

SMART

FAMILY

→ ISSUE 96 → RS 120



Revival of Theatre

THEATRE FOR HEALING, REFLECTION AND RENEWAL



• Home is where memories are created. Start creating yours today •

Step into your dream home with our special home loan offer.

Our mortgage loans have convenient repayment plan, easy documentation and low interest rates with quick processing time.

Fixed rate @ **7.49%** p.a.*

Offer valid for limited period only

For more information, please contact our 24X7 Client Care Centre at +977 1 4791800 / 5424198 or visit your nearest branch.



Scan to apply.



standard
chartered

*Terms and conditions apply.

KING KOIL®

PREMIUM GLOBAL MATTRESS BRAND

WORLD'S LEADING MATTRESS BRAND



120+ Years
of Leadership



100% Pure
Sleep Grade Foam



Leaders In
Sleep Science



AVAILABLE IN MORE THAN
100 COUNTRIES
WORLDWIDE

Authorised Distributor:

TECHNO TRADE PVT. LTD.

A. T. Complex, 107, T.P. Ghumti Sadak, Kathmandu.,
Ph: 4525299, 4536441
info@technotrade.com.np



9766913282

Authorised Licensee for:



India



Bangladesh



Nepal



Bhutan

CONTENT.

COVER STORY

Revival of Theatre

THEATRE FOR HEALING, REFLECTION, AND RENEWAL

20





Celebrates

Superheroes of K-town

Super Men Sundays
for all gentlemen

**50%
OFF**

on all F&B

Wonder Women
Wednesdays for
all ladies



H Floor (Aloft Kathmandu Thamel)

Time - 6:30 P.M. - 11:00 P.M.

Reservations — +977 9705568643

Valid till the end of July 2025

CONTENT.



STARTER

COLUMN

- Awakening to Awareness - 10

ONE QUESTION

- What's your beloved summer memory with your family? - 12

IVF STORY

- A Miracle Against All Odds - 16

COLUMN

- Accept the Change; Change the Expectation - 18



BODY

MENTAL HEALTH

- From People Pleasing to Peace Seeking - 43

NUTRITION

- Eating for Hormonal Ageing - 46

YOGA

- The First Step is the Hardest - 48

FITNESS

- Making Bold Choices- 50



PARENTING

COLUMN

- Puberty hits hard... but, more so on the parents!- 52

- The Power of Pause- 54

- Shifting Our Language, Shaping their minds- 58

FEATURE

- Smart Parenting Nepal - 62



HOME

QUICK TIPS

- Design Loud- 64

PLANT

- The Show Stoppers - 68

MARKET - 70

ASTROLOGY

- Retrograde, Family Drama and Misunderstanding- 74



FOOD

FOOD COLUMN

- Monsoon Tantra - 26

RESTAURANT REVIEW

- Sesame at Hyatt - 30
- The Trails Cafe - 34
- De Lamar- 38

MUST TRY

- Family Feast Fiesta- 37



PIONEERING HOSPITALITY IN NEPAL SINCE 1966

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



The Soaltee Kathmandu,
Autograph Collection



Soaltee Westend Frankfurt Messe



Soaltee Hotel by Trip Inn Frankfurt Messe



Soaltee Westend Resort Nagarkot



Soaltee Westend Resort Chitwan



Tiger Palace By Soaltee Bhairahawa



Soaltee Westend Itahari



Soaltee Westend Premier Nepalgunj



Mithila Yatri Niwas Janakpur

For Reservation:

+977 4273999, 4270909

reservation@soaltee.com

www.soaltee.com



SOALTEE
Heritage Club
Good Beyond Measure

SPEND | EARN | REDEEM

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



EDITORIAL.

July walks in with damp earth, grey skies, and that unmistakable smell of beginnings, the kind only monsoon can bring. There's something about this season that asks us to slow down, sit with ourselves, and listen to the stories within and around us.

This issue, we're leaning into that pause. Into the power of reflection. Into the quiet transformations that don't make noise but shape us all the same.

Our cover story is an ode to theatre, not as industry, but as sanctuary. A space where vulnerability becomes a language, and healing takes center stage. In a world that often rewards performance over presence, this story reminds us of the beauty in showing up as we are - broken, blooming, or somewhere in between. Reflection, when shared, becomes art. And healing, when witnessed, becomes collective.

You'll find voices speaking softly but boldly about the raw resilience behind IVF journeys, the tender shifts of parenting through puberty, and the simple power of changing how we speak to better shape

how our children feel. These are stories not of perfection, but of becoming. Of redefining what strength, change, and connection mean in a time that asks us to constantly evolve.

Even our food pages carry the warmth. We present you steaming, soothing monsoon bites that feel like a hug on a rainy day. From mindful nutrition to bold fitness choices and homes that speak louder than words, every section reflects the heart of this season: grounded, nourishing, and deeply human. And if Mercury retrograde stirs a little drama, we suggest you to laugh, breathe, and let go.

This July, may you welcome the season not just with an umbrella, but with openness. To healing, to redefining, to simply being—messy, growing, human. Because in the end, smart living isn't about having it all figured out—it's about having the heart to keep showing up.

Warm hugs and cool sprinkles,
Happy reading smart families!



Visit our e-magazine

ON THE COVER:
Noor Khanal, Abhishek Khadka, Sudam CK,
Akanncha Karki

HMUA:
Mohan Sunuwar, Roshani Syangbo

COSTUME CURATOR:
Shreeya Dhakal

TAILORING:
Yug Pakhrin

VENUE:
Kausi Theater

PHOTOGRAPHY BY:
Suraj Patra Bansha

Nest

MEDIA AND DIGITAL

Nest Media and Digital Pvt Ltd

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

MANAGING DIRECTOR

Nripendra Karmacharya

FINANCE DIRECTOR

Jeena Shrestha

EDITORIAL AND MARKETING

Malika Joshi

MARKETING AND DISTRIBUTION

Sarthak Shrestha

PHOTOGRAPHY

Suraj Patra Bansha

DESIGN

Aaron Karmacharya

CONTRIBUTING WRITERS

Kiran Karki Silwal
Neha Lohia

Chef Sandeep Khatri
Sneha Agrawal
Sonal Talegaonkar
Vijay Vaidya
Sukadev Karki
Ganga Gurung
Rajya Laxmi Baidar

OFFICE ASSISTANT

Sunita Magar

PRINTED AT

Saugat Printers Pvt. Ltd

SUBSCRIBER DISTRIBUTION

Sunbir Tamang

BOOKSTAND DISTRIBUTION

Kasthamandap Distribution
4247241

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



Luxury. Backed by the World's Most Trusted Safety.

With EyeSight® Driver Assist, Symmetrical AWD, and our 2.5L Boxer® Engine, the Outback is built to protect, perform, and pamper. From Himalayan bends to city roads, drive with quiet confidence.

Your journey begins here. Visit Subaru Nepal today.

Vijay Motors Pvt. Ltd. | Naxal, Kathmandu
www.subaru.com.np | sales@vmpl.com.np
9801026541 | 9801026542

STARTER.

AWAKENING TO LIFE after SAMYAMA AWARENESS



What began as confusion and discomfort turned into a transformative spiritual journey through yoga, Sadhguru's teachings, and motherhood. This honest reflection traces a woman's awakening, deepening sadhana, and how it shaped her life, relationships, and the conscious way she now raises her twins.

By Kiran Karki Silwal

WHEN I HAD my spiritual awakening back in 2015, I didn't realize it was guiding me back to my own originality. I was nervous and clueless of what was happening to me. The only thing I felt like doing was sitting quietly in a room with my eyes closed. My body ached with discomfort, and I couldn't express my feelings to my parents. I was scared they might think I had a mental health issue.

Later, I began reading the Hanuman Chalisa, which gave me hope that I was on the right path. I was searching for change in my life but didn't know how to feed my hungry soul. That's when I found a program called Inner Engineering being offered in Kathmandu. I didn't know then whether it was a calling or a deep longing to go further.

After being initiated into the Shambhavi Mahamudra Kriya, I started falling in love with the being within me. I began to rejoice in silence, became aware of my breath, and found comfort even in discomfort. Life became more hopeful. Choosing the path of spirituality meant facing more hurdles and discomfort, but I kept my life energies at their fullest.

I began to live beyond the mind.

One after another, I found myself drawn to the spiritual practices offered by Sadhguru. I listened to my inner calling. I noticed I had become more disciplined about what I consumed, not just food but thoughts and emotions. I believe that for anything big to happen in life, we must prepare ourselves to receive it fully. I decided that no matter what path I chose, I would walk it with yoga. With this intensity, I continued gently, yet with the discipline of a true yogini.

When I first landed at Sadhguru's ashram in 2018, it felt like entering another world. I loved the food served there; it was unlike anything I'd ever eaten. The serenity and tranquility of the ashram's atmosphere is unforgettable. I enjoyed volunteering at the Isha Yoga Centre, and after 12 days there, I returned home with more focus, enthusiasm, and joy.

But my longing didn't stop. Each sadhana I added to my daily routine made life feel more meaningful. I found happiness in simplicity. I became calmer, more patient, and more joyful -

the kind of inner richness every human desire.

Then came the real twist - Covid-19 hit the world in 2020. While many were losing themselves and their loved ones, I found myself reconnecting inwardly. With plenty of time for yoga and meditation, my days were filled with routine: waking up, cold showers, applying Vibhuti, light clothing, and sadhana. Even as my pregnancy began during the second wave, my body was prepared for the life growing inside me.

I enjoyed every aspect of my pregnancy and stayed deeply connected to myself and the child in my womb. I kept practicing yoga till the last day. One day, I found myself wondering: Will I be able to return to my practices right after giving birth? I asked my doctor, who guided me clearly. I once read that children come to awaken us and mine truly did!

Even while carrying twins, I never gave up my sadhana. I kept going. Then, in 2023, I received a call from Sadhguru's ashram to attend the Samyama program - the highest level of practice offered at Isha Yoga Centre. Leaving my 22-month-old twins with my husband and family, I said yes. Samyama is not just a word; it's beyond language, beyond imagination. For me, it brought incredible clarity. It shattered my mental and physical limitations.

Without sadhana, my life wouldn't be what it is today. My relationship with myself and my husband has deepened. Most importantly, my children

now have a mother who is fully present, emotionally resilient, and genuinely joyful. That is the greatest gift I can offer them.

Today, I raise my twins with more consciousness that came through daily sadhana. You cannot pour from an empty cup; you must fill your own first. Life after Samyama is not just meaningful; it's filled with gratitude and intense focus.

If I had to describe my life in one word now, it would be pleasant. Nothing can stop you from making your life beautiful. Often, it's just our own thoughts and small distractions that hold us back. Walking the path of spirituality may differ for each person, but for me, it has been pure bliss.

I would have never known this depth of comfort and clarity without Sadhguru and his teachings. I am forever grateful to my Guru.



Kiran Karki Silwal
Certified Parenting & Lifestyle coach | NLP -Sub Practitioner| Women in spirituality |Mrs. Nepal World 2nd Runner Up | Podcast: @shinewithkirann IG: @kiranarkisilwal

What's your beloved summer memory with your family?

From wild safaris in Africa to monsoon walks in Bangkok, these heartfelt summer memories from rock singers to pilots, entrepreneurs to aesthetician, capture the warmth, chaos, and quiet joy of family time in summer.

By Malika Joshi



🕒 Dibyata Vaidya

Consultant at Bucherer UK/ Miss Nepal Earth 2015

One of our most memorable summer holidays was our trip to Albania last year, our first proper holiday with our then two-year-old son. He's absolutely obsessed with aeroplanes, so the excitement on his face during the flight was unforgettable. He also loved the big hotel beds, bouncing and lounging like it was the best thing ever. He loved hopping from island to island on a boat and enjoyed playing on the beach. Seeing his pure joy made the whole experience even more special. It reminded me why we work hard - to create moments like these and this inspired me to plan even more family adventures.



🕒 Ashra Kunwar

PhD Researcher | Rock Singer / songwriter

One of my most cherished summer memories is from the time my parents and my dog - Shailee and I would escape the bustle of Kathmandu and head to our newly built farmhouse by my father in Nuwakot. We'd cook together, light bonfires under the open sky, plant vegetables, and take long walks by the Trishuli River. Those spontaneous road trips and slow, peaceful days taught me that joy doesn't come from extravagance, but from presence. For me, time with my mom and dad had always been the richest kind of wealth - simple, grounding, and unforgettable.

➡ Mannat Shrestha

CEO, Elephant and Castle Pvt Ltd

Summer, for me, has always meant one thing—swimming. Some of my fondest memories involve diving into pools with my family and friends, exploring new spots and soaking in the sun. But if I had to pick one unforgettable summer memory, it would be the time I “heroically” tried to save my husband from drowning. Picture this: I channeled my inner Baywatch, dramatic slow-mo and all, ready to rescue him... only for him to panic, grab my hair, and swirl me around like laundry in a washing machine. Long story short, he ended up saving himself and I emerged half-drowned and fully humbled. Definitely not my finest lifeguard moment, but hands down one of our funniest memories that still has us laughing every summer since.



P.C: Anmol Shukla

➡ Raina Majgaiya

Pilot, Miss Nepal Earth 2023

One of my most unforgettable summer memories was flying a formation cross-country flight with my friends during pilot training. Soaring over southern Africa in perfect synchronization was both thrilling and demanding along the coastline. Landing in Port Elizabeth felt like a reward. We relaxed on stunning beaches, savored fresh seafood, and soaked in the crisp ocean air.

The next destination that summer was Botswana! We ventured on an exhilarating African safari. Flying and navigating international skies, and living the journey we once dreamed of, filled us with pride. It was the perfect blend of friendship, adventure, and pure joy. It was more than a flight—it was a dream lived through the joy of flying and the memories created for life with friends.

STARTER ➡ One Question

➡ Dr. Smriti Shrestha

*MD, Hair transplant & aesthetician at
Anova Skin & Hair Clinic*

Summer of 2023 - Salty beaches and breezy summer heat in Bangkok, 2023 has to my favorite summer experience with family recently. Traveling with a 5 years old kid in boats, waves & sand, seemed daunting. It was however a delight. From dusk to dawn, shopping malls to rooftops, seafood to shaky Krabi canoes, golden pattaya sunset to beating heavy June rains, we loved it all. Evening walks under the dancing coconut trees, kids with their relentless excitement, their Halloween plans... their chaos is my peace. :)



➡ Karan Vaidya

*Entrepreneur, Vice President –
Vaidya Group & EEC-Nepal*

While growing up, my summers were the best part of my year, cause that was the time I could return home from my boarding school. I left for boarding school, outside Nepal, when I was five years' old, so summer break was the only time I got to be with my family. I'd count down the days for it. Coming home, having real home-cooked meals, hanging out with my family and siblings, even just being in the same space, it all meant a lot. It wasn't about doing anything big, it was just about being around the people I missed all year. Those two months of summer were everything to me.



➔ Prathana Shrestha

Co Founder - MP Luxury Bridal & MP Productions, National Pageant Advisor for Miss Nepal, The Hidden Treasure

3 summers ago when we went to England is etched in my mind, a collection of bright, sun-drenched moments. One of the most enchanting memories is from a serene afternoon spent by a picturesque river, we were absolutely captivated by the sheer number of swans gliding gracefully on the water.

Another highlight, contrasting beautifully with the quiet charm of the countryside, was the electric energy of London. As a special treat, we managed to get tickets to see the Frozen musical in the West End. The vibrant costumes, incredible set designs, and powerful voices brought Arendelle to life right before our eyes. Singing along to "Let It Go" with a packed theater, surrounded by people just as enthralled, was an unforgettable experience, a perfect crescendo to a summer filled with both natural beauty and theatrical magic.

➔ Lex Limbu

Founder: Tracing Nepal, Blogger

One summer, knowing our family would soon be split between the UK and Nepal, we travelled together to Kenya's Maasai Mara. It was a rare, precious time—sharing laughter, awe at the wildlife, and heartfelt conversations with locals whose lives reminded my parents of their own in the villages of Taplejung. Experiencing a new country, side by side, made the trip unforgettable. It was one of those moments, doing simple things in a new country and hoping time would pass very slowly – joy of being together. A treasured summer memory!



➔ **Oscar Shrestha**

Photographer, Filmmaker
Co-founder: phasezero.clo

It had a certain smell to it, a peculiar way the sun hit. During our annual trip to chitwan during the festive season, we visited Sauraha very often. The way Fanta used to taste back then, sipping with those colourful plastic straws, going up to the rapti river and occasionally seeing the wild animals, back then, kid oscar was enthralled!

Fast forward 20 years later, with most of my cousins abroad, I just wish to smell that particular scent. I miss those simple times.



➔ **Anjana Kayestha**

Certified Personal Trainer,
Women's Fitness Expert,
Founder @befitktm

This summer, my family and I traveled to Tanzania, and the highlight was undoubtedly our game drive through the Serengeti. The vast open plains, the peaceful stillness, and the breathtaking sight of wild animals in their natural habitat left us speechless. What made the experience even more special was the warmth and gentleness of the Tanzanian people—their kindness truly stayed with us. It was a rare moment of freedom and deep connection—with nature, with each other, and with the beautiful souls we met along the way.

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



BANQUETS · CONFERENCES · EVENTS · EXHIBITIONS

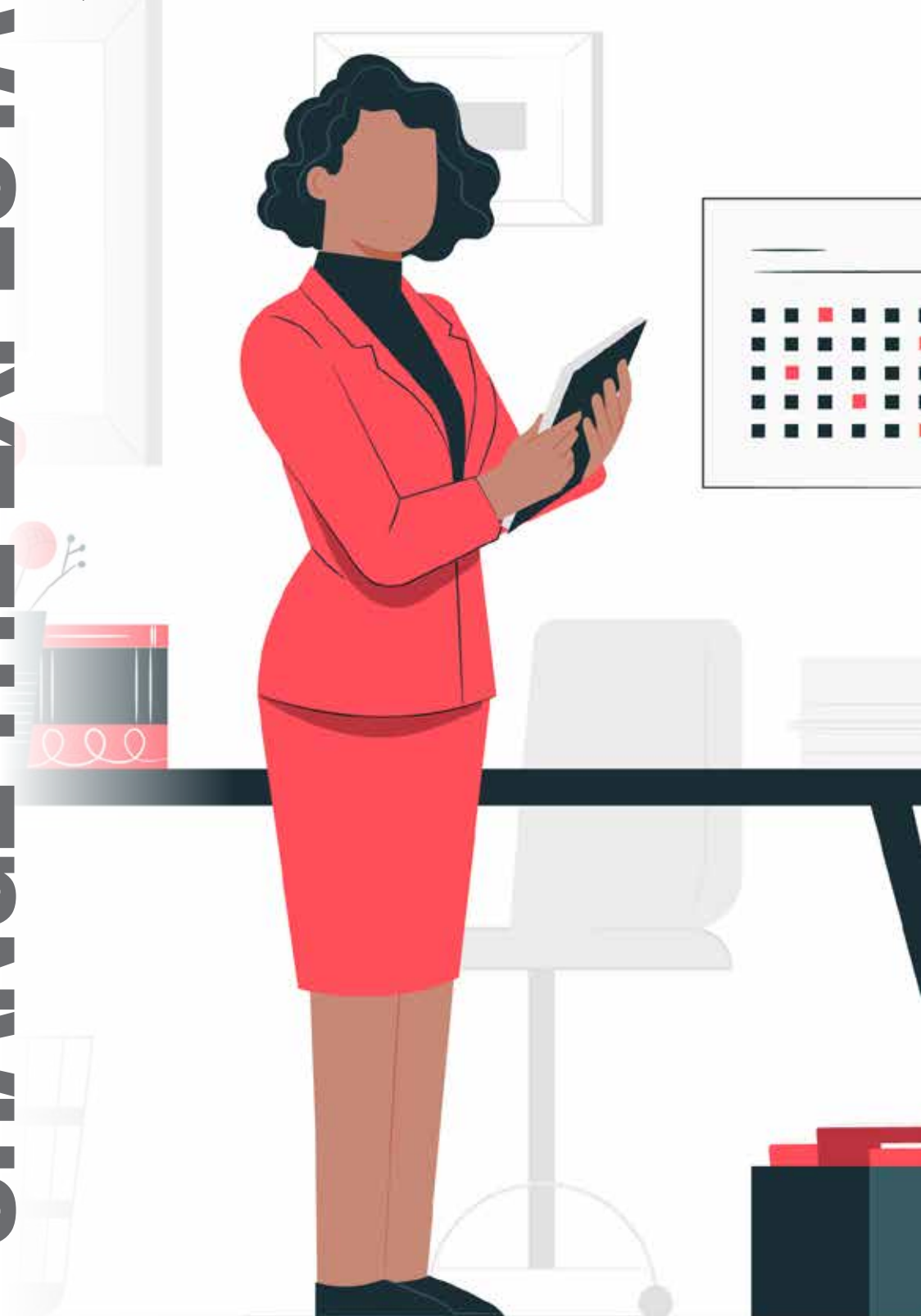


Sanepa, Lalitpur-2
015905723, 015905724, 9851315536
heritagegarden2016@gmail.com
www.heritagegarden.com.np
Old Gyanodya School Premises

ACCEPT THE CHANGE CHANGE THE EXPECTATION

A bold and witty piece calling out the outdated expectations placed on Nepali brides, especially the modern buhari navigating tradition and autonomy. It's a rallying cry to stop the judgment, embrace change, and treat women as equals and not robotic perfection in a saree.

By Neha Lohia



Whenever a marriage takes place, be it love or arranged, in an Asian patriarchal society like ours, the bride-to-be is “x-rayed” more thoroughly than at an airport security checkpoint. Her parents, her culture, her upbringing, her education, her bank balance, her third-grade report card - nothing is off limits. The entire investigation boils down to one question: “Is this girl the right/best fit for my son and family?” Like the boy is some kind of limited-edition Rolex.

And once the family gives the green light (or the green signal, because we love our traffic metaphors), she finally steps into the holy matrimony of marriage. Ta-da!

Fast forward a few days, and suddenly the new buhari is under more surveillance than a high-security prisoner. The way she walks, talks, eats, sits, breathes - even her oxygen consumption is reviewed. Enter the aunties and uncles from the “Buhari Judging Association,” comparing her to a mythical, invisible buhari who could probably cook 10 dishes at once while doing yoga in a saree. Oh, and don’t forget the relatives who start every sentence with, “When I was a buhari...”

A boy is born and is immediately handed the invisible baton to run the legacy and the family business. Meanwhile, when a girl is born, she’s handed a to-do list: look after the household, eat less, look thin, wear nice clothes, talk less, and please keep those fancy degrees and bold opinions zipped.

Yes yes, I hear you. Things have changed. I’m grateful for that. But have they really

changed to the level where women and men are on par?

Hell, no.

Today’s modern buhari is a whole new species. She’s educated, independent, confident, and most importantly - unapologetically herself. So how do we “domesticate” her?

The answer is: We can't. Please stop trying

There is only one way to make things work; accept the change and change your expectations. That’s it. That’s the tweet.

Give her time and space to adjust

She’s just left her own house, her parents, her comfort zone, and Netflix account (probably). She’s now living with strangers who expect her to rise at 5 AM and make bed tea before she’s had time to figure out which way the bathroom is. How about we let her breathe first?

Working wives are still a taboo

She’s spent 20+ years getting an education, acing exams, probably topping the university and you want her to quit and master the art of folding saris? Let her work, let her earn. She’s not just building a career; she’s building self-worth (and maybe planning your retirement gift too).

She is not out to grab your son or your throne

Calm down, this is not Game of Thrones. She didn’t marry your son to overthrow you and become the Queen Mother. She wants peace, not power. So, instead of playing “Who knows him best,” let’s

create an environment where both of you work together for the betterment of the family. (And yes, she also loves him. Surprise!)

Round chapatis and good tea

Ah yes, the sacred test of domesticity. Apparently, if her chapatis are not round enough to be used as geometry instruments and her tea doesn’t heal your chakras, she’s a failure. Let me tell you—if she can cook, amazing. If not, Foodmandu is always a call away. And honestly, your son should be able to boil his own tea by now.

Taking care of family is just one of her many responsibilities

Today’s buhari doesn’t think that “ghar shambalnu” is her sole purpose in life. It’s a shared responsibility. Respect that. And while you’re at it, stop giving her passive-aggressive reminders about “how we used to do things in our time.” If your time had WiFi and air fryers, maybe she’d consider it.

Children

They’re old enough to plan their wedding, they’re definitely old enough to plan their family.

Stop dropping hints, stop sharing herbal remedies, and for heaven’s sake, stop making every cough sound like a pregnancy symptom. Let them figure it out. They’re grown adults, not contestants on a fertility reality show.

Religious beliefs

Let’s keep God out of this. Seriously. Worship is personal. If she doesn’t want to do daily pujas, it doesn’t mean she’s an atheist

criminal. Let her vibe with her own version of God. It’s between her and the divine. Not you and your Excel sheet of rituals.

Virginity

Ah, the grand prize. We’ve all heard the double standards. Groom has “experience”—wow, what a man. Bride has experience—gasp, horror. Fun fact: A lot of brides fake it anyway. So, unless you want to verify everyone’s past like Sherlock Holmes, let’s just move on and accept people for who they are. Past, present, and all.

Setting boundaries

Here’s the mic-drop moment. Relationships are about understanding and communication. If you want harmony, listen to each other. Communicate like adults. And yes, set boundaries. They’re not fences, they’re healthy guidelines. And women, you included, must lead this change. Because what we went through should not be repeated for the next generation.

Let’s uplift each other. Let’s stop the judging. Let’s normalize happy, imperfect, evolving families.

And please for the love of all round chapatis everywhere stop expecting her to be a robot in a saree.



Neha Lohia

Freelance writer with a passion for story telling, a foodie always thinking what to eat next, and a health & wellness enthusiast dedicated to balanced living!

Revival of THEATRE

THEATRE FOR HEALING, REFLECTION, AND FAMILY RENEWAL

By Malika Joshi

Today's fast-paced living often fragments family ties and social bonds, that's where theatre emerges as a powerful mirror reflecting our shared humanity. Across Kathmandu, spaces like Mandala Theatre, Katha Ghera Productions, and Shilpee Theatre are doing more than staging performances. Through stories rooted in everyday struggles and triumphs, these theatres create safe spaces for reflection and renewal, inviting audiences and performers alike to confront their emotions, challenge societal norms, and rediscover connection. In the conversations that follow, we explore how each institution uniquely harnesses the transformative power of theatre to inspire empathy, promote social change, and weave healing into the very fabric of family and society.

Katha Ghera

Led by Akanchha Karki, Katha Ghera Productions is a women-led theatre collective in Kathmandu that fuses storytelling with social impact. Born from the need for safe, inclusive spaces, especially for women, it challenges norms through plays on gender, mental health, and marginalization. With raw works like *Sickroom*, *Wedding Album* and *Private is Political*, Katha Ghera creates space where vulnerability, activism, and art spark dialogue and healing.

In conversation with Akanchha Karki, Director of Katha Ghera Productions

What was the spark that led to the birth of Katha Ghera?

Katha Ghera was born out of a desire to create a safe, non-hierarchical space where young people, especially women, could come together, collaborate, and express themselves freely without judgment. It aimed to foster democratic practices in the arts while addressing issues often overlooked in mainstream theatre, such as gender-based violence,

mental health, and women's leadership. The name itself reflects this vision: Katha means "stories" and Ghera means "circle," symbolizing a safe and inclusive space for creative storytelling.

Your productions tackle intense and necessary social issues. How do you balance art and activism? Activism wasn't a conscious starting, it emerged naturally as we spoke out against

injustice and unlearned toxic norms. As our socio-political awareness deepened, art and activism began to merge. Today, we see them as inseparable. Everything is political, and as artists, we believe our work must carry meaning and drive change.

Do you ever face challenges while choosing socially charged topics? Yes, we do face challenges, especially when addressing

themes that are rarely explored, such as feminist perspectives or stories of women from marginalized communities. These topics often make people uncomfortable, and discomfort can lead to resistance. At first, our work might be met with backlash or hesitation because it challenges deep-rooted beliefs and forces reflection. But over time, audiences tend to come around. We've learned that meaningful change takes time, and that discomfort is often the first step toward understanding. While it can be emotionally taxing, we've come to accept that the process of recognition takes time to unfold.

How do you view the role of theatre in today's Nepali society? Theatre is a powerful tool for self-discovery, healing, and growth, helping people

embrace their flaws and build essential life skills. Yet in Nepal, it remains underappreciated, with limited access and minimal presence in schools. Unlike mass media, theatre offers an immersive experience that fosters empathy and transformation. At Katha Ghera, we aim to make theatre more accessible, allowing people to release hidden emotions and feel seen. Even if just 1% of our audience is impacted, it's a success that keeps us going.

Playback theatre and roleplay are powerful tools. Can you share a moment when one of your workshops or performances brought about real emotional breakthroughs?

At Katha Ghera, we practice playback theatre, where audience members share personal stories and actors perform them live. It's an intimate setting built on trust and confidentiality. This process helps people see their stories from new perspectives, fostering empathy and healing. Many have told us they felt brave sharing their stories, with some saying it even saved their lives. We're deeply grateful for these moments.

How do you create a safe space both for actors and audiences?

We constantly strive to learn and understand the complexities of different generations and perspectives. While we can't please everyone, we focus on improving sensitivity, encouraging honesty, and open communication. We support vulnerability at each

person's own pace and take accountability if we fall short. Building trust is an ongoing process, and we're committed to growing together.

How does you and your partner's strengths complement each other in the creative process?

I'm an outgoing, extroverted person who often navigates life through high-functioning anxiety, while my partner is calm, composed, and deeply rational. We have

very different approaches to craft and collaboration, but our shared values keep us grounded. In my plays, he plays an active role—handling production, movement direction, and logistics. In his work, he prefers creating alone, so I step back and support from the sidelines. Despite our differences, we complement each other and create beautiful things together.

Which play of yours has stayed with you the longest and why?

Private is Political - for both the right and wrong reasons! It was a major milestone for us back in 2019 because it addressed sensitive issues and sparked a lot of critical acclaim as well as negative backlash. But through it, we discovered a new level of identity, strength, and resilience. It's a work we are still recognized for, and has become crucial to our identity.



GRUESOME PLAYGROUND INJURIES

Cast: Noor Khanal, Sudam CK, Abhishek Khadka, Akanchha Karki

Sickroom - Nepali adaption to "Gruesome Playground Injuries" marks Katha Ghera's seventh anniversary, and for this milestone, we wanted to choose a play that truly captures the spirit of what Katha Ghera has meant to many since its beginning. It's a safe space where people can be vulnerable and seen, and we sought a story that would deeply resonate emotionally with audiences. This play felt like the perfect choice. Especially today, when people are often caught up in their busy lives, avoiding heavy or emotional experiences, **Sickroom** reminds us that there is a sensitive, raw part within each of us and it's okay to acknowledge and accept that.

Shilpee Theatre

Tucked away in Battisputali, Kathmandu, Shilpee Theatre is more than just a stage, it's a living, breathing space where art becomes therapy and storytelling becomes resistance. Established in 2006, it functions as both a creative laboratory and a community refuge, rooted in equity, honesty, and social awareness. From experimental plays like *Coma: A Political Sex* to open-air performances in rural Nepal, Shilpee challenges norms while creating space for healing and dialogue. Here, children perform, parents reflect, and audiences linger not just to watch a play, but to connect, decompress, and rediscover the power of presence.

.....
In conversation with Ghimire Yubraj, Co-founder of Shilpee Theatre

Shilpee Theatre where art lives and breathes, how would you describe your core philosophy as an artistic space? Firstly, we practice equity and equality within ourselves in this space. Within the theatrical team, we firmly reject superstition, discrimination, and manipulation. This is a laboratory where we strive to develop ourselves and challenge traditional mindsets. We, the team members, are wise enough to resist socio-political taboos. Afterwards, any creation we produce will help audiences to heal. It is a breathing space for people where no one will judge them - no mental dictators, no CCTV cameras. It could be a shared space, or a zone of silence for those who are exhausted by the noise outside themselves.

Among all your plays, is there one that you'd call the heart of Shilpee? There are many! A Play, written by Kumar Nagarkoti and directed by me, *Coma: A Political Sex*, was an experimental shock to the audience. *Snow: Journey Into*

the World, brought physical dynamics to the stage. For me, a play written by Bhisham Sahni and directed by Tanka Chaulagain helped redefine the popularity of theatre. *Bimokshya* and *Lost and Found* became thought-provoking plays. These are some plays I would like to re-stage.

And beyond that, our open-air performances constantly echo in my mind, constantly boomeranging - they have a life of their own!

Shilpee is a space where people don't just watch a play, but stay afterward for a cup of

coffee, conversation, and reflection. How important is this decompression and connection time to the theatrical experience? It's incredibly important. People crave creative spaces where they can not only be entertained but also discover something new - whether it's food, drink, music, a play, or even a new perspective. Shilpee offers that space for exploration and connection. That's why having an artistic hub like this in every community isn't just valuable, it's necessary.

Why do you think people especially the

youth are being pulled back toward live performances today? As the global market grows more influential, people are becoming more individualistic. Yet ironically, this has created a deeper longing for public spaces. Young people, in particular, are looking for places to connect where they can meet others, make friends, or even fall in love. It's a sign of shifting values, like moving away from traditional arranged marriages toward self-discovery and choice.

Even if you have a modern kitchen, you still go out to eat. Your living room might feel like a mini theatre, with music, books, and streaming at your fingertips but eventually, isolation wears thin. People want real experiences. That's why they go to concerts, parties, or gatherings. They crave the presence of others, the energy, the touch, the shared atmosphere. And because of that, some of them end up coming to the theatre.

What draws you to open-air community theatre in rural areas? Any form of art can connect with people in two ways: either people come to you, or you go to them. I believe art should always go to the people. When you invite people, only some will come but many will be left out.

Indoor theatre has turned into an elite culture. The walls of the theatre have always kept people away. But theatre shouldn't exclude anyone. That's why I want to bring theatre to the people, to a place with no walls.

Anyone should be able to come and watch our plays.

↓
People want real experiences. That's why they go to concerts, parties, or gatherings. They crave the presence of others, the energy, the touch, the shared atmosphere. And because of that, some of them end up coming to the theatre.

At least for a short time, the audience forgets about gender, caste, religion, class, and skin colour. They sit together and watch the play. I haven't seen a greater impact than this, especially in these violent and divided times.

Shilpee is one of the few spaces in Kathmandu where children and parents can come together not just to watch but to participate in theatre. How does this shared experience transform family dynamics?

We need more creative playgrounds for children, with literature and art that speaks to diverse groups of kids. Many parents in Kathmandu are tired of taking their children to the same limited places. They appreciate the chance to bring their children to a children's theatre, it's something fresh and meaningful.

This experience lets parents see their child from a new perspective, discovering strengths and sparks they might not have noticed before. Being present in their child's artistic world deepens their connection. Plus, while waiting, parents get to connect with others on similar parenting journeys, creating a supportive community that enriches their own experience.

How does performance become a form of therapy not just for the audience, but for the performers themselves? "The act itself stimulates the artist." People want to laugh freely people want to cry shamelessly people want to be surprised or people want to find similarities of their

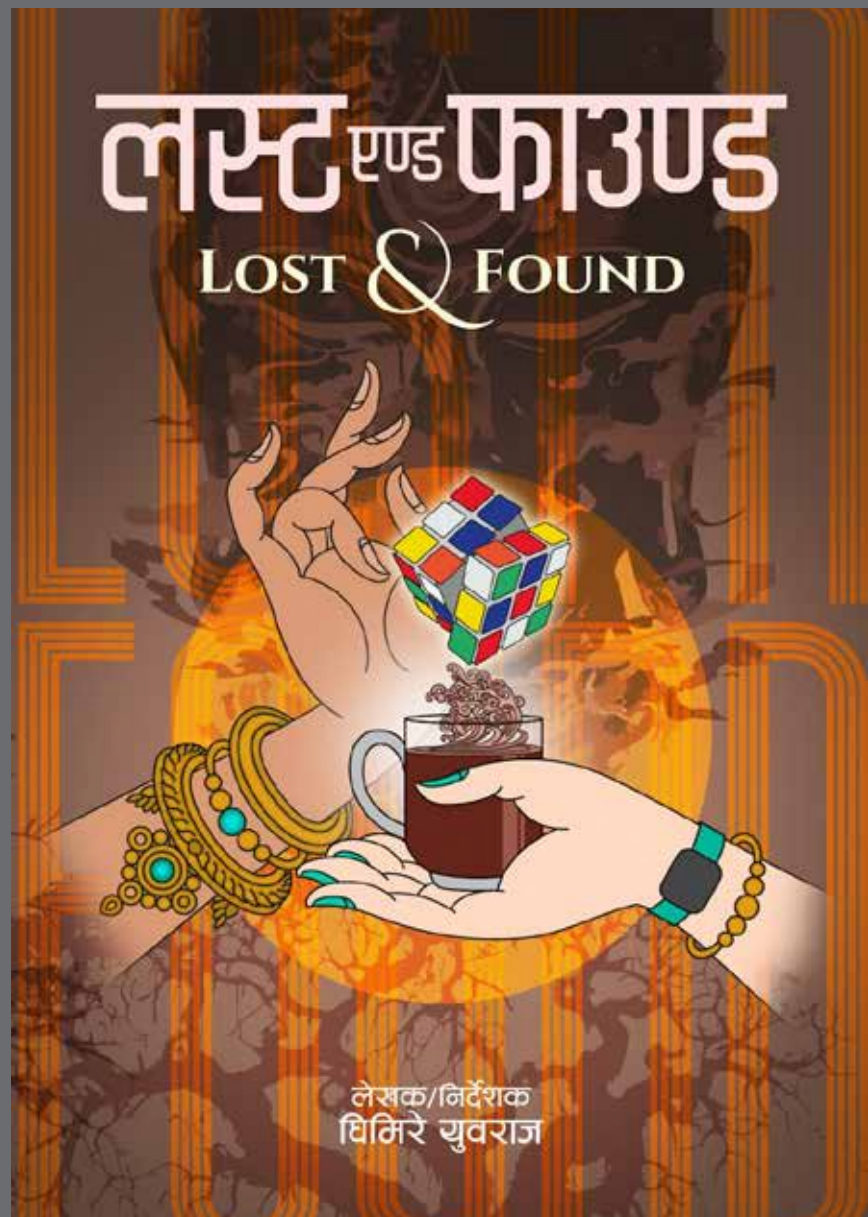
pain as others. For performers and audiences alike, theatre helps us relate, release, and work through psychological struggles. It's a powerful space for connection, recovery and a healing process.

You're also deeply involved in theatre literature and documentation.

How important is it for performance art to be archived, read, and studied not just experienced in the moment?

The archive itself becomes a school or university. Without archiving theatre, no new generation will blossom. If there is no history, there will

be no development of art and theatre. We always learn from history what our ancestors did and develop new ways of storytelling. At the same time, cultural and theatrical archives provide significant knowledge for understanding society as well.



'LOST AND FOUND' IS TOURING EUROPE THIS SUMMER.

Cast: Pabitra Khadka, Suhana Acharya, Govinda Oli, Sumit Bhandari

wzl believe that only art and literature have the power to deeply connect people across cultures. Through Lost and Found, we want European audiences to witness our stories and the richness of our storytelling tradition. When we understand each other's joys and sorrows, we begin to see both our differences and our shared humanity. That kind of empathy can move us toward peace, something only art and literature can truly nurture.

Mandala Theatre

Mandala Theatre - one of Nepal's leading theatre institutions, blending storytelling with social change. With over 17 years of experience and 100+ original productions, it serves as a hub for performance, education, and intergenerational learning. Through its Drama School, Theatre Lab, and festivals, Mandala nurtures voices across ages—creating space to heal, question, and grow. From “Hari Hajurba” to “Manjira,” its plays do more than reflect society, they aim reshape it

In conversation with Rijan KC, CEO of Mandala Theatre

What do you think has helped Mandala stand out in a growing yet still niche theatre industry?

Mandala is more than just a performance group, we are a full-fledged theatre institution. With 17 years of dedicated work and over 100 original productions, we've built our reputation through both artistic excellence and a deep commitment to education and social change. Our platforms like Mandala Theatre Lab, Drama School, ReAct, and various workshops have trained hundreds of emerging artists across Nepal.

As initiators and curators of the Nepal International Theatre Festival, we bring global theatre to Nepal and share Nepali stories with the world. This fusion of local relevance and global dialogue defines who we are.

How does Mandala design its productions and workshops to serve not just audiences, but the broader social fabric? Mandala's theatre is rooted in social awareness and inclusivity. It pioneered curated theatre seasons in Nepal, each built around

pressing themes selected for social relevance, age, and artistic experimentation. From classical adaptations to contemporary and indigenous stories, its programming mirrors the realities of society.

Our workshops mirror this intent. From the Mandala Theatre Lab (18+), training for SEE graduates, and our 18-month Drama School to specialized writer and director workshops, we create inclusive spaces for expression, healing, and critical engagement with self and society.

Nepali families today are facing challenges around disconnection—across generations, within marriages, and in parenting. How do your plays open space for reflection, empathy, or even healing?

From the exploration of bittersweet nature of relationship in *Almost Maya*, to the parallel journeys across generations in *Hari Hajurba*, love tested in crisis in *Dhukdhuki 72 Megahertz*, to childhood remembered and shared in *Ritu Raag*, each story stirs personal memories, invites quiet introspection,

and gently draws families closer.

By capturing everyday struggles and quiet resilience, our plays create shared experiences families often relate to and discuss long after the curtain falls. We're moved when audiences say, “This reminded me of my father,” or “That character was me.” For us, theatre is not just art, it's a space for empathy, dialogue, and healing.

It's inspiring that older adults, including a 58-year-old retiree, are joining your workshops to reconnect with their passions. What do these cross-generational interactions bring to your creative process and community culture?

Cross-generational interactions are among the most enriching parts of our community. Older participants bring invaluable life experience and emotional depth, challenging the idea that creativity belongs only to the young. Their presence reminds us that art is timeless—and the urge to express, connect, and

rediscover oneself never fades.

Younger participants bring fresh energy, creativity, and openness. When generations collaborate, it sparks a powerful exchange of wisdom and curiosity. This intergenerational blend isn't incidental—it's essential to the inclusive, collaborative society we strive to build through theatre.

What inspired Ritu Raag's approach—and what kind of response did you get from children and parents? Ritu Raag was born from a realization: while we often tell our actors to embody the child's curiosity—unashamed, imaginative, and prejudice-free—we hadn't created a play for children themselves. After working extensively with schools, we noticed a gap in theatre plays that catered to children as active, sensory learners.

In *Ritu Raag*, we combined movement, music, and sensory elements to bring abstract ideas like weather, change, and emotion to life. Children responded with instinctive joy, and many parents noted how the play helped their kids connect learning with real experience—reinforcing our faith in the power of creative education.

You run Mandala Theatre Lab, offering acting and writing workshops, even for SEE-appeared students. How important is this early exposure to theatre, and what kind of growth do you

witness in these young participants?

This early exposure is invaluable. SEE-appeared students often stand at a confusing crossroads—having just exited a school system with so much space required for self-expression. Theatre becomes that much-needed pause, a moment to breathe, reflect, and rediscover their own voices.

Our specialized workshops for this age group have shown remarkable impact. By the end of each batch, students emerge more confident, expressive, and unafraid to explore both their creativity and emotions. It's not just about performing—it's about grounding themselves in who they are and who they want to become.

Many Mandala graduates are now active in films and the wider entertainment industry. How does your training prepare them as performers?

Our philosophy is simple: learning must be lived. Every workshop we conduct culminates in a full-fledged theatrical production, ensuring students gain firsthand experience in performance, collaboration, and production. Participants aren't just learning lines—they're building sets, designing costumes, understanding lights, and managing backstage work. This holistic exposure equips them with both technical skills and artistic confidence.

Many of our graduates have moved into film, TV, and digital media. What sets them apart is their strong foundation in presence,

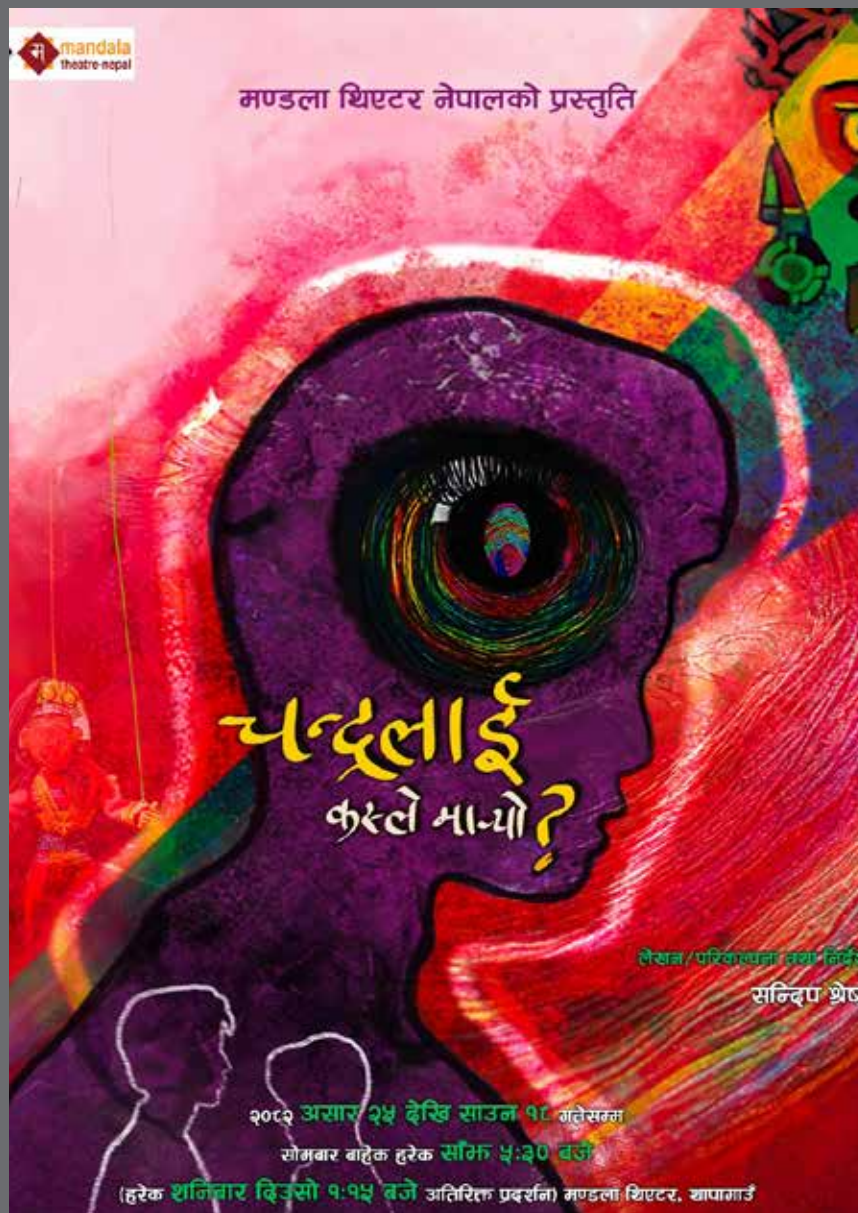
character, and emotional authenticity—skills honed on stage. We provide a rigorous, creative space, but it's their passion and hard work that truly drive their success.

Looking ahead, what kind of impact do you

hope Mandala will continue to leave?

We see Mandala as more than a theatre group—a cultural movement. It's a space for purpose, creativity, and community for artists, learners, and audiences alike. From bringing theatre

across Nepal with mobile performances, to honoring indigenous wisdom and amplifying marginalized voices, Mandala is a living, evolving space that stays true to its roots. We want it remembered not just for its plays, but for the lives it has touched and inspired.



CHANDRA LAI KASLE MARYO?

Cast: Sita Devi Timalsena, Tenzu Yonzan, Milan Karki, Pritisha Adhikari, Bhawana Uprety, Mausam Khadka, Kiran Chapagain and Sandeep Shrestha

A queer love story, but it is not just about love - it is a story that dares to love. It is not only about love that brings people together, it is about the kind of love that dares to exist - a love that questions, that rebels, that strives to live. This play does not conform to the boundaries of heterosexual storytelling.

It is intimate. It is a celebration, a festival. The story I wanted to tell - a complete, sensitive, and living story. The story I heard from the silence within me, which I now present to you - hoping you will feel it too. I am reflected in it — and I hope you see your reflection in it as well. " - Sandeep Shrestha (Director)



FOOD

MONSOON TANTRA

The Rain, The Ras, and the Rituals of Nourishment

Every year, as June gives way to July, and the skies over Nepal turn a moody shade of grey, something magical begins to stir. The air thickens with the scent of wet earth, the leaves glisten with new life, and the tempo of daily living shifts softer, slower, gentler. This is monsoon a time not just for weather change but for an inner transformation. It is the season when nature hums in a different frequency, and if we're tuned in, we realize it's asking us to pause, replenish, and realign.

By Chef Sandeep Khatri

In the ancient philosophy of tantra, seasons are not just changes in the climate; they are movements of energy. Monsoon tantra is the energy of surrender of grounding, cooling, pacifying. It tells us that this is not the time to resist the stillness, but to find nourishment in it. It is also the time when food becomes a form of tantra - a sacred act of healing, of balance, of rhythm.

During this season, our bodies crave warmth and comfort, our digestion turns fickle, and our skin feels the impact of humidity and hidden heat. In food tantra, we respond to this by tuning into ingredients that are soothing yet warming, light yet strengthening. A ginger tea at dusk, a bowl of spiced lentil broth, steamed greens with ghee and lemon, these are not just meals, they are meditative rituals. They pacify vata and kapha, stimulate agni (digestive fire), and bring the body back into seasonal harmony.

But monsoon nourishment goes beyond food. It is also about the rituals of beauty and rest - oiling the hair to ground the nervous system, cleansing the skin gently to avoid inflammation, and soaking the feet in warm salt water after a long day. These simple acts become our monsoon pacifiers, ways to cope with the physical and emotional weight that rain often brings.

Let us not forget, too, the emotional terrain of monsoon. Rainy days have a way of unearthing memories, slowing down our momentum, and calling us back to old kitchens, old recipes, and old feelings. This is why, in this column, I invite you to journey with

me into the ras - the juice of monsoon life. Together, we will explore not just what to cook and what to apply, but how to feel nourished, how to make monsoon your seasonal sanctuary.

So, pour a cup of hot herbal tea, light a little oil lamp, and let the rhythm of the rain teach you the forgotten art of resting, receiving, and resetting. The monsoon tantra has begun.

Comfort Foods of the Season: Healing Bowls & Kitchen Rituals

When clouds loom heavy and the air feels still, our body instinctively seeks warmth, familiarity, and depth. Monsoon foods are not just about taste; they're about grounding foods that hug you from the inside. According to food tantra, this is the time to favor cooked over raw, spices over chill, and simplicity over richness.

Here are some monsoon-friendly comfort foods and rituals:

Ginger-Lemon Rasam
A South-Asian style light lentil soup, flavored with fresh ginger, turmeric, black pepper, and a dash of lemon. It ignites digestion, warms the body, and clears humidity-induced sluggishness.

Steamed Seasonal Greens with Ghee and Timur Salt
Instead of heavy saags, opt for sautéed or steamed greens like nettle (sisnu), mustard greens, or amaranth leaves, lightly dressed with local ghee, timur (Sichuan pepper) and salt. This cleanses the gut and adds a mineral-rich punch.

Rice Porridge (Jaulo) with

Ajwain and Garlic
Perfect for a tired stomach. Add ajwain (carom seeds), bay leaf, and sautéed garlic to a soft rice and mung dal base. It is light, pacifying, and ideal for a detox.

Warm Chiura Mix with Roasted Soybeans and Pickled Mustard Oil
Roasted chiura (beaten rice) tossed with crunchy soybeans, fermented achar, and a few drops of mustard oil - a quick, crunchy, probiotic-friendly meal that uplifts on rainy days.

Herbal Teas
Tulsi, lemongrass, bay leaf, cinnamon, or dried orange peel - these make for fragrant brews that help reduce bloating, inflammation, and internal dampness.

Kitchen Tantra Tip: Cook with presence. Light a lamp

or incense before you begin. Stir slowly. Serve warm. These acts elevate food from a task to a tantra - a mindful offering.

Body Tantra: Listening to the Body During Monsoon

In the science of body tantra, the human body is not just flesh and bones, it is an energy system in rhythm with the elements. Every season interacts with the five elements (earth, water, fire, air, and ether) within us. Monsoon, rich in water and air, tends to disturb vata and kapha doshas - making us feel sluggish, bloated, ungrounded, or anxious. If we ignore this subtle shift, it manifests as poor digestion, joint pain, skin breakouts, and fatigue.

Body tantra teaches us to listen before we treat to sense

www.juliescakes.com.np

celebrating
MANGO-LICIOUS SEASON

Mango Cheese Cake



10% OFF on your first order use code **WELCOME**

Scan to order cake online



Kandevatasthan, Kupondole, Lalitpur
9766389200, 01-5180185



what the body is truly asking for. During monsoon, the body often asks for warmth, lightness, and moisture balance, not extremes. The key lies in food that gently warms the belly, grounds the mind, and keeps channels open.

Here are some body-balancing food principles for the monsoon:

Agni (Digestive Fire) is Sacred

In body tantra, agni is the core of immunity and mood. Monsoon dampens this fire. So, avoid heavy, creamy, overly sweet foods. Instead, use digestion-kindling spices like cumin, coriander, ajwain, ginger, garlic, black pepper, and fenugreek. Add them while tempering your dals, soups, and even hot water.

Light Yet Nourishing Meals
Monsoon is not the time for raw salads or oily chaats. Instead, focus on:

- Rice gruel (jaulo) with turmeric and ghee.
- Khichadi with mung dal, cumin, and curry leaves.
- Boiled yam, taro (pindalu), or sweet potato with lemon and sesame salt.

These stabilize vata and prevent bloating.

Warm Herbal Infusions Throughout the Day
Instead of cold juices or refrigerated drinks, sip warm teas made from tulsi, lemongrass, bay leaf, cinnamon, or dried ginger. These help regulate kapha and keep the lungs clear.

Fermented & Probiotic Foods — But in Balance
Body tantra appreciates natural fermentation in

moderation during monsoon. Consume gundruk jhol, fermented soybean (kinema), or a light lemon achar. They support gut flora, but should always be balanced with warmth.

Body Oil as Food for Skin

The skin is a secondary stomach. In body tantra, external nourishment matters too! Massage your body with warm sesame or mustard oil before a bath. It pacifies vata, improves circulation, and keeps your internal fire steady.

Final Reflection

Your body is always speaking; monsoon is when its voice grows louder. It may ask you to rest more, eat simply, or move gently. When we respect this rhythm through food and daily rituals, the season becomes not something to endure, but to receive with grace, warmth, and presence.

Wild Timur & Smoked Garlic Lentil Stew

A bold, aromatic monsoon elixir to ground the senses

Why This Dish?

This stew is inspired by the ancient Himalayan kitchen

and the wisdom of food tantra. It combines warming lentils, smoked garlic, and wild Timur (Szechuan pepper) - known for its zingy, soul-awakening taste and digestive benefits. It's grounding, spicy, mildly tangy, and gently numbing - perfect for clearing internal dampness and sparking agni (digestive fire) during rainy days.

INGREDIENTS (SERVES 2-3):

- ½ cup split red lentils (masoor dal)
- 1½ tbsp mustard oil or ghee
- 5-6 garlic cloves (lightly smoked or roasted, then crushed)
- ½ tsp turmeric powder
- ½ tsp cumin seeds
- 1 dry red chili (broken)
- 1 pinch of wild Timur (Szechuan pepper) — crushed
- ½ small tomato - chopped
- Salt to taste
- 3 cups warm water
- Fresh coriander to garnish
- Optional: pinch of Himalayan pink salt, bay leaf, or dried ginger

METHOD

- Wash lentils and soak for 10-15 minutes.

- Heat mustard oil until it smokes lightly. Cool slightly, then add cumin seeds and dry red chili.
- Add chopped tomato, turmeric, and a pinch of salt. Sauté until soft.
- Add soaked lentils and stir for a minute. Pour in water and let it simmer on medium-low for 20-25 minutes, until thick and creamy.
- Meanwhile, smoke or roast garlic cloves over a gas flame or in a dry pan until charred. Crush gently.
- Add the smoked garlic and crushed Timur to the lentils just before turning off the heat. Cover and let it rest for 5 minutes so the aroma infuses.
- Garnish with fresh coriander and serve hot with steamed rice, millet roti, or a side of warm fermented greens.

Food Tantra Note

Smoked garlic represents grounded fire. Timur awakens the third chakra (manipura), linked with digestion and personal power. This dish not only feeds your belly but revives your energy during lethargic monsoon afternoons.



The skin is a secondary stomach.
In body tantra, external nourishment matters too!
Massage your body with warm sesame or mustard oil before a bath. It pacifies vata, improves circulation, and keeps your internal fire steady.



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.

Don't think twice. Choose us

*Bumper Offer
going on!*



About Furnitures:

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

We also have :

Turkish carpets
Rugs
Curtains & all furnishing items

More Details:

9841019938 Dillibazar, Kathmandu

@mangaldecorofficial



Hand Crafted Bed Set



Dining Set

We do customize orders too.

Looking for Dining Spots in Boudhanath Area?

A Global Culinary Journey: Flavors from Asia, India, and Europe

Tucked away in the tranquil heart of Boudhanath - **SESAME** invites you to embark on a dining journey like no other. Just moments from the iconic Boudhanath Stupa, the restaurant offers a peaceful escape from the city's bustle.

On a recent evening, I had the pleasure of dining at this three-specialty haven—and what unfolded was a tapestry of taste, craft, and culture. From plate to palate, Sesame excels at storytelling—each dish a chapter in a book of culinary diversity. The Dimsum, Lamb chop and Cheese Cake still linger in my memory as the triumphant stars of the night.

With an ambiance as inviting as its flavors, Sesame isn't just a restaurant—it's a refined, global dining destination in the heart of Kathmandu. For travelers and locals alike, this is an experience worth savoring.



⬆ Dimsum

The bamboo steamers filled with dimsum immediately signal authenticity. The translucent wrappers gleam under the light, and the color contrasts hint at diverse fillings. The prawn dumpling was a highlight, with plump, juicy meat and a ginger-soy dipping sauce that brought just enough bite. The visual freshness mirrored the palate experience—clean, refined, and honest.

⬅ Thai Green Curry with Jasmine Rice

Though traditionally served separately, the pairing here was a visual and flavor delight. The Thai Green Curry with Jasmine Rice was vibrant crisp vegetables, tamarind tang, and roasted peanuts offering crunch. The jasmine rice, soft and aromatic, grounded the dish. What stood out was the texture balance: crunchy toppings, and tender tofu all perfectly aligned.

➡ **Biryani and Kebab Platter**

Visually stunning, this platter was a feast before even the first bite. Juicy kebabs, charred to perfection, sat alongside a mound of saffron-kissed biryani. The fragrance was heady cardamom, fried onions, and ghee wafted up. The lamb kebab had an unmatched smokiness, and the rice, each grain separates, carried the flavor of slow cooking and patience.



➡ **Warqi Paratha & Curries**

The warqi paratha, buttery and layered, was art on a plate. Its golden crispness was matched only by the richness of the accompanying dal and mutton curry. The dal, as suggested by the restaurant's name, had a unique sesame twist—nutty and smooth. The mutton curry, dark and glossy, offered a burst of flavor with every bite. It was the dish that demanded silence—it was that good.



➡ **Lamb Chops**

Arguably one of the most visually commanding dishes, the lamb chops arrived stacked elegantly, set against a rustic board. Medium rare, juicy, and generously seasoned, they were complemented by creamy potatoes and a drizzle of jus. A textbook execution—bold yet refined.





⬅ Grilled Salmon

The plating here is clean and modern—salmon resting on a bed of vegetables, glistening with a light glaze. The fish was seared just right, skin crackling, and the flesh tender and flaky. The mild dill cream paired subtly without masking the freshness of the salmon. A perfect European starter, visually and taste-wise.

➡ Chocolate Soul

Moist, dark, and decadently rich—this dessert looked indulgent and absolutely was. The ganache glistened like silk, and a slight touch of sea salt cut through the sweetness just enough. Served with a fresh berry, it was a bite of luxury.



⬅ Sesame Cheese Cake

A slice of classic comfort—creamy, smooth, and kissed with berry compote. The biscuit base held firm but crumbled delightfully with each forkful. Not overly sweet, it was a lovely balance of richness and lightness to end the meal.



Sesame, Hyatt Regency,
Bouddha, Kathmandu
T: +977 980-1031235

sesame

HYATT REGENCY
KATHMANDU

JAPANESE RESTAURANT Kotetsu

Located on the 1st floor of the Ambassador Hotel in Lazimpat, Kotetsu Japanese Restaurant was handed over by the previous owner in April 2023. A Japanese "mama-san" (manager) is always present at the restaurant, offering warm hospitality. With Japanese music playing in the background, the atmosphere is so authentically Japanese that you'll feel like you've stepped into Japan all while being in Nepal.

This popular restaurant is well-known among Japanese locals as a recommended place to enjoy authentic Japanese cuisine. Inside, there is both a sushi bar and a teppanyaki counter, where skilled chefs prepare sushi and cook on the teppan grill right in front of you - another highlight of the dining experience.

Come and experience a taste of Japan right here in Nepal!



Japanese Food Kotetsu
Hotel Ambassador 1st F.
Lazimpat, Kathmandu
Tel: +977 1-5917869
Mob: +977 976-1855207

Business Hours:
11:00 AM - 9:30 PM
Last order: 9:00 PM
Saturday - No Lunch Service



Tucked away in the heart of the city, Trails Café is a family-run, heart-led sanctuary for comfort food and soulful connection.

Built on seven years of grit and love, it offers more than just good food — it serves memories, moods, and moments. From juicy burgers to nostalgic bowls of fried rice, every dish is a flavorful journey worth taking.

The Trails Café

Homegrown Flavours, Heartfelt Stories

TUCKED AWAY in the heart of the city, The Trails Café began as more than just a business, it was a labor of love. Born from a simple dream and built through seven years of hustle, sweat, and soul, the café stands today as a cozy haven for comfort food lovers and curious wanderers alike. What started as a humble venture has grown into a space where people connect, share stories, and return, not just for the food, but for the feeling. Every corner of The Trails Café has a story, and every dish served is a reflection of that journey. Family-run, heart-led, and proudly Nepali, Trails isn't just a café, it's a trail that leads you home.

Trail's menu is a celebration of everything they love - comfort, culture, and creativity. They don't chase trends. They serve food that hits home. Every item is thoughtfully curated, cooked fresh, and designed to give maximum satisfaction with minimum pretension. Whether it's the fiery kick of their wings or the warm nostalgia of a steaming fried rice bowl, every plate at Trails Café comes with a side of good vibes.



Founder's Note:

"I didn't start Trails Café just to serve food, I built it to serve moments. Every dish here carries a memory, every corner holds a story. We've been through the highs and lows, but what keeps us going is the love we pour into everything we do, one plate at a time."
— Manav Goyal, Founder



🕒 **Hot Garlic Cheese Pizza**

A bold twist on the classic. The Hot Garlic Cheese Pizza is loaded with mozzarella, finished with their signature garlic-chili sauce that packs both punch and personality. It's the kind of slice that starts mellow and ends with a kick. A true crowd favorite.

🕒 **Crispy Honey Chilli Chicken**

Golden-fried chicken tossed in a fiery honey-chili sauce, dry red chillies and green onions, equal parts sweet, spicy, and crunchy. A perfect balance of flavor and texture, this dish is our ode to the Indo-Chinese comfort food we all grew up loving.



🕒 **Korean Glazed Chicken Wings**

Crispy, sticky, and unapologetically addictive. These wings are tossed in their in-house Korean glaze — sweet, spicy, and umami-rich, then garnished with sesame seeds. One bite and you're hooked.





🕒 The 1200 Platter

The ultimate sharing experience. Loaded with momos, wings, fries, sausages, and our house dips — the 1200 Platter brings people together. It's indulgent, Instagram-worthy, and a full meal in itself. Perfect for friends, celebrations, or just because you're hungry.

➡ Chicken Katsu with Rice

A Japanese-inspired comfort classic: crispy chicken katsu laid over a bed of seasoned rice, served with our homemade curry sauce and a side of fresh salad. It's simple, satisfying, and one of the most-loved dishes on our menu.



🕒 Chicken Ramyeon

Soul in a bowl. The Chicken Ramyeon features springy Korean noodles in a flavorful broth, topped with a crispy chicken katsu strip, boiled egg, green onions, and a dash of schezwan heat. It's warm, comforting, and perfect for rainy days or late-night cravings.



THE TRAILS CAFÉ
ROOFTOP | BAR | KARAOKE
ESTD. 2018

Mini Meals Thali



In the heart of Kathmandu, Mavalli Tiffin Rooms (MTR) brings the soul of South India to your table with its wholesome Mini Meal Thali, a vibrant celebration of tradition, flavor, and balance.

This carefully assembled thali features ten classic South Indian components: soft rice, creamy curd rice, comforting milk and tangy rasam. Alongside, enjoy a dry vegetable side like beetroot, beans, or potato (Paliya), crisp papad, coconut-based green chutney, zesty pickle, and a sweet serving of payasam - a rich dessert simmered with milk, vermicelli, cardamom, cashews, raisins, and ghee. To complete the experience, choose between a mini masala dosa or fluffy puris.

Every bite is a journey through the southern states of India, reflecting the region's rich culinary heritage and emphasis on seasonal ingredients. The thali is thoughtfully designed plate of nourishment.

Located in Kamaladi and near Pashupatinath in Kathmandu, Mavalli Tiffin Rooms (MTR) is a century-old international brand renowned for its authentic South Indian vegetarian cuisine since 1924. With a strong presence in the UAE, Singapore, Malaysia, the UK, and the USA, MTR now brings its commitment to hygiene, health, and high-quality flavors to Nepal. Experience the rich culinary heritage of MTR, where tradition meets excellence, served with warm and welcoming hospitality.



MTR 1924 Kathmandu
Kamaladi & Tilganga (near
Pashupati), Kathmandu
T: +977 9802348609

De Lamar Café

Tribal Soul,
Urban Hideaway

A cozy escape in Maharajgunj, De Lamar Café blends tribal flavors from Northeast India with rustic charm and greenery. From smoked pork to black sesame thalis, it's a soulful haven for pork lovers, spice seekers, and café dwellers alike.

Tucked away just off the Ring Road in Maharajgunj, De Lamar Café is a tropical retreat that blends lush greenery, rustic charm, and soul-soothing tribal cuisine. It was founded by Ceci and Dr. Adim Prasai. Ceci moved from Shillong to Kathmandu to bring her Northeast Indian heritage to life, the café is a heartfelt homage to fermented flavors, smoked meats, and earthy herbs - especially a haven for pork lovers and adventurous palates. With leafy plants spilling over the exterior and warm wooden interiors that hum with good music and nature's own soundtrack - trickling water and distant city bustle, this space feels like a quiet escape. Whether you're looking for a cozy date spot, a soulful lunch with family, or a tranquil corner to work, De Lamar offers comfort, character, and even two resident cats to keep you company.



🔥 Smoked Pork

This Naga-style smoked pork is a bold and flavorful dish, traditionally smoked over wood fire. The slow smoking gives the meat a rich, earthy aroma and a tender, slightly charred texture. It's simmered with dry bamboo shoots, Raja Mirch- the famously hot Naga chili and local Sichuan pepper, which adds a signature kick and numbing warmth. The heat is balanced by a tangy tomato sauce infused with local herbs. Each bite offers layers of smoke, spice, and depth. It's a rustic and unforgettable taste of Nagaland's culinary heritage.

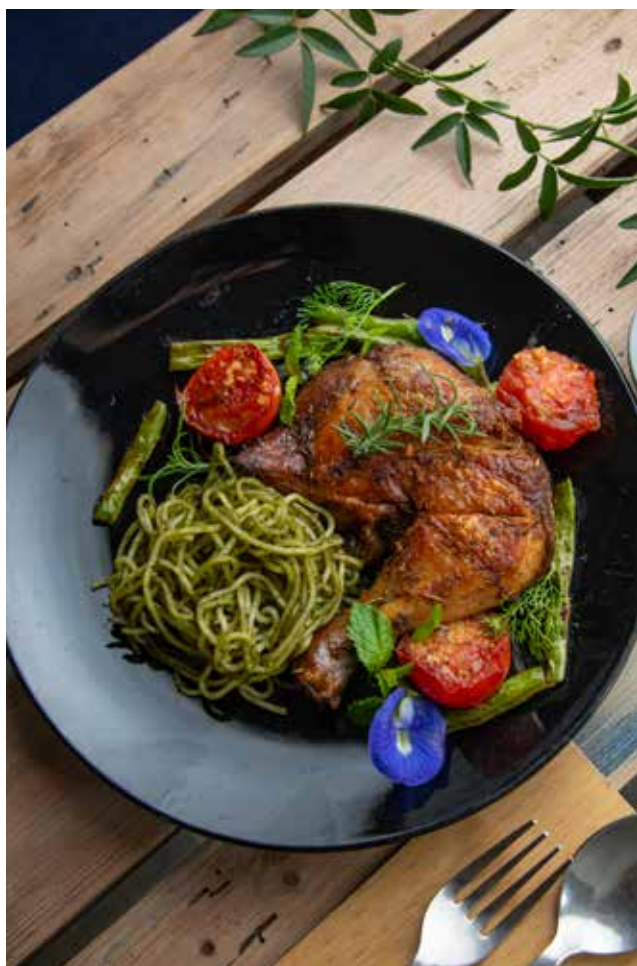
🔥 Crispy Pork Ribs

Absolute standout! First, the pork ribs are soaked in bamboo shoot water, allowing them to absorb a deep, earthy flavor. They're then slow-cooked with ginger and aromatic herbs until tender, before being deep-fried to golden, crispy perfection. The result is a perfect contrast of crunchy on the outside, juicy on the inside. Each bite is rich, bold, and satisfying. Served with a homemade tomato chutney, this dish is a delicious fusion of tradition and indulgence.



➔ Chicken Black Sesame Thali

The Meghalayan Chicken Black Sesame Thali is a flavorful journey into the region's rich culinary heritage. At its center is Penela chicken slow-cooked in roasted black sesame, ginger, garlic, onion, and turmeric, giving the meat a unique greenish hue and earthy aroma. The ginger-infused turmeric rice provides a fragrant and subtle base that perfectly complements the bold curry. Traditional mashed potatoes, made with mustard oil and chili, add a smooth and neutral kick to the meal. A simple boiled vegetable salad of beans, squash, lemon, and onion aid digestion after a rich, meaty meal. The smoked tomato and raja chili chutney ties everything together with a spicy finish.



➔ Nasi Goreng

This is her own take on the classic Nasi Goreng—rich, spicy, and packed with personality. Stir-fried rice is tossed with juicy shrimp, tender chicken, a splash of fish sauce, and a touch of home-made secret sauce, giving it a slightly sweet, umami-rich twist. The base is infused with garlic, chili, and soy, creating a smoky depth that anchors the dish. A crispy fried egg on top adds richness, while fresh cucumber and sambal on the side bring balance. Every bite is a harmony of sweet, spicy, and savory notes.



➔ Asian Marinated Grilled Chicken with Noodles

This fusion-style grilled chicken is a bold blend of East and West, marrying local spices with classic herbs. Marinated for a full day in Sichuan pepper, fiery Raja Mirch, rosemary, chili powder, and black pepper, the flavors run deep and intense. The next day, it's oven-grilled to perfection tender inside with a beautifully charred crust. The dish pairs equally well with stir-fried noodles. It's a plate that brings together tradition and innovation in every bite.



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.

POLPAL CHICKEN



WALNUT BISTRO

Panipokhari, Kathmandu

Tawa-grilled chicken with Nepali spices, served with phapar roti, veggies, and chutney.
Price: Rs 799/-

WOODFIRED CHICKEN PIZZA



BRICKS CAFE

Kupondole, Lalitpur

Handcrafted dough with tomato sauce, mozzarella, and smoked chicken.
Price: Rs 1025/-

CHICKEN PHILLY SANDWICH



JAR

Old-Baneshwor, Kathmandu

Tender chicken with caramelized onions, melted cheese, and a soft bun.
Price: Rs 450/-

LIVE BARBEQUE ON TABLE



GRILL NATION

Battisputali, Kathmandu

Unlimited Barbeque and Buffet at Fixed price Only at The Grill Nation. 50+ Items
Price: Rs 1496/- (non-veg)

PIADINA ROMAGNOLA



ALPHABET PIZZERIA

Napukhu, Bhaktapur

Italian flatbread stuffed with pulled pork, coleslaw, spicy mayo, mixed lettuce and onion pickle
Price: 695/-

PORK RIBS



7 IRON CAFE AND BISTRO

Pulchowk, Lalitpur

Pork baby back ribs with fresh wedges and sautéed veg, complimented with Jack Daniel's black saucer
Price: 1750/-

BAHUBALI THALI



BHOJAN UNLIMITED

Jawalakhel, Lalitpur

A royal feast of 25+ Indian dishes served on one giant plate.
Price: 3945/-

SORA NIGIRI PLATTER

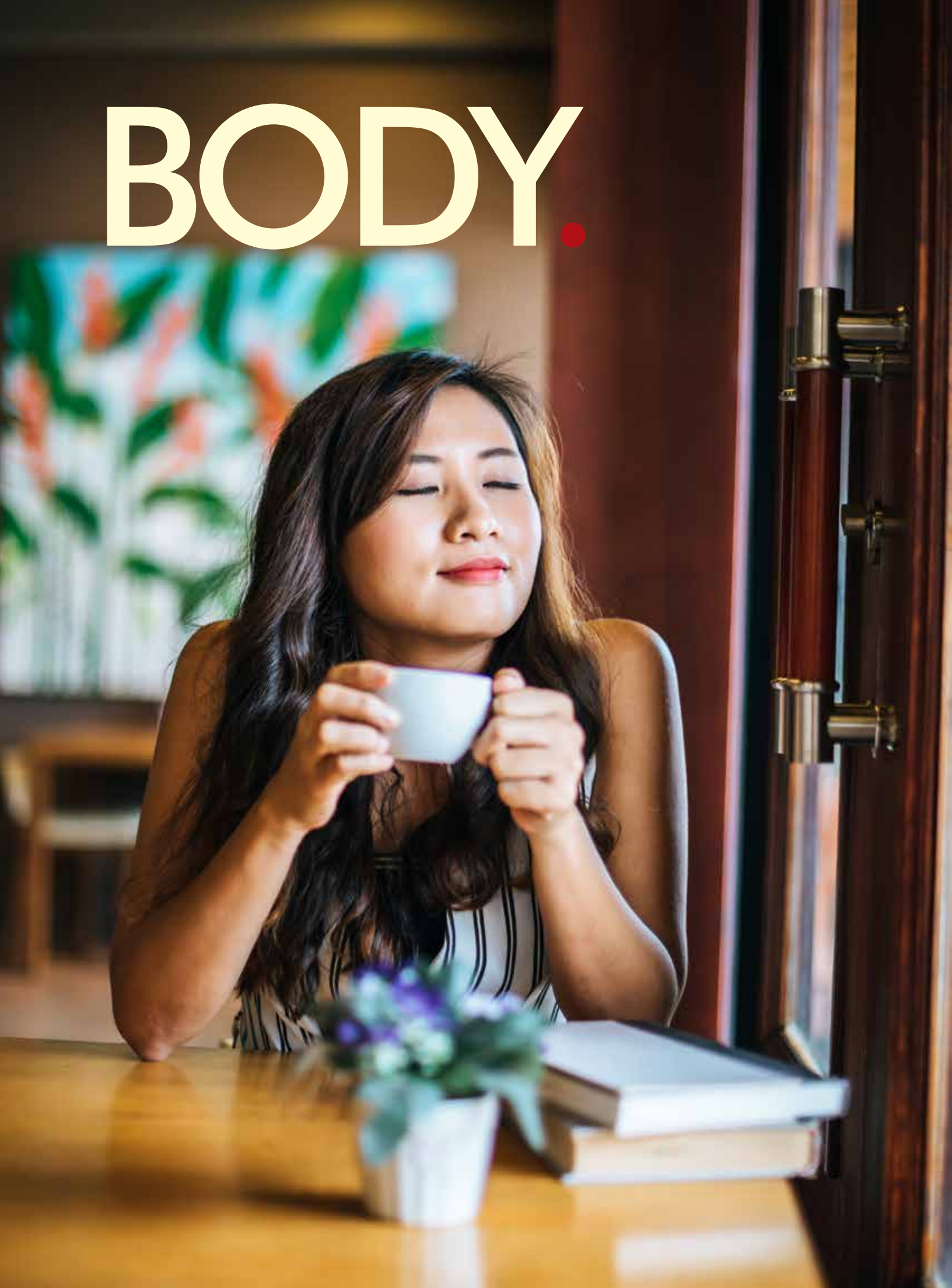


HOKKAIDO SORA

Maharajgunj, Kathmandu

An elegant assortment of hand-pressed sushi featuring the freshest cuts of fish, delicately paired with seasoned rice
Price: Rs. 3600/-

BODY.



FROM PEOPLE PLEASING TO PEACE SEEKING

Boundary setting for Nepali millennials & Gen-Z

In a culture that glorifies sacrifice and silence, Nepali millennials and Gen-Z are learning to set boundaries without guilt. This piece explores how shifting from people-pleasing to peace-seeking improves mental health, honors cultural roots, and redefines what it truly means to be a “ramro manche.”

In conversation with Sneha Agrawal, Psychologist.

What does ‘people pleasing’ look like in a typical Nepali household or workplace, and why is it so normalized?

In Nepali households and workplaces, people often try to make others happy by saying “yes” to requests, even if it means neglecting their own needs especially when it comes to elders, seniors, or authority figures. You might notice this in avoiding conflict, doing too much work, or holding back opinions to keep things smooth. These habits are shaped by cultural values such as honoring hierarchy, a concern about losing face (badnaam), and traditional gender roles, particularly for women. While this tendency helps maintain harmony in our relationships, it can sometimes lead to stress, burnout, and feeling less authentic. It’s important to remember that while being accommodating is kind, true respect also means setting healthy boundaries for ourselves.

How do generational expectations in Nepali families impact our ability to say ‘no’ or set personal boundaries?

In Nepali families, respecting elders and making sacrifices are super important, especially for women. So, it can be tough to say ‘no’ or set boundaries because people think it’s disrespectful. Saying ‘no’ can also make you feel guilty or worried about being judged. The culture values family harmony over personal needs, so setting boundaries often feels like betraying your family. This can lead to a lot of stress and make it hard to be true

to yourself. But here's the thing: boundaries aren't disrespectful. They're healthy and necessary for your well-being.

How can we reframe this narrative?

"Boundaries are not walls, they are bridges built with clarity and care." We can start by modeling healthy communication, encouraging mutual respect, and showing that saying "no" can deepen trust not destroy it.

In a society where 'ramro manche' is often defined by how much you sacrifice, how do you unlearn that mindset?

In our society, being a "ramro manche" (good person) often means putting others first, staying quiet, adjusting endlessly, and never saying "no." Sacrifices are celebrated, while self-care is often labeled selfish. Over time, this mindset can lead to burnout, resentment, and a loss of self-identity. I believe people are conditioned to do this since childhood and think it's okay, even though it can create challenges for some.

To break free from this mindset, start by redefining what it means to be good—someone who is kind and has boundaries. Learn to recognize guilt without letting it control you, and see rest and self-care as strengths, not selfishness. Openly discuss these shifts, and find or become role models who live with balance. True goodness includes taking care of yourself too.

What are some subtle yet effective ways to establish emotional

boundaries without causing conflict in tight-knit family setups?

- Use "I" statements to express your feelings without blaming others.
- Delay tough talks by suggesting a better time instead of outright refusing.
- Gently change the topic when conversations feel too personal or draining.
- Buy time by saying "I'll think about it" instead of giving an instant yes.
- Limit your emotional availability by responding on your terms.
- Create personal rituals that signal your need for space (like solo tea time).
- Use light humor to set boundaries without creating tension.

For people who feel guilty after setting a boundary, what are some affirmations or reminders that help you stay grounded?

Affirmations

- "I can be kind and still have limits."
- "I am not responsible for other people's reactions."
- "My needs are just as important as anyone else's."
- "It's not selfish to protect my peace, it's wise."

- "Choosing myself is not a betrayal, it's an act of self-respect."

Gentle Reminders

- Guilt is a habit, not a warning. Feeling bad doesn't mean you did something wrong.
- You protect your energy by setting boundaries.
- Boundaries teach people how to love you better.
- Short-term guilt is the price for long-term peace.
- It's okay if others need time to adjust; that's not your failure.

How do we teach the younger generation (Gen Alpha) to assert boundaries in a respectful yet confident manner?

Children learn by observing adults. Demonstrate how to assert your boundaries or politely request space. Parents can teach children healthy boundaries by modeling respectful limits themselves and using simple phrases to help children express their needs. Encourage children to recognize their emotions and practice saying no through role-playing. Praise their efforts, explain that boundaries are a form of kindness, and remind them to respect others' boundaries as well.

How does shifting from people pleasing to peace seeking improve mental health and self-worth?

Shifting from people-

pleasing to peace-seeking is like moving from constant exhaustion to steady calm and from self-doubt to self-respect. It helps to:

- Reduce stress and burnout by honoring your limits.
- Build genuine relationships by being authentic.
- Lower anxiety by letting go of others' expectations.
- Increase self-respect and self-kindness.
- Handle conflict calmly and confidently.
- Create inner peace that strengthens overall well-being.

In short, it's not about pleasing less, it's about living more fully and authentically, with peace inside that radiates outwards. True kindness doesn't come from saying yes to everyone, it comes from saying yes to yourself first. Letting go of people-pleasing isn't selfish. It's self-respect. And that's the healthiest thing you can give to yourself and the people around 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.

“Boundaries are not walls, they are bridges built with clarity and care.” We can start by modeling healthy communication and showing that saying “no” can deepen trust not destroy it.

DETOX FACEWASH

BRIGHT, CLEAR SKIN

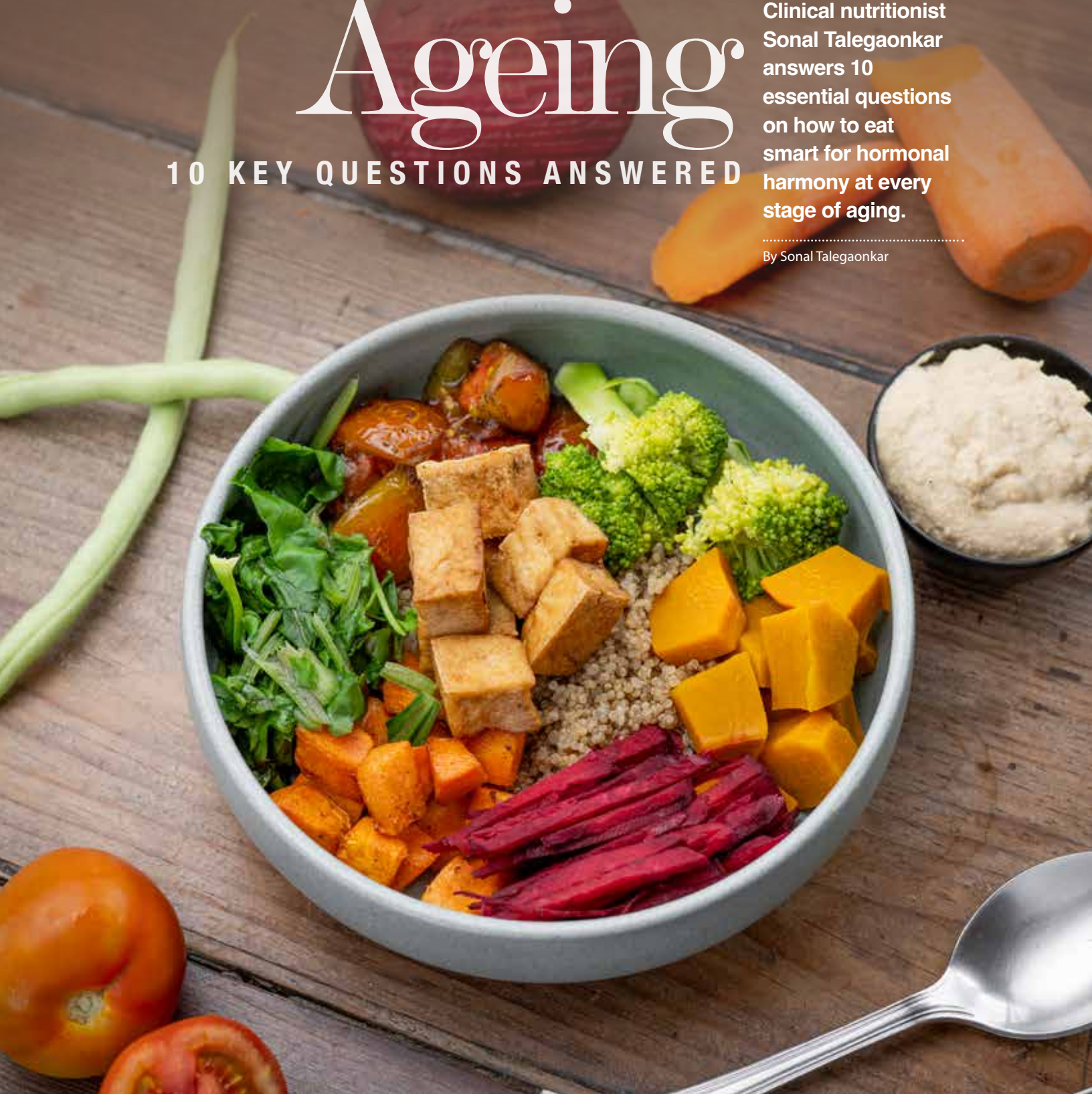


Eating for Hormonal Ageing

10 KEY QUESTIONS ANSWERED

As women enter their 30s and 40s, hormonal changes can disrupt metabolism, mood, weight, and energy—but the right food can restore balance. Clinical nutritionist Sonal Talegaonkar answers 10 essential questions on how to eat smart for hormonal harmony at every stage of aging.

By Sonal Talegaonkar



Ageing is inevitable, but hormonal chaos doesn't have to be. Starting in your 30s and especially through your 40s, your body begins to shift gears—slower metabolism, stubborn belly fat, mood swings, irregular periods, and fatigue become common complaints. Most of these changes are linked to hormonal aging, yet very few women are guided on how to adapt their nutrition to stay balanced, vibrant, and in control.

Here are 10 expert-level questions answered to help you eat smarter through your 30s, 40s, and beyond.

What is “hormonal aging” and when does it begin?

Hormonal aging refers to the gradual decline in estrogen, progesterone, DHEA, and growth hormone levels. It often begins subtly in the early 30s, becomes more pronounced in the 40s (pre menopause), and reaches a peak shift during menopause.

Why do women gain weight more easily after the age of 35?

As estrogen and progesterone drop, metabolism slows and fat starts accumulating—especially around the belly. Combined with increasing insulin resistance, the body becomes more prone to storing fat and less efficient at burning it, especially without strength training or protein-rich diets.

Which nutrients are essential during this phase?

Women going through hormonal shifts need:

↓

To prevent losing muscle mass, women need 1.2–1.6 g protein/kg of body weight, spaced across meals. This supports fat loss, hormone function, and cellular repair

- Protein for lean muscle and metabolism
- Omega-3s for hormone production and inflammation
- Calcium + Vitamin D for bone protection
- Magnesium for PMS, cramps, and sleep
- B-complex vitamins for mood and energy

What's the ideal breakfast for hormonal health?

Avoid carb-heavy, sugary breakfasts. Instead, start your day with protein, healthy fats, and fiber to stabilize blood sugar and cortisol. Try:

- Paneer-stuffed moong pancake
- Oats whey smoothie
- Sattu drink + paneer oats pancake / scrambled eggs
- Eggs with sautéed greens and avocado
- Greek yogurt with flaxseeds and berries

How important is protein after 35?

Critical. With age, you lose muscle mass—a key driver of metabolism. To prevent this, women need 1.2–1.6 g protein/kg of body weight, spaced across meals. This supports fat loss, hormone function, and cellular repair.

Is intermittent fasting safe for women over 40?

It can be—but needs personalization. While a 12–14 hour fasting window can help with insulin sensitivity, longer fasts might stress the adrenal glands. Women with thyroid issues, chronic stress, or poor sleep should approach fasting cautiously.

How does gut health affect hormones?

Your gut helps regulate estrogen, cortisol, and even mood hormones like serotonin. A poor gut can worsen bloating, PMS, and fatigue. Improve it with:

- Prebiotics (onions, oats, bananas)
- Probiotics (curd, fermented foods)
- High-fiber foods (greens, flaxseeds)

Can diet reduce hot flashes or mood swings?

Yes. Foods rich in phytoestrogens (flaxseeds, tofu, soy) mimic estrogen and can ease symptoms. Avoid caffeine, alcohol, and sugar, which trigger hot flashes. For mood, increase B6-rich foods like bananas and walnuts.

Are there natural herbs to support hormonal balance?

Under professional guidance, these can help:

- Ashwagandha – for adrenal stress
- Shatavari – supports female hormones
- Maca – boosts libido and energy

Herbs are not a substitute for diet but can be supportive when used correctly.

What's one nutrition tip every woman over 35 should follow?

Balance your blood sugar. Make every meal a combination of protein, healthy fats, and fiber. This prevents insulin spikes, controls cravings, reduces inflammation, and supports overall hormonal harmony.

Final Thoughts

Hormonal aging doesn't mean losing control of your health. With the right dietary shifts, you can reduce symptoms, maintain your weight, protect your bones, and feel emotionally and physically balanced. Remember—you don't need to eat less, you need to eat right.



Ms. Sonal Talegaonkar
Sonal's Nutrofit
Clinical Nutritionist
Whatsapp +977 9861556858
(Post-graduation in Clinical Nutrition, Mumbai University, India). Find us on Instagram & Facebook (sonalsnutrofit)

THE FIRST STEP IS THE HARDEST

Taking the first step toward change—whether in career, relationships, or mindset—is often uncomfortable, but it's the only way forward. This reflective piece, set against the quiet rains of Bali and the familiar monsoons of Nepal, explores how one bold choice can realign your life and bring you back home to yourself.

By Vijay Vaidya

The first step. That's often the hardest part of anything, isn't it?

Starting something new—whether it's a health journey, leaving a relationship, switching careers, or simply being honest with yourself—can feel like standing at the edge of a steep, muddy slope. The uncertainty, the fear of failure, the temptation to wait for a “better time”—all of it piles on and makes inertia feel safer than action.

But here's the thing: change never feels convenient. And it's rarely comfortable. Yet without that uncomfortable first move, nothing shifts.

As I write this from Bali, I watch the rains fall quietly outside. It's not monsoon season here, but the grey skies and steady drizzle remind me of home—Nepal, where the monsoon is just beginning. Those rains always marked a kind of internal reset. A time for slower mornings, reflection, and difficult truths. The kind of atmosphere where decisions especially the uncomfortable ones rise to the surface.

One of the most pivotal choices I've made was to leave Nepal.

At the time, I was walking away from stability—my home, my family's daily support, and the comfort of a familiar life and steady income. I moved to Bali, a place that, while beautiful, was still completely foreign to me. I didn't have a roadmap. Just a quiet but firm sense that if I didn't take this step for myself, I would remain stuck in a version of my life that no longer felt like mine.

➔ I wonder how much power we give away when we wait for the perfect moment. More often than not, it's the act of beginning that clears the path forward. has to shift.

It wasn't easy. The decision came with guilt and second-guessing. When we make bold moves, especially ones that pull us away from the expectations of others, it's natural for people to feel hurt or left behind. But I've come to learn that building a life that's true to you sometimes means disappointing others in the short term. That doesn't make the decision selfish it makes it honest.

And here's what surprised me: once I made the move, I didn't look back. That one difficult step led to a life that feels expansive, aligned, and wholly my own. Today, I have two countries I call home. Two different versions of myself that I carry and love. And I know I wouldn't have arrived here without that first uncomfortable leap.

This month's theme for Smart Family - refocus, mindset shifts, and bold choices, reminds me how much power we give away when we wait for the perfect moment. More often than not, it's the act of beginning that clears the path forward. That's true for personal goals, career changes, or simply deciding that something has to shift.

The monsoon, too, teaches this: that the downpour may feel overwhelming at first, but it clears the air, settles the

dust, and allows something new to grow.

So, if you're sitting with a decision—something quietly pulling at you, something you know deep down needs to change—consider this your sign. You don't need certainty. You don't need a plan carved in stone. You just need to trust that one honest step can change everything.

Let it be messy. Let it feel uncomfortable. But let it be yours.

Because while the first step is the hardest, it's also the one that leads you home to yourself.



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.

MAKING BOLD

Fitness specialist Sukadev Karki shares how choosing health for himself and his family is a bold act of love, leadership, and legacy. Through daily decisions and generational habits, he proves that true wealth lies not in possessions, but in vitality.

By Sukadev Karki, Nepal's First Strength & Conditioning Specialist

CHOICES

For Me and My Family



We live in a world where fast food is cheaper than fresh produce, scrolling is easier than stretching, and burnout is worn like a badge of honor. In such a world, choosing health especially as a parent is not just a lifestyle decision. It's a bold, revolutionary act. It's easy to go with the flow. But sometimes, the flow leads to fatigue, frustration, and fragile families. That's why I chose differently for myself, and more importantly, for my family.

Fun Fact: In the next 5 years, having a fit, functional, injury-free body will be rarer than a Rolex. People will admire it. Not because it's expensive but because it's earned.

Why does that Bold Choices Matter?

Every morning, we wake up with a choice: Hit snooze, or hit the floor for a few stretches. Grab the instant noodles, or prep that nutrient dense breakfast. Keep scrolling reels, or go to a park with the kids.

These little decisions seem small. But when repeated daily, they shape our lives, our health, and the habits of those who look up to us: our children.

In a country like Nepal, where community still matters and family remains the core of culture, these decisions ripple. When you change, your home changes. When your home changes, society shifts. More importantly, our children will carry this culture for generations to come.

Here's a stat worth framing: Children of active parents are 3x more likely to stay active throughout life. That's



Active adults spent 42% less on medical bills annually than their sedentary counterparts. Imagine saving that for your child's education, or a family trip that you've always dreamed of.

not just a fitness stat, it's a generational investment.

Health has always been the ultimate wealth; and it's not for sale! Bold choices aren't easy, especially when you're juggling jobs, relationships, responsibilities and other daily stressors of life. But here's a hard truth: a sick body is far more expensive than a healthy lifestyle.

A recent study showed that active adults spent 42% less on medical bills annually than their sedentary counterparts. Imagine saving that for your child's education, or a family trip that you've always dreamed of.

Fun Fact: World Economic Forum (WEF) and the Harvard School of Public Health had cited a report that by 2030, chronic diseases will cost the global economy over \$47 trillion. Most of these diseases are preventable, with physical activity, nutrition, and mindful living. Think about it: your 30-minute workout might just save your life and your retirement fund.

Why do I Chose Fitness for My Family

I didn't grow up with a silver spoon. But I want my daughter to grow up with a strong spine, a sharp mind, and a fearless heart. So, I made a promise to myself: I'd lead by example. We don't always need toys or tablets to bond.

Sometimes, it's the family plank challenge, dancing to old Nepali tunes, or taking her to one the NYFC parks for fun workouts. My daughter now imitates squats better than cartoon characters, and I take that as the highest compliment. Because raising healthy kids in an unhealthy world? That takes guts. That takes intention. That takes bold choices.

Small Steps That Lead to Big Change: You don't need a gym or a six-pack to start. You need a reason. Here are a few ways to begin:

Schedule Family Fitness: Every Saturdays, join a local calisthenics session or a running campaign.

Make Movement Fun: Replace "go study" with "let's do 10 squats or 20 push-ups, then homework."

Eat Smart Together: Let your kids pick veggies in the market and cook simple healthy meals with them.

Create Rituals, Not Rules: Morning stretches, evening walks, weekend hikes, routines that feel like gifts, not punishments.

Fun Fact: A 10-minute walk after meals lowers blood sugar better than most diabetes pills. Now that's what I call a worthy return on investment.

Our body is the only home we truly own in a society obsessed with material wealth. You can rent cars, buy watches, or buy homes, but what about your body? That's a one-time lease. You better take care of it.

When you invest in fitness today, you invest in more birthdays with your kids, more energy to chase your dreams, and more clarity to make decisions that matter.

So, don't wait for a diagnosis. Don't wait for your child to ask why you're always tired. Start today. Start small. Start bold. The Real Legacy is Health, in the end, our children won't remember how much we earned or what car we drove. They'll remember how we showed up, with strength, with energy, with joy.

So, this is my message to every father, mother, brother, and sister to take a step forward in your fitness journey. Join our movement. Share your bold choices using

#BoldForMyFamily
#SmartFamilyMagazine

Win surprise gifts from our BeFit team and get featured on our page!



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

PARENTING.



Puberty hits
hard...
but, more so on
the parents!

When children hit puberty, the real shift often happens within the parents. This story captures the silent struggles, changing dynamics, and the journey from control to connection.

By Neha Lohia

I had always loved picking my child up after school. Her eyes would light up seeing me and she would run and throw herself at me, hugging me tight. That very moment I knew I meant the world to her!

But that was then, with her now growing up and hitting puberty there has been a shift—a gradual but a drastic shift. I no longer pick her up from school (because it's embarrassing for her) but wait for her to come back home, and when she does, I ask her chirpily, "How was your day?" She replies (rolling her eyes), "Like any other day, Mom!" Ok, I get it that my child is growing up and she wants her fair space, but the bottom line is—IT HURTS!

Everyone around me told me that once you get over the first initial years of raising the child then it is always a cakewalk. However, no one prepared me for this and I am definitely not finding things easy and I am really anxious with thoughts like—

Why is she growing up so fast?

Does she not want me anymore?

Will she stop loving me?

Who is going to protect her from the big bad world out there?

Am I not doing things right?

These thoughts were not helping me and I started feeling paranoid. I wanted to protect her, guide her, tell her what is right and wrong. However, in the whole process of doing all



As parents, we need to change our mindsets that the kids will not accept or do things as they are told, they have every right to say no or question things and that is perfectly normal.

the above things, we had more fights, more tears, and a much more strained relationship. I was totally lost and was feeling worse than before. The only thing I was sure of was that I needed help.

I started seeking support through friends/relatives who had faced the same issue, went through various articles on the internet, heard a lot of podcasts about puberty, and discussed things at length with my spouse. And finally, after a lot of ups and downs and a whole lot of mistakes, these are the lessons that I learnt and applied personally in my parenting:

Control to connection

I think this would be my most important and valuable learning of parenting. As a child grows, we need to lessen our control over them and try to deepen our connection with them. Instead of bossing around and making them feel scared, we need to become their friends/mentors and make them feel comfortable in our presence.

Accepting change

We need to accept that our kids are growing, changing, and evolving into adults. We

need to accept that change is inevitable and actually helps in their progressive development. Trying to resist change only makes things harder for both the children and parents.

Change of mindset

As parents, we need to change our mindsets that the kids will not accept or do things as they are told, they have every right to say no or question things and that is perfectly normal.

Deal with your own emotional stress

As parents and caretakers of our children, we too go through a lot of emotional stress. Yoga, meditation, hanging out with my friends has always been a stress buster for me. I would strongly recommend you to choose yours. It's only when you are at peace can you make others happy.

Prioritize yourself

Somehow, we have been conditioned as parents that a child always comes first and this whole thought process makes us take a backseat. However, I would suggest that all parents should start focusing on their needs and what makes them happy and have absolutely no regret about it.

Let them make their own mistakes

When we have made our own share of mistakes and learnt from them, then our kids should also be allowed to make mistakes and learn. Trust me, this makes them into a more cautious and confident adult.

Be there to mentor

No one likes bosses. Be there to mentor and guide them when needed. Do not push your ideas or your decisions on them since they will only fire back!

Perfect parent or child

There is nothing like a perfect child or a parent, so please stop stressing. Enjoy your journey, because this too shall pass. As a parent, remember that you also are growing and learning. Please do not be harsh on yourself and keep doing self-appreciation even if no one does!

Fast forward to today, my child is almost an adult. We still have our share of fights and tears. She has started boarding school and leaving her on her own has been one of my toughest decisions ever. Having said that, I have learned that we as parents have to go with the flow, learn to let go, and believe in them and in our upbringing.

The more we try to control them, the more they would want to try and break free. So, trust yourself and trust them and make beautiful memories in this amazing journey of parenting. Remember to enjoy every hardship too because these moments are never coming back.

THE POWER OF PAUSE

What the Monsoon Taught Me About Parenting and Presence

Once dreaded, the monsoon now serves as a quiet teacher, revealing deep parallels between parenting and rain: both ask us to slow down, accept, and be present. In a world driven by urgency, this reflection encourages parents to connect with their children not by doing more, but by simply being more.

By Ganga Gurung, Occupational Therapist

Growing up, I used to dread the monsoon. The floods, the overflowing drains, the sticky mud that clung to my shoes, and the way everything seemed to come to a halt—it felt like life was being interrupted. I didn't like being slowed down. But over the years, something shifted. Now, I've come to see the monsoon as a quiet teacher. It teaches us to pause. To accept. To reflect.

In my work as a pediatric occupational therapist, I see how that same shift from resistance to reflection can transform the way we parent. Just as the monsoon asks us to adapt to its rhythm, parenting asks us to surrender control and tune into a deeper, more patient way of being.

The "Fix-It" Instinct

Modern parenting often feels like a rush: rushing to feed, to teach, to discipline,

to enrich, to schedule. We are constantly exposed to messages about what a child should be doing by a certain age - walking by one, talking by two, reading by five. The pressure is everywhere, and it's relentless.

This leads to what I call the "fix-it" instinct - the idea that if our child is not meeting expectations in a specific way or timeframe, we must intervene immediately and intensely. It comes from love, of course, but also from fear: What if my child falls behind? What if I'm not doing enough?

Similarly, parents of some children I work with, unknowingly, begin to treat therapy like a race. They want activities, results, visible improvements. I see the anxiety in their eyes when their child doesn't follow a command quickly, or avoids eye contact,

or melts down during a session.

But in this rush to fix, we sometimes forget to see our children for who they truly are in the moment. Not as problems to solve, but as human beings to understand.

What Slowing Down Reveals

Monsoon season slows life down, whether we like it or not. Plans are postponed, routines are disrupted, and nature forces us to pay attention. Similarly, the parenting journey has its own monsoon times when things don't go as expected, when children resist routines, fall ill, or express big emotions that don't fit neatly into our schedules.

These moments are frustrating, yes. But they are also full of possibility.

When we stop rushing to fix and start simply observing, we begin to notice things we hadn't before: the way a child plays when no one is watching, how they soothe themselves, how they express affection in small, quiet ways. We begin to parent from connection, not correction.

I've seen this time and again in my therapy sessions. The real breakthroughs don't always happen in structured activities. They happen when a parent starts responding to their child's cues, follows their lead, and lets go of the urge to "make them do" something. That's when true learning and bonding begin.

The Mindset Shift: From Doing More to Being Present

There's an unspoken rule in parenting today that we should always be doing



something like enrolling our children in more classes, providing more stimulation, correcting more behavior. But what if the most powerful gift we could give our children was our full presence?

Not distracted attention. Not anxious correction. Just presence.

Presence means sitting with your child on the floor without an agenda. It means listening to their endless questions without rushing to the next task. It means holding space for their tantrums without shame. It's simple but it's not easy, especially in a world that equates busyness with worth.

The monsoon, in its own way, models this kind of presence. The rain doesn't rush. The rivers don't demand to be noticed. They simply are. And in that being, they create space for growth, for nourishment, for reflection.

Acceptance Isn't Resignation

Some parents worry that slowing down or accepting where their child is might mean they're "settling." But acceptance isn't resignation. It's not about lowering expectations, it's about meeting your child where they are so you can walk with them, not ahead of them.

For children I work with, when we shift our parenting mindset from performance to connection, everything changes. The child senses it first. They're no longer being evaluated; they're being embraced. They're not



This is where the real progress happens - quiet, deep, and lasting. Just like how the monsoon waters seeds buried deep in the soil, our acceptance nurtures the parts of the child that standard interventions can't always reach.

pushed to become someone else, they're encouraged to be themselves.

This doesn't mean we give up on therapy or support. It means we show up differently. We become co-regulators instead of critics. We use curiosity instead of control. We notice what is, instead of obsessing over what's missing.

This is where the real progress happens - quiet, deep, and lasting. Just like how the monsoon waters seeds buried deep in the soil, our acceptance nurtures the parts of the child that standard interventions can't always reach.

When you start from a place of acceptance, you parent with more empathy, more patience, and more joy. You're not constantly measuring them against a checklist. You're focused on connection, not comparison.

And ironically, this mindset shift often leads to more growth, not less. Children thrive when they feel safe and understood. When they're not constantly trying to meet someone else's expectations, they

begin to explore and express themselves more freely.

A Season for Refocusing

The monsoon invites us to rethink what progress looks like, not as a straight line but as a cycle. There are times of rapid bloom, and times of quiet rooting. The same is true in parenting. Some days are full of visible milestones. Others are about simply surviving bedtime. And both are equally valuable.

So if this season feels overwhelming, take a moment to pause. Not everything needs to be solved. Not every delay is a crisis. Not every day needs to be productive.

Let the rain fall. Let the plans change. Let the mud slow you down. And in that space, you might just find clarity not only about your child, but about yourself.

The Boldest Choice: Being Present in the Now

Parenting is full of bold decisions. Sometimes the boldest one is the simplest: to be fully present, even when it's hard. To stop rushing, comparing,

controlling and instead, to watch, to listen, to breathe. Choosing to accept your child completely, radically and lovingly is one of the most courageous decisions a parent can make.

This monsoon, may we allow ourselves to reflect. May we accept our children, and ourselves, as works in progress. May we celebrate not only achievements but the small, unseen growth that happens quietly and steadily like roots strengthening under the soil.

As someone who once hated the monsoon, I now welcome it. I see it not as an inconvenience, but as a rhythm of life. One that reminds us that even in the mud, beauty grows. Even in the slow moments, transformation happens.

And maybe, just maybe, that's exactly what parenting is meant to feel like.



Ganga Gurung is a pediatric occupational therapist and a certified DIR® Floortime™ practitioner based in Nepal. With a deep passion for child development and family-centered care, she works closely with children and parents to foster emotional connection, regulation, and meaningful growth.)

SG MUN: A Culture of Confidence & Leadership at Swostishree

By Neha KC, Principal, Swostishree Gurukul IB World School



AT SWOSTISHREE GURUKUL IB WORLD SCHOOL, our vision of “Learning Today, Leading Tomorrow”, is embodied through events like Model United Nations (MUN). MUN at Swostishree starts early, with participation extending from our junior learners to our senior high school students. It has become an integral part of how our students develop and implement the IB learner attributes. Participation in MUN demonstrates inquiry, global awareness, leadership, communication and public speaking qualities highly regarded by universities.

Model UN provides students with the opportunity to step into the shoes of diplomats, understand world affairs, and engage in thoughtful debates over pressing global issues. But beyond the procedural

knowledge and the thrill of representing a nation on a global stage, simulation of MUN offers a range of life-enhancing skills—especially for high school students, who are in a crucial phase of building their academic portfolios and shaping their future aspirations.

For high schoolers, MUN adds weight to their academic profile. It reflects their interest in international relations, politics, and problem-solving, and most importantly, it shows their ability to collaborate, research, and communicate effectively. Communication, after all, is a life skill—essential at every

age, in every walk of life. MUN provides a real-time platform to sharpen one’s ability to articulate ideas with clarity and confidence. In MUN, students also learn to be open-minded, that is being able to not only speak but to listen, negotiate, and understand various perspectives, be it social or cultural, emotional or academic.

These IB learner attributes acquired through our students MUN participation proves to support students’ college and career readiness. Through MUN, our students also learn how to manage time, plan and propose budgets, and use digital tools to research and

present. These modern-day skills are key to thriving in the 21st century. Whether they are preparing draft resolutions or lobbying during committee sessions, our learners are constantly enhancing their organization, strategy, and teamwork abilities.

At Swostishree, we take pride in nurturing this powerful platform of learning. As we continue to host SG MUN and participate in national and international MUNs, we are not only celebrating the present but also investing in a generation that will lead tomorrow—with clarity, courage, and compassion.



Shifting Our Language,



Shaping Their Minds

The Hidden Power of Words in Parenting

The words we speak to our children shape how they see themselves and the world. This article explores how mindful, positive language can build emotional strength, confidence, and lifelong resilience in children.

By Rajya Laxmi Baidar

Parenting is one of the most meaningful roles in life. Every word we speak to our children leaves an impression, often deeper than we realize. While we focus on their education, health, and discipline, we sometimes overlook a quiet but constant influence: our daily language.

The way we speak to our children doesn't just communicate instructions or express emotions, it also shapes how they see themselves, how they view the world, and how they respond to challenges. This is because our words speak not only to their conscious understanding, but also to their subconscious mind—the part of the brain where beliefs,

emotions, and habits are formed.

Why Words Matter

Children, especially in their early years, absorb language like a sponge. Their subconscious mind is highly active and open. Repeated words and phrases become internal messages that influence their self-worth, behavior, and motivation. For example:

- A child who repeatedly hears, “You’re always careless,” may grow up believing they are incapable.
- On the other hand, a child who hears, “You’re learning to be more careful every day,” starts believing

in their own growth and potential.

Even well-meaning parents often use negative or fear-based language without realizing it. We say:

- “If you don’t eat vegetables, you’ll get sick.”
- “Don’t make noise.”
- “You’ll never learn if you keep doing that.”

These statements may seem normal, but they focus the child’s mind on fear, failure, or what not to do. The subconscious mind doesn’t process “don’t” the way we think—it picks up the main image or idea: sick, noise, never learn. Over time, these can shape how a child thinks and behaves.

Reframing Language: A Powerful Shift

The same message can be expressed positively with far more effective results. For instance:

- Instead of “If you don’t eat vegetables, you’ll get sick,” say: “Eating vegetables helps you grow strong and stay healthy.”
- Instead of “Don’t fall,” say: “Walk carefully.”

- Instead of “Stop being lazy,” say: “Let’s try doing this together—you can do it.”

This simple shift from negative to positive language builds trust, motivation, and confidence. It encourages children to take responsibility, not out of fear, but from a sense of value and understanding.

The Challenge of Changing Habits

Most of us speak the way we were spoken to as children. Negative phrases may come automatically, especially when we’re stressed or in a hurry. Changing that doesn’t happen overnight. It requires awareness, patience, and daily practice.

Start small. Pay attention to your words. When you catch yourself using negative language, pause and reframe. For example:

- “Why are you so slow?” → “Take your time, but let’s try to be a bit quicker next time.”
- “You’ll never get it right.” → “Keep trying, you’re getting better each time.”



fear or nourish strength. Positive language is not just a technique, it's a mindset. It is a commitment to raise emotionally secure, confident, and capable human beings.

We may not get it right every time. But if we become aware and choose our words with care, the results will be visible, not just in how our children behave, but in who they become.

Let's speak to inspire. Let's guide with love. Because when we shift our words, we shift their world.



Rajya Laxmi Baidar

Founder Principal of Saugaat Montessori School, has devoted nearly 30 years to advancing early childhood education in Nepal. A nationally recognized Montessori and ECD trainer, ICDP facilitator, and Certified NLP Master Practitioner, she has empowered countless educators and women leaders through her expertise in leadership and public speaking. She has represented Nepal in educational programs across 25+ countries, bringing global insights to local practices. She also holds key leadership roles in Rotary Club of Kirtipur, Inner Wheel Club, Pre-School Olympic Commission, APEN, and Shamvab Cha Nepal, and is an esteemed member of Smart Parenting Nepal

↓ So, our words are seeds. Every sentence we speak to our children can either plant fear or nourish strength. Positive language is not just a technique, it's a mindset.

Over time, this new pattern becomes natural. More importantly, your child begins to internalize a voice that is kind, encouraging, and strong.

The Long-Term Impact

Language shapes identity. When we speak with respect, belief, and positivity, we are helping our children become:

- Culturally grounded, because they learn to take pride in their values and identity.
- Morally strong, because they feel guided by understanding, not fear.
- Emotionally intelligent and talented, because they are not afraid to try, fail, learn, and grow.

This doesn't mean we avoid correction or discipline. It means we offer it in a way that builds connection, not shame. Discipline through guidance, not through fear. Direction through love, not control.

So, our words are seeds. Every sentence we speak to our children can either plant

 **SWITCH TO**
WORLDLINK



Wi Fi EXPRESS

अब घरमा

पनि Wi-Fi !

**घर बाहिर पनि
Wi-Fi !**

For More Information

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

SMART PARENTING

Smart Parenting Nepal is a quiet revolution of parenting in Kathmandu. Smart Parenting Nepal, co-founded in 2019 by Pratima Lama, Sunita Napit, and Kabindra Napit, was born from a shared realization: parenting is not an instinct, it's a skill. And like any skill, it can be nurtured, supported, and strengthened. What began as friendly advice between parents soon evolved into a organizational initiative to fill a glaring gap in Nepal's parenting landscape.

By Malika Joshi in conversation with Kabindra Napit, Sunita Napit and Pratima Lama, Smart Parenting Nepal

Pratima Lama was already mentoring parents when Kabindra Napit, inspired by her guidance in raising his son, saw the potential to reach more parents. Joined by Sunita Napit, they founded Smart Parenting Nepal—an initiative focused on mindful, holistic child development.

Today, the platform offers expert-led workshops, affordable counselling, and parenting forums, along with access to psychologists. It is a space for parents to learn and connect. Their goal is simple: to make parenting less about pressure and more about empathy and confidence.

Looking back, how has your own life changed as a parent since founding Smart Parenting Nepal? Sunita: Being part of Smart Parenting Nepal has enhanced the value of quality time with children, fostered a safe environment, and

fostered problem-solving skills and emotional bonding.

Kabindra: As a father, I've become more intentional and involved in my parenting. Smart Parenting Nepal has improved my parenting by emphasizing emotional needs, active listening, and maintaining calmness. Quality time with children is prioritized.

Pratima: Even though I am not biological parents, through my parenting journey I got to explore the science behind reactions and emotions of children as well as ourselves. Guiding parents through smart parenting Nepal has taught me to emotionally regulate children. I have learnt more about parenting styles.

When you first began, were you hopeful or hesitant about how Nepali parents would respond to this kind of support?

Kabindra: In the beginning, we were hopeful—no one had done this before, and we thought many parents would welcome it, but the response was disappointing, leading to a potential shut-down. Despite this, mutual encouragement remained.

Sunita: Parents often believe they didn't need formal guidance, and father figures weren't much involved, highlighting a gap in inclusivity and efforts to increase men's involvement.

Pratima: Since I was already in this field before, initially had realistic expectations and considered stepping away, but Kabindra ji's encouragement remained a constant source of motivation

What unexpected moments or feedback from parents have moved you the along this journey?

Pratima: When parents say their bond with their child has improved, even in a single line it means everything. Some even say their own inner child feels healed, which is deeply moving.

Kabindra: One mother shared how her husband became more nurturing after a session—something new for their family. Kids sometimes overhear and say, “You take Smart Parenting and still act like that?” keeping parents accountable. Members often say our Viber quotes serve as daily reminders to do better.

Sunita: I'm touched when parents say our tips helped build habits like reading, which supports cognitive development. It shows how small changes can create lasting impact.

Let's talk about the cultural patterns in Nepali parenting



that can be setback to modern parenting?

Pratima: Nuclear family structures reduce children's strategic capacity, while joint families help adapt to family personality. Nepali parenting cultures should be integrated into modern parenting to ensure cultural understanding.

Kabindra: Modern parenting has shifted children's cultural preferences, influenced by the internet and western influences, leading to a preference for fast foods and a lack of knowledge about Nepali traditions.

How did your training and workshops begin, and how can interested parents join?

In the beginning, we had only 3 to 5 participants. As others began charging for similar content, our free virtual sessions gained traction. Our workshops focus on holistic

child development - physical, emotional, cognitive, social, and language. While we are trainers, we also bring in field experts for deeper insights. Parents can register via our Facebook link, those with adolescent children can join the adolescent program, and others can opt for the early childhood track.

What do you feel are the most overlooked parenting issues in Nepal today?

Overemphasis on cognitive development and over-caring are often overlooked issues in parenting. Parents often prioritize academic performance, neglecting emotional development, leading to behavioral issues. Over-caring can also hinder independence and self-growth, highlighting the need for balanced parenting. How do you support parents with emotional intelligence?

We offer practical coaching focused on key skills like observing and active listening without judgment. We teach parents how to empathize, understand nonverbal cues, and validate every emotion their child expresses. They learn to create space for feelings, help children self-regulate, and support emotional expression in healthy ways. We also introduce basic brain science to help parents understand the roots of emotions, encourage them to "walk in their child's shoes," and emphasize the importance of respect and emotional acknowledgment.

What kind of community have you built through Smart Parenting Nepal?

We've built a supportive and inclusive community through initiatives like Abhibhabak Jigyasa, where parents can access one-on-one expert counselling. We also have

Abhibhabak Chautari, a safe space where parents come together to share their stories, challenges, and wins. It's both a practical support system and an emotionally nurturing environment, helping parents feel less alone in their journey.

Many parents are still not aware of the organization and support what promotional activities are you engaged on to enhance awareness?

Kabindra: We're actively collaborating with schools, national media, and platforms like Smart Family Magazine to expand our reach. Our social media presence especially on TikTok has grown, with regular video content. We also engage in sponsorships, speak at various events, and appear as guest speakers to boost visibility. Additionally, we've built a strong membership network that promotes our work through word of mouth, which has been incredibly powerful.

What is one 'smart parenting' tip you'd personally recommend to every parent?

Pratima: Parenting should be based on who your child is and what they need, not just on who you are. It's about centering the child while bringing in your emotional maturity.

Kabindra: Smart parenting isn't about changing the child; it's about changing ourselves to become better parents.

Sunita: Children are our future. They thrive when we raise them with positive motivation and encouragement.

HOME.



DESIGN LOUD

HOMES THAT SPEAK

In a minimalist world, bold and vibrant home designs offer a joyful way to express personality. By thoughtfully balancing colors, patterns, and textures, maximalist interiors create lively, unique spaces that truly speak.

By Malika Joshi

In today's interior world, be it homes, offices, or cafes, minimalism reigns supreme with muted palettes, clean lines, and smooth canvas art quietly setting the tone. But in this soft-spoken aesthetic, I wonder if we are forgetting the beauty of boldness in our homes. Not everything has to be beige and white, let's embrace colours, patterns and décor pieces that are loud because 'why not?'

Walk into a home that embraces colour, character, and contrast, and you'll instantly feel the personality rather than just rooms. While minimalist homes whisper elegance, maximalist spaces sing soulfully, echoing the

essence of the people who live in them.

A "loud" home doesn't mean chaos. It means character. It's the freedom to express your tastes unapologetically through art that makes a statement, colors that spark your life, and objects that tell stories. From patterned wallpapers to jewel-toned sofas, design can be used to reflect passion, travel, heritage, and individuality.

So, how can you let your home speak out loud, without losing its balance?

- **Start with One Bold Focal Point:** This could be a striking gallery wall, a bright accent chair, or a dramatic chandelier. Think of it as the 'voice' of the room that draws you in.
- **Play with Colour and Texture:** Don't shy away from saturated hues like

emerald green, mustard yellow, or terracotta. Layer with unique and textured rugs, velvet cushions, or carved wood pieces to create warmth and richness.

- **Mix Eras and Cultures:** Blend vintage and modern. Use heirlooms with contemporary décor. Let your home reflect your heritage or travels - think traditional mask paintings beside industrial lamps.
- **Celebrate Collections:** Whether it's ceramic jars, books, or quirky souvenirs, display them! Grouping objects by theme or color adds visual harmony to the maximalist spirit.
- **Let Patterns Clash (Gracefully):** Stripes with florals? Yes, please. Balance is key. Use neutral backdrops to let the prints shine without overwhelming the eye.

- **Harmonize Elements:** Maximalism invites bold colors, patterns, and diverse textures, harmonizing these elements thoughtfully is key to creating a cohesive and inviting space, ensuring that each statement piece complements rather than competes, allowing the home to feel vibrant yet balanced.

Designing loud is not about following trends, it's about embracing our personalities and inner inclinations. Your home is your canvas. Whether it's a quirky mirror, a printed rug, or a riot of cushions, if it brings you joy, it belongs! So, go ahead. Pair the beige with bold colours and patterns outside the lines.

Let your home speak and let it be loud.

Smart Family Resort Partners

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

 The Terraces Resort and Spa Suryabinayak-7, Bhaktapur, Nepal +977 9802322755 info@terracesresort.com	 Soaltee Westend Resort Nagarkot Shantidada - 6, Nagarkot reservation@soaltee.com +977 1 6680244, 9820733273.	 Hotel Mystic Mountain Baluwapati, Nagarkot +977-15913205, 15913206, 985127701, 14001108, 14526646 info@hotelmysticmountain.com	 Club Himalaya, Nagarkot Windy Hills, Nagarkot, Bhaktapur +977-01-6680080/83/46 info@clubhimalaya.com.np 9801321201 / 9801321203 / 9801321204 info@acehotelsnepal.com
 Landmark Bhairahawa Singapore Colony, Rupandehi Corporate Office: +977-1-4004706, 4004707	 Barahi Jungle Lodge Meghauri, Chitwan Tel : +977 985-1355826, +977 986-6300265 cityoffice@barahi.com, sales@barahi.com bjl@barahi.com	 Riverside Springs Resort Kurintar, Chitwan Tel : 056-410029, 4100501 9801801336 (7am - 10pm) City Office : Palpali Chhen, Sanepa, Lalitpur. Tel : +977-1-5444263, 5446696 Email : sales@rsr.com.np www.rsr.com.np	 Landmark Forest Park Paryatan Marg, Baghmara, Chitwan National Park +977-56-580311, 580241 reservation@landmarkforest.com
 Park Village Resort Budhanilkantha, Kathmandu info@ktmgh.com, info@pvh.com.np, pvhsales@ktmgh.com +977-1- 4375280, 4375279, +977 9851020727	 Gokarna Forest Resort Rajinikunj, Thali, Kageswari Manahara – 5, Kathmandu +977 1 4451212 info@gokarna.net +977 980-1044305	 Haatiban Himalayan Height Resort Pharping, Dakshinkali, Kathmandu +977 980-1309842, +977 01-4914399, 4914800 info@haatibanresort.com	 Kavya Himalayas Mandan Deupur Nagarpalika -2, Nagarkot, Kavre +977 9745617619 reservations@kavyaresortandspa.com sales@kavyaresortandspa.com
 Dhulikhel Lodge Resort Dhulikhel, Kavrepalanchowk 977-11-490114 / 490494 / 490493 977-01-4991353 / 4992964 dldrduhli@gmail.com info@dhulikhellodgeresort.com	 Dhulikhel Mountain Resort Panchkhal Municipality-5, Khawa Kavrepalanchowk +977 011 490660/662/664 info@dmmepal.com +977 01 4520776/778	 Hotel Country Villa Mandan-Deupur, Nagarkot, Kavre 016680127/28 014006612/13/14 reservation@hotelcountryvilla.com	 Himalaya Drishya Resort Banepa Municipality, View Tower Marg, Kavre, Banepa +977 011-665342/43/44 reservation@himalayadrishyaresort.com +977 9851311441/9851311442 sales@himalayadrishyaresort.com
 Hotel Sarathi Dhulikhel, Kavrepalanchowk +977 11 490884, 9851339531 info@sarathihotel.com	 Rupakot Resort RUPA-6, MAIDAN, KASKI +977-9802832457, +977-9802832460/61 info@rupakotresort.com +977-1-4004687, sales@rupakotresort.com	 Aagantuk Resort Banepa Municipality, View Tower Marg, Kavre +977 011 4904191 20 21 22 +977 9801907536 37, 01-5348157 info@aagantukresort.com	 Landmark Pokhara Lakeside-6, Pokhara +977-61-452908, 453096 reservation@landmarkpokhara.com
 Godavari Village Resort Godavari Municipality Ward No. 3, Taukhel, Lalitpur +977-1-5560675 5560777 5560062 gvrsales@godavarivillageresort.com	 Sarangkot Mountain Lodge Sarangkot, Pokhara sml@barahi.com Tel : +977 985-1355861, +977 985-6067928 cityoffice@barahi.com	 Hotel Barahi Pokhara Lakeside, Pokhara +977-061-450617 cityoffice@barahi.com	 Bhotekoshi Helicopter Resort and Spa Naya Pool, Bhotekoshi, Sindhupalchowk +977 1 5900770, +977 1 5900750 info@bhotekoshiheliresort.com



Experience Luxury
SILK
Finish



HAVE YOU ever stopped to wonder at the intricate details of leaves and flowers? Their colours and textures? An 'ugly' flower or plant just doesn't exist in the dictionary of flower lovers. Each one is unique and beautiful in their own way, but yes there are some of those that really stand out with their own personalities.

It is very difficult for a plant lover to choose the 'best looking' indoor plant because it is like prioritizing one child over another. So, I am going to talk about the few unique and impressive plants that I have or I wish to have in my house. Having these plants indoor has added so much beauty and elegance to my living areas. Now that the monsoons are here, I take them out every once a week to give them a natural shower.

➔ **Fiddle Leaf**

Ficus lyrata with its large leaves is such a popular choice for interior design. If you can let them grow big and keep them in a spot with bright indirect sunlight, it adds sophistication to your living area.



We've heard of designer bags, clothes, shoes, jewelry but what about designer leaves? Nature is thriving in its own designer industry in the most eco-friendly way.

By Mamta Khatri



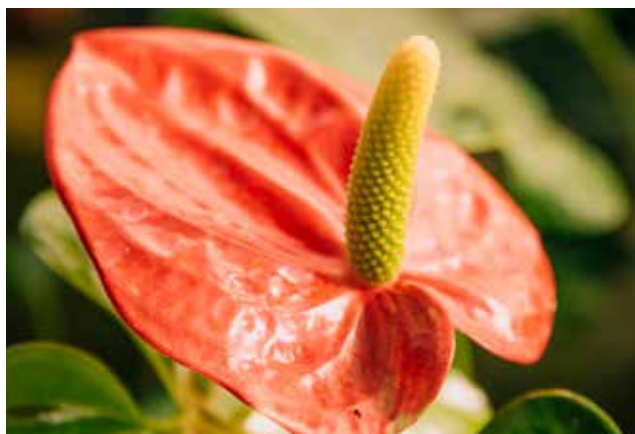
⬆ **Philodendron**

The next is the Philodendron. This is a large genus of flowering plants in the Araceae family and are very popular for their vibrant foliage, shapes and sizes. For example, the Philodendron 'Pink Princess' has such beautiful dark foliage with splashes of pink variegation which is truly stunning.

➔ **Monstera**

Monstera - wow.... a beautiful family of plants completely the opposite of the name that it bears. The large glossy leaves are just so fascinating especially the Monstera Delicosa, the Monstera Delicosa Variegated, Albo Monstera Delicosa and the Monstera Thai Constellation.

The Show Stoppers



← **Anthurium veitchii**

Another very impressive house plant is the beautiful aroid, *Anthurium veitchii*. Also known as the King Anthurium, the size of its long leaves, the texture and the vein patterns give it a unique character. Anthuriums, in general, are often associated with hospitality and happiness.



↑ **ZZ plant**

Last but not the least, the one and only ZZ plant. Why the name ZZ? It comes from the genus name, *Zamioculcas* and the species name, *Zamiifolia*, which refers to the plant's resemblance to foliage in the *Zamia* genus. They have beautiful stunning polished foliage and it thrives with minimal care which makes them one of the most striking indoor plants.



← **Strelitzia**

The Bird of Paradise (*Strelitzia*) is a spectacular indoor plant that makes a bold statement with its striking large glossy banana like leaves. This beautiful houseplant is becoming increasingly popular among plant lovers.



Now that we are getting regular rain showers, you might want to take your indoor plants out once in a while for an occasional rain shower. Rainwater is a great tonic for all plants and your indoor plants will thank you for letting them take in all the moisture they need. Just be careful not to let them stay out in the burning sun.

Keep cool, you and your plants. Happy gardening folks.



**SUPER LUXURY
INTERIOR EMULSION**



MARKET.



📌 Fostering Future Entrepreneurs: Swostishree Gurukul's School-Level Entrepreneurship Event

Held on June 17, 2025, at Swostishree Gurukul IB World School, this dynamic event explored the theme "Entrepreneurship at the School Level." The event was divided into two sessions—panel discussion and idea showcasing—highlighting how young minds are cultivating entrepreneurial thinking early on. Prof. Dr. Bal Chandra Luitel delivered an insightful keynote, followed by enriching discussions with Mr. Antoine Cornudet, Mrs. Pavitra Gautam

and Mr. Umesh Kumar Gupta, executive director of IEDI as special guest. The session encouraged students to think big, act boldly, and take ownership of ideas. With students showcasing their ventures through the Future Leaders Incubator, it was a vibrant celebration of innovation and vision. The event was well-moderated by Ms. Juna Mathema and emphasized the importance of nurturing creativity in education.

Local Luxe Escape

Check into the season's most indulgent offerings
Rs. 14999 for a couple

Breakfast & Dinner | 20% off spa treatments | All day pool access
 Early check in and late check out* | 4 complimentary drinks at Nyigiri

Valid only till August 2025

Offer valid for Nepali nationals and expats residing in Nepal.
 *Subject to availability | Terms & Conditions Apply

To Book : +9779801976053
 Reservation@aloftkathmanduthamel.com



🔍 Experiencing LG's Affectionate Intelligence: An Evening of Smart Innovation

CG Electronics hosted an exclusive showcase of LG AI – Affectionate Intelligence at The Plaza, Jhamsikhel, Lalitpur. The immersive event, attended by key guests including Nirvana Chaudhary, highlighted the fusion of emotion and innovation in smart living. Guests experienced firsthand how LG's latest appliances adapt to user needs with warmth, intelligence, and seamless functionality.

From smart refrigerators to AI-integrated entertainment systems, the showcase emphasized redefining everyday convenience with human-centered technology. The venue glowed with futuristic ambiance, adding a touch of wonder to the evening. The event successfully blended cutting-edge technology with a personal touch, marking a significant step forward in how we experience home living in Nepal.

Celebrating



Leading IB PYP Authorized and MYP Candidate School

“Cultivating
Curiosity for
Better Tomorrow”



Early Years
Programme



Primary Years
Programme



Middle Years
Programme



Customized Curriculum
Workshop based Model

Strong Co-curricular Activities
National and International exposures

Service Action



@Genius School

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



➔ DS Group's Catch Spices Enters Nepal Market, Bringing Trusted Flavours to Kitchens

Catch Spices, one of the popular brands of Dharampal Satyapal Group (DS Group), a leading FMCG conglomerate and a multi-business corporation has announced the launch of its spices in Nepal.

With this strategic expansion, Catch Spices aims to bring its heritage of purity, taste and innovation to households across Nepal, strengthening its global footprint. It also marks a natural expansion to a market with a rich culinary tradition and a distinct cultural identity.

Catch Spices is entering the market with a diverse portfolio of spices, encapsulating the very essence of cooking. Its range includes straight spices, various blends, pastes, and whole spices. The brand uses cutting-edge Low-Temperature Grinding (LTG) technology, which preserves the natural aroma, oils, colour, and consistency of the spices. Catch Spices is currently available in Kathmandu Valley and will soon enter other regions as well.



➔ Nabil Bank Enters 42nd Year with Renewed Commitment

Nabil Bank has entered its 42nd year, celebrating decades of leadership in modern and sustainable banking since 1984. With 268 branches and 25 lakh customers, it remains Nepal's top commercial bank. On its 41st anniversary, CEO Manoj Kumar Gyawali emphasized continued innovation and responsible growth. To mark the occasion, the bank launched a 41-day special offer and introduced the "Smart Nari Home Loan" to support women's financial independence. With strong performance across all indicators, Nabil continues to drive digital banking and economic progress in Nepal.



➔ Asian Paints Nepal Successfully Launches Colour Next 2025- Unveils "Cardinal" as Colour of the Year

Kathmandu, Nepal – Nepal's largest paint company, Asian Paints Nepal launched Colour Next 2025, its flagship annual trend forecasting event with exciting participation from architects, interior designers,

artists, influencers, creative & media professionals.

The event culminated in the unveiling of "Cardinal" as Colour of the Year 2025, reflecting the brand's commitment to leading

design, innovation and creative dialogue in Nepal's décor Industry. The event commenced with Mr. Budhaditya Mukherjee- Regional Head -Global emphasizing the brand's continued commitment

to fostering creativity & strengthening its association with architects and interior designers in Nepal.



Recently launched EV's: Specs, Power & Price

Nepal's electric vehicle market in 2025 offers more variety than ever. This roundup compares key models based on range, motor power, battery size, and price—making it easier to find an EV that fits your lifestyle, whether you prioritize performance, affordability, or everyday practicality.



CRETA EV

- Range: 390 kms as per ARAI
- Battery Capacity: 42kWh
- Motor Power: 99kW
- Ground Clearance: 200mm
- Range: 390 km (MIDC)
- Price: Starting from 5,196,000



BYD DOLPHIN

- Battery Capacity: 44.9 kWh
- Motor Power: 70 kW
- Ground Clearance: 175mm
- Range: 340Km (WLTP)
- Price: Nrs 41,15,000

PROTON EMAS 7

- Battery Capacity: 49.52kWh /60.22kWh
- Motor Power: 160 kW
- Ground Clearance: 173mm
- Range: 345Km / 410Km (WLTP)
- Price: Nrs 56,99,000*



BYD M6

- Battery Capacity: 49.92kWh /60.48kWh
- Motor Power: 100 kW
- Ground Clearance: 175mm
- Range: 345Km / 420Km (WLTP)
- Price: Nrs 56,90,000*

LEAPMOTOR T03

- Battery Capacity: 33.3kW
- Motor Power: 70 kW
- Ground Clearance: 160mm
- Range: 265Km / 395Km (WLTP)
- Price: Nrs 28,99,000*



MG WINDSOR

- Battery Capacity: 38kWh
- Motor Power: 100 kW
- Ground Clearance: 186mm
- Range: 332km
- Price: 37,99,999



Retrogrades, Family Drama & Misunderstandings

Mercury will retrograde from July 17 to August 10. Mercury retrograde brings delays, miscommunications, and emotional glitches especially at home. Every zodiac sign reacts differently to this cosmic curveball. Here's how it might stir things up in your family and how each sign can keep the peace.

By Malika Joshi

MERCURY retrograde is an astrological event that occurs when the planet Mercury appears to move backward in the sky from our viewpoint on Earth. Though it's just an optical illusion, astrologers believe this period tends to disrupt areas Mercury rules—communication, travel, technology, and decision-making. It's often blamed for misunderstandings, delays, and emotional tension, especially within families. As Mercury retrogrades from July 17 to August 10, being aware of its influence can help us navigate the bumps with more patience and clarity.

Aries (March 21 – April 19): Quick to speak and quicker to argue, Aries may jump to conclusions during retrograde.

Tip: Pause before reacting. Listen more, defend less.

Taurus (April 20 – May 20): Taurus hates disrupted routines. Delayed plans or sudden changes can cause mood swings.

Tip: Practice flexibility. Let small hiccups slide.

Gemini (May 21 – June 20): Ruled by Mercury, Geminis feel this transit deeply, expect tech glitches and word slips.

Tip: Think before texting. Triple-check messages before hitting send.

Cancer (June 21 – July 22): Old emotional wounds may resurface. Cancers may feel misunderstood or overly sensitive.

Tip: Share feelings gently, not defensively.

Leo (July 23 – Aug 22): Leo's need to be heard can clash with family miscommunications. Ego flare-ups likely.

Tip: Lead with humility, not volume.

Virgo (Aug 23 – Sept 22): Another Mercury-ruled sign, Virgo may spiral over missed details or disorder.

Tip: Focus on progress, not perfection. Family isn't a checklist.

Libra (Sept 23 – Oct 22): Decision-making becomes a headache. Libra's indecision may frustrate the group.

Tip: Trust your instincts. Don't overthink every family plan.

Scorpio (Oct 23 – Nov 21): Secretive Scorpions may retreat or read too much into things.

Tip: Don't bottle up. Clarify misunderstandings calmly.

Sagittarius (Nov 22 – Dec 21): Travel plans may unravel. Sagittarians hate being stuck or micromanaged.

Tip: Stay flexible. Be kind to co-travelers.

Capricorn (Dec 22 – Jan 19): Plans may stall, testing Capricorn's need for control.

Tip: Let go. Not everything can be managed.

Aquarius (Jan 20 – Feb 18): Communication breakdowns in group chats or with extended family are common.

Tip: Keep it simple. Don't assume everyone gets your inside jokes.

Pisces (Feb 19 – Mar 20): Pisces may absorb everyone else's emotional chaos.

Tip: Protect your peace. Ground yourself in routine.



SAMSUNG

Galaxy S25 Ultra

Galaxy AI ✨



1 time breakage
insurance for 1 year*

+ Insta Finance

0% Interest EMI starting
from NPR 9,250/month**

Authorized Distributors of Samsung Mobile for Nepal



Him Electronics Pvt. Ltd.



Samsung Customer Care Center

NTC user : 166001-72667
Ncell user : 98015-72667



#Sponsored

Image simulated. Samsung account login is required for certain AI features. Terms and conditions apply. *1 time breakage insurance provided for free for the relevant Galaxy S25 Ultra with validity of 1 year from the date of activation provided by NLG Insurance Co Ltd (NLG TnC apply). **EMI at sole discretion of NBFC/issuer. EMI calculated for Galaxy S25 Ultra (12/256GB) at 40% down payment and 12 months tenure. HFL is trademark of Hulas Fintserv Hine Purchase Ltd.



HOTEL SHANKER
Old World Elegance



WHERE SPLASHES MEET SMILES

Make the most of summer with family-friendly moments, refreshing dips,
and timeless heritage at the heart of Kathmandu.

Lazimpat, Kathmandu | 977 1 4510151/152 | shankerhotel.com.np, sales@shankerhotel.com

WWW.SHANKERHOTEL.COM.NP