

SMART FAMILY

➔ ISSUE 94 ➔ RS 120



The Basnet Household

LOVE, LIGHT & LITTLE SAANVIKA

Now Brief
Get today's highlights



+

Starting from
NPR **5250**/month*
at 0% interest

12
months EMI

Just bring
your Citizenship



+

Exchange facility
available***

Powered by



© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd, *Journal of Internal Medicine* 260: 105–112



NABIL LIFETIME FREE CREDIT CARD

NO JOINING FEE, NO SUBSCRIPTION FEE, INFINITE POSSIBILITIES



SCAN TO APPLY

Offer Extended Till
Ashadh 2082
ON HIGH DEMAND!

NABIL BANK

TOGETHER AHEAD

☎ 01-5970015

✉ customercare@nabilbank.com

🌐 www.nabilbank.com

COVER STORY

20 The Basnet Household

LOVE, LIGHT & LITTLE SAANVIKA

CONTENT.

MEETING & EVENTS



Designed for global travelers who love open spaces, open thinking and open expression; this is where travel creates possibilities, where style is necessary, connectivity keeps up with you; Social scenes are vibrant and the only direction is forward.

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

CONTENT.



STARTER

COLUMN

- Sacredness of Motherhood - 10

ONE QUESTION

- As a mother yourself now, what subtle gestures do you cherish more?- 16



BODY

IVF

- Inside IVF- 24

YOGA

- Prenatal Yoga- 26

NUTRITION

- Straight from the Consultation Room - 28

FITNESS

- The Transformative Power of an Active Mother - 30

SKIN

- Beauty Through Generations - 32

MENTAL HEALTH

- The Comparison Trap - 34



FOOD

FOOD COLUMN

- Cooking Up Care - 38

MUST TRY

- Family Feast Fiesta - 44

FEATURE

- Refuel - 46



PARENTING

COLUMN

- A Mother's Embrace - 50
- The Many Shades of a Mother - 52



HOME

QUICK TIPS

- Shield your Shelter- 54

INTERIOR

- The Spirit of Nepal Collection by Prime Tiles- 56
- Designing for Wellness - 58
- Vastu Kitchen Placement - 60

MARKET - 62

LAST PAGE

- Personality Through Zodiac Sign- 64



PIONEERING HOSPITALITY SINCE 1966

The Soaltee Hotels and Resorts is Nepal's first 5-star hotel chain, known for providing luxurious experiences. With nine hotels in operation and a commitment to excellence, we are expanding our footprint. Offering exceptional service, top-notch dining, MICE facilities, and a focus on sustainability, Soaltee Hospitality is redefining luxury in the global hospitality industry, blending tradition and culture to offer an unforgettable experience for travelers seeking opulence.



The Soaltee Kathmandu



Soaltee Westend Resort Chitwan



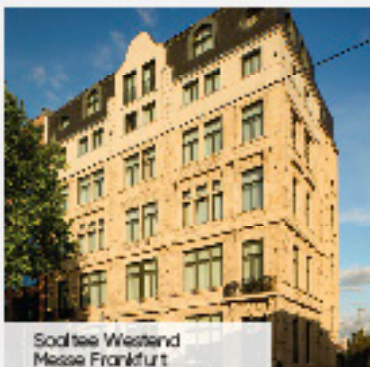
Soaltee Westend Premier Nepalgunj



Soaltee Westend Resort Nagarkot



Tiger Palace By Soaltee Bhairahawa



Soaltee Westend Messe Frankfurt



Soaltee Westend Premier Messe Frankfurt



Soaltee Westend Itahari



Mithila Yatri Niwas Janakpur

For Reservation:

+977 4273999, 4270909

reservation@soaltee.com

www.soaltee.com



SOALTEE
Heritage Club
Travel Rewards Program

SPEND | EARN | REDEEM

Scan the QR code and join to enjoy exclusive benefits with Soaltee Heritage Club

Our Brands



EDITORIAL.

Dear Readers,

As we uncover the Smart Family Magazine's May issue, let's celebrate the heart of the home - our mothers! There's something about a mother's touch—it softens the chaos, holds space for love, and makes even the ordinary feel magical. This issue is a tribute to that quiet magic.

With Salon Basnet and his beautiful family on our cover, we step into the Basnet household – where we find love, light and little Saanvika. It's a space that feels like a warm hug—filled with laughter, stories, and a whole lot of love. Through their lens, we're reminded that parenthood isn't just a title—it's a lived experience, rich with moments that shape who we are and who we're becoming.

Motherhood comes in many forms and shades. Some wear it with ease, others carry it with quiet resilience. Some arrive there through winding paths like IVF, while others grow into it with every cuddle, every cry, every moment of letting go and holding on. It's in the choices, the

sacrifices, the subtle gestures no one sees but mean everything. Some days, it's a dance of patience and presence. Other days, it's just showing up—and that, in itself, is powerful.

This issue is for all the mothers and mother figures—for the nurturers, the fighters, the ones figuring it out as they go. It's for the mothers supporting each other, the daughters learning from the women before them, and the ones rewriting what motherhood means in their own unique way.

We hope these pages feel like a soft landing. A place to feel seen, understood, and maybe even healed. Because motherhood is not just about raising children—it's about becoming more human, more whole, and more connected.

Here's to the love that grows, the light that guides, and all the little moments in between.

With love and gratitude, happy reading!



Visit our e-magazine

ON THE COVER:
Salon Basnet, Karishma K.C Basnet & Saanvika Basnet

VENUE:
Hotel Shanker

WARDROBE:
Essentials Nepal

JEWELLERY:
Dear Diary

MAKEUP & HAIR:
Nistha Shakya (thepalatteperfection)
Aashma Paudel (makeup_ashma)

PHOTOGRAPHY BY:
Suraj Patra Bansha

Nest
MEDIA AND DIGITAL

Nest Media and Digital Pvt Ltd

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

MANAGING DIRECTOR
Nripendra Karmacharya

FINANCE DIRECTOR
Jeena Shrestha

EDITORIAL AND MARKETING
Malika Joshi
Adishree Shrestha

MARKETING AND DISTRIBUTION
Sarthak Shrestha

PHOTOGRAPHY
Suraj Patra Bansha

DESIGN
Aaron Karmacharya

CONTRIBUTING WRITERS
Sadhguru
Vijay Vaidya
Sonal Talgaonkar
Sukadev Karki
Itchya Karki
Sneha Agrawal
Ganga Gurung
Neeta Shrestha
Sandeep Khatri

OFFICE ASSISTANT
Sunita Magar

PRINTED AT
Saugat Printers Pvt. Ltd

SUBSCRIBER DISTRIBUTION
Sunbir Tamang

BOOKSTAND DISTRIBUTION
Kasthamandap Distribution
4247241

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

KING KOIL®

PREMIUM GLOBAL MATTRESS BRAND

WORLD'S LEADING MATTRESS BRAND



120+ Years
of Leadership



100% Pure
Sleep Grade Foam



Leaders In
Sleep Science



AVAILABLE IN MORE THAN
100 COUNTRIES
WORLDWIDE

Authorised Distributor:

TECHNO TRADE PVT. LTD.

A. T. Complex, 107, T.P. Ghumti Sadak, Kathmandu.,

Ph: 4525299, 4536441

info@technotrade.com.np



9766913282

Authorised Licensee for:



India



Bangladesh



Nepal



Bhutan

SMART FAMILY 9

STARTER.

Sacredness of Motherhood

Sadhguru delves into the essence of motherhood beyond biology, revealing it as a sacred opportunity for transcendence and unity. True motherhood, he says, is an experience of absolute love and inclusion — a powerful spiritual state where one rises above personal identity to embrace all life as one's own.

By Sadhguru

SADHGURU: This culture has always associated the mother with divinity, and divinity with the mother. This is because motherhood is associated with the very source of our existence. Even today, people across the planet speak of 'mother earth', 'motherland', and, in modern electronics, of the 'mother board'. The eulogies to motherhood are many. And yet, the concept has been grossly misunderstood.

What does *matritva*, *thaimai*, or motherhood, really mean? When we say the word 'mother', we mean someone who has, at least for a moment, known the experience of being an absolute offering to another life. Once children grow up, a mother may have her issues with them. But the survival of the new generation depends on the mother's experience of intense oneness with her infant. Every cell in the mother's body responds to the needs of this new life. This is

what makes motherhood such a unique human experience.

The sacredness of motherhood lies in the fact that nature collaborates in helping one realise there is more to the self beyond the narrow confines of the individual body. This makes motherhood a remarkable natural possibility, a stepping-stone to the beyond. As a mother, you transcend your own desires and dislikes, and experience a sense of unity with something more than yourself. This gift can be expanded into the condition of 'yog', or union, which means a state of experiential unity with all of existence.

Motherhood need not be a biological condition. Merely delivering a child is not a great achievement. Many cultures have stigmatized those women who did not bear children, which is deeply unfortunate. The magic of motherhood is undeniable. But its sanctity does not lie in the reproductive process.

The yogic sciences make the privilege of motherhood available to every human being, irrespective of gender. The bonding between biological mother and child ensures the survival of the species. But this simple reproductive process can also become a doorway to transcendence.

The selective sense of inclusion with which a mother views her child can be widened to include the entire world. An inclusion that is absolute and unconditional - this is the inner experience of the Yogi.

Unfortunately, many mothers confuse parenting with ownership. Although I was the youngest in the family, my own mother often treated me as an elder brother. Once when she expressed herself to me somewhat tenderly, I asked her in a very matter-of-fact way, "If I had been born in the next house, would you still feel this way about me?"

She broke down and went away, but returned later, with tears in her eyes, and touched my feet. A certain dispassion awakened in her that day, as she realized how identified we all are, whether with our families, our bodies, our parentage, our homes, or our communities.

When I initiate people into a spiritual process, I first ask them if they are ready to become 'a mother to the world'. This is because true motherhood is not about turning a single individual into an object, a pet possession, or obsession. Instead, it is a state of absolute love and unconditional inclusion, where you see everything and everyone - not just your biological child - as a part of you. In such a state, your actions are not determined by your personal desires; instead, you simply do what is needed at any given moment.

If the mother delivers you into the lap of creation, the yogic sciences are capable of delivering you into the very lap of the Creator. This far more profound experience of motherhood is a tremendous gift and possibility that is open to absolutely everyone.



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.



Gifts from the Heart

THOUGHTFUL FINDS FOR EVERY MOM

Celebrate the moms in your life with our Gifts from the Heart segment—an inspired collection of presents that are as special as she is. From elegant keepsakes and pampering essentials to stylish home accents and artisan-made treasures, we've gathered meaningful gifts that speak to every kind of mother. Whether you're shopping for a seasoned matriarch, a new mom, or a beloved mother figure, these thoughtful picks are designed to show love, appreciation, and a little extra indulgence. Let this guide help you make her day unforgettable.



NE NEPAL

Lotus Incense Holder

Designed for both functionality and beauty, the Kamala Incense Holder provides a stable and secure place for

your incense sticks, allowing you to enjoy their fragrant aroma without worry. Its elegant form and intricate detailing make it a perfect centerpiece for your meditation space, living room, or altar, creating an atmosphere of tranquility and reverence.



SUIRO TEAS

Butterfly Pea Flower Tea

- Crafted from organically harvested Butterfly Pea flowers, known for their striking deep blue hue that transforms with lemon.

- Flavor Profile: Light and subtly earthy with a hint of floral sweetness.
- Health Benefits:
 - Supports weight management
 - Aids in blood sugar control
 - Promotes healthy hair and skin
 - Rich in antioxidants
 - Enhances cognitive function

NEW MEW

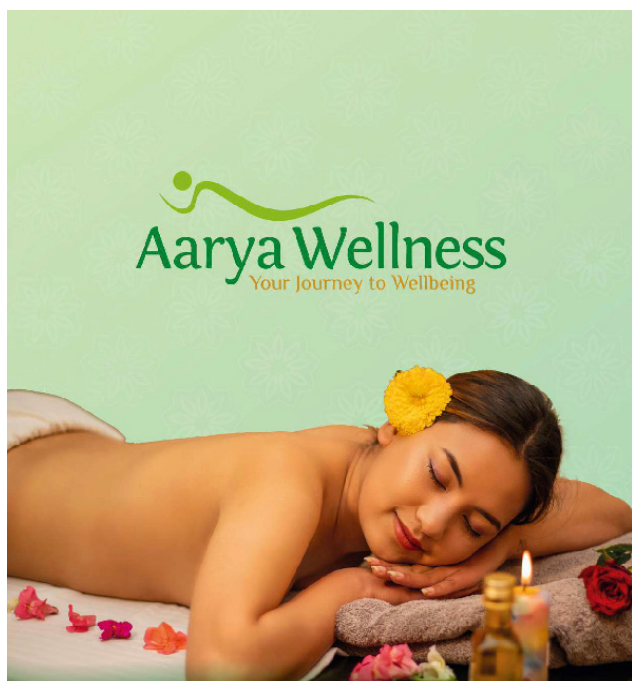
Show your love through every lens. With NewMew, Nepal's coolest eyewear brand, give your mother the gift of clear vision, comfort, and timeless style. Because she's always seen the best in you now it's time she sees the best, too.

Elegant sunglasses designed to enhance your mother's style

and complement her natural elegance.

Protect her eyes with style, comfort, and care. Designed to reflect her strength and compassion, NewMew sunglasses blend fashion with function. Because every mom deserves to see the world clearly, beautifully, and safely — wrapped in love, just like she wraps the world in hers.





AARYA WELLNESS GIFT VOUCHERS

Thoughtful, personal, and perfect for any occasion—choose from 50+ wellness experiences like massages, yoga, sound healing, spa packages, and more.

- Prices: Rs. 500–9,000
- Elegant packaging (print & e-copy)
- Valid for 3–6 months
- Personalized messages
- Bulk & corporate discounts available

Give the gift of wellness with Aarya Wellness, Baluwatar.



MAYA HANDICRAFT

Couple bracelet intricately designed to be a piece of love that stays with you, a tangible reminder that a piece of each others heart is always close, creating a beautiful connection between souls.

BAMBOO BAZAR

Bamboo Bazar Presents: Aama Combo

Celebrate simplicity, sustainability, and care with our thoughtfully curated Aama Combo — a special set made with love and nature in mind. This eco-friendly combo includes a Bamboo Hairbrush that's gentle on your scalp yet strong on tangles, reducing static and improving circulation while adding a natural touch to your self-care routine. It also features our Ultra Bamboo Toothbrush, designed with ultra-fine bristles for a deeper, premium clean — all while being 100% biodegradable. For everyday use, the Normal Bamboo Toothbrush offers a simple, effective, and earth-friendly option that helps reduce plastic waste without compromising hygiene. Tying it all together is our handcrafted Bamboo Basket, a versatile piece perfect for organizing, gifting, or adding a rustic charm to any space.





A Weekend to Remember

Hyatt Regency Kathmandu Launches Summer Camp for Kids

This summer, Hyatt Regency Kathmandu invites young explorers aged 6 to 14 for a weekend filled with wonder, creativity, and fun. Designed as the perfect getaway for children, this 2-day Summer Camp blends learning and leisure in a safe, luxurious environment.

Running every Saturday and Sunday from 10 AM to 2 PM, the camp offers thoughtfully curated activities that cater to both imaginative minds and adventurous spirits.

Day 1 is all about Creative Play & Poolside Fun—kids will craft their own pizzas with the chef, participate in a towel art challenge, and enjoy splashing pool games after a wholesome lunch.

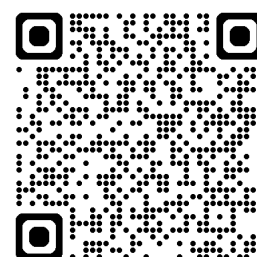
Day 2 takes them outdoors for Nature, Adventure & Water Splash. From planting in the herb garden and building sandcastles to zipline adventures and diving into the pool, it's a day to fuel curiosity and forge friendships.

With daily swimming access, engaging activities, and lunch included, this weekend escape is an ideal way to balance screen-free fun with learning.

Fee: NPR 5000 per child | Limited Spots Available

Parents seeking a meaningful, joyful weekend experience for their kids—look no further.

Register now at Hyatt Regency Kathmandu.



HYATT
REGENCY™
KATHMANDU

As a mother yourself now, what subtle gestures do you cherish more?

As mothers themselves, these women reflect on the quiet strength, patience, and everyday acts of love their own mothers showed—gestures that now carry deeper meaning. From warm hugs to tireless devotion, these treasured memories inspire them to pass on the same unconditional love to their children.

By Malika Joshi



➔ Shivangini Rana

Hotelier & Artist

I have always treasured my mother; she has always been my number one - someone who I speak to everyday. Now that I have recently become a mother, I have come to realize the amount of time and energy she has invested in having me ever since I was born. Having a kid is a forever thing there are no breaks, the love that my mother has given me; I can just aspire to be able to give the same to my child. She is a strong, powerful, beautiful, loving, kind and a true giver - my mother.



➔ Shabana Khatun

Founder: Shabana Fitness Studio

It's the warmth I carry with me even when I'm far from home. Your hugs heal, your words comfort, and your presence makes everything better. I may not say it enough, but your love is the most precious gift in my life.

Where the good times roll ...
... with a touch of heritage!



BANQUETS · CONFERENCES · EVENTS · EXHIBITIONS



Sanepa, Lalitpur-2
015905723, 015905724, 9851315536
heritagegarden2016@gmail.com
www.heritagegarden.com.np
Old Gyanodya School Premises

➔ **Ashlesha Rana**

Designer

Simple everyday acts of love: my mother's ability to remain calm, kind and forgiving. Her simple gestures in different moments imparted valuable lessons and nurtured my emotional resilience. From a comforting presence to a gentle touch, having my most favorite food prepared, or simply being present, provided me a sense of security and warmth. As I navigate through my own motherhood journey, these memories serve as reminders of the power of small gestures in shaping the life and character of my children.



➔ **Karishma K.C**
Basnet

Flight Attendant

As a mother now myself, I find it's the little things about my mom that resonate the most. Her quiet patience when I struggled, the way she always remembered the small details and how she made even ordinary days feel special. I treasure the way she never needed grand gestures to show her love. The way she has picked herself up and never lost hope. Now in the chaos of motherhood, I understand how those small acts were, in fact, the biggest gifts.

SWOSTISHREE GURUKUL IB WORLD SCHOOL

Admissions Open

GRADE 1

**SPECIAL OFFERS FOR GRADE III AND GRADE V
MERIT SCHOLARSHIPS FOR GRADE VII TO GRADE IX**

Nestled in the foothills of Nagarjun forests is an absolute oasis of academic enlightenment. Swostishree Gurukul is a state-of-the-art school offering an IBPYP, IBMYP and is a candidate school for the Diploma Programme. This school is pursuing authorization as an IB World School. IB world schools share a common philosophy-commitment to high-quality, challenging, international education -that we believe is important for our students.

→ COVER STORY

THE BASNET HOUSEHOLD

Love, Light & Little Saanvika

Step into the world of Salon Basnet and Karishma KC—a beloved Nepali couple balancing fame, family, and evolving dreams. In this intimate feature, they open up about love, legacy, and life after baby Saanvika, whose laughter has become the heartbeat of their home.

Coordinated by Malika Joshi



IN THIS heartfelt cover story, we turn the spotlight on one of Nepal's most admired celebrity couples—Salon Basnet and Karishma KC Basnet—along with their charming daughter, Saanvika. Known for his electrifying performances and natural screen presence, Salon has carved a unique space in the Nepali film industry, evolving from a promising newcomer into a beloved household name. Whether it's his early comedic roles or more recent dramatic portrayals, Salon continues to push boundaries, winning over audiences with his dedication, charisma, and relatable charm.

Karishma KC, while balancing her profession as a flight attendant, is quickly becoming a recognizable face in her own right. With her captivating presence on TikTok, she has amassed a loyal following who are drawn to her expression, authenticity, and effortless ability to connect with the camera. Far from staying in the background, Karishma is stepping confidently into the world of entertainment—appearing in music videos, collaborating with brands, and building a distinct identity that complements her role as a modern woman, mother, and partner.

Together, Salon and Karishma embody a partnership that is both aspirational and grounded. Their chemistry off-screen is as compelling as any romantic reel, built on mutual respect, shared dreams, and a deep love for their daughter, Saanvika. Speaking of whom—little

Saanvika is the radiant heart of their world and honestly anywhere she goes. With her playful giggles and wide-eyed wonder, she has brought a new rhythm to their lives, one filled with tender moments, learning curves, and limitless joy.

This exclusive feature invites readers into their world—not just as public figures but as individuals navigating love, growth, parenthood, and evolving careers. It's a celebration of modern Nepali family life, where tradition and ambition intertwine, and where the spotlight is shared, not stolen.

Salon Basnet

Salon, we've seen you grow up on screen—but how has becoming a husband and father changed the way you see life off-screen?

Becoming a husband and now a father feels like a true blessing. The first time I held my daughter in my arms, I realized I needed to become more focused and responsible—not just in my work, but in how I think about the future. I've started taking things more seriously. And the best part? I make it a point to be home on time now—late-night outs are off the chart.

Being the son of acclaimed actor Shovit Basnet, did you ever feel the pressure to live up to a legacy? Or was it more of an inspiration?

Honestly, it's been a bit of both. I've watched my dad work in this industry my whole life. From being a

child actor alongside him, to assisting him as a director, and now walking my own path as an actor—he's always been my biggest inspiration. I know I may never fully live up to his incredible achievements, but even being half the man, he is in the Nepali film industry would be a blessing. He's dedicated his entire life to this craft with relentless passion and commitment—something I deeply admire, even if I know I may not have that same endurance. Still, I'll give my best to whatever comes my way. My father will always be my idol.

Do you remember a particular lesson or moment with your parents that has stayed with you even today? The biggest lesson I've learned from my parents is to always put family first. No matter what's happening around us, my family has never missed a chance to celebrate the little joys together. I've witnessed their struggles, but I've also seen the genuine smiles on their faces whenever we're all under the same roof. That's stayed with me—happiness truly lies in togetherness. Life will always come with its fair share of hurdles and worries, but sometimes, you just have to pause, hold on, and smile a little. Not everything needs to be shared with the world; some moments are just meant to be felt and cherished within

Sounds like family is a big part of your life - how did your upbringing shape your views on relationships,



responsibility, and love?

In my family, togetherness is everything. No matter what challenges we face, letting go of one another has never been an option. Disagreements are natural—when two people live together, not every decision will align—but I've learned that it's the tough times that pave the way for a stronger, happier future. Holding on through those moments is one of the greatest gifts you can offer in any relationship, and that's where real love lives.

Trust is another core value I've inherited. Being in this industry, where your life often feels like an open book and you're constantly judged—sometimes unfairly—trust can be difficult. But I've seen my family stand up for one another, even when the world seemed to stand against us. That unwavering support taught me how to love with my whole heart, without hesitation. And for that, I'll always be grateful.

Do you and your wife have any quiet rituals—like late-night talks, walks, or coffee moments—that keep you connected amidst all the chaos?

➔ Parenthood has a way of deepening your partnership in ways you don't always expect. It's no longer just about the two of us—it's about setting an example for our child and growing together as a team.

I can't tell you it's a ritual but we usually have some late-night rooftop tea talks watching the moon and stars - discussing about everything be it life, future, past, present, friends, family & even politics sometime ha-ha. Anything!

How has Saanvika changed you — not just as a person, but as an artist too?

As I mentioned earlier, the moment I held Saanvika in my arms, everything changed. I had never felt so aware of myself—my rights, my wrongs, and everything in between. It was like seeing a reflection of who I am and who I want to become. Since she came into my life, I truly feel like I've grown up. She's my biggest reason to work harder and do better. As an actor, I now ask myself: Will the work I'm doing today be something she'll be proud to watch someday? That thought guides the choices I make in my career now.

Karishma K.C Basnet

Have there been moments of doubt or pause in your career? If so, how did you find the strength to keep going? Absolutely. There have been times when I've questioned my path—especially while

trying to balance personal growth with professional ambitions. After my pregnancy, I felt like I was standing still while the world around me kept moving forward. It was a tough phase. But what kept me going was a deep inner belief in my purpose, and the unwavering support of my loved ones—especially my husband. Whenever I feel lost, I take a moment to step back and reconnect with why I started in the first place. That reflection, and everything life has taught me so far, always helps me find my footing again.

What have been some of the most meaningful shifts in your relationship after becoming parents? We've become more patient, more communicative, and much more appreciative of each other's efforts. Parenthood has a way of deepening your partnership in ways you don't always expect. It's no longer just about the two of us—it's about setting an example for our child and growing together as a team. Every little choice we make now carries more weight, and that shared responsibility has brought us even closer.

What was the most emotional moment for you during your journey into motherhood? Holding my baby for the very first time—seeing my husband and our entire family get emotional—that moment was everything. It was a wave of overwhelming love, fear, and gratitude all at once. I'll never forget it. Those few moments

reshaped how I see myself, my priorities, and the world around me. It was as if life suddenly had a deeper meaning.

As a flight attendant, you've likely experienced the world from a unique view point—what's one unforgettable experience you've had while traveling? Oh, there are many. But that one moment that stays with me was watching Mountain Fuji. The most beautiful thing I have witnessed, a pure magic. Mt. Fuji is seen as a bringer of good luck & how lucky I am to witness it from 35000 feet.

If given the chance, what kind of roles or projects would you like to explore in the acting world? Are there specific genres or characters you find particularly appealing? I'm drawn to roles that reflect strength as well as vulnerability. Stories where women break barriers or transform through adversity. I keep saying how I want to do this kind of movie or that kind of roles to Salon time and again but I have to be ready to do so. If I ever get a chance, I'd love to work on something rooted in real life narratives. Hopefully, such opportunities will find me soon.

BODY.

Inside IVF

Through the Eyes of Nepal's Experts

Tag along as we explore IVF hot topics through the insights of top fertility experts, highlighting medical advances, legal challenges, and a shared commitment to inclusive, evidence-based care.

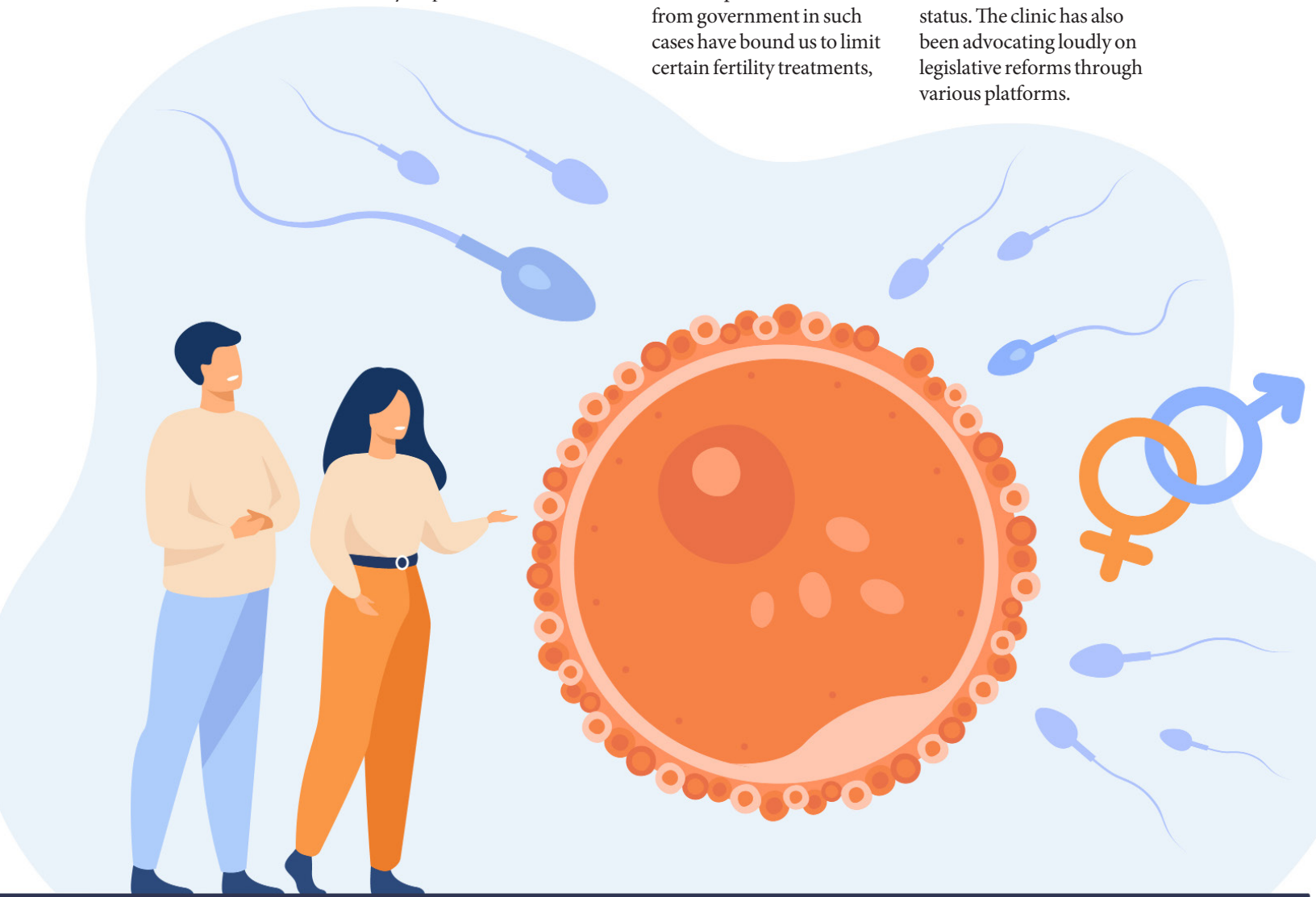
By Malika Joshi in coordination with IVF Centres

What are your clinic's policies on same-sex couples, single parents, or non-traditional families?

Angel Fertility Clinic believes in non-biased evidence based medical practices aligning with the current policies put forward by Nepal Government.

The ghas recommended some restrictions in cases of same-sex couples, single parents and non-traditional families. Incomplete interim order implementation from government in such cases have bound us to limit certain fertility treatments,

however Angel Fertility Clinic has been providing Reproductive Health Care services to all individuals irrespective of their sexual orientation or marital status. The clinic has also been advocating loudly on legislative reforms through various platforms.



What is your embryo grading system? How do you determine embryo quality?

Angel Fertility Clinic uses both standard morphological assessments as well as certified tools to grade embryos. For example; Day 3 embryos are graded on behalf of the number of blastomeres, morphoknetics, size of blastomeres, fragmentation and their cytoplasmic appearance. Day 3 embryos which develops into 6-8 blastomeres of uniform sizes, non-granular cytoplasm, fragmentation less than 10% are ideal and are considered embryos of good quality, and have higher chance of succeeding. On the other hand, day 5 embryos or blastocysts are graded based on Gardner's System which grades embryos based on their stage of expansion, compaction of the inner cell mass that forms fetus, and quality of cohesion of the outer layer that forms placenta. For example; a day 5 embryo of grade 5Aa represents expanded blastocyst with "A" excellent grade of fetal cell and "a" excellent grade of placental cell.



Preeti Bista

Started as a Reproductive Scientist in year 2015, I have an extensive exposure to clinical embryology procedures over the past 10 years. I graduated from University of Valencia in Assisted Reproductive Technology and have multiple trainings from IIRFT New Delhi, Embryogeny, CHL Apollo Hospital, and Nepal International Fertility and Laparoscopy Centre. Along with it, I hold a Certificate in Clinical Embryology from American Society of Reproductive Medicine (ASRM). I have been involved with various other clinical projects and have been working in the forefront to promote Nepal as a Global Medical Tourism hub

About Angel Fertility Centre

Established with a purpose of delivering highest standard of evidence-based fertility treatment in Nepal, AFC stands out as fertility clinic with highest number of complex and challenging infertility cases. The clinical team of AFC has been providing wide range of services from General Reproductive Health Checkup, Fertility Screening, Fertility Treatments, Pregnancy Care, Cosmetic Gynecology, Reproductive Genetic Services and Pre-Post Conception Counselling. We've six senior consultant Gynecologist and Obstetricians with fellowship in Reproductive Medicine, Minimally Invasive Surgeries and Cosmetic Gynecology. The team also comprises of three reproductive scientists who have cumulative experience of 20 years in the field of Clinical Embryology.

Can you explain the difference between a fresh vs. frozen embryo transfer in detail?

In a fresh embryo transfer, the embryo (formed after an egg is fertilized by a sperm) is transferred into the uterus either on day 3 or on day 5 after egg retrieval in the same IVF cycle. This approach may be suitable when the endometrial lining is optimal and there are no complications from ovarian stimulation.

In a frozen embryo transfer (FET), embryos that were developed and cryopreserved in the previous cycle are thawed and transferred into the uterus in a later cycle after proper preparation of the uterus. This method allows the body time to recover from stimulation, offers scheduling flexibility, and may yield improved pregnancy outcomes in certain cases.

Do you monitor uterine lining thickness before transfer? What's considered optimal? Monitoring of the endometrial (uterine) lining is routinely done via ultrasound before embryo transfer. While the optimal thickness is generally

between 8–12 mm with a trilaminar appearance (this significantly enhances the chances of successful implantation), individual cases may vary and require adjustments based on specific clinical factors and whether it is a fresh or frozen embryo transfer.



Dr. Sanu Maiya Shrestha

Dr. Sanu Maiya Shrestha (Pradhan) is Nepal's first qualified IVF specialist with over 20 years of experience and training from UNSW, Australia. She has helped deliver over 1000 IVF babies under her solo leadership.

About Creator's IVF Nepal:

Creator's IVF Nepal is the country's first independent IVF center led by a fully Nepalese-qualified ART team. With a focus on compassionate care and evidence-based treatment, the center offers affordable world-class fertility services in the heart of Lalitpur.

www.juliescakes.com.np

Every Occasion Calls for a Cake

Happy Birthdays

Get your favorite cake delivered at your doorstep

10% OFF on your first order

use code **WELCOME**

Scan to order online

Headquarters, Boudhanagar, Lalitpur
01-4444444, 01-5555555

PRENATAL YOGA

A photograph of three pregnant women practicing prenatal yoga in a bright studio with large windows. They are seated on black mats, facing right, in a similar pose. The woman in the foreground is wearing a white tank top and black leggings, with her hands resting on her belly. The woman in the middle is wearing a black tank top and black leggings. The woman in the background is wearing a black tank top and black leggings. The large windows in the background show a view of greenery outside.

Prenatal yoga offers gentle movement, breathwork, and relaxation techniques to support expecting mothers through physical and emotional changes. Drawing from experiences in Nepal and Bali, this piece highlights simple, trimester-appropriate poses that nurture connection, ease discomfort, and prepare the body and mind for childbirth.

By Vijay Vaidya

Pregnancy is a time of big changes — both in the body and the mind. Prenatal yoga offers a simple but powerful way to support women during this special time. As a yoga teacher who has dabbled in prenatal yoga in Nepal and Bali, I have seen how even basic breathing and stretching practices can make a meaningful difference.

Prenatal yoga isn't about complicated poses or perfect form. It's about creating space — space for the body to move gently, space for the mind to relax, and space for the mother to connect with her growing baby. Practicing prenatal yoga can help ease common discomforts like back pain, swelling, and tiredness. It can also improve flexibility, especially in the hips, which may help during delivery. Most importantly, it encourages a deeper connection between mother and child, turning each breath and movement into a quiet bond.

It is important to note that each trimester brings different changes to the body, and yoga practices should be adjusted accordingly. In the first trimester, the focus is usually on

gentle breathwork and maintaining strength without overexertion. In the second trimester, balance and hip opening poses become more beneficial, while in the third trimester, the priority shifts to relaxation, pelvic flexibility, and preparing mentally for birth.

While I am not a prenatal specialist, my teaching experience allowed me to guide a few simple and safe practices that mothers-to-be found supportive. Here are some basic and helpful poses that can be practiced throughout pregnancy, with modifications as needed:

Cat-Cow Pose

Gently moving the spine by arching and rounding the back helps relieve back tension, keeps the spine mobile, and connects breath with movement. It's an easy way to release tightness and stay connected to the breath.

Wide-Legged Child's Pose

With knees spread wide and the forehead resting on a cushion or mat, this pose offers deep relaxation for the hips, pelvis, and lower back. It promotes a sense of surrender and grounding.

Malasana

A deep but natural squat that opens the hips and strengthens the lower body. Using a block or cushion under the hips can make this more comfortable. Malasana can help with pelvic flexibility and prepare the body for labor.

Supported Butterfly Pose

Reclining back on a bolster or cushions with the soles of the feet together and knees dropped open. This posture gently opens the hips, encourages relaxation, and supports better circulation.

Side-Lying Savasana

Instead of lying flat on the back, resting on the left side with a cushion between the knees provides comfort and promotes better blood flow. This is an excellent final resting pose during prenatal yoga classes, especially in the later months.

In Nepal, the month of May holds special significance as it celebrates Nepali Mother's Day. It feels like the perfect time to honor the journey of motherhood and recognize how practices like prenatal yoga can offer small but meaningful support. Whether in a busy city or a quiet village, the benefits of slowing down, breathing deeply, and connecting inward are universal.

Prenatal yoga is not about mastering a sequence; it is about nurturing. A few minutes of mindful movement and breath each day can create a strong foundation of strength, trust, and love — both for the mother and the life growing within her.



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.

Straight from the Consultation Room

NUTRITIONIST ANSWERS YOUR MOST-ASKED QUESTIONS

Straight from the consultation room, Clinical Nutritionist Sonal Talegaonkar answers your most-asked questions—busting myths about carbs, fasting, fat loss, supplements, and more with clear, practical advice to help you build a healthy, sustainable lifestyle.

By Sonal Talegaonkar

As a nutritionist, I get asked a lot of questions—some funny, some surprising, and many that come from a place of genuine confusion. From “Are carbs really bad?” to “Why am I not losing weight even after dieting?”, most of these concerns are shared by so many people, yet they rarely get clear, practical answers. That’s why I decided to round up the most common questions I hear in my consultations and answer them here—simply, honestly, and without any jargon. Whether you’re just starting your health journey or looking to refine it, chances are, you’ve wondered about a few of these too.

Top favourite question

Are carbs bad for you? Should I cut them to lose weight?

No, carbs aren’t the enemy. Your brain and body needs carbs!! Choose complex carbs (whole grains, fruits, legumes) over refined ones. Cutting them drastically can cause fatigue, mood swings, and nutrient deficiencies.

Is intermittent fasting good for me?

It can help with insulin sensitivity, digestion, and fat loss—if done correctly and suits your body. Not ideal

for everyone, especially if you have hormone issues or irregular eating patterns. But it’s not ideal for women with hormonal issues or those who feel dizzy, fatigued, or anxious while fasting. Always listen to your body.

What’s the best diet for fat loss/belly fat reduction?

No one-size-fits-all. A diet rich in protein, fiber, healthy fats, and low in processed carbs usually works well. Targeting belly fat needs full-body fat loss + stress management. Many also have cortisol belly which needs more lifestyle changes + stress management + clean eating.

Are protein powders safe for women?

Yes, if it’s a clean, good-quality product. They’re just a supplement—not a steroid! Ideal if you struggle to meet your protein needs. If you have any pre-existing kidney ailment, check with your doctor before you start protein powder.

Few other commonly asked questions

Do I need supplements?

Only if your diet lacks certain nutrients or you have specific deficiencies. The most common ones people need:

Vitamin D, B12, Omega-3, and sometimes protein. You don’t need fat burners/weight loss pills etc as they have harmful effects on kidney and liver health.

Can I still eat my favorite foods and lose weight?

Yes! Balance is key. You don’t need to give up everything—just learn portion control and mindful eating. 80% clean, 20% fun works well for most.

What should I eat if I have PCOS or thyroid issues?

Focus on anti-inflammatory, blood sugar-friendly meals: high in protein, fiber, and healthy fats. Avoid sugar spikes, processed food, and excess caffeine. The goal is to balance the hormones first and weight loss later. If your internal system is working fine, it will regulate metabolism well and help you lose weight eventually.

Can I lose weight without exercise?

Yes, through diet—but you’ll lose muscle along with fat. Exercise helps you tone up, boost metabolism, and stay fit overall. The focus should be on improving the body composition, which means increasing or maintaining muscle mass and losing body

fat. Don’t just fixate on losing weight very fast.

How often should I eat in a day?

2-3 balanced meals + 1-2 snacks work well for most people. But it depends on your lifestyle, goals, and hunger cues. See what suits you and your lifestyle.

Why do I feel tired all the time?

Could be due to poor nutrition, low iron or B12, dehydration, poor sleep, or even stress. Blood work + diet check is a must! Look into your sleep and stress levels.

Can I eat rice and still lose weight?

Yes! Rice isn’t the problem—portion and pairing matter. Combine it with dal, veggies, or protein for a balanced meal.



MS. SONAL TALEGAONKAR
Sonal’s Nutrofit
Clinical Nutritionist
(Post-graduation in Clinical Nutrition, Mumbai University, India). Find us on Instagram & Facebook (sonalsnutrofit)
Ph: +977 9861556858
+91 9967707376



BODY → Fitness

Power of an



Active Mother

More than caregivers, active mothers are changemakers. This empowering piece explores how maternal fitness goes beyond physical health—shaping habits at home, reducing healthcare burdens, and strengthening entire communities. It's a powerful call to celebrate mothers not just with flowers, but with support for their well-being.

By Sukadev Karki

In the whirlwind of packed lunches, school runs, and bedtime stories, mothers often vanish into the background of their own lives. Their to-do lists rarely include self-care, yet the truth is undeniable: a mother's health is the heartbeat of her family. They nurture, provide, heal, and manage, often putting their families before themselves. In the beautiful chaos of motherhood, one essential aspect often gets pushed aside: their own health and fitness. This Mother's Day, we celebrate not just mothers, but the profound ripple effect they create when they embrace fitness-transforming homes, communities, and nations.

Mothers are architects of love, yet many build their families on the rubble of their own well-being. Physical fitness boosts mental resilience, energy, and emotional balance, equipping mothers to thrive amid chaos. As its often said, "A mother's wellness isn't a luxury; it's the foundation of her ability to give." In today's fast-paced world, where women juggle careers, children, homes, and social obligations, mothers hardly find time for self-care. Physical fitness is not a luxury, it has now become a necessity.

Active mothers are engines of joy for a family. They are model of resilience for

their children. Studies show children of physically active moms are 50% more likely to embrace exercise, breaking cycles of sedentary lifestyles. For mothers, staying active isn't just about aesthetics or weight loss. It's about stamina to keep up with their children, resilience to handle stress, strength to manage household demands, and mental clarity to make wise decisions. An active mother isn't just physically strong, she's emotionally and mentally empowered. Fit mothers also prioritize nutrition, weaving vegetables into meals and hydration into routines-shaping lifelong habits. Healthy mothers are community pillars. They volunteer, lead, and inspire. Imagine book clubs that swap recipes for quinoa salads, or school runs powered by walking groups.

Economically, maternal fitness reduces healthcare burdens—a Lancet study links active mothers to 30% fewer family doctor visits annually. On a macro scale, maternal health impacts GDP. Fit mothers raise healthier generations, fueling educated workforces. Countries investing in maternal wellness programs, like Sweden's subsidized parental fitness initiatives, report higher productivity and lower societal costs. When a mother is fit, she becomes a living

example for her children. She naturally influences their food choices, activity levels, and overall lifestyle habits.

To those who really want to start, here's a small 7 mins workout routine which you can follow anywhere for 2-3 times a week.

Warm Up for 5 minutes - 3 mins marching followed by 2 mins of Surya Namaskar

Option 1

Bodyweight Squats (use a low chair behind to keep the posture right) * 30 reps

TRX Pull Ups (this can be done with a towel at home) * 20 reps

Kneeling Push Ups * 10 reps

Option 2

Plate Clean & Press * 10 reps

Walking Lunges * 20 reps

Kettlebell Swing * 30 reps

Repeat these exercises for 7 mins, and take a note of the total reps you have done. Try to beat those repetitions in next session.

Cool Down for 5 minutes - Child to Cobra Pose, Couch Stretch with deep controlled breathing.

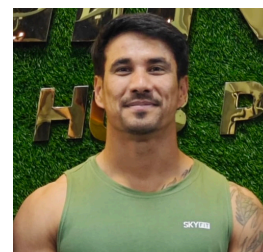
Let's redefine gifts. Instead of flowers, offer time: a yoga

pass, a stroller-friendly jogging route, or a shared salad garden.

A mother's fitness is a revolutionary act. When she strengthens her body, she nourishes her family's future, ignites communities, and fuels nations. This Mother's Day, let's honor mothers by empowering them to reclaim their health—because a thriving mom is the ultimate force for change. Communities, policymakers, and families must come together to create environments that prioritize and facilitate maternal wellness. After all, when mothers thrive, families flourish, societies prosper, and nations advance.

The world, when healthy mothers rise, becomes limitless.

Share your journey with us, tag us with #BefitMothersDay to win exciting Gift Hampers.



SUKADEV KARKI
(NSCA-CSCS, CPT, CF-L1)
Lecturer - Nepali Youth Fitness Academy, Co-owner - BEFIT Fitness Studio, Founding President - Nepali Youth Fitness & Calisthenics

BODY → Skin



Beauty Through Generations

A T R I B U T E T O M O M

“Beauty Through Generations” celebrates the legacy of maternal beauty rituals — from mustard oil massages to turmeric masks — reminding us that true beauty lies in care, connection, and the traditions that nurture both body and soul. This Mother’s Day, it’s a call to honor those timeless touches.

By Itchya Karki

Growing up, I watched my mother do a lot with very little. Her skin glowed not because of expensive products, but because of small rituals simple, effective, and full of love.

Here are a few timeless beauty and skin care tips passed down from my Nepali mother, perfect for anyone who may be juggling work, home, and self care

Besan and Dahi Face Pack

A natural exfoliator and brightener, this classic combination was a weekly ritual in many home. My mother used to mix besan (gram flour) with dahi (curd) and a pinch of haldi (turmeric) to cleanse and brighten her face something that I still do when I want an instant glow (make sure you do a patch test at home and make sure you are not allergic to anything) .

Mustard Oil Massage

Before almost every bath, we’d get a good tel malish

(oil massage) with mustard oil. It improves circulation, deeply nourishes the skin, and strengthens bones—a practice especially beneficial for new mothers. Actually not just for your body but for your hair too.

Sleep, Water, and Positivity

My mother always said, "Ramro nindra, dherai paani, ani ramailo mann yahi ho Ramro skin ko formula. It translates " Enough sleep, staying hydrated, getting proper rest, and staying positive still remain the most underrated glow secrets."

Minimalism Over Trends

Instead of jumping on every trend, my mother taught me to listen to my skin. A simple cleanser, natural moisturizer like aloe vera, and sun protection—even from the shade of a ghumto (shawl)—were enough.

Glow from Within

My mamu believed what you eat reflects on your face. Seasonal fruits, gundruk ko jhol, and haddi ko soup weren’t just food they were wellness tools that supported over all skin health. And now we know it’s full of nutrients and collagen.



Itchya Karki

The dynamic force behind Nepal's leading beauty brand, The Beauty Bar. With a passion for revolutionizing the beauty landscape, Itchya embarked on her journey in 2016 in Nepal, founding The Beauty Bar. She is a visionary, certified, and passionate aesthetician and skin consultant with an unwavering dedication to excellence.

MOM'S SOCIAL COMPARISONS TRAP

Breaking free from comparison begins with setting boundaries, limiting social media, and trusting your instincts. Celebrating your own parenting journey helps foster confidence and connection.

By Sneha Agrawal

How does constantly comparing yourself to other mothers affect your mental health? What psychological factors drive comparison in parenting? Constantly comparing yourself to other mothers can negatively impact your mental health, lowering your self-esteem, increasing anxiety, and potentially leading to burnout or depression. This tendency often arises from natural social comparison, perfectionism, fear of judgment, and unrealistic portrayals of motherhood, particularly on social media, as well as from family

members and society. Such comparisons can cause you to disconnect from your values, making parenting more stressful and less fulfilling.

How can parents break the cycle of comparison and embrace their unique parenting style? I believe that we are all human beings, and while it's common for people to compare themselves to others, it's important to remember that everyone is unique. We must also establish healthy boundaries so that comparisons do not affect us. Appreciating someone else's parenting style does not mean you are comparing yourself negatively.

It's easy to fall into the trap of striving for "perfect parenting." To combat this, consider limiting your social media use and focusing on what truly matters to you. Trust your instincts, embrace your unique parenting style, and surround yourself with supportive, non-judgmental individuals. Practicing self-compassion and celebrating small victories in your daily parenting journey can also provide motivation.

Remember, each child and parent are distinct, and there is no single correct way to raise a child. Have confidence in your parenting style, as this will help strengthen the bond between you and your child.

What is "mom guilt," and where does it typically stem from? Mom guilt is the emotional burden many mothers experience when they feel they are not meeting expectations, either their own or those of others. This feeling often arises from the challenge of balancing motherhood while facing pressure to be perfect. Common sources of mom guilt include societal expectations, comparisons with other moms (especially on social media), cultural or family beliefs about what constitutes a "good mother," struggles with work-life balance, and everyday parenting decisions like discipline, screen time, or self-care. At its core, mom guilt comes from a place of love, but if left unaddressed, it can lead to stress, burnout, and self-doubt.

What are some unhealthy ways mothers cope with guilt, and what are healthier alternatives? Mothers often cope with guilt in ways that may feel helpful in the short term but can be harmful in the long run. Unhealthy strategies include overcompensating

How It Affects Moms' Mental Health



(trying to do too much to make up for feelings of guilt), self-criticism, suppressing emotions, isolating oneself, and seeking external validation. These approaches can increase stress and diminish confidence.

Healthier alternatives include

- Practicing self-compassion.
- Setting realistic expectations.
- Reflecting on the sources of guilt.
- Talking to trusted individuals about feelings and prioritizing self-care.

These strategies help build resilience and emotional balance, ultimately supporting a more confident parenting journey.

How can partners and families support mothers in their self-care journey?

Partners and families play a significant role in supporting mothers, provided they are willing to take on this responsibility. Parenting is not solely the mother's duty; others can help by taking on childcare responsibilities, allowing her some time for herself. Instead of comparing her parenting style to others, it's important to understand and appreciate her unique approach. Encouraging her to carve out time for self-care without instilling guilt is essential. Listening to her without judgment and promoting rest can also help her feel supported.

What role does community play in either fueling or reducing motherhood guilt?

Community plays a significant role in shaping feelings of motherhood guilt. It can either increase these feelings or help alleviate them, depending on the surrounding environment. Judgment, pressure to conform, and idealized images of parenting can intensify feelings of guilt. In contrast, supportive, empathetic, and non-judgmental communities can help mothers feel understood, less isolated, and more confident in their choices. It's important not to seek validation for parenting decisions from the community. Every parent and child is unique, and everyone's parenting journey is different.

How can motherhood affect a woman's sense of identity, and how can she reconnect with who she is beyond being a mother?

Motherhood can significantly reshape a woman's identity. While it brings love and meaning, it can also blur or overshadow other aspects of who she is. Many women feel they lose touch with their interests, goals, or even their sense of self as they prioritize their child's needs.

How does a mother's emotional health influence her child's emotional development?

This is my favorite question. A mother's emotional health has a significant impact on a child's emotional development. I'd like to share an example from my journey as a mother. My son wanted me to stay with him during his extra classes. While other parents would drop

off their kids and leave, I was the only one who stayed. I noticed that on days when I felt cranky or upset, my child's mood mirrored mine; he would also be unsettled. Conversely, on days when I was calmer, he seemed calmer as well. Just think about it—if one day of our emotional behavior can influence their mood, imagine the overall effect we can have on their development.

I'm not suggesting that we should never feel angry or upset; rather, it's important to focus on repairing any emotional disturbances afterward. This approach can help our children maintain healthy emotional well-being.

What mental filters can mothers use when consuming parenting content on social media?

Mothers can benefit greatly from using mental filters when engaging with parenting content on social media. These filters help protect emotional well-being and maintain realistic perspectives. Some mental filters can be:

- Highlight Reel Filter – Remember you're seeing curated moments, not the full picture.
- Comparison Filter – Don't compare your life to others' highlights.
- Values Alignment Filter – Only take in advice that fits your parenting values.
- Credentials Filter – Be cautious of unqualified advice.
- Emotional Impact Filter – Notice how content makes you feel and why.
- Perfectionism Filter – No one is a perfect parent.

- Context Filter – Posts often leave out the hard parts of parenting.

These filters help keep perspective and reduce guilt, pressure, and unrealistic expectations.

Can guilt ever be a helpful signal rather than just a negative emotion?

Guilt can be a useful signal when it is proportional and aligns with your values. It serves as a reminder that something is important to you and prompts reflection or change. When handled constructively, guilt can inspire growth, accountability, and connection. This includes actions like apologizing, changing behavior, or reaffirming the kind of parent or person you aspire to be. Healthy guilt fosters growth, while toxic guilt can be draining.



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.

 **SWITCH TO**
WORLDLINK



Wi Fi EXPRESS

अब घरमा

पनि Wi-Fi !

**घर बाहिर पनि
Wi-Fi !**

For More Information

Dial: 01-5970050 | 9801523050 www.worldlink.com.np | facebook.com/wlink.np

FOOD.



C O O K I N G U P CARE

The Emotional Recipe of Motherhood

Motherhood is about more than just raising children — it's about showing love in many small ways every day. One of the strongest ways mothers care for their families is through food. A home-cooked meal often carries more than just taste; it carries comfort, memories, and love. In this article, we look at how cooking becomes a special part of motherhood, creating bonds and lasting feelings that stay long after the meal is over.

In Nepal, motherhood is closely tied to the kitchen, where cooking is not just about filling the stomach but about sharing love, traditions, and ancient wisdom. For generations, Nepali mothers have prepared foods like jaulo (a soft rice and lentil porridge) to heal and strengthen, believing it to be easy on the stomach and full of life-giving energy. Gundruk (fermented leafy greens) is another age-old food, rich in probiotics, made to preserve nutrition for harsh winters. Even simple meals like dhido (a thick, wholesome porridge made from millet or buckwheat) reflect deep knowledge — offering strength and warmth, especially in cold

mountain regions. In every dish, there is a story — of health, survival, patience, and love passed down through generations. This article explores how Nepali mothers, through food, continue to nurture not just bodies, but also the spirit and wisdom of the past.

In many Nepali homes, the kitchen is like a small Ayurvedic clinic, where food is used as the first form of healing. Mothers instinctively know how to balance health through everyday meals. A bowl of jaulo is often given when someone is sick, combining warm rice, lentils, a little ghee, and mild spices to support digestion and recovery — following the ancient Ayurvedic belief that simple, warm foods help kindle the digestive fire (agni). Gundruk, with its natural fermentation, boosts gut health and immunity, reflecting old wisdom about the importance of good digestion. Dhido, made from grains like millet and buckwheat, is rich in minerals and is believed to build stamina and ground the body, especially useful for those living in the hills.

Through these foods, Nepali mothers have quietly practiced the essence of Ayurveda — balancing elements like warmth, strength, digestion, and energy — without needing textbooks or clinics. Their hands carry centuries of knowledge, showing that true health starts at home, one meal at a time.

How to Make Nepali Recipes Modern Yet Connected to Their Roots — and Keep Them as Everyday Medicine

Modernizing Nepali recipes doesn't mean forgetting tradition. It means respecting the soul of the dish while making it a little lighter, quicker, and sometimes more playful for today's kitchens. The key is to stay connected to why our ancestors cooked these foods — not just for taste, but also for healing, warmth, and strength.

To keep that connection strong, we can use easy, affordable home ingredients — the same simple spices and foods found in every Nepali kitchen:

- Turmeric (besar) – natural anti-inflammatory and immune booster
- Cumin (jeera) – improves digestion and balances the stomach
- Ginger (aduwa) – warms the body and fights colds
- Garlic (lasun) – strengthens immunity and reduces inflammation
- Fenugreek seeds (methi) – helps with digestion and balances blood sugar
- Coriander seeds and leaves (dhaniya) – cooling and calming for the body
- Timur (Nepali Sichuan pepper) – stimulates digestion and clears the sinuses
- Mustard oil (tori ko tel) – warming, antibacterial, and deep-rooted in Nepali cooking
- Buckwheat flour (phapar) – rich in fiber and minerals, perfect for energy and gut health

Example: How to Modernize but Stay Rooted

- Instead of slow-cooked heavy jaulo, make a light turmeric-infused quinoa jaulo with a sprinkle of roasted jeera powder — faster, still soothing, but now lighter and richer in protein.
- Instead of deep-fried snacks, create air-fried or oven-baked sel roti chips flavored with a hint of cardamom and cinnamon — keeping the memory alive but easy for modern health needs.
- Turn old gundruk soup into a gundruk and millet grain bowl, tossed lightly with local herbs and a cumin-lemon dressing — perfect for city life but still packed with the same old probiotics and nutrition.



ONE-DAY NEPALI MEAL PLAN FOR MOTHER'S NOURISHMENT

MORNING

- Warm Aduwa-Besar-Lasun Water (Ginger-Turmeric-Garlic water) [Gently detoxifies, warms the body, boosts immunity.]

BREAKFAST

- Phapar ko Dhido (light buckwheat porridge) with a small spoon of gheu (ghee)
- Chiya (light tea) with a pinch of timur (Sichuan pepper) for energy and digestion support.

MID-MORNING SNACK

- Til ko Laddu (sesame energy ball) [Rich in calcium and good fats for bone and hormone health.]

LUNCH

- Mas ko Dal (black lentil soup)
- Brown rice or kodo (millet) rice
- Seasonal green saag (spinach or mustard greens) lightly sautéed in mustard oil with methi (fenugreek seeds).
- Tomato achar (fermented or fresh) for extra probiotics and vitamin C.

AFTERNOON SNACK

- A small bowl of Kwati (sprouted bean soup) with cumin and ginger. [Protein-packed and easy to digest, energizes tired bodies.]

DINNER

- Thukpa (warm noodle soup) with plenty of vegetables, a little chicken or egg if needed.
- Add turmeric, cumin, coriander, and a small dash of timur for flavor and digestion.

Before Bed

- A warm glass of milk infused with a pinch of turmeric and nutmeg (jaiphal) for restful sleep and body recovery.

TINY NOTES TO REMEMBER:

- Keep the food warm, light, and nourishing — not too heavy, oily, or fried.
- Add a little ghee here and there — it strengthens joints, hormones, and digestion.
- Use seasonal and local vegetables — they carry the best healing energy according to Ayurveda.

The Spirit Behind It

Nepali cooking is not just about the plate. It's about using food as natural medicine, using what's seasonal, what's affordable, and what heals the body and mind. Keeping recipes rooted means keeping their intention — to balance, to nourish, and to connect — even if we make them a little lighter, faster, or more colorful today.

Foods That Nourish a Mother's Health in Nepali Homes

Mothers give so much of themselves every day — and food plays an important role in keeping them strong, energetic, and emotionally balanced. In traditional Nepali homes, certain foods have always been known to support a mother's body, mind, and recovery after childbirth or during times of exhaustion.

Here are some everyday Nepali foods that nourish a mother's health:

- Gudpak (a rich sweet made of khuwa, ghee, nuts, and spices) — strengthens the body, supports recovery after childbirth, and gives lasting energy.
- Thukpa (noodle soup with vegetables and sometimes meat) — comforting, easy to digest, and full of warmth and hydration.
- Kwati (mixed sprouted bean soup) — packed with protein, iron, and fiber to boost energy and blood strength.
- Gundruk ko Jhol (fermented leafy soup) — improves gut health, digestion, and provides natural probiotics.

- Til ko Laddu (sesame seed sweets) — rich in calcium and healthy fats, supporting bone strength and hormonal balance.
- Aduwa, Besar ra Lasun ko Jhol (ginger, turmeric, and garlic broth) — natural antibiotic, helps fight fatigue, inflammation, and body aches.
- Phapar ko Dhido (buckwheat porridge) — high in minerals, fiber, and perfect for stamina, especially during winters.
- Mas ko Dal (black gram lentil soup) — excellent for rebuilding strength and keeping joints healthy.

Why These Foods Matter

In old Nepali wisdom, food for mothers was never heavy or complicated. It was about giving strength, warmth, blood health, good digestion, and peace of mind. Every ingredient had a reason — whether to build back after childbirth, protect against the cold, or simply to refill the endless energy mothers give away every day.

Here's a simple one-day meal plan based on Nepali home food, designed to nourish a mother's health — keeping tradition, ease, and Ayurvedic balance in mind:

The Deep Connection Between Motherhood, Food, and Health

The food a mother consumes is not just about filling the stomach, but about nourishing her body, mind, and spirit. In every meal, there lies an opportunity to fortify her health, to support her energy, and to ensure long-term vitality. For a mother, food is medicine — it helps heal from the physical demands of pregnancy, childbirth, and the daily



Ayurvedic Kitchari

INGREDIENTS:

- 1/4 cup split yellow mung dal (lentils)
- 1/4 cup basmati rice (or quinoa for a gluten-free option)
- 1 tbsp ghee (gheu)
- 1/2 tsp cumin seeds
- 1/4 tsp turmeric powder (besar)
- 1/4 tsp ginger powder (or fresh ginger, finely grated)
- 1/4 tsp coriander powder
- 1/4 tsp fennel seeds (optional, for soothing digestion)

- 4 cups water (or vegetable broth for added flavor)
- Salt to taste (preferably rock salt or Himalayan pink salt)
- Fresh cilantro (coriander) leaves for garnish (optional)

Instructions:

- Rinse the Rice and Dal: Wash the rice and mung dal together under cold water until the water runs clear. This helps remove excess

starch and improves digestion.

• Prepare the Kitchari:

- In a medium-sized pot, heat 1 tablespoon ghee over medium heat.
- Add cumin seeds and let them sizzle for about 30 seconds. This releases their natural flavor.
- Add ginger powder, turmeric powder, coriander powder, and fennel seeds (if using). Stir for about 1 minute to release

the aroma of the spices.

• Cook the Rice and Dal:

- Add the rinsed rice and mung dal to the pot. Stir for a minute to coat the grains and lentils with the spices.
- Pour in the 4 cups of water (or vegetable broth for more flavor) and bring it to a boil.
- Reduce the heat to a simmer and cook for 25-30 minutes, or until the rice and dal are soft

and well-cooked. Stir occasionally to prevent sticking.

• Season:

- Add salt to taste and stir the kitchari.
- If you like, garnish with fresh cilantro leaves to add a refreshing flavor.

• Serve:

Serve warm. You can enjoy this dish as a complete meal or pair it with a side of steamed vegetables for extra nourishment.



Ayurvedic Golden Milk (Haldi Doodh)

INGREDIENTS:

- 1 cup milk (or plant-based milk like almond or oat milk)
- 1/2 tsp turmeric powder (besar)
- 1/4 tsp black pepper (optional, enhances turmeric absorption)
- 1/2 tsp ghee (gheu) (optional but highly

beneficial for digestion)

- 1/4 tsp cinnamon powder (optional, adds warmth and balance)
- 1-2 tsp honey (optional, for sweetness)

Instructions:

- In a small saucepan, add the milk and gently

heat over medium-low heat.

- Add the turmeric powder, black pepper, and cinnamon powder (if using) to the milk, stirring well to mix.
- Once the milk is warm (not boiling), add the ghee and stir. Ghee adds richness and

helps balance the digestive fire.

- Let it simmer for 3-4 minutes. If you're using honey, add it after removing the milk from heat to preserve its natural benefits.
- Pour into a cup and enjoy warm.

physical and emotional work of motherhood. In the long run, what a mother eats directly impacts her mental clarity, emotional stability, immunity, and overall wellness.

Ayurveda teaches us that food is one of the strongest ways to maintain health and prevent disease. The concept of sattvic (pure) food — fresh, wholesome, and balanced — is at the heart of Ayurvedic healing. When mothers eat foods that are aligned with nature's rhythms and support their body's natural processes, they not only heal themselves but also help balance their environment, leading to long-term health and well-being.

Ultimately, the nourishment mothers receive from the foods they prepare and consume is crucial — not only for their own health but for the well-being of their families. By understanding and honoring the medicinal power of food, Nepali mothers continue to pass on more than just recipes — they pass on a legacy of health, love, and wisdom.



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.



neststyle
SARI | KURTI | CASUAL WEAR

Ekantakuna, Lalitpur
Insta: nest_stylektn
FB: Nest Style KTM
9801051757



Sardine in Olive Oil

Rs. 845



Imagine the sky over Boudhanath turns golden as the sun begins its gentle descent. You're seated at La Casita, a crisp glass of white wine in hand, the peaceful dome of the Stupa in view.

And then it arrives, 'Sardine in Olive Oil', La Casita's special addition. Small in size but bold in flavor, Sardines are small, oily fish known for their tender texture and rich, savory taste, packed with omega-3s and essential nutrients. While the name "sardine" comes from the island of Sardinia, it's Spain that turned them into a culinary masterpiece. Each tender, savory bite tells a tale of coastal kitchens and sun-soaked markets, where sardines are more than just fish, they're a beloved tradition—now can be enjoyed in Boudhanath.

Best enjoyed with toasted bread or a crisp glass of white wine, especially while watching the magnificent Langtang Range and the serene Boudhanath Stupa. It's not just tapas; it's a moment, a memory, a little escape, served fresh at La Casita.

Enjoy classic Spanish tapas paired with a stunning view of the Boudhanath Stupa at La Casita. From vibrant Paella to a refreshing glass of Sangria, our menu brings you the rich, authentic taste of Spain—crafted with premium ingredients and served with warm Nepalese hospitality. Every bite is a celebration of Spanish culinary tradition in the heart of Kathmandu.

LA CASITA
DE BOUDHANATH
SPANISH TAPAS BAR & RESTAURANT

La Casita De Boudhanath
Boudha, Kathmandu
T: +977 980-2399197

Baked Trout

Rs. 1125



In the vibrant culinary landscape of Kathmandu, The Society: Fine Dining Redefined stands as a beacon for those who seek more than just a meal — an experience that blends flavor, presentation, and ambiance with precision. The Society invites you to discover one of its most talked-about creations: Baked Trout.

This signature dish is crafted for the refined palate. A whole trout, delicately marinated in bold Thai spices, is oven-baked to perfection, allowing its natural tenderness and flaky texture to shine. The fish is then elevated with a drizzle of our house-made lemon butter sauce — a vibrant, citrusy finish that adds richness and balance to every bite.

To complete the experience, the trout is plated with a thoughtfully curated selection of sides: a warm and comforting baked potato, lightly grilled broccoli that retains its natural crunch, and a fresh garden salad that refreshes your palate throughout the meal. It's a plate that satisfies — light yet indulgent, familiar yet full of global flair.

Whether you're celebrating a special occasion, hosting clients, or simply indulging in a solo treat, this dish embodies thoughtful flavors and meticulous presentation.

The Society
FINE DINING REDEFINED

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

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.

A Sip around the World

COFFEE TASTING EXPERIENCE AT REFUEL, ALOFT

Sip of coffee from around the World at Refuel, Aloft was a sensory journey through nine global coffee varieties, each revealing distinct flavors and stories. From Colombia's rich chocolatey notes to Ethiopia's floral spice, this curated tasting offered a flavorful passport for every coffee enthusiast.

By Malika Joshi



There's something special about discovering flavors from around the world in a single sitting—and that's exactly what my recent visit to Refuel at Aloft offered. Nestled within the chic and vibrant ambiance of Aloft, this experience wasn't just about drinking coffee; it was about exploring stories brewed from global soils.

The tasting included nine distinct varieties of coffee, each with its own origin, character, and complexity. It was a curated journey, that took me across continents—from the highlands of Ethiopia to the mountains of Colombia and beyond.

The tasting kicked off with La Ermita from Colombia, boasting bold notes of cashew, caramel, dark chocolate, and a surprising hint of prune. Smooth and comforting, it was a delightful introduction.

Next came Colombia La Palmera, a natural-processed gem bursting with red fruits, caramel, cacao nibs, and a nutty base—almost like dessert in a cup.

Ethiopia Yirgacheffe brought an aromatic twist to the table. Its honeyed sweetness paired with floral and spicy notes made it a vibrant, uplifting sip, transporting me straight to the birthplace of coffee.

The El Salvador Bourbon stood out with an unusual but pleasant citrus medley—nutty orange, grapefruit, caramel, and even a touch of lychee. It was crisp and refreshing, a perfect palate cleanser mid-tasting.



The journey continued with Colombia 100% Arabica Beans, a classic yet satisfying profile of nuttiness, chocolate, and a caramel undertone that brought familiar comfort.

In contrast, Ethiopia's Arabica offered an elegant mix of red grapes, black tea, and toffee—light, fragrant, and delicately layered.

Then came the Kenyan Arabica, vibrant and bold with raspberry, floral, and cranberry notes. It danced on the tongue with a zingy

acidity and made a strong impression.

Nicaragua's Arabica felt warm and grounded, with stone fruits, vanilla, nutty richness, and caramel smoothness—like a cozy hug in a cup.

Finally, Brazilian Arabica wrapped up the tasting on a sweet and fruity note, rich with plum, blackberry, cherry, and caramel—a dessert-like finish that left a lasting impression.

This immersive experience not only deepened my coffee knowledge but also revealed how origin, altitude, and processing shape the flavor. Refuel at Aloft has created more than a coffee bar—it's a destination for the curious palate.

For any coffee lover or adventurous sipper, this is an experience worth brewing into your plans.

Flavors of Kathmandu

A DINNER JOURNEY YOU CAN'T MISS

Kathmandu is a culinary haven offering a diverse range of dinner options. From rich traditional flavors to global favorites and creative fusion dishes, the city's dining scene has something for every palate. Embark on a flavorful journey where each meal is an experience to remember, no matter where you choose to dine.



HAM & CHEESE CROISSANT

VIVI Kathmandu, Next to Last Resort, Mandala Street 26

Layered with smoked ham, cream cheese, and sliced cheese
Price- 650/-



GRILLED CHICKEN

Cafe Cheeno, Krishna Galli Marg, Lalitpur

Grilled Chicken with Sauté Vegetables, Parsley Potatoes and Brown Sauce.
Price: Rs: 875



JAMAICAN JERK PORK CHOP

Me So Hot, Sanepa, lalitpur

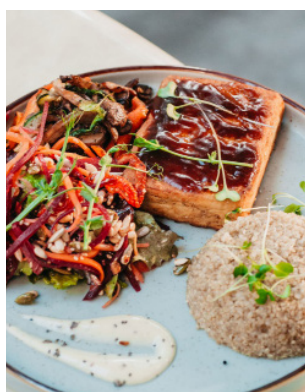
Grilled pork chop marinated in spicy jerk seasoning, with bold flavour of all spice, thyme and peppers with jalapenos potatoes.
Price: Rs. 2200



NASI LEMAK

Fu Asian, Holiday Inn Express, Gahana Pokhari Marg

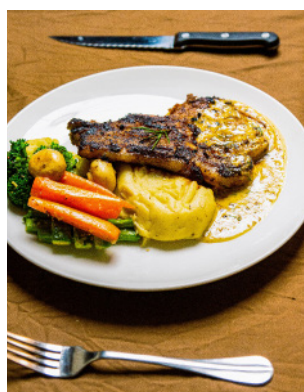
Experience the perfect bite of Nasi Lemak—savory chicken, crispy anchovies, spicy sambal, and fragrant coconut rice.
Price: Rs. 1745



TOFU STEAK

House 5, Jhamsikhel

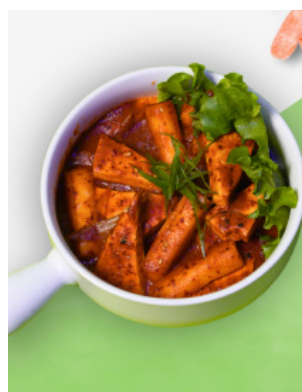
Tofu Steak: Marinated tofugu steak with roasted vegetables.
Price: Rs. 700



PORK CHOP

1995 suites and restaurants, Naryanchaur, Naxal

Pork Chop: Slow cooked herbs marinated pork chop served with mustard cream sauce, mashed potato & sautéed vegetables. Price: Rs. 1397



TTEOKBOKKI

Korean Kini, Basantapur

Tteokbokki (Korean Spicy Ricecake): Korean Kini's special Tteokbokki: chewy rice cakes in spicy gochujang sauce with veggies, and love in every bite! Price: Rs. 475



THE ITALIAN TRIO

Road House Cafe, Bhatbhateni

The Italian Trio: Savor The Essence Of Italy, One Bite at a Time. Price: Rs.1450

CLC BLOCK

CELLULAR
LIGHTWEIGHT
CONCRETE
BLOCK

CLC BLOCK

CLC is condensed form of Cellular Lightweight Concrete. Also known as Foamed Cement or Light Weight Concrete worldwide with its greater advantages from past 60 years. It is prepared from a precise mixing of cement, sand, foam, water and other additives for accurate mixing without altering its original chemical and physical properties.

NEST CLC BLOCK

Nest CLC Block is manufactured with European technology and with German chemicals, which are developed especially for the building material industry. So it possess unrivalled technical properties and physical characteristics.



LIGHT IN WEIGHT
Nest Block are three times less weight than clay and concrete blocks.



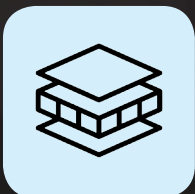
ECO FRIENDLY
Environment-friendly. The production process of Nest Block or its use does not release any harmful effluents to ground, water or air.



FIRE RESISTANCE
Nest Block offers great fire protection. Fire rating of cellular concrete is far superior to that of brickwork or dense concrete.



EASY TO HANDLE
Nest Block can be easily sawn, carved, nailed or drilled using ordinary tools.



THERMAL INSULATION
Wide range of Nest Block density gives the builder multiple options for finding the most practical & economical solution.



SOUND INSULATION
Extensive range of Nest Block density offers effective, proven & cost-effective solution to acoustic performance.



MATERIAL SAVINGS
Saves cement, sand & labor cost. Also saves steel cost if building is designed by considering light weight block.



LOWER WATER ABSORPTION
Nest Block contains millions of closed cells which resist moisture and water from passing through it.

RAW MATERIALS



CEMENT



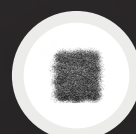
WATER



SAND



FOAMING AGENT



ADDITIVES



PARENTING.

How We Can Walk Each Other Home

A Mother's Embrace

In *A Mother's Embrace*, Ganga Gurung shares powerful lessons learned from walking beside hundreds of mothers — especially those raising children with unique needs. Through presence, community, and small everyday acts, we're reminded that motherhood is not meant to be walked alone, but hand in hand.

By Ganga Gurung

I am yet to know how motherly love feels like, but I am a clinician working with more than 500 children and families. And my love for them is of its own kind. I converse with tens of mothers daily, sharing laughter and sorrows, and one thing I have observed is that there's a quiet wisdom that passes between mothers — an unspoken connection formed through sleepless nights, endless diaper changes, scraped knees, first words, and final bedtime kisses. It's the kind of bond that doesn't need explaining. A nod at the park. A tired smile at school pickup. A glance that says, "I get it."

But within this vast and beautiful world of motherhood, some walk a more complex path. Mothers of children with additional needs — whether physical, developmental, or neurological — often face challenges that others might not fully see. These mothers walk a road lined with therapy appointments, specialist visits, long waitlists, and decisions that feel too big for one heart to hold. They carry not only the everyday joys and worries of parenthood but also the invisible weight of navigating a world not always built for their children.

And yet, what these mothers need most might not be answers or sympathy — but community. They need the embrace of other mothers, even those who don't share their path, but are willing to walk beside them anyway.

"It takes a village to raise a child — but it takes a sisterhood to raise a mother."

Begin with Presence, Not Pity

It begins with listening — truly listening. Not the kind of listening that waits to respond, but the kind that holds space. Many mothers of children with additional needs are met with constant advice: "Have you tried this therapy?" "Maybe it's just a phase." "I saw a video that cured autism with a diet." These words, while often well-intended, can feel dismissive. Instead, what makes a difference is presence — simply being there and allowing her to be honest, raw, even exhausted. Sometimes, all a mother really needs is to be heard without interruption or solution.

Ask With Curiosity, Not Caution

There's also beauty in asking questions — when done with gentleness. Not, "What's wrong with your child?" but, "Would you like to share what helps your child feel most comfortable?" Questions rooted in respect can open doors to deeper understanding. When we approach one another with curiosity instead of judgment, we build bridges instead of walls.

Inclusion Is a Beautiful Gesture of Love

Another quiet but powerful form of support is inclusion. Too often, mothers of children with additional needs are quietly left out — of playdates, birthday parties, family gatherings — not out of cruelty, but out of uncertainty. "What if the child has a meltdown?" "What if we don't know how to help?" But inclusion doesn't require perfection; it just requires effort. A simple message like, "We'd

love to have you — is there anything we can do to make the space more comfortable for your child?" can mean the world.

Support Through Deeds, Not Just Words

Sometimes, it's the little things — practical gestures — while encouragement matters, action carries it further. A homemade meal dropped off on a therapy day. Watching a sibling during an appointment. Sending a voice note that says, "You are doing incredibly well, even if it doesn't feel like it today." These small acts of service become lifelines in moments of overwhelm. These gestures say: I see how much you're carrying — let me lift a little of it with you.

Even small efforts — a warm cup of tea, a message that says "You're doing amazing" — can be a balm to a tired spirit.

Use Your Voice to Make Room for Hers

And for those who have a platform — whether in schools, online, or in community spaces — using that voice to advocate matters deeply. Share inclusive stories. Normalize neurodiversity. Stand up when someone jokes at a child's expense. When we speak up, we help create a world where children of all abilities are seen, and their mothers are supported, not sidelined.

Celebrate the Small Victories Loudly

Most of all, let us celebrate together. Progress for a child with additional needs doesn't always come in predictable packages. A first word at age five. A calm haircut after years of

screaming. A shared smile. These are mountains moved in tiny shoes, huge victories, hard-earned and deeply cherished. Celebrating them is not just about joy; it's about dignity.

Every child — and every mother — deserves to feel proud of how far they've come. Celebrate them. Cheer for them. Share in the joy of their triumphs.

At its heart, motherhood is not a competition or a solo journey. It is a shared experience, a circle of strength where one mother's hand can steady another. The mothers raising children with additional needs are not looking for pity. They are looking for allies. Companions. Listeners. Friends.

Because in the end, the most powerful kind of motherhood isn't just the one that nurtures children — it's the one that raises each other.



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 (ICAOT) 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.

MOTHER

THE MANY SHADES OF A

Motherhood is a journey filled with countless shades of love, strength, and silent devotion. Through this article, I share a piece of that journey, seen through the eyes of a daughter, a mother, and a teacher.

By Neeta Shrestha

A mother is not just one person. She embodies a world of emotions, strength, love, and quiet sacrifices. From the moment life begins in her womb, she starts to give her time, energy, dreams, and heart not because she has to, but because she wants to.

Motherhood isn't just about giving birth; it's much more than that. It is about how someone shows up when you need them, listens without judgement, and stands beside you even when you try to push them away. It is all about unconditional love.

Each season of motherhood brings something new. There are days filled with joy: watching your child learn to walk, hearing them speak their first words, seeing their dreams take shape. And then there are the quieter seasons. The ones filled with worry, long silences, and hopes

whispered in prayers. Your heart stays with them.

Today, as a mother to a 26-year-old son who lives in the United States, and a daughter to me 79-year-old mother in India, I find myself standing between two generations, carrying them wisdom and resilience with me daily. Now, I have realized that no matter how many years have gone by and how many miles lie between us, the bond between a mother and child only deepens- it never fades.

My mother was not just a homemaker; she raised us with love while finding ways to support our family. Her hands were always busy, but her heart was always present. She never spoke

about her silent acts of giving. And, I understand what it means to love so fully and quietly, giving without being asked, and remaining steady even as the world around you changes.

From her, I have learnt what motherhood means. I have taken that lesson with me into my journey as an educator. I have been a teacher all my life. I have taught hundreds of students, watched them grow from childhood into adults, and feel proud every

time they come back to tell me that I have made a difference in their lives. They stay connected with me to say they remember my words of encouragement and my belief in them. Moments such as these have been one of the greatest joys of my life.

But even as I gave myself to my work, I never stopped being a mother at home. I took good care of my son even during my busy hours. And now, even with oceans between us, I still call, check in, and listen when he's had a long day.

Motherhood has taught me that we grow alongside our children. We adapt, we learn when to let go and when to hold on. Each stage of their growth brings us new lessons. Motherhood carries a hidden weight. It involves emotional labor, a never-ending checklist, and the selfless giving done silently, without asking for anything in return. Whether at work or home, she carries responsibility. And yet, she keeps going.

We see these other mothers around us: grandmothers raising grandchildren, teachers ensuring their students' safety at school, friends stepping in with helping hands when life becomes too difficult to cope

with. Their love may not carry a title, but it lingers with us forever.

What stays constant is the lesson a mother leaves behind. She provides strength, even in the face of exhaustion. She teaches how to rise again when life pushes you down. This is the resilience I have acquired from my mother.

Motherhood today takes many forms, whether it's about balancing demanding careers or dedicating oneself wholeheartedly to the home. Each story is unique, and each deserves respect and celebration. It is a journey of the heart that deserves honor every single day.

Modern motherhood also comes with new challenges- juggling responsibilities, societal expectations, and often the pressure of "being perfect." Learning to be kind to oneself, accepting help, and letting go of the need for perfection can make the journey lighter and more joyful. "In essence, motherhood is not defined by perfection, but by presence - being there in both small and big ways, offering warmth, wisdom, and love."



NEETA SHRESTHA is a passionate parenting educator dedicated to creating positive impacts in Children's lives through parenting education. She is a certified facilitator of the International Child Development Programme (ICDP) and an esteemed member of Smart Parenting Nepal. In addition, she serves as the Principal of Nawaneet Toddlers' Zone, Kuleshwor, where she fosters early childhood development with care and expertise.

HOME.

Shield Your Shelter

Monsoon showers bring life to the outdoors, but they can wreak havoc indoors if your home isn't ready. In this article we share few rain-proofing strategies, including gutter maintenance, sealing leaks, and using anti-skid mats, to ensure a cozy, leak-free rainy season.

While it's not officially monsoon, rain has already rolled in with its soothing sounds and lush greenery. While it comes with a charm to dust away the city, it also brings along the not-so-pleasant side of leaking roofs, damp walls, and slippery floors. Preparing your home to face the rain is essential to maintain both comfort and safety. Here are some practical rain-proof solutions that every homeowner should consider.

Waterproofing Walls and Roofs

The first and most crucial step is to check for any cracks or gaps in your walls and roof. Apply waterproof coatings or sealants to prevent seepage. Roofs are particularly vulnerable during heavy rainfall, so investing in quality waterproofing membranes or bituminous sheets can go a long way in protecting your interiors.

Gutter Maintenance

Clogged gutters are one of the main reasons behind water overflow and seepage. Before the rains begin, clean your gutters and downpipes thoroughly to ensure smooth

drainage. Install mesh guards to prevent leaves and debris from accumulating.

Seal Doors and Windows

Check all door and window frames for gaps or broken seals. Water can easily seep through these small spaces,

leading to damp interiors. Use silicone-based sealants or weather-stripping tape to block entry points for rainwater.

Anti-Skid Flooring and Doormats

Rainwater can make floors dangerously slippery. Use

anti-skid mats in entryways, bathrooms, and kitchens. Outdoor doormats can also absorb moisture and reduce the amount of water tracked indoors.

Temporary Awnings and Canopies

Install awnings or canopies over windows, balconies, and doorways. These structures can significantly reduce direct rainfall impact and protect entry points.

Indoor Humidity Control

Rain can increase indoor moisture levels, leading to mold and musty odors. Use a dehumidifier or place moisture absorbers like baking soda or charcoal in damp-prone areas like closets and storage rooms.

A little preparation can save you from major repair costs and discomfort. With these simple rain-proof solutions, you can enjoy the monsoon season without worrying about leaks or dampness. After all, a dry and cozy home makes rainy days much more enjoyable.





Experience Luxury
SILK
Finish



Designing for Wellness

HOW YOUR HOME CAN HELP YOU HEAL

In a fast-paced world, your home can be more than just a place to live—it can be your sanctuary. Through small, intentional design choices like letting in natural light, adding calming colors, and decluttering, you can create a space that supports your well-being. Thoughtful touches turn everyday corners into moments of peace, helping your home feel like a warm, healing hug

By Adishree Shrestha

Life moves fast. Between work, family, and the endless to-do lists, it's easy to feel stretched thin. But what if your home could do more than just shelter you? What if it could actually help you feel better?

Turns out, it can.

We've all had those days when walking into a quiet, sunlit room instantly lifts our mood, or sinking into a cozy chair with a soft blanket makes the world feel a little kinder. That's no accident—it's the power of thoughtful design. And

the best part? You don't need a fancy budget or a full renovation to make your home a haven. Small, intentional changes can transform how your space feels—and how you feel in it.

Let the Light In

Ever notice how a gloomy room can make everything feel heavier? Natural light is like a reset button for your mind. Open those curtains, move furniture away from windows, or add a mirror to bounce light around. If your space doesn't get much sun, warm-toned lamps (especially ones with dimmers) can create a

similar soothing effect as daylight fades.

Colors That Comfort You

Colors aren't just for looks—they shape how we feel. Soft blues and greens can slow a racing mind, while warm neutrals (think creamy whites, soft grays) make a room feel like a deep breath. Love bold colors? Use them as accents—a vibrant throw pillow or artwork—while keeping the main palette calm.

Little Corners of Calm

You don't need a whole "zen room" to carve out peace. A chair by the window for coffee breaks, a

small shelf with a candle and a plant, or even a tidy nook with a fluffy rug can become your go-to spot to pause and recharge. It's not about the size—it's about having a place that feels like yours.

Bring the Outside In

Plants aren't just pretty—they clean the air and remind us of life beyond screens. Even a single succulent or a vase of fresh flowers can soften a room. Wood, woven baskets, or stone accents add warmth, making your space feel grounded and alive.



Less Clutter, More Ease

A cramped room = a cramped mind. You don't have to embrace minimalism, but clearing the visual noise (junk drawers, overcrowded shelves) helps. Keep what you love, store what you need, and let surfaces breathe. A tidy home isn't

about perfection—it's about making room for you.

Soften the Edges

Wellness isn't just visual—it's what you *hear, touch, and smell*. A soft rug underfoot, a cozy throw blanket, gentle music, or the scent of lavender can turn a house into a sanctuary. These tiny details quietly signal to your body: You're safe here.

Fill It with What Feels Like You

The most healing homes aren't magazine-perfect—they're lived-in and loved. That mug from your favorite trip, the quilt your grandma made, the books that feel like old friends—these are the things that make your space yours. Wellness design isn't about trends; it's about creating a home that helps you exhale.

At the end of the day, your home should feel like a hug. Not a showroom, not a Pinterest board—just a place where you can *be*. And sometimes, that's the best healing of all.

What's one small change you could make today to help your home feel more like a sanctuary?

SUPER LUXURY
INTERIOR EMULSION





Spirit of Nepal Collection

B Y P R I M E T I L E S

What inspired the Spirit of Nepal Collection-2025?

The Spirit of Nepal Collection captures the essence of Nepal with authentic, culturally inspired ceramic tiles. Made in Rautahat using Italian SACMI HD printing, they blend tradition with modern design. In collaboration with Nepali artists, textile experts, and geologists, the tiles feature exclusive designs inspired by Mithila and Paubha art, Dhaka patterns, and local stones—honoring heritage while promoting local craftsmanship and self-reliance.

Can these tiles be used in both traditional and modern home settings?

Absolutely, The Spirit of Nepal Collection 2025 by Prime Tiles blends tradition with modern design. Inspired by Mithila and Thangka art, Dhaka patterns, and Godavari marble, these tiles bring authentic Nepali aesthetics to both heritage and contemporary spaces—celebrating cultural identity with style and elegance.

What quality or durability features set these tiles apart?

- Prime Tiles are designed for durability, making them perfect for both homes and high-traffic commercial spaces with excellent resistance to wear and tear.
- With minimal water absorption, our tiles offer superior protection against moisture damage.
- Our tiles resist scratches and abrasions, retaining their pristine appearance over time.
- We follow sustainable practices, ensuring our tiles are environmentally responsible.

How are these tiles in terms of maintenance and weather resistance?

- Smooth, vitrified surfaces resist stains—just wipe or mop to keep tiles looking new.
- It can withstand monsoons, dry winters, and temperature swings without cracking or mold.
- Colors stay vibrant even with prolonged sun exposure—perfect for exteriors.
- Resistant: Tough surfaces maintain their finish in high-traffic and high-use areas.

What areas of the home are these tiles best suited for (e.g., exterior walls, kitchens, patios)?

Prime Tiles are crafted for both beauty and functionality, making them perfect for a variety of home applications:

- Kitchens: Stain-resistant and easy to clean, with vibrant designs that uplift your cooking space.
- Bathrooms: Anti-slip and low water absorption tiles ensure safety and style.
- Exterior Walls: Fade-resistant and weatherproof for lasting outdoor appeal.
- Living Rooms & Bedrooms: Elegant textures add warmth and sophistication to any interior.
- Staircases & Corridors: High abrasion resistance ensures long-lasting performance in busy areas.

Do you have any styling tips for homeowners wanting to blend this collection with modern interiors?

Absolutely. The Spirit of Nepal Collection by Prime Tiles is designed to celebrate tradition while fitting

seamlessly into contemporary spaces. Here are some styling tips:

- Traditional Meets Minimalist: Pair Mithila or Dhaka-inspired tiles with sleek, modern furniture for a balanced and refined look.
- Neutral Base, Cultural Accent: Use soft vitrified floor tiles with a bold feature wall to add personality.
- Textural Harmony: Mix stone-look tiles with metal, wood, or glass for a modern Nepali aesthetic.
- Light to Highlight: Use accent lighting to enhance intricate art patterns and make decorative tiles pop.

What factors should homeowners consider when selecting tiles?

- Style & Aesthetic: Choose tiles that match the overall theme and design of your space.
- Size & Layout: Consider the room layout when selecting tile size and arrangement.
- Heat Resistance: Opt for heat-resistant tiles in kitchens or areas near stoves and ovens.
- Tile Thickness: Thicker tiles offer durability but may require more support for installation. Ensure your structure can handle the chosen thickness.

What accessories or lighting work well to highlight the textures and patterns of this collection?

ACCESSORIES

- Artwork or Framed Prints: If the tiles have bold patterns or colors, choose artwork that complements, not competes with, the design.
- Textured Furniture: Adding furniture pieces

with complementary textures can enhance the space.

- Greenery: Plants, especially ones with bold or architectural shapes, can bring life to the space

LIGHTING

- Wall Sconces: Wall-mounted sconces are great for accentuating the texture and patterns of tiles.
- Recessed Lighting: Installing recessed lighting or downlights above or below the accent wall ensures even, soft illumination that doesn't overwhelm the space. This is especially effective with textured tiles, as it highlights their depth and variation in surface.
- Track Lighting: For a more modern approach, track lighting can be positioned to focus on specific sections of the wall. The adjustable nature of track lighting allows homeowners to emphasize various aspects of the tile's design.

If you had to recommend one tiles from this entire which one would it be?

Tough choice to make - the RAM-SITA SWAYAMBER is my favourite so i would like to recommend it as it leaves a heavy statement into your walls because of its cultural and religious aspect.



In Conversation with Jagannath Dahal, Marketing Head of Prime Tiles Nepal.

Designing the Heart of Home

VASTU KITCHEN PLACEMENT





The placement of a kitchen plays a vital role in a home's energy flow, according to Vastu principles. Proper kitchen orientation and layout can promote harmony, while poor placement can degrade quality of life. Following Vastu guidelines, design a hearty and harmonious kitchen for your home.

By Madhav Mangal Joshi

THE KITCHEN, often regarded as the heart of the home, is much more than a functional space—it's a hub of energy and nourishment. In Vastu, the ancient science of spatial harmony, the placement of the kitchen holds a significant role in shaping the energy dynamics of a household. From land orientation to the strategic arrangement of stoves and sinks, every detail matters.

The Foundation: Land Orientation and Tilt

The orientation and tilt of the land play a critical role in determining energy flow and harmony. Land with a tilt exceeding 22.5° is considered tilted, which impacts energy dynamics by reflecting energy entering from the north. Ideally, land should align directly with the cardinal directions—North, South, East, and West—while diagonally oriented plots, such as NS, NW, SW, or SE, are less favorable.

Kitchen Placement and Energy Flow In Vastu, the placement of the kitchen directly influences the household's harmony. The northeast, despite being an auspicious direction in many contexts, is the least suitable for a kitchen. This area combines energy from the north and east, which is disrupted by the stove,

leading to irritability and even conflicts among those using the space.

The north, too, is unfavorable for kitchens as it interferes with geomagnetic energy and may obstruct opportunities for growth and success. However, placing the stove on the west side of the kitchen can reduce its negative effects. In contrast, the northwest offers a more harmonious energy alignment, making it a favorable choice.

If both of these placement is unavoidable, mitigating measures such as cooking in corners and maintaining a six-foot distance between the sink and stove are recommended. A wooden partition can also help absorb negative energy if spacing constraints arise.

Finding the best spot

For those seeking optimal energy flow, the southeast is the gold standard for kitchen placement. Here, energy aligns perfectly, promoting harmony and prosperity. The stove in a southeast kitchen should face either east or west for best results. The east and the south also serve as excellent locations, though slightly less favorable than the southeast direction. The southwest and west are moderately favorable,

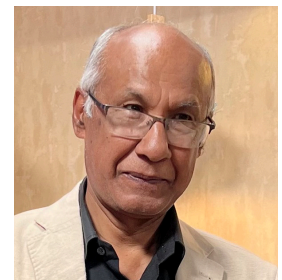
as the stove is strategically positioned to align with the energy flow.

Designing for Harmony

The layout of the kitchen is essential. The sink and stove must be properly spaced to avoid energy conflicts, and the furnace should face east or west for positive energy. These simple adjustments can enhance balance and reduce irritability in the household.

The Cost of Misalignment

A poorly placed kitchen can lead to irritability, conflicts, and financial strain. By following Vastu principles, homeowners can create a space that fosters harmony, ensuring the kitchen truly remains the heart of the home.



Dr. Madhav Mangal Joshi
Ph.D. degree holder in Vaastu Sastra, past president of the Nepal Astrologers Association, and currently co-chair of the world's astrology association. More than 30 years of experience in astrology. Contact details: 9851037818

MARKET.



📌 TikTok Launches Family Pairing in Nepal for Safer Digital Use

TikTok has introduced its Family Pairing feature in Nepal to promote safer, more responsible use among teens. The tool lets parents link their TikTok accounts to their children's, enabling control over screen time, messaging, content filters, and more—without needing access to the teen's device. With over 15 customizable safety settings, the feature encourages healthy digital habits and

open family dialogue. TikTok is also launching a nationwide campaign with Nepali celebrities to raise awareness. This move reflects TikTok's commitment to user safety and collaboration with the Government of Nepal in building a secure online space for all. Family Pairing is available via the "Settings and Privacy" menu, using a simple QR code setup.



📌 Fairfield Kathmandu marked the second anniversary of Kaku Kaku Shika Jika

Fairfield Kathmandu marked the second anniversary of Kaku Kaku Shika Jika with a special event in partnership with Baby Life Home, an NGO supporting children with HIV. Guests enjoyed Japanese cuisine, music, and moments with the children. The hotel showcased and sold the children's artwork, with proceeds benefiting the

NGO. Funds raised were handed over during the event, emphasizing Fairfield's commitment to community. The celebration also featured a Sushi Competition with Sushi Training Nepal, where winners prepared sushi for the event. This heartfelt occasion highlighted hospitality, hope, and community impact



📌 ALOFT KATHMANDU THAMEL SALES TEAM WINS ELITE AWARDS 2024

Aloft Kathmandu Thamel proudly announces that its Sales Team has been honoured with the prestigious "Select Property Sales Team of the Year" award at Marriott's ELITE Awards 2024. This recognition underscores the team's outstanding performance in revenue generation, customer service excellence, leadership, and community engagement. The ELITE Awards celebrate the best among Sales, Global Sales, Revenue Management, and Marketing professionals

within Marriott International. Winners are selected based on exceptional leadership,

innovative strategies, and significant contributions to their respective markets. The Sales Team at Aloft Kathmandu Thamel has demonstrated unparalleled dedication in driving business growth and delivering top-tier hospitality experiences.

Celebrating



GENIUS

IB WORLD SCHOOL



Leading IB PYP Authorized and MYP Candidate School

**“Cultivating
Curiosity for
Better Tomorrow”**



**Early Years
Programme**



**Primary Years
Programme**



**Middle Years
Programme**



**Customized Curriculum
Workshop based Model**

**Strong Co-curricular Activities
National and International exposures**

Service Action



@Genius School

Lubhu, Mahalaxmi Municipality - 8, Lalitpur, Nepal
Tel: 01-5582564/65, 9861168031, E-mail: info@geniusschool.edu.np

Smart Family Resort Partners

Through collaborative efforts with these esteemed Hotels and Resorts, you can find Smart Family Magazine in the rooms of the resorts. We aim to reach a broader readership, ensuring our magazine is readily accessible to all who seek inspiration, insight, and entertainment.

THE TERRACES The Terraces Resort and Spa Suryabinayak-7, Bhaktapur, Nepal +977 9802322755 info@terracesresort.com	 SOALTEE WESTEND RESORT NAGARKOT Soaltee Westend Resort Nagarkot Shantidada - 6, Nagarkot reservation@soaltee.com +977 1 6680244, 9820733273.	 Mystic Mountain HOTEL Nagarkot Hotel Mystic Mountain Baluwapati, Nagarkot +977-15913205, 15913206, 9851277701, 14001108, 14526646 info@hotelmysticmountain.com	 CLUB HIMALAYA Nagarkot BY ACE HOTELS Club Himalaya, Nagarkot Windy Hills, Nagarkot, Bhaktapur +977-01-6680080/83/46 info@clubhimalaya.com.np 9801321201 / 9801321203 / 9801321204 info@acehotelsnepal.com
 Landmark BHAIRAHAWA Landmark Bhairahawa Singapore Colony, Rupandehi Corporate Office: +977-1-4004706, 4004707	 Barahi Jungle Lodge Barahi Jungle Lodge Meghauli, Chitwan Tel : +977 985-1355826, +977 986-6300265 cityoffice@barahi.com, sales@barahi.com bjl@barahi.com	 RIVERSIDE SPRINGS RESORT Riverside Springs Resort Kurintar, Chitwan Tel : 056-410029, 410050 9801801336 (7am - 10pm) City Office : Palpali Chhen, Sanepa, Lalitpur. Tel : +977-1-5444263, 5446696 Email : sales@rsr.com.np www.rsr.com.np	 Landmark FOREST PARK Landmark Forest Park Paryatan Marg, Baghmara, Chitwan National Park +977-56-580311, 580241 reservation@landmarkforest.com
 Park Village RESORT Park Village Resort Budhanilkantha, Kathmandu info@ktmgh.com, info@pvh.com.np, pvhsales@ktmgh.com +977-1- 4375280, 4375279, +977 9851020727	 GOKARNA FOREST RESORT Gokarna Forest Resort Rajnikunj, Thali, Kageswari Manahara – 5, Kathmandu +977 1 4451212 info@gokarna.net +977 980-1044305	 HAATIBAN HIMALAYAN HEIGHT RESORT Haatiban Himalayan Height Resort Pharping, Dakshinkali, Kathmandu +977 980-1309842, +977 01-4914399, 4914800 info@haatibanresort.com	KAVYA HIMALAYAS Kavya Himalayas Mandan Deupur Nagarpalika -2, Nagarkot, Kavre +977 9745617619 reservations@kavyaresortandspa.com sales@kavyaresortandspa.com
 Dhulikhel Lodge Resort Dhulikhel Lodge Resort Dhulikhel, Kavrepalanchowk 977-11-490114 / 490494 / 490493 977-01-4991353 / 4992964 dldrduhi@gmail.com info@dhulikhellodgeresort.com	 DMR DHULIKHEL MOUNTAIN RESORT Dhulikhel Mountain Resort Panchkhal Municipality-5, Khawa Kavrepalanchowk +977 011 490660/662/664 info@dmrmepal.com +977 01 4520776/778	 Hotel Country Villa Hotel Country Villa Mandan-Deupur, Nagarkot, Kavre 016680127/28 014006612/13/14 reservation@hotelcountryvilla.com	 Himalaya Drishya Resort Himalaya Drishya Resort Banepa Municipality, View Tower Marg, Kavre, Banepa +977 011-665342/43/44 reservation@himalayadrishyaresort.com +977 9851311441/9851311442 sales@himalayadrishyaresort.com
 Hotel Sarathi Hotel Sarathi Dhulikhel, Kavrepalanchowk +977 11 490884, 9851339531 info@sarathihotel.com	 RUPAKOT RESORT HARMONY WITH NATURE Rupakot Resort RUPA-6, MAIDAN, KASKI +977-9802832457, +977-9802832460/61 info@rupakotresort.com +977-1-4004687, sales@rupakotresort.com	 AAGANTUK RESORT Aagantuk Resort Banepa Municipality, View Tower Marg, Kavre +977 011 490419 20 21 22 +977 9801907536 37, 01-5348157 info@aagantukresort.com	 Landmark POKHARA Landmark Pokhara Lakeside-6, Pokhara +977-61-452908, 453096 reservation@landmarkpokhara.com
 Godavari Village Resort Kathmandu-Nepal Godavari Village Resort Godavari Municipality Ward No. 3, Taukhal, Lalitpur +977-1-5560675 5560777 5560062 gvrsales@godavarivillageresort.com	 SARANGKOT MOUNTAIN LODGE POKHARA Sarangkot Mountain Lodge Sarangkot, Pokhara sml@barahi.com Tel: +977 985-1355861, +977 985-6067928 cityoffice@barahi.com	 HOTEL BARAHI POKHARA Hotel Barahi Pokhara Lakeside, Pokhara +977-061-450617 cityoffice@barahi.com	 Bhotekoshi Heli Resort & Spa Ltd. Bhotekoshi Heli Resort and Spa Naya Pool, Bhotekoshi, Sindhu Palchowk +977 1 5900770, +977 1 5900750 info@bhotekoshiheli resort.com

Don't think twice. Choose us



Hand Crafted Bed Set



Corner Sofa Set

About Furnitures:

Solid teakwood | Handcarved | 5 years warranty in wood & foam Turkish fabric | High density foam Ducco polish

We also have :

Turkish carpets | Rugs | Curtains & all furnishing items

More Details:

☎ 9841019938 📍 Dillibazar, Kathmandu

📱 @mangaldecorofficial

**WE DO
CUSTOMIZE
ORDERS TOO.**

Motherhood & Self-Care by Zodiac Sign

This month, the stars are encouraging mothers to nurture not only their families—but also themselves. Here's your cosmic guide to slowing down, finding joy, and refueling your spirit.

By Adishree Shrestha

Aries (Mar 21 – Apr 19): Move with Intention

Your energy is your superpower, Aries—but burnout is real. Carve out 20 minutes for solo movement: a brisk walk, dance, or even jumping jacks while the baby naps. Let your fire recharge you.

Taurus (Apr 20 – May 20): Create a Sensory Haven

Indulge in earthy comforts. This month, turn your space into a mini spa—light a candle, put on soft music, and wrap yourself in a warm blanket. You deserve a pause that feels luxurious.

Gemini (May 21 – Jun 20): Mental Playtime

Your mind craves stimulation. Take 10 minutes a day to journal, listen to a podcast, or learn something new. Conversations may be limited when you're parenting, but your curiosity doesn't have to be.

Cancer (Jun 21 – Jul 22): Nurture the Nurturer

You give endlessly, Cancer. This May, allow yourself to receive. Ask for help, accept it fully, and treat yourself to a cup of tea or a solo outing without guilt. You're still a wonderful mom when you rest.

Leo (Jul 23 – Aug 22): Celebrate Yourself

Make a list of five things you're proud of as a mother—big or small. Then treat yourself like the queen you are. Post a selfie, buy that lipstick, or just admire your glow. You're radiant and powerful.

Virgo (Aug 23 – Sep 22): Unplug the Inner Critic

You're excellent at managing the chaos, but perfection can be exhausting. This month, pick one task to do "just good enough." Then breathe. Let small imperfections remind you that love is already enough.

Libra (Sep 23 – Oct 22): Rebalance Your Peace

Between feedings and school runs, reclaim moments of calm. Create a small ritual—a five-minute skincare routine or a nightly gratitude list. Beauty and balance will return through small acts.

Scorpio (Oct 23 – Nov 21): Rediscover Your Power

Motherhood can feel all-consuming. Reconnect with the version of you that existed before. Meditate, make art, or revisit a hidden passion. You're still you beneath the mom layers.

Sagittarius (Nov 22 – Dec 21): Seek a Little Adventure

Even a short stroll to a new park can feel like an adventure. This May, find little escapes—a new recipe, a day trip, a solo coffee run. Your spirit thrives when there's movement and meaning.

Capricorn (Dec 22 – Jan 19): Delegate & Breathe

You hold so much, Capricorn. But strength doesn't mean doing it all alone. Delegate one task this week, then rest. This is your permission slip to slow down and still be successful.

Aquarius (Jan 20 – Feb 18): Find Your Circle

You need your village, Aquarius. Schedule time to connect with like-minded moms, even virtually. Honest conversation and shared laughter are soul medicine.

Pisces (Feb 19 – Mar 20): Daydream & Detox

You've been in "go" mode. Give yourself space to dream. Journal, doodle, or lie in bed staring at the ceiling if you must. Your intuitive gifts return when your mind isn't overwhelmed.



PROMISE OF 100% PURE WATER



Multiple Purification
Process



Zero Water
Wastage Technology



Makes Water
100% Pure



Retains
Essential Minerals



Save Water
Technology



UV LED in
Storage Tank

“
बिरामी हुन्जेल नकर्नुहोस्
आजै घरमा
केन्ट आर.ओ. ल्याउनुहोस्
”

According to UNICEF & WHO **70%** of illness are caused by Drinking unsafe water

KENT

ले दिन्छ सबैभन्दा शुद्ध पानी

KENT TECHNOLOGY

RO + UV + UF + TDS Control
+UV in TANK





HOTEL SHANKER
Sankar Hotel Group

WARM DAYS, COOL DIPS

Cool waters, warm hospitality, and a timeless setting
for your summer moments.



Ludmipat, Kathmandu | 977 1 4510151/152 | shankarhotel.com.np, sales@shankarhotel.com

WWW.SHANKERHOTEL.COM.NP