

SMART FAMILY

➔ ISSUE 95 ➔ RS 120

WHEEL OF WARMTH

Hands in
Clay, Heart
at Ease



“नारीकै नाममा घर, आकर्षक ब्याजदर,”

सिद्धार्थ बैंकले “नारीको नाममा घर, आकर्षक ब्याजदर” गर्ने नारा सहित नारीको नाममा घर जग्गा सहित गर्नु प्रोत्साहन स्वरूप संचालनमा ल्याएको यस कर्जा सुविधा उपयोग गरी लाभान्वित हुनुहोस्।

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COVER STORY

Wheel of Warmth

HANDS IN CLAY, HEART AT EASE



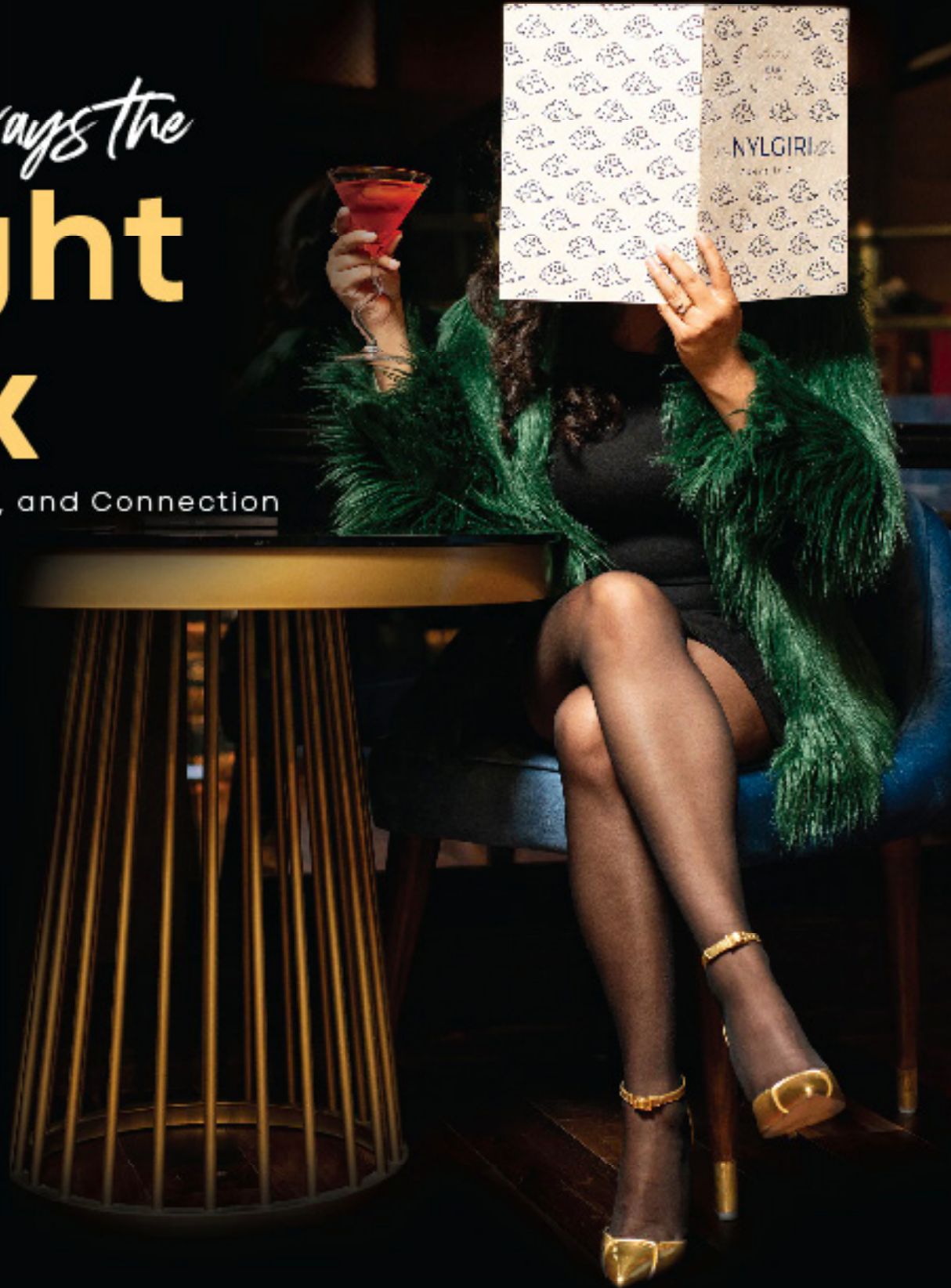
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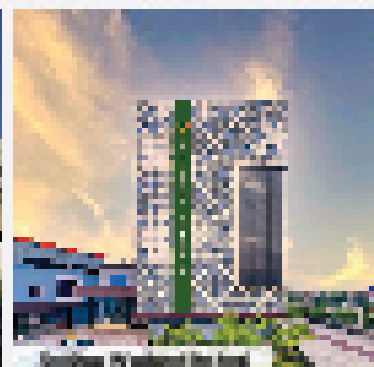
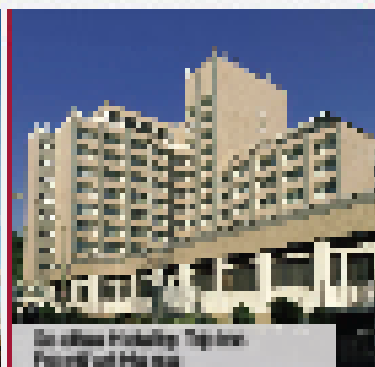
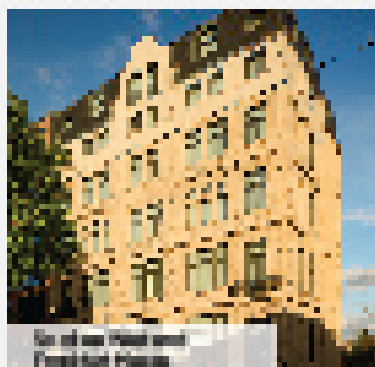
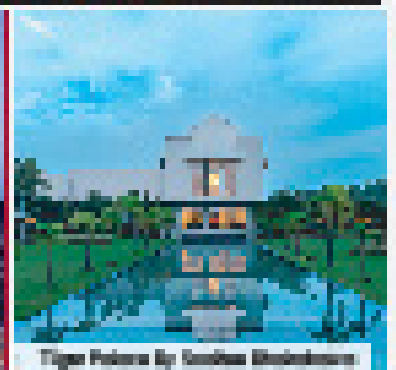
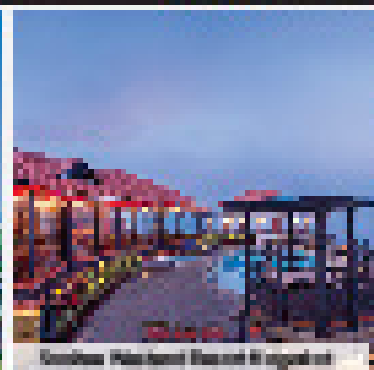
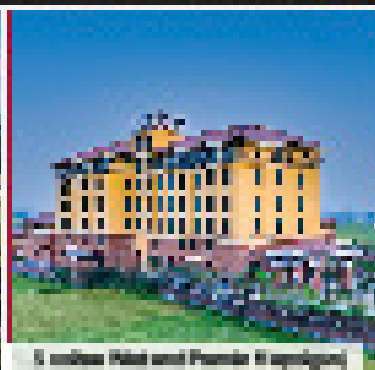
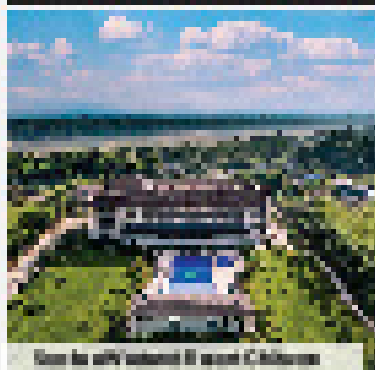
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EDITORIAL.

As the summer sun reaches to us, June offers a season not just of warmth, but of awakening. Smart Family invites you to pause, reset, and reconnect with yourself as well as the spaces and people who nourish us. It's a time to go inward, even as we soak in the brightness outside.

This edition embraces a holistic kind of summer - one that speaks not only lighter meals and longer days, but also lighter minds, stronger bodies, and deeper connections. Whether it's the zen of rosemary and argan oils for hair health, the silent power of resistance training for women in midlife, or a mindful bite of summer snack - we explore how little rituals can hold big meaning. We've filled these pages with foods, trips, spa sessions, pottery sessions and more to help you slow down and soak in the season.

We spotlight how the first 1,000 days - from womb to toddler - shape lifelong well-being, and how simple family walks can hold profound importance for children with neurodevelopmental

conditions. Our parenting stories are rooted in presence, our wellness pieces in empowerment, and our features in inspiration - from the soulful flavors at Annamaya to the gateway of Japanese flavor at Kotetsu.

In an increasingly digital world, we also know how vital it is to stay safe online and this month, we help you navigate the confusing, often dangerous world of cyber fraud and scams. We balance the digital with the tangible - cooling your home without burning through resources, and reconnecting to nature's timeless charm through flowers.

June is a reminder: sunlight is not just for the skin, it's for the soul. And this issue, like the season itself, hopes to leave you feeling nourished, grounded, and lit from within.

Here's to slowing down, sipping something cold, and letting June work its magic.

Have a soulful summer & happy reading!



Visit our e-magazine

ON THE COVER:
Shot of late potter of Pottery Square,
Talako Tole Bhaktapur

PHOTOGRAPHY BY:
Suraj Patra Bansha

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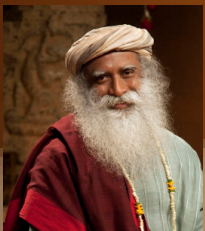
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STARTER.

Women on the Spiritual Path



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.



The spiritual path often evokes insecurity in those around you, as your self-sufficiency may seem threatening to them. This journey transcends gender roles, urging one to rise above societal constraints and embrace life in its pure, undivided essence. Though many women have quietly pursued devotion, true spirituality asks all seekers—regardless of gender to dissolve such dualities.

.....
By Sadhguru

ONCE YOU walk the spiritual path, if people around you are not mature enough, they tend to feel insecure and try to stop you. This insecurity comes because suddenly, they find that you are becoming self-contained – you seem to be fine by yourself. You don't seem to need somebody else. They find this freedom scary. So, they tend to try to stop you and create unpleasant situations, and in turn a little bit of suffering, because people

don't understand. It is very much a part of one's growth to manage these things tactfully and to go beyond them. If the situation is so crude that it has become violent, one has to see what to do about it. This is true for any situation, whether it is your spiritual sadhana or something else. If situations go beyond control, we see how to solve them. There are many families where women are stopped from even meditating. But there are also many families where

men are stopped from meditating. A woman would feel relieved complaining about her situations, that somebody is stopping her from doing something, but a man suffers that sharing also. He cannot make any noise about it because he feels ashamed of it.

Generally in this culture, there have been more women on the spiritual path than men, but they carried on their spirituality quietly, in the secrecy of their hearts. That is why generally for a woman, both for her temperament and for her social situation, what was most suitable was bhakti or devotion. She pursued her bhakti in her heart, nobody in the house needed to know. In terms of numbers, the bhakti movement was definitely more alive in the women of the world than in the men, but the male bhaktas always became famous. Except for a few women like Akka Mahadevi or Meera Bai who burst

forth outside, the women bhaktas could not even talk about it; they just kept it to themselves. They found it liberating and it was fine. They were not looking to be recognized in any way.

One thing that must be understood is, once you are on the spiritual path, you must forget that you are a man or a woman. Maybe you still have to play the role of a woman or a man in your family, that's different. But a basic step you have to take is, you must just look at yourself as life. Why spiritual paths around the world have always encouraged people to take Brahmacharya or Sanyas is simply to eliminate the duality in your mind. If you invest your life in duality, you will have to do juggling. There is something which is playing between the duality, something which is absolute. A spiritual path means you are tending to go towards the absolute.

What's your favourite summer snack or drink?

As we experience the hot weather, we reached out to chefs from some of the city's top hotels to find out what they reach for when the summer sun blazes. From refreshing drinks to nostalgic bites, here are their favorite summer go-to's that you and your family can prepare and enjoy it at home.

By Malika Joshi



SURAJ THAPA

Chef De Cuisine, Aloft Kathmandu

Mango and Mint Cooler

Ingredients:

- 2 large Ripe Malda Mangoes (peeled and chopped)
- 1/4 cup fresh mint leaves
- 1/2 cup Honey
- 1/2 cup Soda
- 1 tbsp Lemon Juice
- 1 tsp Black Salt
- Ice cubes

INSTRUCTIONS

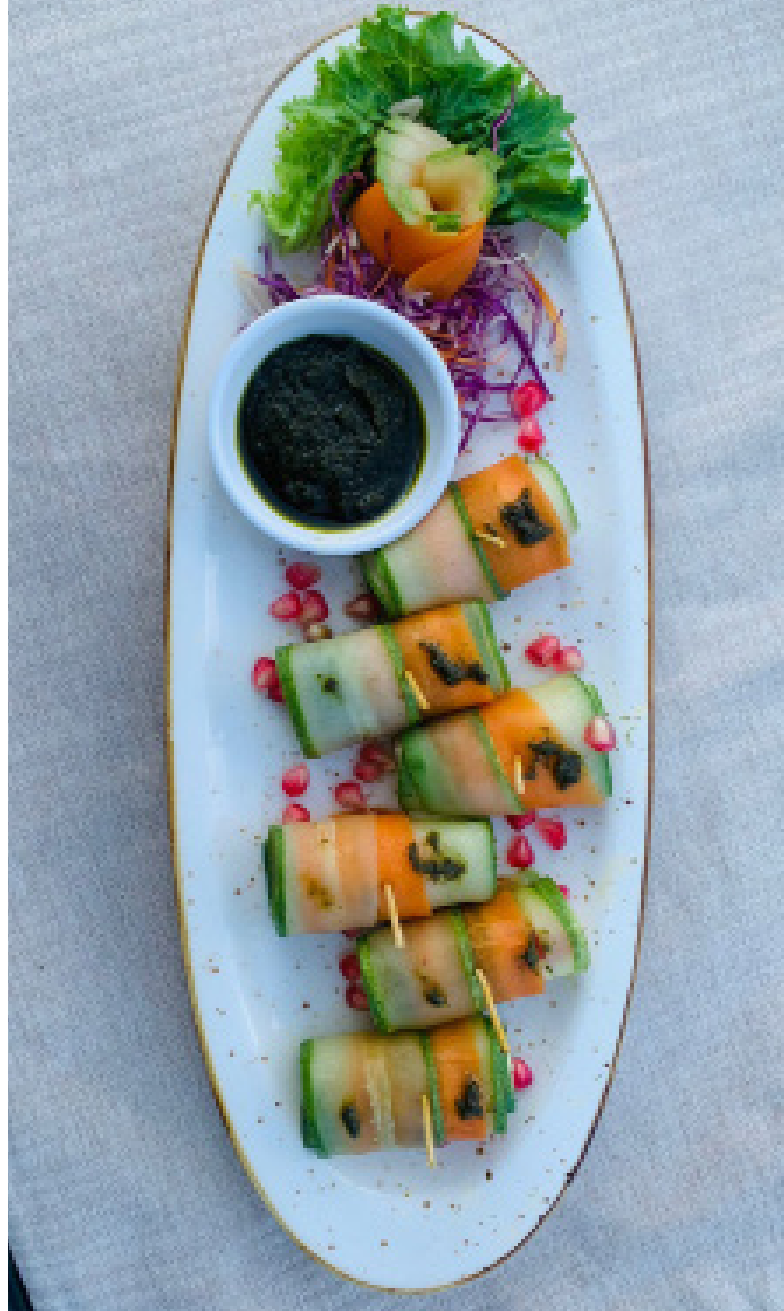
- In a blender, combine mango pulp, mint leaves, honey, lemon juice, and ice cubes. Blend until smooth and velvety.
- Pour the mixture into a glass. Add soda water and stir gently.
- Garnish with diced mango pulp and mint leaves. Serve chilled and enjoy!



MIN BAHADUR GHARTI MAGAR
Executive Chef, Sarangkot
Mountain Lodge

Summer Roll

My favorite summer snack to create is simple Summer Roll. It is fresh, light and satisfying roll perfect for warm days. It is a very flavorful recipe with marinated cheese pairs, carrots and ribbons of cucumber wrapped with a fragrant basil pesto sauce that bursts with fresh and herbaceous flavors which will give the pure taste of light and fresh ingredients to enjoy in this summer for everyone.



RAJIV SAPKOTA
Sous Chef, Hotel Yak & Yeti

Rosemary Lemon Chicken

Rosemary Lemon Chicken is a simple yet elegant dish that brings together the woody aroma of rosemary and the bright, citrusy zing of lemon to enhance the natural flavor of chicken. This easy stovetop recipe requires no oven and uses basic ingredients like garlic, olive oil, lemon juice, and chicken broth. The chicken is seared to a golden-brown crust and simmered until tender, with an optional drizzle of honey for a subtle sweetness.

Ideal for a cozy dinner at home, this dish pairs beautifully with sautéed spinach, saffron-and-butter tossed potatoes, and a red bell pepper purée. Don't forget to use the flavorful pan sauce as a finishing touch—it perfectly complements the dish and brings out its depth. Rosemary Lemon Chicken is a perfect blend of comfort and sophistication, making it a delightful meal for any day of the week.



PRABHAT RAYAMAJI

*Bar Supervisor, Hotel Barahi
Kathmandu*

Frozen Mango Daiquiri

My favorite summer drink to create and sip is a Frozen Mango Daiquiri. It's tropical, refreshing, and incredibly easy to make at home. Blend together 60ml white rum, 1 cup frozen mango chunks, 1 tbsp lime juice, and a touch of sugar syrup. Serve it in a chilled margarita glass and top with a maraschino cherry for a burst of color and sweetness. You can skip the rum for a delicious mocktail version too! This icy delight not only cools you down instantly but also brings a taste of the lakeside sunshine right to your glass.s



AVANISH JAIN

Executive Chef, The Soaltee Kathmandu

Raw Mango Cooler (Aam Panna)

Aam Panna, the classic raw mango cooler, gets a refreshing twist by Executive Chef Avanish Jain of The Soaltee Kathmandu. Tangy, aromatic, and deeply hydrating, it's the perfect antidote to sweltering summer days.

Blending the bold flavors of mango pulp, roasted spices, mint, and lemon, this drink doesn't just quench your thirst—it soothes, cools, and revitalizes.

INGREDIENTS

- Raw Mango – 500g
- Black Salt – to taste
- Fennel Seeds – 15g
- Roasted Cumin – 15g
- Mint Leaves – 20g
- Sugar – 80g
- Lemon Juice – 40g

METHOD

Boil, cool, and peel raw mangoes. Blend pulp with all ingredients until smooth. Serve over crushed ice and garnish with mint.

This season, chill out in style—one sip at a time.





Nurturing Future Entrepreneurs Through Skills Education

By Neha K C, Principal, Swostishree Gurukul IB World School



IN TODAY'S dynamic world, education is no longer confined to textbooks and exams. The demands of the 21st century require our students to be creative thinkers, problem-solvers, and proactive leaders. Entrepreneurship, once considered a university-level pursuit, is now becoming an essential part of school education. At Swostishree Gurukul IB World School, we believe that the seeds of entrepreneurship must be sown early—and the soil in which they grow is skills education.

From as early as MYP Year 1 to highschool, students at Swostishree are introduced to a wide range of hands-on skill-building opportunities that go far beyond the traditional academic curriculum. These include Baking, Knitting, Crochet, Gardening, Flower

Making, STEAM (Science, Technology, Engineering, Arts, and Mathematics) projects, and IT clubs. These experiences are not mere extracurricular activities; they are integral to how students discover their interests, build confidence, and develop a sense of purpose.

Skills learning provides a strong foundation for self-reliance and innovation. When a young student bakes a cake or crochets a small purse, they are not just learning a craft—they are understanding the process of creation, management of resources, and the satisfaction of producing something of value. These experiences introduce them to the fundamental concepts of entrepreneurship: idea generation, production,

presentation, and often, marketing and feedback.

These skill-based sessions are not just engagement, but transformation. Students who begin with curiosity gradually take ownership of their work, experiment with new ideas, and collaborate with peers. This growth becomes even more evident as they enter the upper years of school, where they begin to design and pitch their own startup ideas, participate in innovation fairs, and lead projects with other ISA member schools: ready to compete with international schools.

Entrepreneurship is not just about starting businesses—it is about cultivating a mindset of resilience, creativity, and initiative. By providing

space and structure for skill learning from an early age, at Swostishree our students have the tools to think independently, solve real-world problems, and see possibilities where others see obstacles. The entrepreneurial spirit is one of vision, courage, and compassion. By integrating skill-based learning into our academic framework, we are laying the groundwork for future change makers who are ready to lead with both head and heart.

At Swostishree Gurukul, we are proud to be nurturing not just learners, but creators and visionaries. When students are given the freedom to explore, the confidence to try, and the support to grow, the future becomes a place of limitless possibilities.



CYBER

NAVIGATING THE DIGITAL MAZE OF SCAMS, PHISHING & FRAUD

.....
In conversation with Prabesh Poudel, Information Security Officer, Nabil Bank

IN TODAY'S increasingly digitized world, cybersecurity threats have evolved with alarming sophistication. From fraud transactions to manipulative social engineering tactics, individuals and institutions in Nepal are becoming more aware but also more vulnerable to digital crimes. Despite heightened awareness and proactive measures from banks and tech providers, cyber fraud continues to adapt and thrive in new forms.

Common Types of Digital Fraud and Ethical Misconduct

The most prevalent frauds in Nepal's digital sphere often occur during financial transactions. Cybercriminals exploit consumer's limited knowledge, tricking them into revealing sensitive information such as passwords, OTPs, and bank details. This manipulation technique is commonly referred to as social engineering, wherein victims are psychologically persuaded to provide confidential data. Among the most common scams are

cashback rewards that never materialize, investment frauds promising unrealistic returns and online job scams. These scams often exploit economic vulnerabilities and create

a false sense of urgency, encouraging individuals to act hastily without verifying the legitimacy of the offer.

Understanding Investment and Earning Scams

In simple terms, investment scams offer "too-good-to-be-true" financial returns



TRAP

to lure unsuspecting individuals. In a country like Nepal, where many are desperately seeking employment or side income, such fraud schemes exploit these aspirations. Typically, scammers pressure victims to make quick decisions with statements like “Deposit within 48 hours to claim this offer”, which leads to impulsive actions without proper validation. Earning scams operate similarly. Hackers may initially send small amounts of money to gain trust, then ask for deposits in exchange for higher future earnings-money that, of course, never comes.

Email Scams and Phishing

Email scams have become a widespread threat. These often include malicious links or attachments that, once clicked, can either download malware to your device, enabling the hacker to monitor your activities or redirect you to a phishing page - a fake site disguised as legitimate - where the information you enter is captured and misused.

To avoid falling victim, filter every email by:

- Checking the sender’s domain name-suspicious

or unfamiliar domains are red flags.

- Avoid clicking on unexpected links or downloading unsolicited attachments.
- Always verify the purpose and authenticity of the email before responding

The Rise of ‘Vishing’

‘Vishing,’ or voice phishing, is a newer tactic where hackers pose as representatives from banks or institutions to extract personal information over the phone.

Be skeptical of any call requesting personal details or urging financial transactions. Remember, legitimate institutions do not ask for your OTP, passwords, or banking details via phone. If in doubt, hang up and call the bank or organization directly through verified contact numbers.

The Risks Behind Social Media Advertisements

Social media, while a space for connection and entertainment, is also fertile ground for cyber fraud. Fake job offers, money transfer schemes, and misleading advertisements are regularly seen on platforms like

Facebook and Instagram. Hackers may hack a friend’s account to request money or information. They also send messages promising rewards for liking posts, eventually luring users into depositing money.

To stay safe:

- Reconfirm any unusual message especially that involves monetary transactions - even from known contacts by calling them directly.
- Never share personal or financial information via social media messaging.
- Be cautious of links in ads or posts that transport you to unknown pages.

Staying Safe in the Digital Landscape

Protecting yourself from digital fraud begins with self-awareness and vigilance. Here are essential cybersecurity practices to adopt:

- Verify all suspicious messages or advertisements thoroughly before acting.
- Be extra cautious with anything related to money. Any request for funds or bank details should be validated independently.
- Never share sensitive personal information

like your birth date, OTP, password, or bank details through insecure platforms.

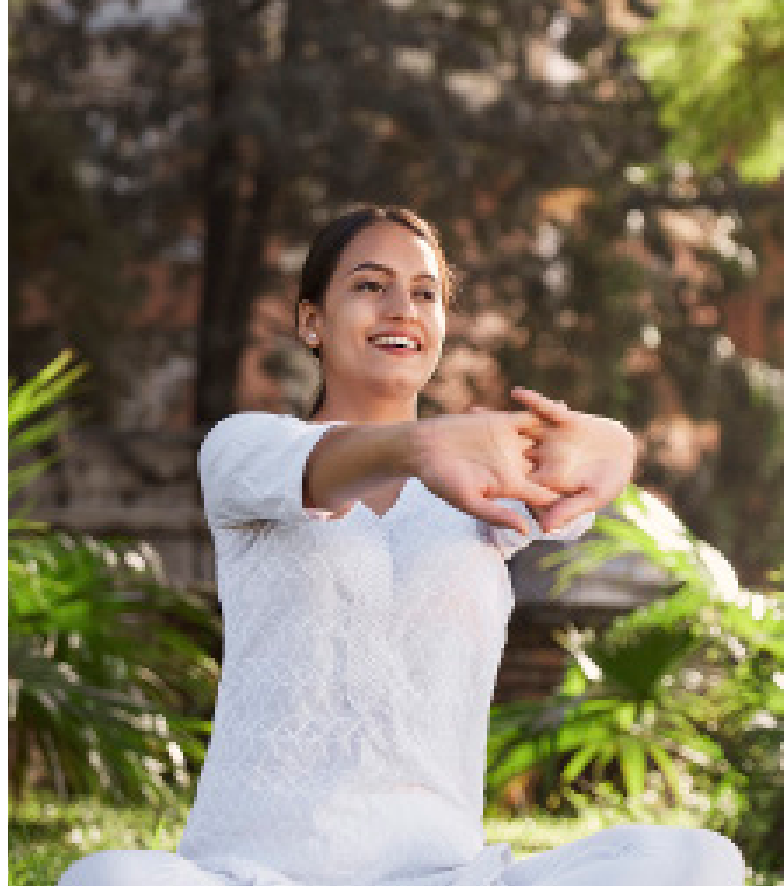
- Use strong digital protection methods such as:
- Two-factor authentication (2FA).
- Biometric security on devices.
- Regular software and app updates.
- Secure passwords (at least 12 characters long with a mix of letters, numbers, and symbols).
- Avoid downloading cracked software or suspicious applications, as they often carry hidden malware.

As technology advances, so do the tactics of cybercriminals. The best defense against digital fraud is a combination of digital literacy, critical thinking, and secure practices. Each of us has a role to play in safeguarding our digital apps and digital presence. By staying informed and cautious, we can reduce our vulnerability to scams and contribute to a safer digital environment for all.

June is Wellness Month

HERE'S HOW HYATT HELPS YOU
RESET MIND, BODY & SOUL





IN THE rush of modern life—endless workdays, digital overload, and family responsibilities—wellness often takes a backseat. But what if you could find calm without leaving the city? This June, Hyatt Regency Kathmandu invites you to rediscover balance, peace, and vitality with their wellness month offerings—a curated experience designed to nourish mind, body, and soul.

A Spa Sanctuary Amid the Chaos

Step into the hotel's serene spa and let your stress melt away. Drawing inspiration from traditional Ayurvedic healing and global wellness rituals, Hyatt's spa offers a selection of therapies designed to relax, rejuvenate, and restore.

Whether it's a deep tissue massage after a hectic workweek or a signature Himalayan salt therapy session, the spa is a quiet refuge where wellness isn't rushed. With its warm

lighting, private treatment rooms, and skilled therapists, even a 60-minute massage can feel like a full reset.

Find Your Flow with Garden Yoga

Mornings at Hyatt begin with more than just coffee—they begin with intention. Throughout June, the hotel offers guided yoga sessions in its lush gardens, surrounded by the calming chants from nearby Boudhanath Stupa.

Perfect for beginners and seasoned practitioners alike, these sessions help improve flexibility, reduce anxiety, and encourage mindfulness. It's the ideal start for busy parents, professionals, or anyone in need of a gentle pause.

Nourishment from the Inside Out

Wellness at Hyatt goes beyond what you feel—it's also what you eat. The chefs at Sesame and The Living Room have curated a special wellness menu for June, highlighting clean,

wholesome ingredients that support digestion and boost energy.

Expect vibrant salads, fresh juices, nutrient-rich grains, and dairy alternatives. Even family brunches can take a healthier turn with gluten-free pancakes and kid-friendly smoothies packed with goodness.

Mindful Moments for the Whole Family

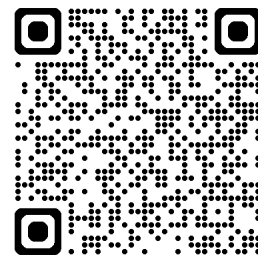
Hyatt's 37-acre property is more than just a hotel—it's a spacious sanctuary for families. While parents enjoy a spa treatment or yoga class, children can explore nature walks, splash in the pool, or enjoy a healthy cooking session designed for little hands.

Special wellness weekend packages include spa credits, family-friendly fitness activities, and access to quiet reading corners—encouraging even the youngest members to unwind and reconnect.

Your Invitation to Reset

This June, take time for yourself—and your family. Whether it's one afternoon of pampering or a weekend of purposeful rest, Hyatt Regency Kathmandu offers the space, care, and experiences you need to feel whole again.

Celebrate Wellness Month with exclusive offers on spa, dining, and stay packages. Because true well-being begins with intention.



STARTER → Travel



I N S E A R C H O F
STILLNESS

A Week in Raja Ampat





When was the last time you truly unplugged—no signal, no schedule, just sky, sea, and space to breathe? This July, explore a small group of travelers on a liveaboard adventure through Raja Ampat, one of the most untouched corners of Indonesia. Each day will blend movement and meaning. It's not luxury in the typical sense—but it might just be everything we really need.

By Vijay Vaidya



THIS JULY, I'll be joining an unforgettable journey through Raja Ampat—one of the most remote and biodiverse places on Earth. Located in Indonesia's West Papua province, this corner of the world is often described as the "Last Paradise," where turquoise waters, jungle-covered islands, and thriving coral reefs set the stage for something deeper than a vacation: a true reconnection with nature and self.

The trip is curated by Biophiles.Connect, a community dedicated to meaningful, slow travel. Over the course of seven days aboard a traditional phinisi liveaboard, we'll balance mindful movement, stillness, and adventure—blending daily yoga, guided hikes, snorkelling, and moments of reflection with a rhythm that invites us to breathe a little slower.

HERE'S WHAT THE JOURNEY WILL LOOK LIKE:

TRAVEL LOG

Raja Ampat, Indonesia
24 – 30 July

An Immersive Journey with
Biophiles.Connect

➔ This corner of the world is often described as the "Last Paradise," where turquoise waters, jungle-covered islands, and thriving coral reefs set the stage for something deeper than a vacation: a true reconnection with nature and self.

Day 1 – Sorong & Mioskon: Arrival & Settling In

We'll begin our voyage in Sorong, boarding the Dune Aurora, a warm and welcoming phinisi boat that will be our home for the week. After a welcome drink and orientation, we'll sail into the Dampier Strait. The day will close with a beachside sunset at Mioskon, toes in the sand, surrounded by gentle waves and new faces.

Day 2 – Dampier Strait: Reefs & Local Rhythms

After a grounding morning yoga session, we'll dive into the underwater world at Sawandarek jetty—vibrant, technicolor coral gardens home to swirls of tropical fish. Later, we'll visit Arborek village, getting a glimpse of island life among thatched homes and leafy palms.

Day 3 – Wayag: Panoramas & Beach Barbecue

At Wayag, we'll hike to a stunning limestone viewpoint, then snorkel or dive in the surrounding reefs. A leisurely lagoon tour will wind us into the afternoon, followed by a

beachside barbecue under the stars—a night for laughter, connection, and dancing barefoot in the sand.

Day 4 – Wayag & Woffo: Blacktip Sharks & Coral Kingdoms

We'll rise early to snorkel with blacktip reef sharks at Pantai Hiu—a thrilling yet peaceful experience. Later, we'll explore Woffo's vibrant reefs and end the day unwinding on its peaceful beach, letting nature set the tone.

Day 5 – Yangeffo: Mangroves & Mindfulness

Yangeffo will offer a unique dual view of life above and below the mangroves. We'll snorkel among submerged roots alive with marine life, and later, take a silent forest walk—letting birdsong, filtered light, and earthy scents guide our attention inward.

Day 6 – Waigeo: Jungle Rivers & Hidden Blue Pools

We'll hike with local guides through shallow riverbeds and thick rainforest to reach Kali Biru, a shimmering blue river tucked away in the jungle. A cool swim in its clear waters will be the perfect refresh before our final evening on board.

Day 7 – Sorong: Farewell & Reflection

As we return to Sorong, we'll disembark with full hearts and quiet minds—grateful for a journey that will linger long after the saltwater has dried from our skin.

Looking Ahead

This isn't your typical escape. It's the kind of experience that gently shifts your perspective—anchored in nature, stripped of distractions, and layered with meaning. We'll laugh, float, explore, stretch, reflect—and remember what it feels like to truly be present.

There will be more voyages like this in 2026. If you're craving something deeper than a holiday, follow @altitude_yoga on Instagram for updates on future trips.



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.



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→ Cover Story

WHEEL OF



WARMTH

HANDS IN CLAY, HEART AT EASE

In a digitalised age, pottery offers a soulful escape—bringing people back to touch, presence, and tradition. What was once an ancient craft is now a modern lifestyle choice, embraced by families, young creatives, and mindful makers. From Kathmandu studios to kitchen shelves, clay is shaping not just objects, but calmer, more connected lives. This piece explores how pottery is grounding a generation seeking beauty, balance, and meaning.

By Malika Joshi

IN A WORLD that spins ever faster on the axis of screens and schedules, there's a quiet revolution happening - one that takes us back to earth, to ease, and to soul. It begins not with a swipe or a click, but with a humble handful of clay. Welcome to the world of pottery, where hands shape more than vessels - they shape connection, presence, and memory. Clay, once associated with ancient traditions and museum pieces, is emerging as a symbol of modern living. More than just a return to craft - it's a return to our ancestral roots and also self-care! More and more, families especially young individuals are reaching for clay, not just to create objects, but to find calm, focus, and connection in a world constantly tugging at their attention. Pottery has moved beyond heritage, it's now a lifestyle

Why Clay Feels So Right, Right Now?

Everywhere we look, screens dominate our time. Our fingers, once meant for touch

and tenderness, now scroll endlessly. Days blur into notifications, and even leisure feels hurried. In that chaos, the simple act of molding clay with bare hands feels like a treat.

It's no surprise then that pottery has emerged as a form of modern meditation. The wheel demands your presence - your full attention. There is no multitasking here. Just you, the clay, and the quiet rhythm of wheels. The messiness, the slowness, the physicality - it's all deeply human and after all it's what this generation's human require. It's everything modern life isn't.

Modern takeover of Clay

A major reason behind the growing popularity of clay among younger generations is its aesthetic charm. Handmade pottery doesn't just serve a function - it tells a story and adds a beauty. On shelves across Kathmandu, handcrafted mugs with earthy glazes sit next to leafy houseplants. Ceramic bowls

with soft, organic curves hold morning oats and evening noodles. The rustic, imperfect textures are no longer seen as flaws - but as character. Minimalist cafés gain momentum by serving in locally crafted clay cups. And newlyweds include handmade clay pieces on their gift registries, choosing slow-made beauty over factory perfection. Clay, with all its humble charm, fits beautifully into modern homes that seek warmth. It adds emotion and soul to the space.

From Kiln to Home – A New way of living

Pottery has moved off the display shelves and into daily life. It's in the teacups we hold each morning, the dinnerwares passed around during family meals, the planters perched on windowsills, and the incense holders lit during quiet evenings.

Modern households are moving away from sterile, mass-produced items in

favor of handmade ceramics that bring comfort, class and character. These are pieces you feel connected to - objects that invite you to pause and appreciate the little rituals of your day.

There's something deeply satisfying about sipping chiya from a clay mug shaped not by a machine, but by your hands. You begin to cherish not just what you use, but how it came to be. It adds value to your everyday living.

Families That Spin Together: Clay as Connection

In many households, pottery has become a weekend/leisure activity. Parents and children gather over clay instead of screens. They laugh over lopsided bowls, cheer for each other's creations, and find joy in shared creativity as well as failed attempts.

Rising pottery workshops now cater to families, offering weekend sessions that allow every generation to bond



Pottery has been a way of life

In Conversation with Ranjana Prajapati, 42 years old potter at Pottery Square, Talako Tole, Bhaktapur.

"Pottery has been a way of life for our caste for generations. But it wasn't until after the pandemic that pottery began to gain popularity as a lifestyle trend. During the lockdown, people felt suffocated and restless. Once restrictions eased, many Nepalese began visiting pottery centers like ours—looking for something hands-on, calming, to refresh their mind after a long slump. Before COVID, only a handful of tourists would come to

try their hand at the wheel. Pottery workshops weren't commercialized then. But with growing awareness—especially fueled by platforms like TikTok—pottery has now become a must-try experience, and training sessions have turned into thriving businesses.

My father-in-law was deeply involved in this craft. After his passing, and during the lockdown, I learned pottery by myself. It now keeps me occupied and is also a way to earn. My husband is skilled too, and even our son has picked it up, she adds.

Today, fully commercial pottery studios are often set up with aesthetics in mind—Instagrammable interiors, curated corners, and a polished feel to draw in customers. Places like ours, on the other hand, carry layers of dust, stories, and history. But because we're not as picturesque, we've started losing workshop visitors. Still, we remain busy creating traditional clay items like piggy banks, pots, and cups.

What has changed in pottery making over time? A lot has changed - The quality of clay, for one. In the past, we used

to extract clay ourselves - it was pure and plentiful. Now, we have to buy it, and not only is it more expensive, but the quality isn't as authentic as it used to be. The tools have changed too. The traditional wheels were manual and required more effort, but now most of them are powered by motors, making the process less labor-intensive. There are even portable wheels that can be easily carried from place to place. Still, I prefer the old traditional wheels - they may be heavier, but they last 30 to 40 years."

without digital distractions. Unlike competitive activities, pottery is slow and forgiving. It invites collaboration and patience. There's no right or wrong - only creativity.

In these spaces, family members often learn things about one another that daily routines don't reveal. A quiet father opens up while shaping a vase. A child surprises everyone with her focus. A mother finds joy in painting patterns onto a plate. Along with the clay, pottery session allows us to mold our relationships and be better versions of ourselves to our loved ones!

Small Hands, Big Interactions

If there's one group that naturally gravitates to clay, it's children. They love the squish, the swirl, the freedom to create without rules. But beyond fun, working with clay is also incredibly enriching.

Shaping clay helps children strengthen motor skills and hand-eye coordination. It also fosters creativity and problem-solving. More importantly, it teaches patience, something hard to come by in today's instant-gratification world.

Many schools and learning centers are now incorporating pottery into their programs, seeing firsthand how it helps

children focus, express themselves, and build confidence. Parents report calmer evenings after a clay session, and kids beam with pride when showing off their handmade treasures.

Whether it's a tiny creation, a weird shaped plate, or a very ambitious (and slightly wobbly) cup-these pieces aren't just adorable. They're milestones in a child's journey of learning and feeling.

The Gift of Hands and Heart

In a world drowning in disposable gifts, pottery offers something different - something timeless.

Giving someone a handcrafted piece of pottery is like offering a piece of your time, your thought, your touch. Whether it's a hand-painted incense holder for a newlywed couple or a mug with etched initials for a friend, each piece carries a story and extra love. Handmade ceramics are now becoming popular choices for housewarmings, birthdays, anniversaries, and wedding gifts. Studios across Kathmandu, Lalitpur, Bhaktapur and even Pokhara, offer custom sessions where people can make a piece of pottery item themselves. The result may not be perfect, yes-but it's infused with meaning. A simple way of gift giving could be giving your time

over a little chit-chat pottery session!

A Craft Reborn

Pottery has always been a part of Nepali heritage, particularly in Newar culture. The alleys of Bhaktapur, Thimi, have echoed with the clinks of drying clay for centuries. Generations of potters have passed down skills honed over decades. Recently, young kids are taught pottery to keep the ancestral skill alive.

What's beautiful now is how this ancient wisdom is blending with new energy.

Younger artisans are experimenting with glazes, minimal forms, modern shapes, and new techniques. Old kilns are being paired with online stores. Grandfathers teach their grandchildren how to throw clay, while those grandchildren introduce Instagram to the family business.

It's not a replacement of the old. It's a revival. And it's beautiful to witness.

What was once seen as a dying art is now being reimagined by a new generation-one that values culture, but also wants to create something fresh and meaningful.

Where to Begin: Embracing Clay in Everyday Life

You don't have to be an artist to bring pottery into your life. You just need an open heart and a curious hand. Here are a few ways to begin your journey:

- **Attend a Workshop:** Many studios offer beginner classes that are friendly, fun, and deeply satisfying. It's a great way to explore something new without pressure.
- **Shop Local Ceramics:** Start replacing your daily-use cups, plates, or décor with handmade Nepali ceramics. Every piece supports a local artisan.
- **Create With Your Kids:** Buy some air-dry clay and spend an afternoon making coasters, candle stands, or fridge magnets together.
- **Make It a Family Activity:** Join a family-friendly pottery session at a local studio like Prajapati Ceramic. Make it a monthly ritual.
- **Gift With Intention:** Invest your time a little more to craft something special to someone. A clay piece may not sparkle, but it will be remembered.

So, this summer, slow down. Pick up the clay. Feel it between your fingers. Let it remind you of something deeper. Of warmth. Of connection. Of the quiet joy of making something with all your attention, creativity and love.

Because in the end, it's not just about the cups and plates we shape. It's about the life we're shaping along the way.

Clay Makers & Spaces to Explore

Here are some local gems to visit or support:

➔ “Pottery is in my roots, passed down by ancestors who were masters of clay. With their blessings, I created a space where people can heal, express, and grow through the art of pottery. Our GEM approach (Guide, Engage, Motivate), welcomes all ages to experience this timeless craft.” - Riya Prajapati, founder of Prajapati Ceramic

→ Cover Story



TOP: Sivalik Platter (left) and Nagarkot Tall Mug (right) from Ne Nepal, International Club
BOTTOM: Polo Vase (left) and Hydria Vase (right) from Toit Studio, Jhamsikhel





TOP: Ceramic mug, cup and candle holder from Dhukuti, Kupondole
 BOTTOM: Handcrafted Buddha Statue (left) and Flower Vase (right) from Prajapati Ceramic, Boudha



The background of the image is a soft, warm-toned collage of various baby foods. It includes bowls of smooth purees in shades of pink, orange, and green. Scattered around are fresh ingredients like sliced carrots, broccoli florets, and cucumber slices. A white baby spoon is also visible, resting on one of the bowls. The overall aesthetic is clean, healthy, and nurturing.

BODY.

THE FIRST 1000 DAYS

Why Nutrition Matters
Most from Womb to Toddler

Dietician Anjali Goel explores the vital window from conception to a child's second birthday, where nutrition shapes a lifetime of health, growth, and cognitive potential. Blending Nepali traditions with modern nutritional science, the article offers practical guidance for mothers to nourish both body and nation.

By Anjali Goel, Dietician

THE FIRST 1000 days—from conception to a child's second birthday are the most critical window for lifelong health, brain development, and disease prevention. In Nepal, where diverse food traditions meet modern challenges, focusing on maternal and child nutrition can shape the nation's future.

What Are the First 1000 Days?

This period includes

- 270 days of pregnancy
- 365 days in the first year
- 365 days in the second year

THESE DAYS LAY THE FOUNDATION FOR:

- Physical growth
- Cognitive development
- Immunity
- Metabolic programming

Malnutrition or poor diet during this time can lead to stunting, low IQ, weak immunity, and even chronic diseases later in life.

➔ Feeding practices like giving honey or water early can harm digestion and weaken immunity. Stick to breastmilk alone until 6 months.

Pregnancy Nutrition: Feeding Two Souls

For Nepali mothers, traditional foods like gundruk, milk, lentils, and green leafy vegetables can offer important nutrients but the quality and variety matter.

KEY NUTRIENTS

- Iron (from meat, lentils, leafy greens) – prevents anemia.
- Folic acid (from green vegetables, oranges) – supports brain and spine development.
- Calcium (from milk, ragi, sesame seeds) – builds bones.
- Protein (from pulses, eggs, meat) – for tissue growth.

Avoid:

- Overuse of spicy pickles
- Excess salt and fried street food
- Untreated water

Breastfeeding: Nepal's Natural Superpower

In Nepal, many mothers practice exclusive breastfeeding, which is ideal for the first 6 months.

BENEFITS

- Full nutrition and immunity.
- Protects from diarrhea, infections.
- Encourages mother-child bonding.

Cultural Note: Feeding practices like giving honey or water early can harm digestion and weaken immunity. Stick to breastmilk alone until 6 months.

Weaning & Complementary Foods (6–24 months)

At 6 months, breastmilk needs to be supported by soft, mashed, and iron-rich foods.

EXAMPLES

- Mashed boiled potato with ghee.
- Kodo ko dhido with spinach puree.
- Rice-lentil porridge (jaulo).
- Puréed carrots, pumpkin, or ripe banana.

Tips:

- Feed every 2–3 hours
- Use local, seasonal produce
- Maintain hygiene: clean hands, bowls, and water

Avoid:

- Junk snacks like instant noodles, chips, sugary biscuits
- Bottled juices and soda

The Hidden Crisis in Nepal

Despite cultural food richness, Nepal still battles:

- 1 in 3 children under 5 are stunted.
- High levels of anemia in pregnant women.
- Urban shift toward ultra-processed food.

The solution lies in education, access to nutritious local food, and support for mothers through community health workers and family awareness.

Final Thoughts

Nutrition in the first 1000 days is not just a health issue—it's a social and economic investment. If we nourish our mothers and children well, we nourish the future of Nepal.

Simple Message: “Eat local, fresh, and whole foods. Support mothers. Feed minds and bodies—right from the start.”



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



RESISTANCE TRAINING

The Greatest Gift a Woman Can Give Herself
and Her Family During Menopause

While menopause is often viewed as a time of decline, it can actually be a turning point for renewed strength and vitality. Resistance training empowers women to take control of their changing bodies—boosting bone density, muscle strength, and confidence with just a few consistent sessions each week.

By Sukadev Karki

MENOPAUSE IS a natural stage in a woman's life, but it brings many changes that can affect your body—especially your bones and muscles. You might notice weight gain, lower energy, mood swings, or aches. What many women don't realize is that menopause also quietly weakens bones and reduces muscle strength. But the good news is: you can do something about it.

Resistance training (training with additional resistance than the body is accustomed to), is one of the best ways to stay strong and healthy before, during and after menopause.

What Happens to Bones During Menopause?

Your bones are always changing. Old bone breaks down, and new bone forms. Before menopause, the hormone estrogen helps keep this process in balance.

But after menopause, estrogen levels drop, and bones start to break down faster than new bone is made. This leads to weaker bones and a condition called osteoporosis, which makes them more likely to break or fracture. In fact, women can lose up to 20% of their bone density in the first 5–10 years after menopause. That means even a small fall can cause a serious injury like a broken hip or wrist.

What Happens to Muscles During Menopause?

Just like bones, muscles also lose strength with age. This is called sarcopenia. Menopause can speed this up because estrogen also plays a role in keeping muscles healthy. Without it, women may lose muscle more quickly—sometimes without even noticing until daily activities feel harder. You may find it harder to

carry groceries, climb stairs, or stand up without support. This loss of muscle can also lead to weight gain, slower metabolism, and balance issues.

But here's the good news: you can build muscle at any age. Resistance training tells your muscles to grow and get stronger. It helps reverse the effects of aging and menopause on your body.

What is Resistance Training?

Resistance training simply means making your muscles work against some kind of force which is typically greater than what the body has accustomed to. This can be:

- Lifting weights (dumbbells, barbells, or machines)
- Using resistance bands
- Doing bodyweight exercises like squats or push-ups

It's not just about building big muscles. It's about improving strength, balance, bone health, and energy. And you don't need to spend hours in the gym. Just 2 to 3 sessions per week can make a big difference.

Why Resistance Training Is Different?

Cardio activities like walking or cycling, and gentle practices like Yoga or Pilates, absolutely have their place. They support heart health, improve flexibility, balance, and help manage stress—especially during the emotional ups and downs of menopause. But make no mistake: these activities alone are not enough to stimulate an increase in bone density.

Bones respond to load and pressure—forces strong enough to tell your body, "We need to stay strong." Resistance training, with

weights or resistance bands, provides exactly that. Without this kind of stimulus, bones have no reason to rebuild or get denser. Yoga, stretching, and cardio simply don't challenge the bones in the same way.

This doesn't mean you have to give them up. In fact, combining resistance training with yoga or walking creates a powerful routine for strength, flexibility, and mental well-being. But if your goal is to stay strong, prevent fractures, and protect your independence, resistance training is the non-negotiable piece of the puzzle.

Benefits of Resistance Training for Menopausal Women

STRONGER BONES
When you lift weights or do load-bearing exercise, it puts gentle stress on your bones. This tells your body to keep bones strong and may even increase bone density. It helps lower your risk of osteoporosis and fractures.

MORE MUSCLE AND STRENGTH
Resistance training builds muscle, which helps with daily activities and keeps your metabolism higher. Strong muscles protect your joints, improve posture, and support your body better.

BETTER BALANCE AND FEWER FALLS
Stronger legs and core muscles help you stay steady and prevent falls – one of the biggest causes of injury in older women.

IMPROVED MOOD AND ENERGY
Exercise releases feel-good chemicals in your brain. Many women report feeling happier, less anxious, and more energetic after starting strength training.

JOINT AND BACK SUPPORT
Building strength around your hips, knees, and back can ease joint pain and reduce the risk of injury.

BETTER WEIGHT CONTROL
More muscle means you burn more calories, even at rest. This can help with menopause-related weight gain.

Getting Started: It's Easier Than You Think

You don't have to become a bodybuilder or lift heavy weights to get the benefits. Start small and build up slowly. Here's how:

- Start with 2–3 days a week. Focus on short sessions (20–40 minutes) that target your whole body.
- Use light weights or bands. Start with something easy and increase gradually.
- Do full-body moves. Exercises like squats, lunges, push-ups, and rows work many muscles at once.
- Use good form. Move slowly and with control. If you're unsure, ask a trainer or join a class.
- Stay consistent. Results take time, but most women feel stronger in just a few weeks.

Meet Sneha, one of our clients at Befit Personal Training Studio, after menopause she noticed she was getting tired faster and struggled with daily chores. We recommended her to start with resistance training 3 times a week and gradually progressed her intensity. After three months, she felt more energetic and her body composition improved. She could carry heavy shopping bags, walk longer distances, and even fit better into her clothes. Her doctor also noticed her blood pressure and bone markers improved. And the best part? She felt proud and more confident in her body again.

Menopause may be a time of big change, but it doesn't have to mean weakness. In fact, it can be a fresh start. Resistance training is one of the most powerful tools women can use to stay strong, healthy, and independent. You don't need to do anything extreme. Just a little effort, a few times a week, can help rebuild your bones, restore your muscles, and boost your quality of life. You'll feel the difference in your body and mind. And, NO, you will never be like muscular man after training with weights. That is simply not possible given the biological differences in ratio of testosterone (a male hormone responsible for muscle hypertrophy in male) and estrogen.

So, pick up those weights, stretch those bands, or just start with bodyweight squats in your living room. Every rep is a step toward a stronger you.



Sukadev Karki - NSCA CSCS
Founder: National Youth Fitness Academy
Co-owner: Befit Personal Training Studio

→ But if your goal is to stay strong, prevent fractures, and protect your independence, resistance training is the non-negotiable piece of the puzzle.

Rewind and Rejuvenate

Massage isn't just about relaxation—it's a form of healing. In this piece, we explore how different spas bring their own touch to classic and modern massage styles. From soothing rituals to targeted therapies, each experience offers something unique for body and mind. Whether you're after deep relief or simple calm, this guide helps you find the massage that speaks to you.

AMANTRAN SPA

AMANTRAN SIGNATURE BLEND MASSAGE

A combination massage utilizing the very best of Thai, Shiatsu, and Deep Tissue massage techniques to stimulate the body's meridians, resulting in energy balance and restored health.

Price: 60 mins Rs 3800, 90 mins Rs 4900.

Location: Naxal Kathmandu.

Contact: 4516920

CHAITANYA HEALTH AND WELLNESS

AYURVEDIC MESSAGE

This unique Ayurvedic treatment focuses on stimulating marma points—vital energy centers—using gentle techniques and dosha-specific oils. Unlike Swedish or Deep Tissue massage, it promotes healing by balancing the body, mind, and emotions.

Price 60 Min-Rs 3000, 90 Min -Rs 4500, 120 Min-Rs 6000.

Location: Bakhundol, Lalitpur.
Contact: 980-1132922

FORTUNE SPA

FORTUNE SIGNATURE SPA

The Signature massage combines deep tissue and soothing strokes, tailored to relieve stress, ease muscle tension, and rejuvenate your body and mind. Indulge in this luxurious treatment for ultimate relaxation.

Price: Rs 7000 for 60 min, Rs 9000 for 90 min.

Location: Sanga, Bhaktapur.
Contact: 1661315



Photo Courtesy: Tranquility Spa

HIMALAYAN HEALERS SPA

NEPALI MASSAGE

This is a must-have massage for the traveller who wants to experience traditional Nepali culture. This massage is to be performed with simple strokes of the palms and uses warm fragrant mustard seed oil. Delightfully different.

Price: 60 min Rs. 4000, 90 min Rs. 5500.

Location: Pulchowk, Lalitpur.
Contact: 9851144343

KUNDALINI AYURVEDA

DEEP TISSUE MASSAGE

Targets deeper layers of muscle and connective tissue to relieve chronic tension, improve mobility, and promote healing.

Price: 60 minutes - NPR 4,500, 90 minutes - NPR 6,000.

Location: Shangrila Road, Lalitpur. Contact: 5423075

NUAD THAI

SIGNATURE TREATMENT- ENERGISE BODY

A powerful blend of Thai Yoga Stretching, Thai Warrior Massage, and warm Herbal Compresses to boost energy, release tension, and leave your body feeling refreshed and recharged.

Price: 90 min 7000 , 120 min 8400.

Location: Lazimpat, Kathmandu
Contact: 4002808

TRANQUILITY SPA

TRANQUILITY SIGNATURE MASSAGE

A truly indulgent spa journey that begins with a foot ritual, followed by a combination of traditional Nepali and Western techniques that Focuses in reducing stress, relieve muscle

tensions and invigorates the body, taking you on a journey to tranquility.

Price: 60 Min Rs 6000/- 90 Min Rs 8000/- 120 Min Rs 10000.

Location: Tahachal Kathmandu.
Contact: 9801076721

ZEN HEALING MESSAGE

THE TREKKERS MESSAGE

A signature massage of Zen Spa —also called The Trekkers Massage, A combination of traditional techniques, enhanced by the use of Shiatsu pressure points, Thai stretching, Balinese strokes, and Chinese energy flow massage to provide relief, relaxation, and to ease the strained muscles of trekkers.

Price: 90 minutes- Rs5000, 120 minutes-Rs 6500.

Location: Thamel, Kathmandu.
Contact: 014700700



Navigating Summer Anxiety

**TOO HOT
TO COPE**

Summer is often romanticized as a season of ease, but for many, it brings stress, anxiety, and emotional overwhelm. This story delves into how heat affects brain function and mood, dispels common myths about seasonal happiness, and offers compassionate, expert-backed strategies for coping the sunniest season.

By Sneha Agrawal, Psychologist

Can you explain how the summer season physiologically impacts the brain and mood regulation?

Hot weather can cause overheating and dehydration, which can lead to higher cortisol levels (the stress hormone). This can make you feel irritable, anxious, and tired. It can also disturb your sleep, which can make it harder to regulate your mood and think clearly. Longer days can also delay the production of melatonin at night, which makes it harder to fall asleep. This can affect your emotional stability. In some people, these factors can lead to agitation, poor focus, and in rare cases, mood disorders like summer-pattern Seasonal Affective Disorder (SAD). But on the bright side, more sunlight can also increase serotonin and vitamin D levels, which can improve

your mood, energy, and brain function.

What coping strategies or preventive measures do you recommend for managing mental health during hot weather?

To manage mental health during hot weather, stay physically cool, and hydrated, and avoid outdoor activity during peak heat. Use fans or cool showers, wear light clothing, and drink plenty of water. Prioritize good sleep in a cool, dark environment and practice stress-reducing techniques like mindfulness. Maintain social connections and adjust expectations to reduce frustration.

What types of outdoor activities are most beneficial for mental health during the summer?

Outdoor activities that best support mental health in summer include nature walks, yoga, biking, swimming, gardening, and relaxed social time in parks. These activities combine light movement, nature exposure, and stress relief. For the greatest benefit, do them in the morning or evening to avoid heat, stay hydrated, and protect your skin. Even short, regular time outdoors can boost mood, reduce anxiety, and improve overall well-being.

Are there any misconceptions about summer anxiety that need more awareness?

Yes, several misconceptions about summer anxiety deserve more awareness. One common myth is that anxiety and depression only worsen during the winter, which overlooks the fact that some people feel more anxious or

depressed in the summer due to heat, disrupted routines, or social pressures. There's also a tendency to assume that the sunny, active season should automatically make everyone feel happier, which can make those struggling with anxiety feel isolated or guilty for not enjoying it. Another misconception is that summer is always relaxing, but for many, it brings changes like travel, childcare demands, or body image concerns that increase stress. People often underestimate how heat itself can directly affect mood, sleep, and emotional regulation.

Can summer anxiety put a strain on relationships? How can partners support each other through seasonal stress?

Summer anxiety can put a strain on your relationships. While summer is usually about chill vibes and fun, it can also bring its own set of stressors, like social pressure, body image issues, travel fatigue, childcare challenges, or even seasonal affective disorder (yes, some folks get SAD in the summer). All this can lead to mood

➔ **Hot weather can cause overheating and dehydration, which can lead to higher cortisol levels (the stress hormone). This can make you feel irritable, anxious, and tired. It can also disturb your sleep, which can make it harder to regulate your mood and think clearly.**

→ It may follow a predictable seasonal pattern, resurfacing annually as temperatures increase and schedules change. Managing summer anxiety effectively often necessitates seasonal adjustments.

swings, irritability, or even withdrawal, which can affect a romantic relationship.

Everyone handles summer stress differently. Don't judge your partner (or yourself) for not loving summer. Being there for each other, and being understanding, can turn a potentially tough season into a time of deeper emotional connection.

Should summer anxiety be treated differently from general anxiety, or is it part of a broader pattern?

Summer anxiety can be a component of a broader anxiety pattern. Summer anxiety exhibits similarities to general anxiety, manifesting in symptoms such as restlessness, irritability, and sleep disturbances. However, it distinguishes itself through seasonal triggers and patterns. While general anxiety can originate from persistent stressors like work, health, or relationships, summer anxiety is frequently fueled by environmental and situational factors specific to the season. It may follow a predictable seasonal pattern, resurfacing annually as temperatures increase and schedules change. Despite

responding to the same core treatments - such as therapy, mindfulness, or medication-managing summer anxiety effectively often necessitates seasonal adjustments, including modifying routines, establishing boundaries around social events, and creating cool and calming environments.

What is your advice for families looking to prioritize mental wellness during summer, rather than only focusing on activities or travel? For families wanting to prioritize mental wellness in summer, the key is to balance physical activity with emotional connection, rest, and flexibility. While it can be tempting to focus on trips and events, mental health thrives in the present moment rather than under pressure. Here are some practical tips to help you achieve this:

Protect Downtime
Avoid over-scheduling. Include quiet, tech-free time for the entire family to recharge. Activities could involve reading together, napping, or simply relaxing in the backyard.

Normalize Emotions

Create a safe space where it's acceptable to express feelings like "I feel overwhelmed" or "I need a break." When emotions are acknowledged, both kids and adults benefit, rather than dismissing them in pursuit of fun.

Build Flexible Routines

While some structure is helpful, finding a balance is essential. Light routines, such as morning walks, shared meals, or a bedtime wind-down, can provide predictability without being too rigid.

Prioritize Connection Over Plans

Set aside time for one-on-one check-ins with each family member. Use open-ended questions like, "What's something that made you feel happy or stressed today?"

Use Nature Intentionally

Spending time outdoors can reduce anxiety and improve mood. Choose calm, shaded environments (such as nature trails or gardens) rather than overstimulating places.

Model Self-Care

Let your children see you taking breaks, setting boundaries, and acknowledging your emotions. This teaches them that mental wellness is an important life skill, not just a luxury.

Summer doesn't have to be all sunshine to be meaningful. It's perfectly okay if this season brings unexpected stress or emotional ups and downs. What matters most is creating space for rest, honest conversations, and small, intentional moments of care. As author Anne Lamott once wrote, "Almost everything will work again if you unplug it for a few minutes, including you."



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.

ROSEMARY OIL & ARGAN OIL IN HAIR LOSS

HISTORY OF Argan oil dates back to 1550 BC, hence known as Moroccan oil, and beautiful skin and hair among the Moroccan people is presumably accredited to argan oil. Likewise, rosemary oil was a favorite among ancient Egyptians, Greeks and Romans for its healing and cosmetic properties, and they believed rosemary oil could combat hair loss and “improve memory”. But in modern era of rapid hair fall and exacerbating baldness, are these two oils the saviors we hope them to be? Lets dive in.

Argan oil, rich in fatty acids, vitamin E, and antioxidants, is often used for skin and hair care due to its moisturizing and conditioning properties. Studies suggest it can improve skin elasticity, reduce melanin production, helps with oil control and protect hair against oxidative damage. When correctly formulated and purified, it is one of the most expensive vegetable oils that can improve our gut microorganisms as well. However, adulteration with cheaper oil is common.

Similarly, rosemary oil is rich in antioxidants, cosmetic extracts of rosemary can help to protect the skin and hair from free radicals and environmental stressors. Their extracts are useful in sensitive scalp and irritated scalp.

Hair has a protective oil layer called lipid, which can be ripped off after harsh procedures such as hair bleaching, as well as after shampooing, grooming, UV exposure over time, and general aging of the hair. Furthermore, in untreated hair, there is gradual decrease in oil content and fatty acid concentration diminishes from scalp to tip. This means the hair bonds are weaker and cuticles are broken at the rear ends of the hairs. This causes easily breakable hairs, that are prone to damage, dryness, split ends, hair fracture. This kind of hair looks frizzy, disheveled and unkempt.

The loss of hair oils and outer cuticle can be repaired by these oils by sealing the cuticle, which prevents further damage and provides luster. A study conducted on the role of coconut oil,





castor oil and argan oil for hair lustre, strength and hair regrowth showed that coconut oil helped to treat brittle hair and castor oil helped with hair lustre, while argan oil reduce significant protein loss from the hairs.

As for the rosemary oil, in 2013, one study gave shimmering ray of hope that it may potentially

treat baldness by blocking the active testosterone responsible for baldness. Following up with that, in 2015, a study declared rosemary oil to be as effective as FDA approved drug minoxidil. Till date, there are THREE feeble studies that had any say on the role of rosemary oil in hair loss. So, why the hype. Whats with the blowing of the

trumpet. It started as many doctors, dermatologists and influencers made videos quoting just ONE study on rosemary oil dating back to 2015. The trend caught momentum, like any viral product.

The scientific evidence in support of both the oils are countable. As dermatologists and trichologists, our

clinical practice relies on evidence-based medicine. For a product or drug to be considered as effective, there should be consistent results in most people in many studies. The review and analysis of all these studies should also provide the same conclusion. However, there are few research papers, that were conducted in small number of people to look for the utility of rosemary oil and argan oil in various hair concerns. These oils can improve hair texture, shine and calm the scalp.

In recent years, our own scalp oils are also associated with increase in baldness. Yes, they are called oxidizing scalp lipids, and are shown to be perpetrators in baldness severity, along with other environmental factors. Hence, we as dermatologists, can recommend oils for hair strength, texture and frizziness with proper dilution.



Dr Smriti Shrestha, MD
Assistant Prof of Dermatology,
Hair Transplant & Aesthetician
at Anova Skin & Hair Clinic.

Anova Skin & Hair Clinic has been providing premium quality skin care, anti-aging treatments, hair treatments and hair transplant services since last 6 years. We also provide aesthetics services with USFDA approved devices and treatments. We are located in Jawa Bhawan, Jawalakhel Chowk, Lalitpur.



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PARENTING.

More Than Just a Walk in the Park

We understand the world through our senses. As Nepal's only Certified Ayres Sensory Integration Practitioner, Ganga Gurung works with children with neurodevelopmental conditions everyday who also have sensory processing differences. The way some children/people process sensory information can determine their quality of life, participation and functioning. In this article, she explores how different senses collaborate to help us function everyday.

By Ganga Gurung



PICTURE THIS: It's early evening and you're taking a walk through the park with your family. The trees sway gently, their green leaves offering a refreshing break from the day's screen time. You hear the cheerful chorus of dogs barking, birds chirping, and children laughing as they run around. The breeze is cool against your skin. Somewhere nearby, the sweet scent of freshly scooped ice cream drifts through the air. A light summer rain begins to fall, pattering softly on your umbrella. Your child skips over a puddle, landing confidently. No one trips, bumps into anyone, or wanders off course. As the walk winds down, you feel a little sweaty—and a little hungry. It's time to head home. A simple yet perfect way to end the day.

But have you ever stopped to wonder how much your body does—quietly, automatically—to make moments like this possible? We often credit our “five senses” for helping us take in the world around us. But the truth is, there's more going on beneath the surface.

WAIT—AREN'T THERE JUST FIVE SENSES?

Most of us grew up learning about sight, hearing, taste, touch, and smell. And yes, those are important—but modern science and child development experts, especially occupational therapists, recognize that we actually use eight basic sensory systems every day. These lesser-known senses help us move smoothly, stay balanced, feel safe, and stay tuned in to what's happening inside our bodies.

Here's a quick breakdown:

- **Sight (Visual):** Helps us notice visual information from our surroundings and avoid obstacles.
- **Hearing (Auditory):** Helps us understand sounds, words, and tones.
- **Smell (Olfactory):** Often tied to memory, smell helps us enjoy the world—and avoid danger.
- **Taste (Gustatory):** More than just flavor—taste protects us by detecting things that might be harmful.
- **Touch (Tactile):** Helps us feel textures, temperatures, pressure, and pain.
- **Proprioception:** A fancy word for our body awareness. It tells us where our limbs are even when we're not looking.
- **Vestibular:** Helps with balance and coordination. It's what keeps us upright when walking or turning quickly.
- **Interoception:** This is your inner sense—knowing when you're hungry, thirsty, angry, tired, or need the bathroom. In short, it's the sense that answers “How do I feel?” question.

These systems work quietly in the background to help us (and our kids) go through the day—whether we're tying shoelaces, playing tag, reading a book, or cuddling on the couch.

Human beings are sensory beings!

For children, especially, these sensory systems play a huge role in development. When everything is in sync, tasks like climbing at the playground, focusing in school, or trying new foods can feel smooth and

natural. But when one or more systems are over- or under-sensitive, everyday experiences can feel overwhelming.

Does your child avoid swings or climbing frames? Do they get upset about the feeling of clothing tags or loud noises? Do they constantly crash into furniture, or seem unaware of hunger cues? These could be signs of sensory processing differences.

The good news? You're not alone—and there's support available. Occupational therapists often work with children to help them understand and regulate their sensory needs. Through simple activities and playful routines, kids can learn how to feel more comfortable in their bodies and more confident in the world around them.

SENSORY WELLNESS FOR EVERYONE

And this isn't just about kids. Grown-ups have sensory needs too! Maybe you love a hot shower after a long day because it calms your tactile system. Or maybe you feel recharged after a brisk walk because your vestibular and proprioceptive systems are getting the input they crave.

Tuning into your own sensory preferences—and those of your family—can help make daily life feel more balanced and connected. You might try:

- Adding a calm-down corner with cozy textures for your child.
- Doing family yoga to engage balance and body awareness.
- Playing nature sounds at bedtime to soothe the auditory system.

- Encouraging outdoor play for natural sensory experiences.

The Takeaway

Our bodies are amazing. Without us even realizing it, they're constantly working behind the scenes to help us interact with the world. The more we understand about our sensory systems, the more we can support not just our own well-being—but also that of our children.

So the next time you're out for a walk with your family, take a moment to notice how much your senses are doing. That simple stroll in the park? It's actually a beautiful, coordinated symphony of your body's inner wisdom—one that makes life's little joys possible.



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

IN TODAY'S fast-changing world, nurturing emotionally intelligent children is just as important as helping them succeed in academic spheres. Emotional Intelligence also known as emotional quotient is regarded as one of the crucial life skills in the increasingly complex world which focuses in the ability to recognize, comprehend, manage, and influence emotions, both in oneself and in others. Social-emotional learning (SEL) refers to the skills children need to understand and manage emotions, build positive relationships, show empathy, and make responsible decisions. While schools are starting to include SEL in their classrooms, the most insightful lessons begin much earlier at home.

In the Nepalese context, families are deeply rooted in children's upbringing and the environment playing

central role. Grandparents, parents, siblings, and even extended family members all significantly contribute to a child's early development. The home is not just a place of shelter but a child's first classroom characterizing parents as their first teachers. Understanding this fundamental role is pivotal if we want to raise confident, compassionate, and resilient children thriving in any society.

Why SEL Matters?

Children who develop strong social-emotional skills are better equipped for life's challenges and navigate the right path at the crossroads of dilemma. A child who can recognize their frustration and calm themselves down with the skills of emotions management is more likely to succeed in school as well as form healthy friendships. Different researches from around the world suggests

that early SEL leads to improved academic performance, better mental health, and fewer behavioural problems. As the world becomes highly competitive and complex, the significance of social and emotional learning (SEL) is gaining even more relevance.

In Nepal, where academic pressure can be intense and mental health conversations are still emerging, SEL provides a pathway to raise balanced and emotionally strong individuals. It's especially important in a post-COVID world, where children have faced isolation, uncertainty, and stress. SEL isn't something that is optional but it's indispensable for long-term overall well-being in a fast paced and interconnected world. It is a tool that not only enhances the academic outcomes and classroom behaviours of the children but also contributes

in self-regulations of emotions and building stronger relationships which offers a package to transform into a complete human being.

The Family as the First School

From birth, children learn by observing, feeling, and experiencing their surrounding environment. According to attachment theory, when caregivers respond with love and consistency by soothing a crying baby or comforting a frightened child, they help build emotional security. This emotional bond becomes the foundation for building self-confidence, empathy, and trust.

In Nepali households, everyday life activity offers countless opportunities to impart these skills. When a mother patiently helps her child tie shoelaces or a father shares a story of kindness from his own childhood, they are transmitting values and emotional lessons that programs the subconscious brain of the child. Children learn not by lectures, but by observing how adults handle stress, express emotions, and resolve conflicts.

The famous quote "Children do what you do, not what you say" holds true here. A child who sees their parents say "sorry," "please," or

The Role of Families in Nurturing Social-Emotional Skills

In a rapidly evolving world, emotional intelligence is just as essential as academics. This article explores how Nepali families, through everyday interactions and deep-rooted cultural values, can become the first and most powerful teachers of social-emotional learning (SEL) for children.

By Samjana Basnet

HOME &

“thank you” naturally picks up those habits and cultivates them as culture. Whether it’s respecting elders, helping neighbours, or managing disagreements peacefully, children mirror what they see. Social Psychologists, in accordance to social learning theory, have theorized that children’s learning begins

through imitations of observed actions of the adults marking the significant phase of cognitive development.

Building Emotional Vocabulary

One of the most important gifts a family can offer is the ability to name and express

emotions. In Nepalese culture, feelings are not always discussed openly, especially subtle ones like anger, fear, or sadness. But when children are encouraged to communicate about their emotions with openness, they learn to process them in healthy ways

as it finds its natural flow of expression.

For example, if a child is crying because a toy broke, instead of saying “Don’t cry,” a parent might say, “I see you’re feeling sad about your toy. Let’s talk about how we can fix it.” This simple shift helps the child feel



HEART

understood and teaches the skills of problem-solving. Talking about the day during family meals or sharing feelings before bedtime also strengthens communication skills and connection.

Modelling Matters: Parents as Emotional Role Models

Children are always watching. If parents yell when they are angry or ignore each other during disagreements, children assume this is normal behaviour. But if parents take deep breaths when upset or apologize after a mistake, children learn self-regulation and humility.

Nepali families are often multigenerational, offering a rich environment for children to observe and learn from different generations. When grandparents show patience, or older siblings show kindness to younger ones, they demonstrate empathy and social skills in action. These lived examples are more influential than any lesson from a textbook.

During difficult times, such as emotional distress, financial stress or illness, how parents manage their emotions teaches children resilience. Explaining feelings like, “I’m tired today, but I know tomorrow will be better,” shows children that it’s very normal to have twists of emotions and that challenges can be overcome with continuous hope and relentless effort.

Everyday Activities That Build SEL

You don’t need special training or expensive toys to teach SEL at home. Everyday routinely experienced

activities offer excellent opportunities:

- **Self-Awareness:** Ask your child how they are feeling and help them name their emotions. “Are you feeling excited, or nervous?”
- **Self-Management:** Teach calming techniques like deep breathing. When a child is angry, show them how to take “balloon breaths” inhale slowly and exhale like blowing up a balloon.
- **Social Awareness:** Celebrate festivals together and talk about others’ feelings. “How do you think our neighbour felt when we gave them sweets?”
- **Relationship Skills:** Encourage teamwork through chores or games. Guide your child on how to apologize and express their needs respectfully.
- **Decision-Making:** Involve children in small choices. “Do you want to wear the red t-shirt or the blue one?” Help them understand consequences gently.

These moments are parts of everyday Nepali life whether it may be helping in the kitchen, participating in puja, or sharing food with guests. Each one can be categorized as opportunities to build empathy, patience, communications skills and responsibility that can support in creating a composed personality.

Creating a Safe Emotional Environment

A child’s ability to learn SEL depends greatly on how safe and supported they feel at home. Discipline should be about teaching, not punishing. A child who

spills milk or makes a mistake should feel it’s safe to admit it. Instead of scolding, try saying, “It’s okay, let’s clean it up together.” This approach fosters responsibility without fear.

Loving homes celebrate a child’s uniqueness by respecting their individuality. Praising their effort “You tried so hard on your drawing!” rather than only results effectively aid in building self-confidence. Respecting a child’s voice, listening to their worries attentively and encouraging their curiosity helps them feel valued and understood.

Engaging in family rituals like weekly game nights, religious celebrations, or storytelling before bed strengthen emotional bonds and create a sense of belonging. These emotional connections are the fertile soil in which SEL skills grow with radiance.

Final Thoughts

Social-emotional learning doesn’t require a specific curriculum because it starts with a parent’s hug, a listening ear, and encouraging words at the dinner table. In the Nepalese context, where family values run deep, we already possess the solid foundation to nurture emotionally resilient children. We need merely to recognize the inbuilt power we wield as parents, caregivers, and community members.

By being present, intentional, and compassionate in our everyday interactions, we can raise children who not only excel academically but also become thoughtful, considerate and resilient members of society. We must incorporate this social

emotional learning in every action we perform which ultimately becomes the source of inspiration and gem of wisdom to develop the essential life skills in the growing children. To sum up, SEL is not just an academic subject or the topic of intellectual luxury, rather it’s a lifelong gift we offer our children, beginning at the heart of the home which can prove to be ladder of success in both personal and professional walks of life.



Samjana Basnet

Samjana Basnet is a dedicated Early Childhood Development (ECD) practitioner with over 12 years of experience. She is the Director and Principal of Kovida Kids Preschool, Lokanthali, Bhaktapur, and is currently pursuing advanced studies at Kathmandu University’s Department of Early Childhood Development. Samjana is a certified ICDP Facilitator and National Parenting TOT trainer. She serves as the Secretary of the Association of Preschool Educators Nepal (APEN) and General Secretary of the Preschool Olympic Commission. Her work has been nationally recognized with the Dynamic Leader Award (2021) and the National Education Award 2080. She is also an esteemed member of Smart Parenting Nepal.

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BEING OUR TRUE SELVES

Parenting educator Mridula Saria reflects on the shift from performative to authentic parenting, revealing that children learn more from our emotional truth than our actions. She reminds us that presence, not perfection, is the greatest gift we can give our children.

By Mridula Saria

Children learn by imitation. It's a phrase we've heard countless times, passed around parenting books, early education classes, and casual conversations at playgrounds. And yet, for a long time, I misunderstood what it truly meant.

I thought modeling behavior meant performing it. So, I found myself saying "thank you" or "sorry" in front of my son, not always because I deeply meant it, but because I wanted to set an example. I'd catch myself glancing at him, checking whether he was watching, silently hoping that the message was sinking in.

But over time, and through my own journey as both a mother and a parent coach, I began to realize: modeling isn't about performance. It's about presence.

Children don't just mimic our actions, they absorb our energy, our intention, our emotional truth. They learn not just from what we do, but from how we do it and why. If I want my child to be

truly grateful, he needs to witness me in a moment of genuine gratitude. If I want him to feel the weight of an apology, he needs to see me own up to my mistakes, not for the sake of his learning, but because it's true for me.

This reflection was recently reignited by a heartfelt message in a community I'm part of. A fellow parent, shared a moment that deeply resonated with me. His vulnerability sparked something in me that I couldn't ignore, it made me think about authenticity, and where I stand with it.

Authenticity has always come naturally to me. In my personal and professional life, I've often chosen truth over ease, even when it came with consequences. I've never shied away from being honest, sometimes to a fault. I believed, and still believe, in living from a place of integrity.

But when I turn the mirror toward my parenting, I can't say the same.

Somewhere between nap schedules and meal planning, between setting boundaries and teaching manners, I started losing touch with my authentic self as a parent. Not deliberately, but slowly, in the pursuit of being a "good mom," I began performing motherhood.

I smiled when I was tired. I said "it's okay" when it wasn't. I modeled patience while feeling chaos inside.

And I now realize that my son doesn't need a perfect parent. He needs a real one.

He needs to see that mistakes happen and they can be repaired. That feelings are not threats, but signals. That strength and softness can coexist. That love doesn't mean always getting it right, but always being willing to return, reconnect, and try again.

Children are emotionally intuitive. They might not understand our words fully, but they understand us. They pick up on our tone, our hesitation, our smiles

that don't reach our eyes. They feel the difference between a thank you said with joy and one said with the pressure of parenting "correctly."

That's why authenticity is more powerful than any parenting technique. Because when we live it, we teach it, without saying a word.

Being an authentic parent doesn't mean unloading our every emotion onto our children. It means showing up honestly and responsibly. It means allowing ourselves to be human in front of them, not just behind closed doors.

It's okay to say, "I'm feeling overwhelmed right now, and I need a moment." It's okay to admit, "I made a mistake, and I'm sorry." It's okay to cry. To laugh too loudly. To change our minds. To be unsure.

Because when we do that, we give our children the permission to be human too.



➔ Being an authentic parent doesn't mean unloading our every emotion onto our children. It means showing up honestly and responsibly. It means allowing ourselves to be human in front of them, not just behind closed doors.

The journey of this shift, from performative to authentic parenting has not only changed my relationship with my child, but with myself. It's allowed me to slow down and listen more, not just to him, but to my own needs. To let go of the script and meet the moment.

And if you're reading this wondering whether you've been performing more than living, don't worry. Awareness is the first and most powerful step.

So maybe the next time you catch yourself doing something just for show, pause. Ask yourself: What am I truly feeling right now? What would it look like to be real in this moment?

Because our children don't need perfection. They need presence. They need connection. They need us.

Messy. Growing. Real.

Just as we are. Cause being our true self, is the biggest legacy we can give our children.



Mridula Saria is a parenting educator and mother who works closely with parents to help them reconnect with themselves and raise children with compassion, clarity, and connection. You can follow her reflective parenting journey on - www.mridulasaria.com



FOOD. SWAP STRESS FOR STRENGTH

Smart Eating for Nepal's Hospitality Women

In Nepal's bustling hospitality industry, women juggle high-pressure roles that demand physical, mental, and emotional stamina. This article delves into the importance of strategic eating, blending modern nutritional insights with ancient Ayurvedic wisdom, to empower Nepal's hospitality women to thrive in their demanding roles.

By Chef Sandeep Khatri

In Nepal's dynamic hospitality sector, women are the unsung heroes, managing guest experiences, orchestrating events, balancing financial sheets, and ensuring smooth operations. These roles demand physical stamina, mental acuity, and emotional resilience. Amidst tight schedules and high-pressure environments, nutrition often takes a backseat. These women's food choices profoundly influence their energy levels, mood, and overall performance.

Role-Specific Nutritional Strategies Human Resources (HR) & Administration

Challenges: Emotional labor, prolonged meetings, and stress-induced eating.

Nutritional Solutions: High-protein options like nuts and yogurt to stabilize mood. Herbal teas such as chamomile or tulsi to promote calmness.

Quick Fix: Chewing fennel seeds post-meal aids digestion and enhances focus.

Marketing & Sales

Challenges: Frequent travel, irregular meals, and screen-induced cravings.

Nutritional Solutions: Portable energy boosters like trail mix and protein bars. Lemon-honey water with a pinch of salt to combat dehydration.

Quick Fix: Sucking on clove or cinnamon pieces for fresh breath and alertness.

Culinary Food & Beverage (F&B)

Challenges: Long hours on foot and frequent tasting of rich foods.

Nutritional Solutions:

Bananas and sweet potatoes to replenish potassium. Ajwain (carom seed) water to alleviate bloating.

Quick Fix: Mustard oil foot massages post-shift to relieve fatigue.

Housekeeping

Challenges: Physically demanding tasks and limited meal breaks.

Nutritional Solutions: Iron-rich foods like spinach and lentils to combat fatigue.

Jeera (cumin) water to aid digestion.

Quick Fix: Epsom salt foot soaks to soothe tired muscles.

Finance & Accounts

Challenges: Sedentary work leading to mental fatigue.

Nutritional Solutions: Omega-3-rich foods like walnuts and flaxseeds to boost brain function. Peppermint tea to enhance concentration.

Quick Fix: Stretching exercises every two hours to prevent stiffness.

Front Office & Guest Services

Challenges: Constant interaction with guests and unpredictable shifts.

Nutritional Solutions: Magnesium-rich foods like dark chocolate and almonds to reduce stress. Regular hydration to maintain vocal stamina.

Quick Fix: Saltwater gargles to soothe strained vocal cords.

Integrating Ayurvedic Wisdom

Ayurveda, Nepal's ancient system of medicine, offers personalized dietary

recommendations based on individual constitutions (doshas). Incorporating Ayurvedic principles can enhance well-being and performance.

Vata (Air) Dominant Roles: HR and Front Office

- Diet: Warm, grounding foods like khichdi and soups.
- Herbs: Brahmi and ashwagandha to manage stress.

Pitta (Fire) Dominant Roles: Marketing and Culinary

- Diet: Cooling foods such as coconut and cucumber.
- Herbs: Shankhpushpi to enhance mental clarity.

Kapha (Earth) Dominant Roles: Housekeeping and Finance

- Diet: Light, spicy foods like ginger and honey.
- Herbs: Tulsi to boost immunity.

Ayurvedic Food Kits for Daily Support

HR & Admin – "Calm Mind Kit"

Snack: Soaked peanuts with jaggery.

Drink: Tulsi and ginger tea.

Quick Fix: Fennel seeds post-meal.

Marketing & Sales – "Travel-Ready Kit"

Snack: Roasted chana with turmeric.

Drink: Lemon-honey-salt water.

Quick Fix: Clove or cinnamon pieces.

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Culinary & F&B – "Leg & Back Saver Kit"

Snack: Banana with sesame seeds.

Drink: Ajwain water.

Quick Fix: Mustard oil foot massage.

Housekeeping – "Energy Booster Kit"

Snack: Puffed rice with jaggery.

Drink: Jeera water.

Quick Fix: Epsom salt foot soak.

Finance & Accounts – "Brain Power Kit"

Snack: Soaked almonds and raisins.

Drink: Mint and coriander water.

Quick Fix: Regular stretching.

Front Office – "Throat & Mood Kit"

Snack: Ginger with honey.

Drink: Warm cinnamon water.

Quick Fix: Saltwater gargle.

Universal Ayurvedic Hacks

- Afternoon Slump: Consume one date with a walnut for a natural energy boost.
- Bloating: Sip warm ajwain water to relieve gas.
- Sleep Issues: Drink warm milk with a pinch of nutmeg before bedtime.

Combatting Stress Through Nutrition

The hospitality industry's demanding nature can lead to chronic stress, manifesting as:

- Emotional exhaustion from guest interactions.



- Physical fatigue due to long hours on foot.
- Mental burnout from continuous multitasking.

Foods to Avoid:

- Refined Sugars: Lead to energy crashes.
- Excessive Caffeine: Causes anxiety and disrupts sleep.
- Processed Snacks: Contribute to

inflammation and fatigue.

- Fried Foods: Result in sluggishness and digestive issues.

Stress-Busting Foods:

- For Emotional Balance: Bananas with honey, golden milk, and dark chocolate.
- For Physical Recovery: Soaked almonds, moong

dal soup, and coconut water.

- For Mental Clarity: Pumpkin seeds, leafy greens, and jeera water.

5-Minute Ayurvedic Rituals

- Pre-Shift: Consume a teaspoon of chyawanprash to boost immunity.



Smart Swaps for a Healthier You

Replace processed sugar with jaggery, dates, raisins, or honey. Natural sweeteners offer trace minerals and don't spike your blood sugar as rapidly.

Have Lemon-mint water, chia seed water, or fruit-infused water instead of soda and energy drinks. Keeps you refreshed and hydrated without the sugar crash or bloating.

Swap greasy food with grilled or steamed food with ghee or mustard oil drizzle. They are easier to digest, retains nutrients, and reduces post-meal lethargy.

Millet flour (kodo, ragi), buckwheat (fapar), or oat flour is better option than maida (flour) because they are high in fiber and minerals—great for sustained energy.

Replace chips with roasted makhana (fox nuts), lotus stem chips, or baked sweet potatoes. Light, crunchy, and rich in antioxidants.

Grilled tofu, paneer, or lean chicken/fish instead of always having red meat. Easier on digestion, high in protein, and supports heart health.

Home-made grain wraps with hummus, veggies, or steamed momos with buckwheat instead of takeouts. Nutritious, filling, and lowers your salt and fat intake.

Conclusion

Nepal's hospitality women are pillars of

strength, balancing myriad responsibilities with grace. By embracing mindful eating and integrating Ayurvedic principles, they can enhance their resilience, performance, and overall well-being. Remember, nourishing the body is not a luxury—it's a necessity for sustained success.

In Nepal's dynamic hospitality sector, women are the unsung heroes, managing guest experiences, orchestrating events, balancing financial sheets, and ensuring smooth operations. These roles demand physical stamina, mental acuity, and emotional resilience. Amidst tight schedules and high-pressure environments, nutrition often takes a backseat. Yet, these women's food choices profoundly influence their energy levels, mood, and overall performance.

This article delves into the importance of strategic eating, blending modern nutritional insights with ancient Ayurvedic wisdom, to empower Nepal's hospitality women to thrive in their demanding roles.



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.

- During Work: Sip ajwain water to prevent digestive discomfort.
- Post-Shift: Soak feet in warm saltwater to alleviate tension.

Addressing Stress Eating

- Late-Night Cravings: Opt for peanut chaat instead of chips.
- Emotional Eating: Choose dates and nuts over sugary treats.
- Meal Skipping: Keep sattv (roasted chickpea flour) drinks handy for instant nourishment.



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

Kotetsu

Gateway to Japanese Flavors

Kotetsu brings the essence of Japanese culinary artistry to Kathmandu with a warm and authentic dining atmosphere. From the freshest sushi to comforting hot bowls like katsudon, every dish is crafted with care and passion under the guidance of the welcoming “Mama-San.” This hidden gem offers a genuine taste of Japan’s rich food culture right in the city’s vibrant Lazimpat neighborhood.

Tucked away on the first floor of the elegant Hotel Ambassador in Lazimpat lies a hidden slice of Japan—Kotetsu Japanese Restaurant. Since its transfer to new ownership in April 2023, Kotetsu has quickly earned a reputation among both locals and Japanese expats for its authentic culinary experience. Helmed by the ever-present and warm-hearted Japanese manager fondly known as “Mama-San,” Kotetsu welcomes

diners with genuine hospitality, meticulous attention to detail, and a deep commitment to quality. From the traditional music playing softly in the background to the artfully curated interiors, every element evokes a sense of being transported to a cozy eatery in Japan. With a live cooking station, strict hygiene practices, and a menu that’s constantly evolving, Kotetsu promises true taste of Japan in the heart of Kathmandu.



📍 Jyo Nigiri Sushi

Kotetsu’s Jyo Nigiri Sushi is a sublime experience for any sushi enthusiast. This platter features 10 pieces of expertly crafted nigiri, including salmon, tuna, sea bream, yellowtail, and salmon roe. Each piece showcases fresh, melt-in-your-mouth fish atop perfectly seasoned rice, creating a balance of flavor and texture. The salmon, in particular, stands out with its rich, buttery taste. The selection varies, ensuring a unique experience every time. Simple yet elegant, this nigiri platter captures the essence of authentic Japanese sushi in every bite.



KOTETSU
Hotel Ambassador
Lazimpat

➡ Jyo Sashimi

The Jyo Sashimi platter - a delightful Japanese culinary artistry. Featuring five premium selections—including salmon, tuna, and yellowtail—each slice is impeccably fresh and delicately cut. The fish is buttery and melts in your mouth, offering a pure fresh and umami taste. Presentation is elegant and minimalist, letting the natural flavors shine without the need for heavy sauces. A dip in soy sauce is all it takes to elevate the experience.



➡ Ebi Tempura (Prawn Tempura)

The showstopper of the dining - Ebi Tempura is a golden, crispy treat that captures the essence of Japanese comfort food. Each of the plump shrimp was wrapped in a light, airy batter and deep-fried to perfection. The result is a delightful crunch that gives way to tender, juicy prawn inside. When dipped in the savory tempura sauce, the subtle sweetness of the shrimp truly shines. It's a simple dish, yet incredibly satisfying—elegant in its execution and rich in flavor. Try Japan's favourite at Kotetsu!

➡ Buri Kama

Buri Kama - the grilled collar of yellowtail; I was skeptical of its taste while I first saw it but it amused me with its taste. The soft tenders of fish with its natural fattiness had a subtle smokiness from the grill that enhanced the umami depth of the fish. For a hint of sweetness, try it with a touch of eel sauce. Simple, rustic, and incredibly flavorful—it's a distinct looking dish that has impeccable taste.





👉 **Katsudon**

A classic bowl dish, the very popular katsudon. The freshly fried, crispy pork cutlet is mixed with the sweet and salty broth and egg for an irresistible taste. (Can be changed to chicken cutlet) A very filling dish. Katsudon could be your next comfort food—each bite offers a satisfying contrast and a hearty, nostalgic, and deeply flavorful taste. It's a bowl that hugs you from the inside

👉 **Lunch Box**

The Lunch Box is a lunchtime treat that brings variety and satisfaction in every bite. Packed with a rotating selection of pork cutlet, croquettes, sweet & sour pork, mapo tofu, chicken teriyaki, gyoza and more, it offers a little something for every craving. Each component—from savory mains to veggie sides like spinach with sesame dressing—is thoughtfully prepared and beautifully arranged. Served with rice and miso soup, it's both hearty and balanced, making it a nutritious and fulfilling meal. Perfect for those who love to sample different flavors in one sitting.



👉 **Zaru Soba (Cold Soba Noodles)**

Zaru Soba is a refreshing, minimalist delight—chilled buckwheat noodles served with a light, umami-rich soba broth and condiments. Each slurp is cool and clean, with the subtle nuttiness of soba complemented by the zing of wasabi, scallions, and a dash of soy (tsuyu). It's the perfect dish for hot days: simple, elegant, and effortlessly satisfying.

FOOD FOR YOUR SOUL Annamaya

Inspired by the idea of nourishment at every level, Annamaya blends clean, conscious eating with calm rooftop charm. From quinoa bowls to kombucha, it's a space where food becomes a form of wellness.

By Malika Joshi



Gyanmandala,
Jhamsikhel

ANNAMAYA is a rooftop café located atop the Gyan Mandala complex in Jhamsikhel, Lalitpur, Nepal. Renowned for its health-conscious menu, the café offers a variety of vegetarian and vegan dishes, including Buddha bowls, sandwiches, smoothies, healthy noodles and also kombucha. The establishment emphasizes fresh, organic ingredients, aiming to provide nourishing meals to the customer.

This rooftop corner exudes a warm and intimate vibe. With woven chairs, wooden furnitures, hanging planters, and a panoramic view of the Kathmandu and Lalitpur, the space feels both private and open. The translucent roof offers shelter without blocking the natural light, making it a great spot for laid-back afternoons or evening chats with a gentle breeze. The greenery tucked into corners of the café adds a touch of serenity and calm aura to the entire ambiance.



⬆️ Quinoa Taboule

A refreshing burst of color and crunch! The quinoa forms a hearty base, beautifully complemented by the crisp mix of cucumber, red cabbage, carrots, and capsicum. Juicy tomatoes and sweet bursts of pomegranate add a delightful contrast, while fresh herbs and a splash of lemon juice tie everything together with zesty brightness. It's a light and clean salad that you can have as a starter or to maintain your healthy diet.



⬆️ Pesto Sandwich

The chicken pesto sandwich is a savory delight layered with flavor. Tender sautéed chicken is coated in a fragrant, house-made pesto that bursts with richness of fresh herbs. Roasted tomatoes add a sweet, smoky depth, while pickled onions offer a tangy crunch that cuts through beautifully. All of it is assembled on a slice of sourdough, perfectly toasted for that golden crunch. It's flavorful, healthy and definitely indulgent. I would say it's a must try dish here at Annamaya.



⬆️ Soba Noodles

The cold soba noodle bowl had a refreshing and satisfying textures and flavors. The perfectly chilled soba mixed along with crisp veggies and tender tofu will refresh your appetite. The star of the dish is the ginger garlic sauce - zesty, aromatic, and just the right amount of punch to elevate the whole bowl. It's light yet filling, ideal for a wholesome lunch or a cooling meal on a hot summer day.



⬆ Quinoa Bowl

The quinoa bowl is a nourishing blend of wholesome ingredients and rich flavors. Healthy base of quinoa pairs effortlessly with vibrant seasonal veggies and fresh green salad, creating a colorful and crunchy bite. The addition of tofu (or egg) brings in a soft, protein-rich element that balances the bowl beautifully. Drizzled with creamy tahini sauce, each spoonful feels earthy, hearty, and fulfilling.



⬆ Vegan Tofu Bowl

It is a vibrant bowl of plant-based goodness. The quinoa is topped with protein-rich tofu and a rainbow of vegetables—roasted pumpkin, beets, carrots, broccoli, tomatoes, and fresh spinach. Each component adds its own texture and flavor, brought together by a generous dollop of creamy hummus. It is filling, and packed with natural flavors.



⬆ Veg Club Sandwich

The veg club sandwich is a hearty, colorful stack packed with flavor and crunch. Layers of tofu, egg, and melted cheese create a satisfying, protein-rich base, while fresh beets, carrots, tomato, and cucumber add a sweet and crisp bite. All of this is tucked between slices of wholesome multigrain toast, offering a nutty finish. Paired with a refreshing side salad, it's a wholesome, feel-good meal that hits all the right notes—fresh, filling, and delicious.



⬆ Chicken Protein Bowl

The chicken protein bowl is a powerhouse of nutrition and flavor. Juicy chicken fillet sits atop a bed of fluffy quinoa, paired with a hearty mix of chickpeas, green beans, carrots, and broccoli for a satisfying crunch. Spinach and brinjal add a soft touch, while pickled cabbage brings a zesty punch that wakes up the palate. Finished with your choice of sauce, this bowl is balanced, wholesome, and full of vibrant textures in every bite. It is another must try.



⬆ Very Berry

A creamy, wholesome smoothie bursting with fruity goodness. The blend of blackberries, raspberries with ripe banana creates a naturally sweet and tangy base, while almond milk adds a smooth, nutty richness. The flavours of this drink will make you want to chug the drink in one sip.



⬆ Citrus C

Citrus C - a zesty, refreshing blend that instantly brightens the palate. Made with the vibrant tang of oranges and the sharp zest of lemon, it's a citrus lover's dream. Light, energy - giving, and packed with natural vitamin C, this drink is perfect especially for this summer.

Flavors Worth the Hype

A TASTE YOU'LL REMEMBER

With food trends and viral dishes everywhere, it's easy to wonder what's actually worth the hype. In this section, we dig into one of the most talked-about spots to curate 'worth trying' and 'buzzing' dishes around the city. From standout flavors to overall presentation, this guide offers a genuine suggestion for your next stop.

CUSTARD PUFF



PUMPERNICKEL BAKERY
Paryatan Marg, Kathmandu

Our custard puff is a light and airy choux pastry filled with silky vanilla custard, perfect for a delicate and satisfying treat. Price: Rs 200/-

SPECIAL PORK



SQUARE GARDEN RESTRO
Sanepa, Kathmandu

Stir-fried pork with crisp veggies and gundruk, tossed in a rich, homemade Nepali sauce - bold, earthy, and delicious. Price: Rs 1250/-

98' NACHO CRUNCH



98' CAFE
Dillibazar, Kathmandu

Crispy Nacho chips topped with house-made cheese sauce, ranch, fresh and tangy salsa, with a side of sour cream and guacamole. Price: Rs 350/-

TAKOYAKI



TAKOYAKI SOLO
Bhanimandal marg, Lalitpur

Crispy octopus balls topped with sauce, mayo, seaweed, and bonito — classic Japanese street flavor in a bite. Price: Rs 300/-

KACHILA



VOOTO
Astrek Park, Thamel

Spiced raw buffalo meat mixed with mustard oil, fenugreek, and chili — bold, fiery, and uniquely Nepali. Price: 480/-

MIDTOWN MORNING



MAYBE MARS
Swayambhu, Kathmandu

Two eggs of any style, breakfast potatoes, sausage, ham/bacon, and multi-grain/milk bread toast, sided with a fruit cup, side salad, organic jam, and butter. Price: 650/-

SPAGHETTI BOLOGNESE



DRISHYA RESTAURANT
Patan, Lalitpur

Popular Italian-inspired pasta dish consisting of a rich tomato-based meat sauce served over cooked spaghetti. Price: 615/-

SMOKY CHICKEN TIKKA



CARPEDIUM LOUNGE
Thamel, Kathmandu

Smoky chicken tikka on fluffy naan, topped with melty cheese and bold Nepali spices — a fusion pizza with soul and serious flavor punch. Price: Rs. 960/-

Black Rice Kheer



Farmshop's Black Rice Kheer is a modern take on a time-honored dessert. Made with Himalayan black rice, this version boasts a nutty aroma, rich flavor, and striking deep purple hue that sets it apart from traditional kheer. The rice is soaked and slow-cooked with full-fat milk until luxuriously creamy, then sweetened with jaggery for a warm, earthy sweetness that complements the grain's natural character.

A final flourish of chopped nuts like almonds, cashews, or pistachios adds texture and a touch of elegance.

Not only is it visually stunning and delicious, but black rice is also rich in antioxidants, making this dessert as nourishing as it is indulgent. Whether served warm or chilled, this kheer embodies Farmshop's ethos: honoring local ingredients while offering a fresh, inspired twist on Nepalese culinary heritage.

What began as a beloved weekly ritual at Le Sherpa Farmers Market has evolved into something more lasting. Born out of the pandemic's challenges, Farmshop emerged as a resilient, hybrid marketplace that connects Kathmandu with the finest local produce and artisanal goods every single day. It's more than a shop; it's a symbol of community, innovation, and the enduring power of local food.



Farm Shop
Gyanmandala, Jhamsikhel
T: +977 9801161198

Grilled Chicken Chermoula



Rs. 625

In a city teeming with culinary gems, The Society – Fine Dining Redefined in Chandol continues to stand out—not with flash, but with flavor. Their latest menu addition, Grilled Chicken Chermoula, is proof that sophistication often lies in simplicity done right.

The dish pays homage to North African flavors, featuring tender grilled chicken marinated in a bold chermoula sauce—a fragrant blend of parsley, coriander, garlic, lemon, and warm spices. The result? Chicken that's smoky, zesty, and deeply layered. Paired with a cool, tangy chermoula sour dip, it invites both comfort and curiosity in equal measure.

But it's more than just a dish—it's an experience. Plated with elegance, served in The Society's calming, refined space, it's easy to forget the noise of the city just outside. Here, food isn't rushed. It's savored.

For those who crave a dining experience where thought meets taste, The Society continues to redefine what fine dining feels like in Kathmandu.

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

The Society
FINE DINING REDEFINED

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

HOME.

The Energy-Smart Home

Cooling Your House Without Running Up the Bill

By: Malika Joshi

AS SUMMER temperatures have risen in the city lately, many households find themselves caught between two discomforts: the sweltering heat and the anxiety of soaring electricity bills. Thankfully, there are smarter, energy-efficient ways to keep your home cool without breaking the bank.

Harness Natural Ventilation

Kathmandu's mornings and evenings often offer a pleasant breeze, make the most of this natural cooling by cross-ventilating your home. Open windows on opposite sides to create an airflow channel. Install ventilators or small exhaust fans in kitchens and bathrooms to push hot air out.

Tip: Consider installing uPVC windows with mesh screens, which are now available at uPVC Nepal or Kolpa Interiors. They keep the bugs out while letting fresh air in.

Invest in Energy-Efficient Cooling

Ceiling fans and pedestal fans consume significantly less energy than air conditioners. Today's inverter-based fans cut power use by up to 50%. These can be found at CG Electronics Showrooms or SastoDeal.com.

If you must use an AC, look for a 5-star inverter model. For example, LG's DUAL Inverter AC adjusts power based on room size and usage.

Use Air Conditioning Strategically

If you use an AC, set your thermostat to 24–26°C (75–78°F) when you're home, and raise it a few degrees when you're away. Keep the unit well-maintained by cleaning or replacing filters monthly during heavy use.

Block the Heat Before It Enters

Most of the heat inside your house comes through

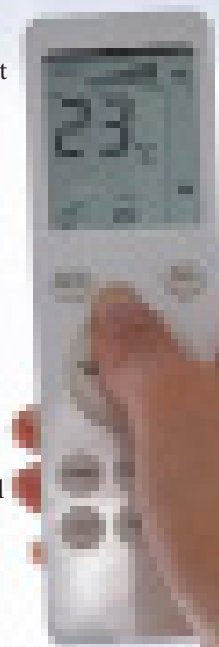
windows, roofs, and walls. Block the sun's rays during peak hours (11 AM to 4 PM) using thermal blackout curtains or bamboo blinds. Look for them at Bhat-Bhateni, DecoCraft, or Purnaa Home. Also, applying heat-reflective window films can reduce indoor temperatures by up to 5°C.

Go Green — Literally

Indoor plants like areca palms, snake plants, and money plants naturally cool the air and purify it.

Opt for Smart Cooling Habits

- Use appliances like ovens and dryers in the cooler evening hours.
- Unplug electronics when not in use—they generate heat even on standby.
- Sleep on cotton sheets and drink lots of water to regulate body temperature naturally.





Experience Luxury
SILK
Finish





Timeless Beauty

This heartfelt piece celebrates the timeless beauty of flowers and explores simple, sustainable methods to preserve them—turning fleeting blooms into lasting memories. From air-drying to resin art, discover how preserved flowers can brighten your space and soul.

By Mamta Khatri, Green Owl

"Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine to the mind." — Luther Burbank

Indeed, flowers have long been cherished for their beauty, fragrance and ability to convey emotion. The only downside of these beauties is the fact that they have such a fleeting life span. How do we hold on to them for a little longer? Well, there is some good news to that.

Fortunately, some flowers allow themselves to be preserved allowing us to enjoy them for weeks, months and some even go for years.

If you use the right method for preserving certain blooms, you can be pretty successful in keeping them beautiful. Preserved flowers serve as lasting reminders of special moments like weddings, anniversaries,

graduations or funerals. Instead of watching a meaningful bouquet wilt, preservation allows you to hold onto a physical piece of that memory for years. They are a sustainable way to reduce waste and the need for constant replacements, making them a thoughtful choice for eco-conscious decorators and event planners. They are cost effective in the long run, low maintenance, add beauty to your home decor and

you get to hold on to the memories attached to them.

There are a few simple methods to preserving certain flowers. That I am familiar with.

The first is the most natural one call Air - Drying where you tie flowers upside-down in a dry, dark space for a few weeks and let them dry naturally.

The other method that I use very often is burying my roses in Silica Gel. This removes all the moisture from the flower and gives you a beautiful perfectly shaped bloom.

The third process which I used extensively is by pressing them in a flower press or in between the pages of a thick heavy book.



Experience Luxury SILK Finish



And the last one that is gaining a lot of popularity in the market is preserving them by embedding them in UV resistant resin. I would love to try this but it does take time and can get very messy if you are not too familiar with the process.

Some of the flowers that preserves very well are Roses, Hydrangeas, Lavender, Strawflowers, Baby's breath,

Chrysanthemums, Marigolds, Cock's Comb, Amaranth, Peonies, Sunflowers and Dahlias. They do well with the natural airdrying method that I mentioned earlier.

All of these blooms are already blooming at the moment or will soon be showing up so perhaps this is the perfect time for you try a hand at preserving some of your own garden flowers.

Preserved flowers are low maintenance but benefit from gentle care. Keep them out of direct sunlight to prevent fading and avoid humid areas to reduce the risk of mold. Every now and then give them a dusting using a soft brush, arrange them in vases and voila, it will brighter up any corner in your room.

Preserved flowers don't just add aesthetic value to your space, they are environmentally friendly

and they along with the memories live on.

The Green Owl family wishes you a memorable summer of 25'



SUPER LUXURY
INTERIOR EMULSION



MARKET.



📌 Kaiyi Successfully Concludes "Green Wheels to Marble Hills" Customer Event with Tree Plantation Drive

Laxmi E Mobility and G.O. Automobiles, the authorized distributors for Kaiyi Motors Nepal, successfully hosted a vibrant and eco-conscious customer event titled "Green Wheels to Marble Hills" on 31st May 2025, with more than 80 enthusiastic participants, including customers and their family members. The event celebrated sustainable mobility and environmental responsibility, bringing together customers, nature enthusiasts, and sustainability advocates.

The rally featured a convoy of Kaiyi's innovative electric models, including the Kaiyi X3 Pro, E-Qute 02, and E-Qute 04, showcasing the brand's commitment to sustainable transportation.

A key highlight of the event was the tree plantation program, where participants collectively planted more than 70 trees, reinforcing the brand's commitment to a greener future.



📌 Prime Ceramics Honored as a Very Important Consumer by NEA Rautahat, Nepal

Prime Ceramics Pvt. Ltd. was recently honored by the Madhesh Provincial Office of the Nepal Electricity Authority (NEA), Janakpur, as a "Very Important Consumer." In fiscal year 2079 BS (2022/23 AD), Prime Ceramics ranked among the top 10 consumers in the province for its high electricity usage, timely

bill payments, and notable contributions to the industrial sector. In recognition, the NEA awarded the company a certificate of appreciation.

The honor reflects not only Prime Ceramics' production capacity but also its role in national development and the "Made in Nepal" movement.



📌 Aloft Kathmandu Thamel Wins "Most Centrally Located Business Hotel – Nepal" at Haute Grandeur Global Awards 2025

Aloft Kathmandu Thamel has been honored as the "Most Centrally Located Business Hotel – Nepal" at the Haute Grandeur Global Awards 2025. Celebrated for its prime location in the heart of Thamel, the hotel offers exceptional convenience to business and leisure travelers alike. Combining modern, tech-forward design with local charm, Aloft stands out for its vibrant energy and innovative amenities. General Manager

Vikram Singh expressed pride in the recognition, calling it a testament to the hotel's commitment to a dynamic, guest-centric experience. This accolade reinforces Aloft's status as a leader in Nepal's urban hospitality scene.



GENIUS

IS WORLD SCHOOL



**“Cultivating
Curiosity for
Better Tomorrow”**



Planning School

1. **Identify the main components of the system.** The system consists of a **client** and a **server**. The client is responsible for sending requests to the server, and the server is responsible for processing these requests and returning responses.

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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.

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Sun, Fun and Zodiac

AN ASTROLOGIC TAKE ON FAMILY BONDING

As temperatures rise, the season invites fun and connection. Whether you're navigating sibling squabbles, packing for a trip, or simply trying to keep your cool (literally and emotionally), a little celestial insight might be just what your family needs. Here's your sign-by-sign summer guide for keeping the vibes high, the bonds strong, and the sanity intact.

By Malika Joshi

Aries (March 21 – April 19)

This summer, fiery Aries thrives on motion. Organize spontaneous road trips or any active adventures that burns off that boundless energy. But don't forget to schedule downtime. Family yoga or cooling drinks can work wonders.

Taurus (April 20 – May 20)

Taurus members crave comfort, slow living and sensory joy. Think lazy brunches in the garden, picnics, and slow-paced nature walks. Indulge in tactile crafts like pottery or baking, and relish the feel-good factor of doing less but feeling more.

Gemini (May 21 – June 20)

Ruled by Mercury, Gemini's love stimulation and connection. Game nights, trivia contests, and storytelling under the stars are big wins. Keep the energy dynamic—split days between meet-ups and quiet journaling time.

Cancer (June 21 – July 22)

Sentimental Cancer is all about nurturing and nostalgia. While with them focus on emotional recharge and cozy closeness such as building summer scrapbook, cooking up family recipes, or revisiting old vacation spots. Prioritize emotional check-ins and allow space for alone time when the heat gets overwhelming.

Leo (July 23 – August 22)

Celebrate Leo and make them shine! Host themed parties, create mini home performances, or make short family films. Leos flourish when appreciated, so shower praise on every small victory.

Virgo (August 23 – September 22)

Organized Virgos feel best when life has structure. Plan themed days (Art Tuesday, Farmer's Market Friday), set gentle goals like summer reading lists, and embrace garden projects or DIY fun.

Libra (September 23 – October 22)

Libras need harmony and aesthetics. Curate beautiful picnic spreads, decorate the home with seasonal flowers, or co-create a family art wall. Keep conflicts low and kindness high.

Scorpio (October 23 – November 21)

Scorpios dive deep. Engage in mysteries—nature scavenger hunts, moonlit storytelling, or exploring heritage. Let summer be about shared secrets, whispered wishes, and bonding over the unknown.

Sagittarius (November 22 – December 21)

Nothing satisfies a Sagittarius more than exploring and expanding. Plan day trips, virtual museum visits, or outdoor camping adventures. Summer school? Only if it involves learning new things.

Capricorn (December 22 – January 19)

Capricorns love purpose, legacy as well as leadership. This summer, encourage goal-setting (even for fun stuff), teach budgeting for family outings, or initiate a "Summer Success Journal." Balance achievement with well-earned chill. Let them lead a mini project, like planning a family fundraiser or a trip.

Aquarius (January 20 – February 18)

Let Aquarius kids (and parents!) get weird—in a good way. DIY science projects, tech-free nature days, or wacky dress-up nights are all on brand. Celebrate the unconventional and give each member room to just be. Allow space for independence and innovation.

Pisces (February 19 – March 20)

Pisces seeks magic. Think stargazing, poetry writing, dance parties, and long baths with homemade bath bombs. Ensure space for their sensitive side while gently guiding them toward routine. Plan a dreamy day and feel deep to enroll summer fun.



THE BARAH WAY

over the +participle of *haben* (to be) to show it has been + made in some way —
 here the +participle *gequ coast* (to be) is used with the +participle *gequ coast* —
 a +participle + a +participle, so it is used to show it has been + made in some way —
gequ coast — where *gequ* is a +participle marker.



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BARANI
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