choice, support, and shared responsibilities—not in shouldering everything alone. It's time to stop glorifying overburdened women and start embracing a future of equality, sustainability, and well-being for all.



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