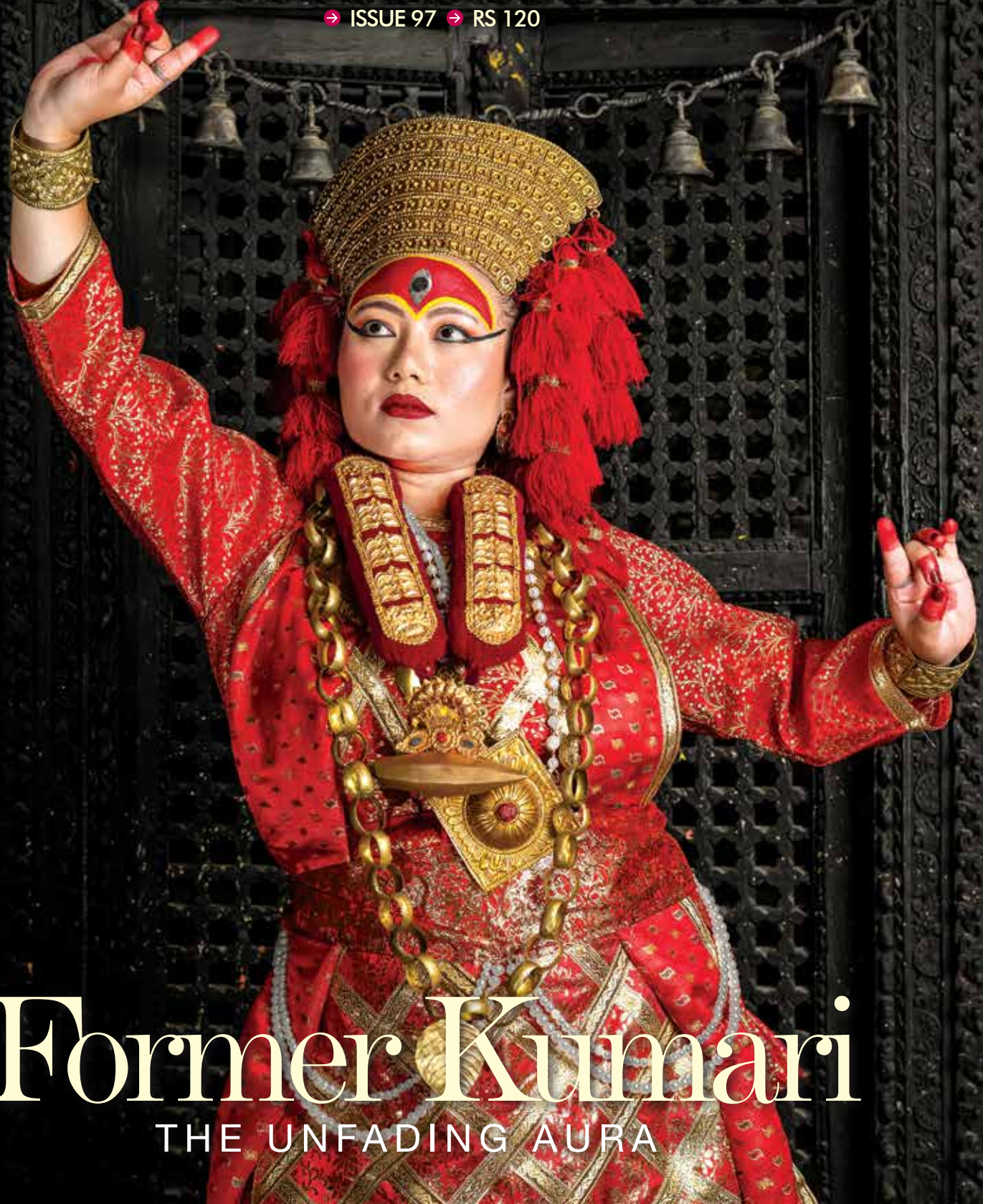


SMART FAMILY

➔ ISSUE 97 ➔ RS 120

A woman in traditional Nepali Kumari attire, wearing a red sari with gold borders, a gold crown with red tassels, and a gold necklace. She has red tilak on her forehead and is holding red flowers in her hands. She is standing in front of a dark, ornate metal gate with bells.

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EDITORIAL.

August always feels like a month wrapped in love and memory. It's the time we pause to celebrate the steady, guiding presence of fathers, their quiet sacrifices, the unspoken lessons, the way their words linger long after they're spoken. It's also the season when women gather in a sea of red and green, singing, laughing, and fasting for the well-being of their loved ones during Teej. Two very different celebrations, yet both rooted in devotion, connection, and the bonds that shape our lives. It's a month where love takes many forms: the reverence for the men who shaped us, and the sisterhood that unites women in faith, festivity, and freedom.

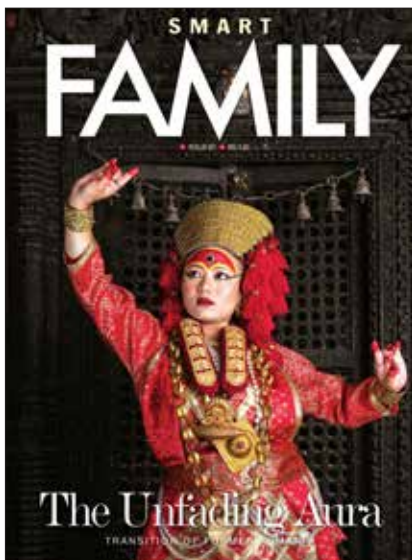
In this issue, you'll meet people whose stories mirror that spirit, a former Kumari stepping into a new chapter while holding on to an eternal glow, a family business that has kneaded not just bread but legacy into every loaf, and voices that remind us of the wisdom fathers leave behind. You'll feel the joy of festive moments reimagined with flair, the warmth of food that carries memories, and the quiet strength found in caring for our minds and bodies.

Between the beats of Teej songs and the stillness of a father's embrace lies a truth we often forget, love isn't always loud. Sometimes it's in the way a father waits for you after a long day, or how a friend presses extra bangles into your hand before the festival. It's in the meals cooked, the traditions kept, the laughter shared across generations.

As we step into this month of celebration, may we hold close the people who make us feel safe, cherished, and seen. May we dance a little, eat well, and listen to the stories that have shaped us. And above all, may we remember that whether in the love of a father or the sisterhood of Teej, we are part of something enduring, something that outlasts time.

Happy reading Smart Families!

With love and light, we'll meet again in our next edition.



Visit our e-magazine

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STARTER.

What's the greatest business or life advice you've received from your father?



➡ **Anand Bagaria**
MD – Nimbus Nepal

"Strategy combined with eye for detail and perseverance never lets down anybody." And I am at it!

➡ **Arun Chaudhary**

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My father once told me, "Don't spend your whole life chasing things that won't matter in the end." True success lies in balance between ambition and presence, between achievement and inner fulfillment. From him, I learned that success without integrity is hollow, and ambition without compassion is dangerous. His life was simple, but his wisdom was profound. As I grow older, I see more clearly the power of balance between work and love, ambition and humility. What matters is passing on the essence of kindness, courage, and honesty.

We can guide with love, live with purpose, and trust each generation to find their own light.



⬇ **Desh Bandhu Basnet**

Chairman - Mercure Kathmandu

My father, Chandra Bahadur Basnet, didn't give advice in words - he lived it. I learned by watching him wake up early, work with honesty, and never give up, no matter how tough things got. He started from scratch and built a respected business legacy in Itahari.

As a self-made entrepreneur and the founding president of the Itahari Chamber of Commerce, he led by example, with quiet determination and unwavering integrity. I still remember riding with him to school or the factory, those quiet moments

shaped me more than any classroom. More than anything, he showed me that success isn't just about making money, it's about earning respect, staying grounded, and taking care of your people. He always believed in me, even when I doubted myself. Today,

whatever I've achieved is rooted in his values, his strength, and the quiet sacrifices he made for our family. He may not have been perfect, but to me, he has always been my strongest pillar and my greatest teacher.



SWOSTISHREE GURUKUL

STUDENTS EARN INTERNATIONAL ACCLAIM AT OLYMPIAD IN AIT BANGKOK



Vaani Agrawal, MYP I

GEIST in Bangkok was an unforgettable experience. The cruise was stunning, with every detail radiating elegance and comfort. The competitions kept my adrenaline pumping, especially the spelling bee, where the thrill of each word pushed me to do my best. Winning second place in the spelling bee made me incredibly happy and proud — a moment I'll cherish forever.



Mehar Agrawal, MYP I

My school trip to Bangkok was unforgettable. I participated in a global competition, won medals, and proudly represented my school. We enjoyed thrilling rides at a roller coaster park, relaxed at a waterpark, and explored vibrant markets. Spending time with friends, making memories, and experiencing new adventures made this trip one of the best moments of my life.



Tissa Shrestha, MYP I

GEIST was an enjoyable and memorable experience for me. One of the best parts was getting the chance to make new friends, which helped me come out of my shell and become more communicative. We also got to go to different places, which made the whole experience even more exciting and enjoyable. Each activity brought something new, and I learned a lot while having fun.



Karma Angmo Gurung, MYP I

I had the opportunity to represent our school in the GEIST program in Thailand, where I proudly competed—and won—in both the Grammar Relay Race and Poster Making events. We also explored amazing places like Siam Water Park, Pattaya Beach, and Central World, rode roller coasters, went on a cruise, and tasted local food.



Grisha Shrestha, MYP I

My GEIST experience was enjoyable and exciting because it was my first time going to another country. It helped me become more responsible and confident, as we got to be on stage. I made so many new friends, which made me more comfortable. AIT was a very welcoming and nice place where I got so many opportunities.



Ellie Guragain, MYP I

I had lots of fun on this trip called GEIST. I'm thankful to get this opportunity. I made a lot of friends from Nepal, Thailand, Myanmar, and many more countries. We not only had fun, we also won medals and got to learn about their traditions and cultures. I even boosted my confidence and got to make lots of friends.



Bivaan Tamrakar, MYP I

My trip to Thailand was an unforgettable experience that offered a vibrant mix of culture, nature, and personal growth. From the bustling streets of Bangkok to the serene beaches of Pattaya, each place had its charm and energy. I was struck by the warmth and hospitality of the Thai people, as well as the richness of their traditions.



Seana Shaky, MYP I

My experience with this program was great. I learned many new things there. According to my experience, I learned that not everyone can win a prize, but everyone is a winner. My favourite part was the beach. That was my favourite part because our surroundings were very beautiful.



Lakshya Jain, MYP I

I was very fortunate to attend the Next Gen Olympiad and Immersion program, where I won gold and silver medals for my poem recitation. The trip was filled with amazing experiences that I'll never forget. I had a great time on the rides at Siam Amazing Park, enjoyed the city lights while eating dinner on a cruise at ICONSIAM, and shopped at the colourful Pratunam Market.



Jaishree Shrestha, MYP I

GEIST was an unforgettable experience! I was so excited to win the poster presentation—it felt amazing to see my hard work recognized. Beyond the academics, I had a blast dancing at the socials and meeting so many incredible people. We also got the chance to explore different places around the city, which made the trip even more memorable.



Yuvaraggi Khatri, MYP I

Last month, I was introduced to GEIST and chose the Olympiad and Spelling categories. We stayed at AIT University and later in a hotel. We went shopping, visited Pattaya Beach, swam, and explored malls and night markets. This experience helped me step out of my comfort zone—from facing competitions to trying new adventures.



Abhik Krishna Malla, MYP II

We went to Bangkok for GEIST. The programs I chose are poster presentation and Olympiad. We did all these programs in AIT (Asian Institute of Technology). After the 1st day, we had medal distribution. After the 2nd day, we enjoyed Bangkok. We went to water parks, zoos, amusement parks, etc. Overall, the trip was very fun.



Miral Shakya, MYP II

My experience not only at GEIST but in Thailand, Bangkok was amazing to the point where I don't even know where to start, the simplicity, but such great architecture of buildings there caught my eye. To think that so many countries came just to compete with us felt great. I would thank my school tons as without my Swostishree community, I could not have grabbed this opportunity.



Akshovya Dhakal, MYP IV

During my trip to Bangkok, Thailand, for the GEIST project, we spent the initial two days at AIT. There, we focused on our projects and delivered presentations. My presentation centred around the art of problem-solving, accompanied by a poster display. After our time at AIT, we left our dorm and visited the "Bangkok Palace." We shopped and had a great time with friends, enjoying music and playing games during our travels.



Grace Rijal, MYP IV

It was an honour to participate in the GEIST, one of the best experiences in which I learned many new things. There were many people to communicate with, who were from different countries. The best skill I learned at the GEIST conference was communication skills and self-confidence. Not only GEIST, but we also explored Thailand, which was also the best part of the trip.







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STARTER ➔ Festive

Teej Spirit

**Devotion,
Discipline &
a Husband's
Quiet Role**



Teej is more than a vibrant festival, it is a spiritual journey rooted in devotion, self-discipline, and the sacred union of Shiva and Shakti. This reflective piece explores the deeper significance of Teej, the feminine power it honors, and the evolving role of husbands in nurturing a supportive space for women's spiritual and emotional growth.

By Kiran Karki Silwal

IN THE Hindu mythology Teej holds a great spiritual significance. Teej is more than a festival it is a sacred spiritual festival of union, devotion, inner strength and divine love.

Teej symbolizes the union of 'Shiva' and 'Shakti'. When one says Teej is only a festival of dance, fasting, then one might not have truly understood the spiritual significance of Teej. Teej is the time for self-reflection; it's the time for inner purification. If they gave the best, they can truly experience inner awakening.

Teej festival deeply rooted in Hindu tradition and celebrated pre-dominantly by women in Nepal and Northern part of India. Teej celebrates the divine union of Lord Shiva and Goddess Parvati. The greater spiritual significance is that it symbolizes the inner union of the soul (Shakti) with supreme consciousness (Shiva). It also reflects the journey of self-transformation, devotion and self-discipline which is necessary for spiritual awakening.

The fasting observed during Teej is very different from other fasts. Women skip

both food and water, a practice called *Nirjala*, which means fasting without even a single drop of water. It symbolizes detachment from the material world and the transformation into inner strength, while fasting represents bhakti (devotion) and surrender to the divine. According to legend, Goddess Parvati underwent severe penance and fasting for 108 lifetimes (some versions say 12). She lived an austere life, meditating and praying in the forests, fasting with unwavering devotion. On her 108th rebirth, her intense devotion moved Lord Shiva, who accepted her as his consort. Their union is believed to symbolize true love, devotion, and spiritual connection. The day commemorating this sacred union is celebrated as Teej.

Teej is celebrated in honor of Goddess Parvati's strength, devotion, and patience. On this day, married women fast for the longevity and good health of their husbands. Teej is a celebration of feminine power, the divine feminine energy, or Shakti, present in every woman. It honors their strength, sacrifice, and nurturing role within

family and society. Women are seen as creators and sustainers of life, and Teej is a time to awaken and honor that inner goodness.

This naturally raises the question: what is the role of the husband during Teej?

According to the Hindu mythology husband is not just a life partner but a soul companion, someone with whom the wife walks the path of growth, love and spiritual evolution. She might not always ask for help directly or tell you what to do, but silently, she is seeking your support in one way or another. The real question is: are you willing to listen?

For the feminine energy (Shakti) to truly flourish, men need to create an environment where she can freely dance to her own rhythm. Nothing is more joyful than a woman's smile. When the women in your home are happy, they take care of every aspect of life around them.

If your wife has chosen the path of spirituality, this is the time to observe carefully what her inner self longs for. It may sound harsh, but understand this - you are not your wife; you are a separate individual, and she is your companion. Walking the path of marital bliss requires utmost devotion and the absence of expectations from each other.

A husband needs to understand that women are not only designed for household activities or rearing a child it's their certain quality they can do without any effort but if you really care

about her wellbeing you need to let her be as the way she is. Rather than poking her every single day, try to appreciate what she brings in your life, support in her journey so she should never feel lost.

As a husband one of the greatest job, you can ever do to your wife is not showering her with abundance of wealth or prosperity but to simply create a peaceful and loving ambience in your home so that she could flourish.

Do you know Shiva is known as the Ardhanarishvara? It means half woman and half man. In order for life to function in balance, both men and women should inherit these qualities of Shiva. Only after there is meaning of worshipping highest form: "Shiva."

If you really want this Teej to awaken you all, what you need to do is bring that quality of Shiva and Parvati in your life.



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



KRISHNA PAUROTI

A heartfelt conversation with Ghana Shyam Rajkarnikar and his three daughters exploring how Nepal's first bakery, Krishna Puroti, blends tradition with innovation. Together, they share the journey of preserving a family legacy while rising as modern-day changemakers.

.....
In conversation with Ghana Shyam Rajkarnikar, Pragya Rajkarnikar, Shristi Rajkarnikar and Pooja Rajkarnikar.

Kneading the Brand & the Legacy

THERE ARE bakeries, and then there are institutions. Krishna Puroti is the latter. Founded in B.S. 2005 by Krishna Bahadur Rajkarnikar, this beloved bakery didn't just introduce Nepal to its first commercially baked bread, it introduced a way of life centered around warmth, dedication, and community. Nestled in Kamalpokhari (main branch), what started as a modest tea shop with a few loaves a day has grown into a symbol of culinary heritage.

Today, Krishna Puroti continues to rise just like its golden loaves under the steady leadership of Krishna Bahadur's fourth son, Ghana Shyam Rajkarnikar, and his three daughters, Pragya, Shristi, and Pooja Rajkarnikar. Together, this multi-generational team blends tradition with transformation, carrying forward a legacy with heart, hustle, and a deep respect for its origins.

In this conversation, they reflect on memories, milestones, and what it means to grow a family business, while staying rooted in values that never go stale.

What Krishna Puroti felt like in your childhood?

Daughters: As a child, we remember Krishna Puroti as a place of wonder. We would run around the factory with our siblings, climbing over sacks of flour, sneaking towards the warm bread coming straight out of the oven and pushing each other on the trolleys. The chefs would playfully scold us but always sneak us treats. Those stolen bites tasted like pure happiness. It was our playground and every corner held a memory.

Ghana Shyam Rajkarnikar: In my childhood, Krishna Puroti felt like a humble dream taking shape. I was around 7 or 8 years old when my father, Krishna Bahadur,

opened Krishna Puroti Bhandar in B.S. 2005, naming it after himself. At that time, we had a small tea shop, and he would bake just 8 to 10 loaves of bread a day. Some days, they would sell all; on other days, a few would remain. Kamalpokhari still felt like a village back then.

I remember my father sending a worker with a tricycle filled with bread to Ason Bazaar. When sales picked up, he hired two more people and expanded to areas like Indrachowk, Khichapokhari, and Thamel. For me, Krishna Puroti in those early days was all about watching my father's quiet determination, the smell of freshly baked bread, and the rhythm of a small business slowly finding its feet in the heart of the city.

A particular moment or conversation that made you step into carrying forward the legacy?

MAJOR MILESTONES OF KRISHNA PAUROTİ

- 1948 (2005 B.S.) – Founding Year: Krishna Puroti Bhandar established in Kathmandu, becoming one of Nepal's earliest commercial bakeries.
- Expansion of Signature Breads: Introduces signature items like sweet bun, milk bread, and butter roll, becoming a staple in Nepali households.
- Generational Leadership: Business begins being actively managed by Krishna's fourth son, Ghana Shyam Rajkarnikar, who modernizes operations while maintaining traditional recipes.
- Daughter's Takeover: Three daughter of Mr. Ghana Shyam joined in the business legacy to expand and innovate. Pragya joined on year 2013 A.D, Shristi joined on 2012 A.D and lastly Pooja dived into the family business on year 2018.
- August 2013 (Bhadra 2070) – Bhaisepati Outlet Opens: First major expansion outside the original location, serving Lalitpur customers.
- December 2019 (Mangsir 2076) – Satdobato Outlet Opens: Strengthens presence in Lalitpur with another key location.
- December 2021 (Mangsir 2078) – Imadole Outlet Opens: Catering wider range to Lalitpur.
- December 2021 (Mangsir 2078) – Hattiban Franchise Opens: Introduces a franchise model to meet growing demand in the Lalitpur valley.
- August 24, (2024Bhadra 8, 2081) – Nayabazaar Outlet Opens: Latest outlet established to serve the western Kathmandu area.

→ With 76 years of history, Krishna Puroti is more than just enjoying the taste. I want people to recognize the daily effort we put into continuing this tradition with honesty and heart.

After spending several years in the financial sector, what change for all three of us was a conversation with our father one fine evening. “This isn’t just bread. This is history, survival, love-and someone has to remember that”.

This hit us deeply and realized what Krishna Puroti stood for, not just as Nepal’s first bakery but as the symbol of heritage and community. Hence, we had to carry forward the legacy not just for the family but for everyone who has ever walked into the shop and felt at home. It was about honoring a tradition while helping it evolve and grow. Stepping into Krishna Puroti was our way of blending heritage with innovation, carrying forward the legacy with renewed purpose.

Running a family business as sisters must come with its own rhythm. Was there a moment where your ideas crashed and how do you balance such moments?

Absolutely! Working with sisters means we bring our full self into business that includes different personalities, perspectives and strengths to the table. This naturally leads to the occasional clash of ideas. There have been moments where we disagreed,

whether about product design, branding, or business expansion plans. But over time, we have learned to see those clashes not as conflicts but as opportunities to challenge each other and find best solutions together. The love and trust between each other help us move forward.

When people eat from krishna puroti today, what do you want them to feel beyond the exceptional taste you offer?

With 76 years of history, Krishna Puroti is more than just enjoying the taste. I want people to recognize the daily effort we put into continuing this tradition with honesty and heart. This is our way of keeping the past alive while serving the present with warm purpose and pride.

When your daughter showed interest in taking over krishna puroti, what thoughts crossed your mind? Were you proud, hesitant, surprised?

When my daughters showed interest in taking over operations, I was skeptical. It’s a big responsibility and Krishna Puroti hold so much history. I wondered if they truly understood the weight of it. As time passed, I saw their dedication, their ideas and most importantly

their respect for the roots of it. Now, seeing them work with such heart, creativity, responsibility-blending tradition with their own energy and vision I feel a deep sense of joy, pride and relief. Its satisfying to watch my daughters truly own it with their heart. YES! I am deeply happy that the legacy of Krishna Puroti is in better hand.

Have your daughters ever reminded you of your father, either in how they speak, make decisions or show care for the bakery?

Yes! my daughters remind me of my late father in ways both subtle and striking. He built this bakery with quiet discipline and deep care, and I see that same care in them. It’s not just nostalgia, it’s legacy in motion.

Sometimes I look at them and think: they never truly knew him. He passed too soon. Yet somehow, they carry him, in the way they move through these walls, in their attention to detail, in their quiet reverence for tradition even as they build their own path.

They’re not just daughters of the bakery, they are daughters of his spirit. As long as they’re here, he is too. The beauty of a family business isn’t just in survival or success. It’s in moments like these where memory and presence blend. Where



Late Krishna Bahadur Rajkarnikar



Krishna Pauroti, 2005

a granddaughter can stand in her grandfather's place, not as a shadow, but as a light of her own.

And now, when I walk past the humming ovens and the scent of fresh bread in the air, I don't just feel proud, I feel peaceful.

What does it mean to you to break societal expectations and carry forward your family's legacy as daughters?

It means breaking a stereotype quietly but confidently. In many parts of our society, people still expect the next generation of a family business to be led by sons. But we've shown that daughters can lead too with vision and discipline. We want the next generation, especially young girls, to know that leadership isn't defined by gender. It's defined by commitment, capability and the courage to step forward.

What values do you hope young girls take away from your role at Krishna Pauroti?

I hope they see that it's possible to lead with strength, stay rooted in tradition and still bring change. I want them to know that gender should never limit their ambition and success doesn't happen overnight. It takes time, patience and consistency. You shouldn't hurry for results, instead focus on the effort, stay committed and trust the process. Being a part of Krishna Pauroti as a daughter shows that with dedication and belief, you can shape your own path regardless of what society expects. I want the girls to believe that being a girl is

never a limitation, it's a power in itself. Their voice, their ideas, their presence matter deeply.

Business mantra you live by?

"STAY GROUNDED EVEN WHEN YOU GROW!"

- PRAGYA RAJKARNIKAR SHRESTHA

Pragya Rajkarnikar, Director at Krishna Pauroti Bhandar, blends tradition with innovation to modernize the family's iconic bakery through her visionary leadership in bakery's operations and production.

"FOCUS ON VALUE, NOT JUST PROFIT."

- SHRISTI RAJKARNIKAR SHRESTHA

Shristi Rajkarnikar Shrestha, Director at Krishna Pauroti, infuses global insight and financial expertise into the family bakery. With experience in international banking, she focuses on balancing profit, providing value and expanding the brand's reach.

"EVERY CHALLENGE FACED IS AN OPPORTUNITY TO GROW."

-POOJA RAJKARNIKAR SIKHRAKAR

Pooja Rajkarnikar, Director at Krishna Pauroti, blends business expertise and her tech background to bring innovation and drive the company forward while staying rooted in its legacy.

What message would you like to give to other fathers about supporting/encouraging their daughters to take on leadership roles in life?

To all the fathers out there—believe in the strength, vision and capability your daughters carry within them. Support them, encourage them and most importantly give them space. Trust your daughters and cheer for them to lead.

Teej, but make it FAB!

A witty, modern take on Teej where sarees sparkle, bangles jingle, and fasting isn't just for tradition, it's for the ultimate glow-up. This playful piece blends cultural charm with health science, proving you can honor customs while loving yourself (and your butter naan) fiercely.

By Neha Lohia

Ah yes... the season of sarees, selfies, and starvation is here.

Personally? I love it. It's colourful, chaotic, and absolutely dripping in red. A bunch of fabulous women dressed like walking roses, with green potte and bangles jingling louder than family gossip. And that laughter? Bold, booming, and entirely unapologetic. It's like Holi and Vogue had a baby and named it Teej.

First, we feast like queens. Then, we fast like we're trying to win a Nobel Prize in self-control.

Now listen, any festival where women get to dress up, laugh loudly, dance freely, and clearly enjoy themselves? Automatic yes from me.

But... and it's a big but...

Anyone who knows me knows this one eternal truth: I live to eat.

Not just like food — no, no — romantically involved with food. I wouldn't give it up even for a million bucks (unless those bucks came with a side of biryani). Food gives me joy. Peace. Fulfillment. My best, most stable relationship? Food. Always there. Never lies. Never ghosts me. Never judges me for eating straight out of the fridge.

People come and go.

But noodles? Noodles are forever.

And yes, my toxic trait? Believing humans should treat me with the love and consistency of butter naan.

So, when my mother-in-law dramatically says, "You need to fast for your husband's long life," I go from calm to hangry faster than you can say pakora. Like, excuse me? How is me skipping lunch supposed to add years to his life? I've fasted. I've prayed. I even skipped dessert once. And yet, the man still can't find his socks. Make it make sense.

Legend says fasting keeps husbands safe.

Logic says: helmet, seatbelt, and a good life insurance plan.

But you know what? She's not totally wrong.

Fasting may not boost his life expectancy but it will absolutely upgrade mine.

And if I'm going to fast, I'm doing it for these very scientific reasons:

Glowing Skin

Who doesn't want that clean, radiant, "no-filter-needed" glow? Fasting kicks on autophagy, a fancy term for your body Marie Kondo-ing all the dead, damaged cells. Out with the old, in with the glow. Detoxed body = main character face.

Better Metabolism

Your body isn't a snail, it's a Ferrari.

When you fast, your metabolism lights up like Diwali and says, "Let's burn some fat, baby!" Even your growth hormone starts acting like it drank a protein shake.

Weight Loss

The one thing all women want and all butter wants to stop.

No sorcery involved, just math. Eat in a smaller window = fewer calories = your body starts using the emergency fat pantry it's been hoarding since that wedding buffet in 2019.

Gut Health

Your stomach finally gets a break from its 9-to-9 job digesting your snack schedule. During fasting, it gets to sweep, clean, exfoliate, and reset. It's like a spa day for your intestines.

Hormonal Balance

You know what's fun? Stable moods.

Fasting helps fix insulin, cortisol, estrogen, all the hormones that usually team up to make you cry at TV ads and snap at your husband for breathing too loudly. PMS? Muted. Mood swings? Who's she?

Body Repair

Think of fasting as your body's version of a software update. While you're not eating, your cells are fixing, healing, refreshing. Inflammation? Blocked. Cravings? Ghosted. You come out of it shinier, smoother, and 87% more fabulous.

Reduced Risk of Chronic Disease

Fasting is your invisible superhero, working behind the scenes to protect you from diabetes, heart disease, inflammation, and every uninvited health guest you didn't RSVP to.

Bonus Reason?

When you fast, your husband thinks you're a divine goddess of sacrifice.

Your mother-in-law starts seeing you as the chosen one.

And suddenly gifts start raining. Sarees. Bangles. Maybe even a new pressure cooker.

So yes. This Teej, I'm fasting.

Not for him.

Not for tradition.

Not even for the gifts (okay, maybe a little).

But for the glow-up I deserve.

Pass the water bottle, queen, we're fasting, but make it fabulous.



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!

➔ So, when my mother-in-law dramatically says, "You need to fast for your husband's long life," I go from calm to hangry faster than you can say pakora.



Former THE UNFADING AURA Kumari

Once revered as the living goddess of Patan, Chanira Bajracharya has gracefully transitioned into a modern professional and cultural ambassador. Balancing her career as a Senior Credit Analyst with her passion for preserving Newar music, dance, and traditions, she continues to embody the strength and poise of her divine past.

By Malika Joshi in conversation with Chanira Bajracharya

TODAY WE speak with Chanira Bajracharya, who spent ten years living not as an ordinary student or a daughter, but as the Living Goddess of Patan. From the sacred chambers of the Kumari Ghar to the fast-paced corridors of the corporate world, Chanira Bajracharya's journey is a rare blend of divinity, discipline, and determination. Chosen at the age of five to embody the living goddess of Patan, she spent a decade at the heart of Nepal's centuries-old tradition, blessing thousands and carrying the weight of profound spiritual responsibility.

What does an ordinary day look like for someone who was once considered a goddess?

Once regarded as a goddess, I begin my day with gratitude, meditation, and worship before starting work at 6 a.m. As a Senior Credit Analyst for an Australian mortgage company, I balance analytical tasks with team collaboration, training, and staying updated on industry trends

One of the highlights of my day is interacting with individuals from diverse communities and backgrounds, sharing my experience.

Since music is a passion of mine, as the day progresses I attend classical music classes in the evening at a quiet courtyard near my home. I play the flute and a traditional Newari drum called Dhaa Bajaa. Later

in the evening, I head to my classical dance class, where I both learn from my guru and assist in teaching new students. We practice *Charya*, an ancient form of traditional dance rooted in the Vajrayana Buddhist tradition. I work to promote these arts by organizing events to keep them alive.

As the day ends, I spend time with family, help with chores, and reflect on the day's lessons. Weekends are for travel, exploration, reading, and research, embracing life as a journey of learning, empathy, and cultural enrichment.

Can you take us back to the day you were selected?

I was very young when I was selected as a goddess, only 5 years old, so I don't have clear, vivid memories of the selection process. There are three main Kumaris, one from each of the three cities in the Kathmandu Valley: Kathmandu, Lalitpur (Patan), and Bhaktapur. Each city has its own unique process for selecting the living goddess, and since I was the former Patan Kumari, I'll briefly describe how the selection works for Patan.



To be eligible to become the Kumari, the candidate must come from the Bajracharya clan, specifically from a Buddhist Vihara called Ratnakar Mahavihar. Girls aged 2-5 years old are gathered in the courtyard of the Mahavihara, where the head priest from the Taleju Temple performs a special ritual to invoke the goddess's energy into the girls. The girls who are favored by the goddess start to show signs of her presence, such as a rise in body temperature, a change in skin color, redness, and unusual facial expressions or gestures. Those who display these signs are recognized for having an extraordinary level of energy. This process helps narrow down the candidates, leaving only the top three girls for the next round.

In the second round, the wife of the Royal Priest examines the girls for the "32 bodily perfections," known as Battis Lakshyan. She looks for any birthmarks, scars, wounds, broken teeth, or other imperfections that could disqualify them. The girl with the maximum number of Battis Lakshyan or the 32 perfections is then declared the next Kumari of Patan. Afterward, she is taken to the Goddess Taleju Temple for her initiation, dressed in the Kumari attire for the first time, and officially takes on her duties as the Royal Kumari.

For me, being chosen as the goddess felt like an indescribable blessing. Not every girl has the honor of becoming a Kumari, and I was the one selected to carry the energy of the goddess



➔ Entering the powerful and sacred inner sanctum of the Taleju Temple inside Patan Durbar Square on Mahanawami, always felt like a spiritual recharge.

within me. I felt truly blessed beyond words.

What were your days like as a Kumari?

My days as a living goddess followed a unique rhythm, blending rituals, discipline, and moments of quiet joy. I would usually wake up around 6 a.m. to prepare for the Nitya Puja, the daily worship ritual. My

mother would tie my hair into the traditional high bun, an iconic hairstyle of the Kumari, and apply the sacred makeup: a red tika, the symbolic third eye on my forehead, and extended black eyeliner that reached toward my ears. Once I was dressed and adorned, my day officially began.

After the Nitya Puja, devotees from the

community would come to receive blessings. Following that, I'd have my lunch and then continue with my studies. Since Kumaris are not allowed to step outside their residence, a private tutor would come to the Kumari Ghar to teach me. While the mornings were quite structured and ritual-intensive, my evenings were more relaxed. I would do my homework, play

with my younger brothers and cousins, or watch my favourite TV shows. The day would end with Aarati, the ritual of lighting oil lamps to honor the goddess and bring closure to the day.

Among my fondest memories were the moments when I was carried outside for public appearances during festivals. One of my favourite events was the Rato Machhindranath Jatra. Another cherished experience was on the ninth night of Dashain (Mahanawami), when the Kumari is taken into the sacred inner sanctum of the Taleju Temple inside Patan Durbar Square. Entering that powerful, sacred space always felt like a spiritual recharge. I also loved giving blessings and tika to long lines of devotees who came with hope and reverence.

Many visitors came for blessing, how significant was giving blessing to you? Did it ever felt overwhelming to give blessing to mass?

As the Kumari, I was deeply revered and worshipped by thousands of people. During festivals, especially Jatras, countless devotees would gather, many attempting to touch the goddess' feet to receive blessings. The Kumari is believed to have the power to heal the sick, bring prosperity, and grant strength. Even the glance of the goddess is said to bring good luck.

To be the center of such profound faith and to offer comfort to people in their struggles was both a blissful and humbling experience.

10 YEARS OF THRONE



KUMARI

Seated on her throne, Kumari Chanira Bajracharya's silver crown is full of flowers while she maintains a calm posture.

GETTING READY

Kumari Chanira Bajracharya in royal red, looks at the wall while her father is tying "Pauju" as part of the usual dress up schedule.



SLC EXAM

Following the rules during the divine tenure, she takes the "Iron Gate" SLC exam directly from her home while an invigilator monitors her.

REPUBLIC

As the political ground power turned Nepal into a Republic nation from Monarch, the first president of Nepal, Ram Baran Yadav taking blessings from the Kumari.



SELECTION

Chanira Bajracharya sitting on the divine throne of Kumari after the selection, glancing straight at the lens.

STUDYING

Maintaining her divine outlook through her attire, she makes some time everyday to do the homework as part of her daily home tuition.



BHOTO JATRA

Revered as the goddess of the nation, King Gyanendra pays his homage to the Patan Kumari during the famous Bhoto Jatra of Patan.

PROCESSION

An age-old tradition yet peculiar for the first timers, the Royal Kumari of Patan gets carried over in a palanquin.





BLESSINGS

An elderly woman bows down for getting blessings from Kumari Chanira Bajracharya while her brothers are seated beside her.

PUBLIC

Devotees get blessings from the Kumari, depicting the faith towards the living goddess by the general public which has been consistent for centuries.



CLASSMATES

Classmates of the living goddess who otherwise study in school classrooms, paying a visit to her home for a group photo, sharing gigs.



MBA GRADUATION

Chanira Bajracharya posing proudly at her MBA Graduation Convocation, marking her personal feat outside the divine duties.



DASHAIN TALEJU MANDIR

The Rajopadhyaya Tantric Priest of Patan Taleju washing the divine feet of the Kumari, also known as the living embodiment of the Goddess Taleju, as a welcoming ritual to the powerful shrine of Taleju inside Mul Chowk.

DASHAIN

Dashain or better known as Mohani amongst the Newa community witnesses hundreds of devotees swarming in the Kumari House for "Tika" and blessings.



ROYAL MASSACRE

Chanira Bajracharya, now the former Kumari of Patan, speaks about her crying incident prior to the Royal Massacre of 2001, as a sign of the divine in Sushant Singh Pradhan's Podcast.

RANDOM

The living goddess wearing her usual full red attire, takes a peek outside through an artistic Newari window of her home



Photo Credit - Michael Novotny

Sitting on the Kumari's throne, always felt as if I had a deeper connection with the goddess, allowing me to channel the prayers of devotees to her.

While the sheer number of people and their devotion was immense, it was never overwhelming in a negative way. Instead, it felt like a sacred responsibility, one I was honored to fulfill.

Were you curious about life beyond Kumari Ghar?

I wasn't very curious about life beyond the Kumari Ghar, though my two younger brothers often shared their school stories, giving me glimpses of the outside world. My tutor also described life beyond, so I had a basic understanding despite being sheltered. Around 11 or 12, my mother began preparing me for my eventual transition, reminding me that once my menstrual cycle began, I would retire from my divine role. With the guidance of my parents and teachers, I was emotionally prepared to return to a normal life.

Did you ever struggle with your identity, figuring out who you were outside of divinity?

I didn't struggle much with my identity after stepping down from my role as the Kumari. As part of the divine spiritual practices, I always felt a deep connection to my inner self, allowing me to reflect on my potential. I was always guided by a strong inner energy, so I never felt lost or uncertain about who I was. However, for years, I was

seen as a goddess, and that role was so deeply tied to my identity. Transitioning to life as an ordinary person was a bit challenging because I had to redefine myself without the divine status I had grown up with.

After living as a goddess for 10 years, returning to a normal life, without fully understanding what being "normal" meant, felt strange.

What kind of emotional or spiritual guidance did you receive during and after your service?

There was no formal training when I became the Kumari, rituals seemed to awaken an instinctive knowledge within me. Surrounded by priests and devotees, I learned mindfulness, prayer, and reflection, which nurtured compassion, peace, and humility. My parents kept me emotionally grounded, balancing the weight of my role with care. Even after retiring, they and my mentors guided me to embrace normal life with grace and patience.

How different was it adjusting to campus life and workplace after such a cloistered upbringing?

In the past, living goddesses were often denied formal education, as they were believed to be omniscient and tutors feared offending them. I was fortunate to receive homeschooling, studying 2–3 hours daily with homework. With my tutor's full attention, my academic progress was strong compared to a typical classroom.

That being said, adjusting to campus life after retirement was a challenge. Sitting in a classroom with 30–40 other students was definitely a big shift. At university, I had to quickly learn how to navigate social interactions, manage my time, and balance academics with personal life. It was both an opportunity to learn and a challenge to adapt to a completely different pace and set of expectations.

In the workplace, the adjustment was similar. I work at open, fast paced, and competitive environment. However, the discipline and focus I developed during my time as the Kumari helped me adapt faster than I expected. Over time, I found my rhythm and grew more confident in my ability to contribute meaningfully.

Having been an embodiment of the divine feminine, do you still feel the psychic intuition like before till this date?

Though I am no longer in the role of Kumari, the connection to the divine feminine and the intuitive energy I once experienced has not completely disappeared.

Even after stepping down from that role, I still feel a sense of inner knowing and heightened intuition, though it's different now. It's not as all-encompassing as it once was, but I still find myself deeply attuned to people's energies and emotions. I can often sense when something isn't quite right, or when a situation requires more care and attention. It's not something I consciously try to tap into; it's just a part of who I am now, shaped by years of spiritual practice and divine connection.

When you wear the makeup and costume of Kumari dance today, does it feel like reclaiming something of Kumari tenure or continuing it in a new form?

After retiring from my role as the Kumari, I was fortunate to be introduced to Charya dance. For me, it feels like a continuation of my spiritual journey. Even though I no longer serve as the Kumari, wearing the same makeup and ornaments reconnects me to my past. These symbols, once part of my sacred role, have become a meaningful part of my



After living as a goddess for 10 years, returning to a normal life, without fully understanding what being "normal" meant, felt strange.



life today, reminding me of those sacred days. Through Charya dance, I can still reflect the essence of Kumari, carrying forward that divine presence in a new, more personal form.

Now reflecting on your childhood as a daughter, any ordinary moments with your family that you wished to experience?

Growing up as the Kumari, I understood that I was different from other children. I had a special purpose, to help and bless devotees, which meant my life was focused on rituals and divine duties. Because of that, I didn't feel like I was missing anything. In fact, it was fun to stay inside the Kumari house, where I was revered and treated with immense love and respect. As a goddess, I had certain privileges, like being able to give orders, and I was pampered in a bubble full of positivity. There was no desire to go outside, as I felt special and well cared for in my sacred space.

Conversation with Chanira's parents

As her tutor, how did you balance sacred rituals with basic education?

Understanding how crucial schooling would be for her independence after her divine tenure, we approached numerous schools to request in-home tutoring. After three months of search, we finally found a willing teacher to take on the role.

She began her studies at home and eventually made history by becoming the

She began her studies at home and eventually made history by becoming the first Kumari to sit for the national SLC exam.

first Kumari to sit for the national School Leaving Certificate (SLC) exam. Her success shattered the misconception that religious tradition and academic learning are incompatible. This milestone opened doors for future Kumaris to receive sponsorships and quality education from respected institutions, reshaping the tradition for generations.

Her calm and disciplined temperament allowed her to strike a balance between spiritual practices in mornings to afternoon's academic lessons and her free time was spent exploring knowledge on her own through newspapers, books, magazines, and the internet. This self-motivated pursuit of learning became a hallmark of her character.

What values did you emphasize beyond rituals to prepare her for life after the Kumari throne?

From early on, we focused on instilling values that would help her navigate the world with confidence. We emphasized values such as humility, adaptability, and independence. While honoring her divine role, we also helped her understand that divinity was a temporary phase and that life beyond it required strength, awareness, and resilience. We encouraged

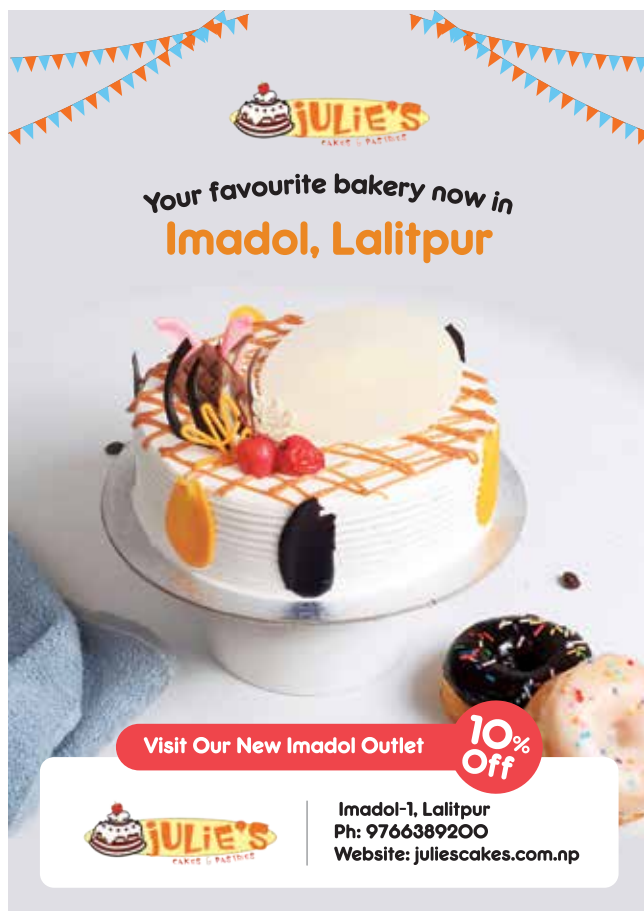
her to think independently, remain grounded, and be curious about the world beyond rituals. By the time her tenure came to an end, she was not only ready but confident in stepping into the world.

How did you stay emotionally connected despite the spiritual distance demanded by the Kumari role?

Unlike the Kumari of Kathmandu, who must live away from her parents under the care of attendants

in the Kumari Ghar, the Kumari of Patan is allowed to stay with her parents during her tenure. This allowed us to remain physically close to Chanira, but we still had to uphold a certain level of formality and reverence, as tradition required.

We were always mindful of the spiritual guidelines, especially the need to maintain purity and respect. Yet within those traditions, we nurtured a warm and loving bond. We found moments to talk, share gentle guidance, and support her emotionally. We laughed together, exchanged thoughts, and tried to provide a sense of normalcy while honoring her role. It was a delicate balance, but we made sure she felt loved, not only as the Kumari but as our daughter.



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PARENTING.

Father's Role in Holistic Development of Children

In today's evolving world, fatherhood is no longer limited to being a provider and disciplinarian. This article explores the crucial and transformative role fathers play in the holistic development of their children, physically, cognitively, emotionally, socially, and spiritually while highlighting the cultural shift from fear to friendship in Nepali parenting.

By Kabindra Napit

FATHER HAS impactful and crucial role in the holistic development of their children. Holistic development refers to child's growth in all areas: physical, cognitive, emotional, social, spiritual/moral. Throughout history, fathers have been provider and protector but as time is evolving, so the role of father is evolving as an active co-parent. Fathers are encouraged to be equal parenting partners, sharing partnership with mothers in nurturing, educating and responsive care of their children. In Nepalese society, traditionally father has been symbolized as strict, fearful and decision maker but nowadays father has been playing their role as a companion and mentor to their children which

is regarded as relevant parenting in today's world.

Physical Development

Fathers mostly engage in active play, outdoor activities, sports with children which contribute in children's physical development. Also, father set powerful example to children through proper nutrition, regular exercise and responsible behavior. Fathers are not just providing resources but being role model and involving with their children through physical activities. It can significantly support in physical development of their children which can enhance children's motor and gross skills, coordination and physical fitness.

Cognitive Development

Studies have shown that father's involvement has positive impacts in cognitive development of their children. Fathers engage with their children in different ways than mothers do; they frequently promote independence, problem-solving skills, and exploratory behavior, all of which are associated with stronger cognitive development of children. On cognitive tests, children whose fathers participate more in educational activities typically perform better particularly in math and problem-solving.

Emotional development

Generally, emotion has been neglected part in father's role. But recent researches

have shown that role of father's play important role in development of resilience, emotional intelligence, relationship skills and mental wellbeing of their children.

Men don't cry, it doesn't suit to see men crying etc. are myth that prevails in our society which misguided in upbringing of children which make them difficult to cope with their emotion in healthy way. Father should not provide only physical needs but should also provide emotional needs of their children like validating their feelings, listening them with empathy. Father's responsive care to emotional needs of children is crucial in emotional development of their children.

In frame: Kabindra Napit and his son.



Social Development

Studies show that father's involvement increases a child's likelihood of being emotionally stable, self-assured when exploring their environment and lay foundation for children to become confident, empathetic and social competent individuals. Involvement of both father and mother build secure attachment with their children which help them for better social interaction by developing high self-esteem and confidence on them. Fathers frequently

inspire their children to solve problems, take risks, and explore the world which support to grow more self-assured, resilient, and able to handle social difficulties like rejection and peer pressure. As per changing family dynamics, father's role is vital and irreplaceable in social development of children.

Spiritual and Moral Development

Although both parents make substantial contributions in moral and spiritual development

of children, studies reveal that fathers have a special and frequently enduring impact in these areas, particularly through modeling, conversations, methods of discipline, and participation in religious activities. Fathers can influence in moral and spiritual development of their children either by direct teaching or by exhibiting moral behaviors. Fathers help children develop a solid ethical foundation when they discuss virtues like integrity, compassion, responsibility,

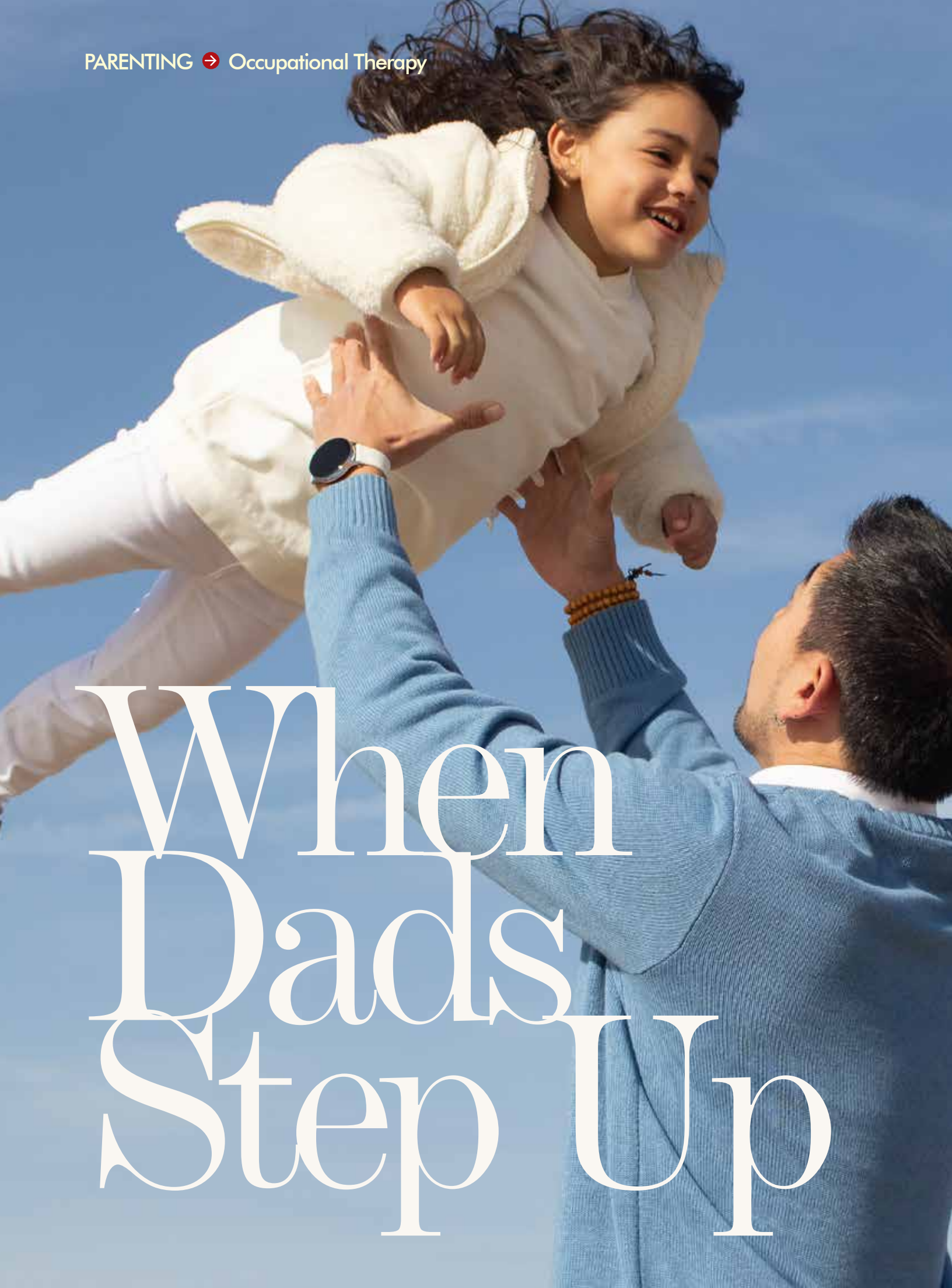
and faith. Research indicates that when fathers employ reasoning instead of authority, their children are better able to internalize values. In many families, fathers act as "spiritual anchors," reinforcing faith through consistent behavior and action.

Conclusion: A Call for Active Fathering

Fathers' involvement and presence are not only beneficial, but also transformative. Parenting is a collaboration, and when fathers and mothers work together to raise children, they create a solid foundation for a generation that is morally sound, socially conscious, mentally and emotionally strong. Even though a father's role is crucial, many fathers find it difficult to get involved, whether it's because of work demands, a lack of parenting skills, cultural expectations, or being away from the family. In order to enable fathers to participate actively in their children's lives, societies, communities, and parenting programs must support them through awareness, counseling, and father-friendly policies. It's time to celebrate and empower fatherhood as a key component of a child's development, not as a supporting role.

Kabindra Napit

Kabindra Napit is the Co-Founder of Smart Parenting Nepal and Dear Sambandha, initiatives committed to parenting education and relationship wellbeing in Nepal. He is also the Business Director at CMS Group, specializing in HR, Outsourcing Services and Hospitality Services. With a Post Graduate Diploma in Counseling Psychology, he is currently pursuing a Master's in Industrial and Organizational Psychology. Kabindra is passionate about promoting family, relationships, and workplace wellbeing through both practice and advocacy.



When Dads Step Up

This piece explores the quiet yet powerful impact of fathers who actively participate in their child's therapy journey. It challenges traditional caregiving norms and celebrates a new, more inclusive story of fatherhood, one rooted in presence, empathy, and shared responsibility.

By Ganga Gurung

IT'S ASSESSMENT day. Both parents, mom and dad, walk into the therapy center, a little anxious, a little hopeful. They sit across the clinician for the first evaluation of their child. Questions are asked, observations are made, and both parents nod in agreement.

But fast forward a few weeks into therapy, and something shifts. It's often the mother who becomes the primary caregiver in the therapy journey. She's the one bringing the child in and out of sessions. She's the one updating the therapist on changes at home, tracking progress, and carrying messages from clinic to school and back again. She becomes the anchor between professionals and the child's everyday life.

Meanwhile, the father is often seen only during that first visit, or at best, occasionally.

This is not to place blame or question love. In many families, traditional roles, work demands, and societal expectations shape this pattern. But every now and then, something refreshingly different happens. A dad shows up. Week after week. Sometimes before heading to work, sometimes after a night shift. He asks questions. He

learns. He plays with his child during therapy. He even takes notes. These dads may not always say much, but their presence speaks volumes.

More Than Just Showing Up

When dads actively engage in their child's development journey, it is more than a gesture. It challenges a deep-rooted stereotype: that fathers are not emotionally involved, especially when it comes to caregiving or therapy. We've long celebrated "strong dads" as protectors and providers. But modern fatherhood is expanding, and beautifully so - to include nurture, presence, and emotional attunement.

A dad reading a sensory report. A dad learning to use visuals to help with transitions. A dad practicing play-based exercises at home. These are not minor acts. These are quiet revolutions.

And children notice. Research and real-life experiences tell us that when both parents are engaged, children feel more supported, secure, and motivated. They thrive not just because of therapy, but because of the trust and emotional safety that surround them.

Why Dad's Role Matters in Therapy

In developmental and pediatric therapy, consistent caregiver involvement is a strong predictor of progress. Dads bring their own energy, perspective, and ways of connecting with their children. Sometimes a dad's playful roughhousing becomes a perfect tool for proprioceptive and vestibular input. Sometimes a dad's calm presence helps a child who's overwhelmed. Other times, it's the simple fact that the child sees both parents working as a team.

For mothers, too, this shared involvement can be a source of relief and strength. Caregiving can be exhausting, emotionally and physically. When fathers participate more equally, it eases the burden and reinforces the idea that parenting a neurodivergent or disabled child is not a "mom's job", it's a family's journey.

Making Room for Fathers

It's important for professionals; therapists, educators, clinicians; to also make space for fathers in the conversation. Often, the language we use, or the way appointments are structured, assumes mothers will take the lead. Inviting dads to participate doesn't mean sidelining mothers. It means creating inclusive spaces where every caregiver is seen, heard, and empowered.

For dads who want to be more involved but don't know how to begin, here are a few starting points:

- Attend therapy sessions regularly, even if it's once a week.
- Ask questions, even if they feel basic.
- Learn the terms your therapist uses and ask how you can help at home.
- Take turns bringing your child to therapy or school meetings.
- Share your own observations. You might notice something others missed.
- Most importantly- play, talk, and connect with your child every day.

A New Story of Fatherhood

When dads step up, not just financially or occasionally, but emotionally and consistently, it's not just a sign of a progressive society. It's a sign of healing, inclusion, and a future where caregiving isn't gendered, but shared.

So, to the dads who show up, speak up, and lean in: thank you. You are breaking stereotypes. You are reshaping fatherhood. And most importantly, you are making all the difference in your child's world.



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

When the Smart Couple Thrives, the Smart Family Flourishes

Caught in the endless cycle of duties, a couple finds their emotional bond slipping away. This story is a wake-up call for parents to prioritize their own happiness, because when the couple thrives, the whole family blossoms.

By Neha Lohia



Does this feel familiar?

Shankar and Maya are both working relentlessly. Shankar handles the pressures of his office job, carrying the financial weight of the family. Maya, meanwhile, manages the home while juggling a part-time job to ease the burden.

Their mornings begin with blaring alarms and hurried routines. Maya fixes a quick breakfast before Shankar and their child rush out the door. As soon as the house help arrives, Maya leaves too, carrying the mental load of parenting, housework, and employment.

By evening, exhaustion sets in. Conversations are minimal, quality time is nonexistent. The home, once warm and lively, now feels mechanical. Burnout is knocking.

There's constant bickering between Shankar and Maya, with their child, even within themselves. Maya has no time to breathe. Shankar feels emotionally distant. Their child? Quietly drifting, lost in the noise. The laughter, the warmth, the emotional connection, it's all fading.

It's time to wake up, before it's too late.

Marriage isn't just about responsibilities, bills, and raising children. It's about togetherness. About creating a space where joy is shared, sorrows are eased, and memories are made.

Yet, many parents, especially in Asian households feel guilty for prioritizing their own happiness. They're often

told, "The child comes first. Sacrificing your needs is what good parents do."

Let's rethink that.

Because here's the truth: Happy parents make happy children. And happy children grow up in happy homes.

Tips for Thriving as a Couple and as Parents:

- **Take time off:** Step away from daily duties once in a while. A short break can recharge your energy and restore your perspective.
- **Revive your hobbies:** Whether it's music, dance, painting, or reading, pursue what brings you joy. A fulfilled individual makes a better partner and parent.
- **Bond as a couple:** Schedule time together. It doesn't have to be fancy - a shared meal or an evening walk can do wonders for your connection.
- **Parent as a team:** Sit down and align on your parenting roles. This avoids resentment and creates a balanced approach to raising your child.
- **Budget together:** Money is often a trigger for tension. Open discussions about household expenses and financial planning foster trust and reduce conflict.
- **Spend quality time with your child:** Make time for screen-free interactions—play a game, have a real conversation, go for a nature walk. These moments build trust and closeness.
- **Go on vacations:** Pack your bags. Get away whether it's with your child or just the two of you. Break the routine.

Rediscover each other in new places, away from everyday stress.

- **Practice gratitude, not comparison** Don't let social media or societal pressure turn your family life into a competition. Be grateful for your unique journey.
- **Build a supportive social circle:** Surround yourself with people who accept you as you are. Friends you can laugh with, vent to, or simply unwind around.
- **Move your body:** Any form of exercise—walks, yoga, dancing—can uplift your mood and improve mental clarity. A healthy body feeds a happier mind.

Start small. Start now.

Because when couples take care of themselves and each other, everything else follows.

The connection strengthens. The child feels secure. The house becomes a home again.

When the couple thrives, the family doesn't just survive, it blossoms.



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!

FOOD



Nylgiri

Where the Skyline Meets Elegance

Whether you're looking to unwind under the stars or celebrate over plates that surprise your palate, Nylgiri is where Kathmandu goes to elevate the night beautifully, boldly, and deliciously.

By Malika Joshi

PERCHED ATOP Aloft Kathmandu, with near-360° views of the valley unfolding beneath its glass railings, Nylgiri rises like its namesake peak - elegant, commanding, and quietly majestic. But this rooftop haven is more than just a pretty perch; it's a curated journey through Nepal's rich landscapes, flavors, and moods.

From the moment you step in, the interior whispers

elegance and a seamless blend of urban luxury and Nepali heritage, where timber, textures, and traditional motifs meet contemporary cool. The menu is no less poetic, drawing inspiration from Nepal's natural beauty, cultural rhythm, and culinary soul. Every dish is elevated, every cocktail crafted with purpose.

Signature drinks like "Suryasta Spritz," "Prakriti,"

and "Glacier Pour" aren't just igniting beverages, they're here to serve experience, conceptualized by a UK-based cocktail consultant and infused with local ingredients like timur and titaura. And as the sun dips behind the cityscape, the rooftop comes alive with live music from 6:30 pm onwards, making it the perfect setting for a classy chill, vibrant energy, or a romantic toast.



👉 Chicken Crispers

A chef's own innovation, these Chicken Crispers are anything but ordinary. Marinated in a rich blend of 32 secret Nepali spices and herbs, dipped in buttermilk, and fried to golden perfection, each bite is bold, crispy, and deeply flavorful. The real star, though, is the creamy mango chutney: tangy, smooth, and utterly addictive. Paired with a glass of wine, this dish is a must-try snack that will leave you wanting more!



➡ **Himalayan Yak Cheese Fritters**

Next level isn't an exaggeration here. These fritters take the robust Himalayan yak cheese, marinate it in bold Nepali spices, breadcrumb it, and deep-fry it to golden perfection. Break one open and you'll get that gorgeous cheese pull - gooey, rich, and full of character. Paired with a zesty local pudina chutney, it's crunchy, creamy, and comfortingly Nepali in every bite

⬅ **International Meal Bowl**

The International Meal Bowl is a delightful passport for your palate - layered, flavorful, and well-balanced. It starts with a wholesome quinoa base, dusted with parmesan for a touch of luxury. Guacamole sourced from Surkhet adds freshness, while roasted vegetables and overnight-cooked pork belly bring rich, tender depth. Topped off with a crispy Mediterranean falafel, every bite is a flavorful journey.



From Breakfast to Dessert

CULINARY TRAIL OF THE VALLEY

From hearty breakfast platters and smoky BBQ ribs to delicate sushi rolls and decadent cheesecakes, the food scene in Kathmandu and Lalitpur is a feast for every craving. Whether you're starting your day with Eggs Benedict in Jhamel, savoring spicy bacon pizza in Thamel, or treating yourself to a pistachio-drizzled waffle in Basantapur, these dishes are sure to tempt your taste buds and keep you coming back for more.

BREAKFAST OF CHAMPION



CAFE & CUCINA
Pulchowk, Lalitpur

Served eggs on your style, roasted mushroom, sautéed spinach, hash brown, bacon, grilled tomato, baked beans, and Italian pork sausage. Price: Rs 1050/-

PORK RIBS



HARD ROCK CAFE
Durbarmarg, Kathmandu

Grilled ribs with Hard Rock's signature spice blend, BBQ glaze, served with fries, coleslaw, and ranch beans.. Price: Rs 2900/-

AVOCADO ROLL



THE ORIENT
Durbarmarg, Kathmandu

Fresh avocado rolled in sushi rice and seaweed, served bite-sized. Price: Rs 910/-

BASQUE CHEESECAKE



KIBO CAFE
Purnachandi marg, Lalitpur

A creamy, rich dessert with a buttery crust and a smooth, velvety filling. Price: Rs 395/-

KEEMA LO MEIN



MUSICOLOGY
Bakhundole, Lalitpur

It's a hand crafted noodles, inspired by Boudha, our take on the famous keema noodles. Price: 595/-

EGG BENEDICT



CAFE SOMA
Jhamsikhel, Lalitpur

Eggs Benedict with meat or vegetarian option, topped with hollandaise. Price: 900/-

SPICY BACON



SICILY BY T'S
Jp Road, Thamel, Kathmandu

Sourdough base, Signature Napoli sauce, Fior di latte, Mozzarella, Bacon, Jalapeno & garnished with Parsley Price: 1060/-

ROYAL PISTACHIO



MR. WAFFLES
Thamel, Kathmandu

Freshly cooked waffles topped with white chocolate drizzle with homemade pista sauce and pista crumbs Price: Rs. 199/-

Spaghetti alla Puttanesca

Rs. 1195



Born in Italy's coastal kitchens, it embraces boldness. Briny Kalamata olives, anchovies melting into silky richness, capers bursting with tang, and just enough green chilli to spark conversation. All of it swirls through a bright tomato sauce, finished with a snowfall of crunchy Parmesan, for a nutty flavour, proof that comfort and sophistication can share the same plate.

It's the kind of dish you want to linger over, perhaps with the hum of friendly chatter around you, something you might find on a sunny afternoon at our South Community Market on Sundays.

Between fresh produce, artisan stalls, and the gentle rhythm of the day, it's easy to stumble upon unexpected pleasures, especially if you have a fondness for pizza.

And for pizza lovers, Sundays come with an extra treat! Buy one and get one, only during Sunday market hours. After all, good things here don't just come in pairs, they come hot from the oven.

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

PIANO PIANO
italian food & wines

Piano Piano South
 Sanepa, Lalitpur
 01-4528604

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



Understanding FATHERS Through Food

A PSYCHOLOGIST, AYURVEDIC KABIRAJ & CHEF'S REFLECTION

Through the lens of a Master's-level clinical psychologist, Ayurvedic Kabiraj, and Chef, this article explores how food, psychology, and ancient Vedic wisdom can come together to better understand and support the fathers around us, not only on Father's Day, but every day.

By Chef Sandeep Khatri





AS SOMEONE who walks between the worlds of clinical psychology, Ayurveda, and the culinary arts, I've always believed food is much more than nutrition. For me, food is emotional medicine, a daily ritual that heals, connects, and communicates. And when I think of the fathers in our lives, many of whom carry silent emotional weights, I see food as one of the gentlest yet most powerful ways we can nourish them.

Fathers often show love through action, not words.

They might not always express emotions openly, but they demonstrate care by providing, protecting, and standing strong in the background. In clinical terms, they perform a kind of silent emotional labor, often without acknowledgment or replenishment.

Vedic Roots: The Father as a Carrier of Dharma

In Ayurvedic and Vedic traditions, the father is not simply a provider but a carrier of dharma. He holds spiritual responsibility for transmitting values,

discipline, and continuity across generations.

Rituals like Pitri Tarpana, where food and water are offered to ancestors, remind us that feeding a father is also a form of ancestral respect. In both Ayurveda and psychology, we understand that emotional validation, whether through therapy or ritual, helps create a sense of belonging and self-worth. Feeding with care becomes a sacred act.

Understanding Different Father Types

Through Psychology and Ayurveda

In clinical psychology, parenting styles are often defined using terms like authoritative, authoritarian, permissive, and neglectful. In Ayurveda, we look at doshas - Vata (air/ether), Pitta (fire), and Kapha (earth/water) to understand personality, emotion, and digestion.

When these two frameworks are brought together, we gain a deeper understanding of each father's emotional and physical constitution. As a kabiraj and therapist, I've seen how personalized food and routines can support each type.

The Authoritative Father

- **Psychology:** Balanced, emotionally attuned, with strong yet kind leadership.
- **Ayurveda:** Predominantly Sattvic - clear-minded, harmonious balance of all three doshas.
- **Supportive Foods:** Whole grains (brown rice, quinoa), seasonal vegetables, lentils, mild spices like fennel, coriander, and turmeric.
- **Kabiraj View:** Such fathers benefit from triphala at night, as it supports gentle digestion and mental clarity.
- **Food Psychology:** Family meals are opportunities for shared reflection, building emotional intimacy.

The Authoritarian Father

- **Psychology:** Firm, rule-focused, emotionally

Ayurvedic Juice for All Fathers

FRESH AYURVEDIC
CITRUS-GINGER
JUICE

Ingredients:

- ½ cup fresh orange juice
- ¼ cup carrot juice
- ¼ cup apple juice
- 1 tsp fresh ginger
- 1 tsp tulsi powder or 5 fresh tulsi leaves
- Juice of ½ lemon
- Pinch of black pepper
- Honey or jaggery to taste
- Mint leaves
- Ice cubes (optional)

Benefits:

- Vitamin C from citrus for immunity and energy
- Carrot for liver and skin health
- Tulsi and ginger for digestion and calm
- Black pepper for absorption of nutrients
- Mint uplifts the mind

This juice balances Pitta and Vata, especially beneficial in summer or post-stress.



- distant, prone to stress or rigidity.
- Ayurveda: Pitta dominant - intense, quick to anger, sharp memory.
- Supportive Foods: Cooling foods like cucumber, melons, coconut water, mint, ghee. Avoid spicy and oily dishes.
- Kabiraj View: Offer sheetal drinks, gulkand (rose petal preserve), or brahmi sharbat to cool the mind.
- Food Psychology: Calm, slow-paced meals help reduce psychological heat and encourage open emotional expression.

The Permissive Father

- Psychology: Loving but inconsistent, avoids conflict, sometimes overindulging.
- Ayurveda: Kapha dominant - gentle, nurturing, but prone to lethargy or emotional stagnation.
- Supportive Foods: Warming and stimulating - ginger tea, steamed greens, light lentil soups, black pepper, turmeric.
- Kabiraj View: Use trikatu churna (ginger, black pepper, pipali) in cooking or teas to improve digestion and energy.
- Food Psychology: Consistent mealtimes help improve structure and promote executive functioning.

The Neglectful or Absent Father

- Psychology: Emotionally unavailable, distracted, sometimes due to trauma or anxiety.

- Ayurveda: Vata dominant - scattered thoughts, low grounding, forgetfulness.
- Supportive Foods: Root vegetables, oats, warm soups, sesame oil, nuts.
- Kabiraj View: Daily abhyanga (oil massage) with warm sesame oil helps stabilize the nervous system.
- Food Psychology: Creating meal rituals like shared breakfasts or Friday dinners helps rebuild emotional presence.

The Nurturing Father

- Psychology: Emotionally expressive, empathetic, secure attachment.
- Ayurveda: Strong Sattva, well-balanced doshas.
- Supportive Foods: Fresh fruits, mild dairy, cardamom, cinnamon, basmati rice, mung dal.
- Kabiraj View: Occasional shatavari milk (asparagus root tonic) supports emotional and physical resilience.
- Food Psychology: These fathers often enjoy cooking and sharing food, turning meals into emotional bonding time.

The Provider Father

- Psychology: Career-focused, responsible, often emotionally shut down or overwhelmed.
- Ayurveda: Kapha-Pitta mix - steady but prone to burnout.
- Supportive Foods: Bitter greens (kale, arugula), legumes, light dals, tulsi or ashwagandha tea.
- Kabiraj View: Adaptogens like ashwagandha and shankhpushpi in evening tea help reduce fatigue and anxiety.

- Food Psychology: Small, nourishing meals throughout the day prevent energy crashes and support emotional self-care.

Vegetarian vs. Non-Vegetarian Fathers: A Psychological and Ayurvedic Look

Food preference also reflects deeper values and emotional tendencies.

VEGETARIAN FATHERS

- Cultural Vegetarians: Often deeply rooted, routine-loving, introverted, and emotionally stable. Thrive on sattvic meals and structured routines.
- Faith-Based Vegetarians: Emotionally aware, idealistic, guided by ethics. Prefer clean, pure foods like khichadi, herbal teas, and fasting rituals.
- Health-Based Vegetarians: Practical, proactive, health-conscious. Enjoy superfoods, smoothies, and well-balanced, plant-forward meals.

NON-VEGETARIAN FATHERS

- Goat Lovers: Strong-willed, traditional, assertive. Require balancing with bitter greens and cumin-coriander tea.
- Fish Lovers: Calm, nurturing, intuitive. Benefit from omega-rich diets with emotional warmth.
- Chicken Lovers: Sociable, efficient, goal-driven. Do well with lean protein and vegetables.

- Pork Lovers: Bold, indulgent, emotionally expressive. Need moderation and support from bitter, astringent foods and digestive herbs.

PSYCHOLOGICAL INSIGHT

These preferences align with personality structure, attachment style, and emotional coping mechanisms.

Final Words: Nourishment as Recognition

In my clinical sessions, I often say: emotional nourishment isn't a luxury, it's a need. Fathers may not always ask for it, but they deeply benefit from being seen, fed with intention, and appreciated for their roles.

Whether you're a family member, a partner, or a father yourself, recognize that food is more than a meal. It's care. It's connection. It's medicine.

This Father's Day, and every day, let's use food not only to feed but to heal, honor, and hold space for the many layers of fatherhood.



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.

The Terrace at Hyatt Regency

A V I B R A N T P O O L S I D E E S C A P E

NESTLED BESIDE a serene swimming pool, The Terrace offers a one-of-a-kind, casual-yet-stylish dining experience. Designed for those who crave light, flavorful foods and artfully prepared cocktails, this concept outlet blends leisure with indulgence. Guests are invited to unwind on sun loungers, take a dip in the pool, and treat themselves to refreshing drinks and snacks, creating a mini-retreat from the bustle of city life.

Whether you're relaxing solo, catching up with friends, or enjoying a laid-back family outing, The Terrace delivers an atmosphere of effortless comfort. With its open-air design, city views, and chic aesthetic, it's the perfect spot to sip, swim, and socialize.

Why You'll Love The Terrace:

- **Sips & Sunsets:** Enjoy expertly crafted cocktails in a relaxed, open-air vibe.
- **Casual Comfort:** A break from the formality. Come as you are, stay as long as you like.
- **For Everyone:** Welcoming space for solo diners, couples, families, and friend groups.
- **Poolside Perfection:** Dine just steps from the water for an unforgettable setting.

MENU SNAPSHOT

- **Snacks:** NPR 800 – NPR 1,200 (approx.)
- **Cocktails:** NPR 1,000 – NPR 1,500 (approx.)



STAR DISHES TO SAVOR

➔ **Regency Club Wrap** (Vegetarian / Non-Vegetarian)

A terrace signature, the Regency Club Wrap is a hearty roll of grilled vegetables or tender grilled chicken layered with fresh lettuce, tomato slices, cheese, and a house-made herbed mayo. Wrapped in a soft tortilla and served with crispy fries and a tangy side dip, it's satisfying without being heavy, a perfect poolside pick.



⬅ **Lemon Cheesecake**

Bright, zesty, and melt-in-your-mouth smooth, this lemon cheesecake is a crowd-pleaser. With its buttery biscuit base, velvety cream cheese filling, and citrusy glaze, it's the ideal dessert to cool off with on a sunny afternoon.

➔ **Fresh Garden Salad**

A crisp, colorful medley of seasonal greens, cherry tomatoes, cucumbers, and bell peppers, tossed in a light vinaigrette.

Simple, refreshing, and guilt-free. This salad pairs beautifully with any main or stands strong on its own.



⬅ **Nachos with Salsa**

A vibrant snack to share, these crispy nachos are layered with melted cheese and served with a punchy tomato salsa. Add a dollop of sour cream or guacamole for extra indulgence. Great for grazing between swims or with a cocktail in hand.

Whether you're basking in the sun or enjoying an evening swim under the stars, The Terrace redefines casual dining with flair. From light bites to zesty desserts and vibrant cocktails, every visit feels like a mini-vacation, without ever leaving the city.



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



The Sacred Feminine Pause

Teej

Teej isn't just about skipping meals, it's a soulful timeout after the monsoon hustle. Rooted in ancient wisdom, this festive pause invites women to reset, recharge, and savor rituals with meaning (and amazing food!). From vibrant beet bruschetta to bold lamb stew, this spread brings Teej tradition to your modern table.

By Chef Sandeep Khatri

ROOTED IN ancestral rhythm, Teej is more than fasting, it's a seasonal, spiritual interlude for women after the monsoon's labor. Traditionally, it offered rest before ancestral rituals and festive duties began.

Honoring Parvati's devotion, Teej evolved into a collective ritual of song, prayer, and pause. In Ayurveda, it's upavasa - not just food abstinence, but stepping back from excess, emotion, and attachment.

Ancient wisdom discouraged indulgence in rich food or alcohol. Instead, it valued gentle nourishment and emotional reset.

In modern life, Teej is a reminder: every woman deserves space to rest, reflect, and realign—without excess.



Stovetop Beet & Ginger Bruschetta

INGREDIENTS

- 2 medium beets, peeled and diced into small cubes
- 1 tbsp fresh ginger, finely grated
- 1 tbsp lemon juice (freshly squeezed)
- 1 tsp ghee or olive oil
- ½ tsp salt (adjust to taste)
- Fresh coriander or fenugreek leaves, chopped, for garnish
- Rustic bread slices or homemade roti triangles

INSTRUCTIONS

Cook the Beets:

- Heat 1 tsp ghee or oil in a heavy-bottomed pan or non-stick skillet over medium heat.
- Add the diced beets and a splash of water (about 2-3 tbsp).
- Cover with a lid and cook on low-medium heat, stirring occasionally, for about 20-25 minutes or until the beets are tender and

lightly caramelized. Add a little more water if needed to avoid burning.

Prepare the Beet Mixture:

- Once the beets are soft and cooked, remove from heat.
- Mix in grated ginger, lemon juice, and salt. Toss gently.

Prepare Bread or Roti:

- Toast rustic bread slices in a pan until golden and crisp.
- Warm roti and cut into triangles.

Assemble and Serve:

- Spoon the beet mixture over the toasted bread or roti triangles.
- Garnish with chopped coriander or fenugreek leaves.
- Serve immediately.



Spicy Chicken & Bell Pepper Stir-Fry



INGREDIENTS

- 250g boneless chicken breast, thinly sliced
- 1 large red bell pepper, sliced
- 1 green chili, finely chopped (adjust to taste)
- 1 tbsp mustard oil or ghee
- 1 tsp cumin seeds
- 1 tsp garam masala
- 1 tsp freshly grated ginger
- 2 garlic cloves, minced

- Salt and freshly ground black pepper to taste
- Fresh coriander leaves for garnish

INSTRUCTIONS

- Heat mustard oil or ghee in a wok or large pan over medium-high heat.

- Add cumin seeds and let them sizzle for a few seconds.
- Add minced garlic, grated ginger, and chopped green chili; sauté until fragrant (about 1 minute).
- Add sliced chicken breast; cook until it turns white and begins to brown slightly (about 5-7 minutes).
- Add sliced red bell pepper, garam masala, salt, and

- black pepper. Stir-fry everything together until the chicken is cooked through and the bell peppers are tender but still crisp (about 5 more minutes).
- Garnish with fresh coriander leaves and serve hot.

Slow-Cooked Lamb Stew with Onions and Black Lentils

INGREDIENTS

- 300g lamb, cut into chunks
- 1 cup black lentils (urad dal), soaked overnight and drained
- 2 large onions, thinly sliced
- 2 tbsp ghee or mustard oil
- 1 tsp black peppercorns, crushed
- 2 bay leaves
- Salt to taste
- Water as needed

INSTRUCTIONS

- Heat ghee or mustard oil in a heavy-bottomed pot over medium heat.
- Add sliced onions and sauté until deep golden brown and caramelized (this can take 15–20 minutes, adding depth and sweetness).
- Add lamb chunks; brown on all sides.
- Add soaked black lentils, crushed black peppercorns, bay leaves, and salt.
- Pour in enough water to cover all ingredients by 2 inches.
- Bring to a boil, then reduce heat to low and simmer gently, covered, for 2 to 3 hours until lamb is very tender and lentils have broken down into a thick stew. Add water as needed during cooking.
- Adjust salt and seasoning. Remove bay leaves before serving.
- Serve warm with plain rice, flatbread, or as is.





Exotic Mohi Royale: Spiced Buttermilk with Floral & Citrus Symphony

INGREDIENTS

- 1 cup fresh homemade buttermilk or probiotic-rich yogurt diluted with chilled coconut water (1:1 ratio)
- 1 tsp black cardamom powder (smoky and warming)
- ½ tsp Himalayan pink salt
- ¼ tsp freshly cracked pink peppercorns (for mild fruity spice)
- 1 tsp finely grated fresh galangal or ginger (for zesty warmth)
- Juice of ½ kaffir lime or calamansi (adds bright, exotic citrus notes)
- 1 small green bird's eye chili, deseeded and minced (optional for gentle heat)
- 1 tbsp fresh Thai basil and coriander leaves, finely chopped

- 1 tsp rose water or a few dried Damask rose petals (aromatic and luxurious)
- 1 tsp edible gold flakes or a tiny pinch of edible silver leaf (for regal presentation, optional)
- Crushed Himalayan pink salt ice cubes or frozen mint ice cubes (for chilling and extra flavor)

INSTRUCTIONS

- In a chilled crystal glass or elegant porcelain cup, gently whisk the buttermilk and coconut water until silky smooth.
- Stir in black cardamom powder, Himalayan salt, pink peppercorns, and grated galangal or ginger.

- Add kaffir lime juice and minced chili for layered complexity.
- Fold in the fresh Thai basil and coriander leaves, infusing herbal brightness.
- Add a splash of rose water or scatter a few Damask rose petals on top for an enchanting floral aroma.
- Add crushed ice cubes made from Himalayan pink salt water or mint-infused ice cubes to elevate cooling and detoxifying effects.
- For a lavish finishing touch, sprinkle edible gold flakes or silver leaf delicately over the surface.
- Serve with a slender gold-plated straw or a handcrafted wooden spoon.

EXPERIENCE

This exotic Mohi Royale blends Ayurvedic balance with Southeast Asian aromatic herbs, rare spices, and luxurious floral notes to create a multi-sensory detox elixir. It hydrates deeply, calms digestion, and dazzles the eye—ideal for sophisticated Teej celebrations or to restore vitality after indulgent meals.



EXPERIENCE THE TRANQUILITY

of Nepal's Golden Triangle



Nepalese Hospitality at its Finest!

Soak in the stunning mountain views and tranquil lakes of Pokhara, feel the untamed wildness of Chitwan, and stroll through the historic temples and vivid streets of Kathmandu.
Experience the Golden Triangle of Nepal the Barahi way!



BODY.



Intermittent Fasting

Intermittent fasting is a trending health practice that may offer benefits like improved metabolism and weight control — but it's not one-size-fits-all. While healthy adults can explore IF with care, strict fasting isn't suitable for children, teens, or certain health conditions. Families can still adopt gentler, time-conscious eating habits for better overall wellness without rigid fasting rules.

By Anjali Goel, Nutritionist

INTERMITTENT FASTING (IF) has gone from being an ancient practice rooted in cultural and religious traditions to one of today's most popular health trends. From celebrities to fitness influencers, everyone seems to be talking about "eating windows" and "fasting hours." But behind the hype lies a question many families are asking: Is intermittent fasting something that everyone at home can safely try?

The answer is not as straightforward as a yes or no; it depends on age, health status, lifestyle, and goals.

Let's explore what IF is, how it works, potential benefits, risks, and whether it's truly suitable for the entire family.

What Is Intermittent Fasting?

Intermittent fasting is not a traditional "diet" in the sense of restricting certain foods; instead, it's an eating pattern that alternates between periods of eating and fasting. Some of the most popular methods include:

- **16:8 Method:** Fast for 16 hours and eat all your meals within an 8-hour window.
- **5:2 Method:** Eat normally for 5 days of the week, and on 2 non-consecutive days, reduce calorie intake to about 500–600 calories.
- **Alternate-Day Fasting:** Alternate between days of regular eating and days of reduced calorie intake.

- **Eat-Stop-Eat:** A full 24-hour fast once or twice a week.

These approaches aim to give your body more time in a "fasted state," which can trigger certain metabolic processes like improved insulin sensitivity, fat burning, and cellular repair.

Potential Benefits of Intermittent Fasting(IF)

For healthy adults, intermittent fasting can offer a range of benefits:

- **Better Blood Sugar Control:** It can help stabilize insulin levels, reducing the risk of type 2 diabetes.
- **Weight Management:** Restricting eating windows naturally limits calorie intake for many people.
- **Improved Digestion:** The fasting period gives the

digestive system time to rest, which may improve gut health.

- **Reduced Inflammation:** Some research links fasting to lower inflammation markers, supporting overall health.
- **Simplicity:** With fewer meals to plan, grocery shopping and cooking may become easier.

It's worth noting that the benefits often depend on following IF consistently and pairing it with a nutrient-rich, balanced diet.

Who Should Avoid or Be Cautious About IF

While IF may be beneficial for some adults, it is not suitable for everyone. Caution is advised if you fall into any of these categories:

Children and Teenagers: They require a steady supply of nutrients for growth, brain development, and energy. Skipping meals may negatively affect their focus, mood, and health.

Pregnant or Breastfeeding Women: Nutritional needs are higher during these stages, and fasting may deprive both mother and baby of essential nutrients.

People with Chronic Conditions: Those with diabetes, low blood pressure, thyroid disorders, or digestive issues should only attempt IF under medical supervision.

Individuals with a History of Eating Disorders: Fasting can trigger unhealthy eating behaviors or worsen restrictive habits.

Is It Realistic for the Whole Family?

The short answer: Probably not in its strictest form.

Children and teens generally should not be placed on strict fasting schedules, as their bodies need consistent fuel for proper growth. Instead of formal fasting, families can adopt healthier eating rhythms that mimic some of the benefits of IF without risking nutrient deficiencies.

Examples include:

- Having dinner earlier in the evening and avoiding late-night snacks.
- Encouraging nutrient-dense breakfasts instead of sugary cereals.
- Reducing constant grazing and promoting structured meal times.



Individuals with a History of Eating Disorders: Fasting can trigger unhealthy eating behaviors or worsen restrictive habits.

This “light version” of intermittent fasting is more about mindful eating and better timing than strict calorie restriction.

Adapting IF for Adults in the Family

If the adults in your household want to try IF, here are a few practical tips:

- **Start Gradually:** Begin with a 12-hour fast overnight (e.g., 8 p.m. to 8 a.m.) and slowly extend it to 14 or 16 hours if comfortable.
- **Stay Hydrated:** Water, herbal tea, and black coffee (without sugar or cream) can be consumed during fasting hours.
- **Prioritize Nutrition:** Eating nutrient-rich foods during your eating window is essential. Focus on vegetables, lean proteins, healthy fats, and whole grains.
- **Avoid Overeating:** The goal is not to binge during eating periods; maintain balanced portions.
- **Listen to Your Body:** Fatigue, dizziness, or irritability may indicate your fasting schedule needs adjusting.

What About Social and Family Meals?

One challenge with IF is maintaining family bonding

over meals. If your eating window ends before dinner, you might miss out on shared family time around the table. To keep mealtime connection intact:

- Plan your eating window so it overlaps with at least one family meal.
- Cook the same meals for everyone, but adjust portion sizes or timing for those following IF.
- Avoid making food a stress point, family meals should remain enjoyable, not a battleground over who’s eating and who’s fasting.

A Healthier Alternative: The “Family-Friendly” Version of IF

Rather than imposing strict fasting rules, try adopting time-conscious healthy eating:

- No food after 8 p.m.
- Focus on whole, unprocessed foods.
- Avoid sugary snacks between meals.
- Create 2–3 balanced meals a day instead of constant grazing.

This approach still gives the body longer breaks from digestion, supports stable blood sugar, and encourages mindful eating, all without strict fasting windows that

may be too rigid for younger family members.

The Bottom Line

Intermittent fasting can be an effective lifestyle choice for healthy adults seeking better metabolic health, weight control, or simplified eating patterns. However, it is not a universal solution. For children, teenagers, pregnant or breastfeeding women, and individuals with certain health conditions, IF may be unsafe or counterproductive.

If your family is curious about IF, start by improving meal timing, reducing late-night snacking, and making wholesome, balanced meals the norm. Always consult a qualified healthcare provider before making significant changes to eating patterns — especially when multiple family members are involved.

The best “diet” for your family is not the trendiest one — it’s the one that supports everyone’s health, energy, and happiness in a way you can sustain for years to come.



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

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A SECOND LIFE

A Son's Gift of Hope Through Liver Donation

When 26-year-old Ayush Karki stepped into the operating theatre at Nepal Medcity Hospital, he wasn't just going under the knife, he was stepping into one of the most defining moments of his life. By the end of that day, a part of his liver would be keeping his father, Ishwor Bahadur Karki, alive.

In conversation with Dr. Ram Babu Sah and the Karki Family



THIS IS THE story of courage, family, and a growing hope that more lives in Nepal can be saved through organ donation, without having to cross borders in search of treatment.

Seven Years of Silent Struggle

Originally from Pokhara, the Karki family has spent the past several years living in Kathmandu for easier access to treatment. It's been seven years since Ishwor, a

56-year-old businessman, was diagnosed with liver cirrhosis at Nepal Mediciti Hospital.

At first, the symptoms were subtle: restlessness, fatigue, digestive troubles, but they were brushed aside as minor issues. Even as the illness advanced, Ishwor kept the truth to himself, managing his work with the help of a business partner. By the time his family discovered the full extent of his condition, it had become severe.

A turning point came during a family trip to Chitwan. After eating heavy, protein-rich food, Ishwor fell seriously ill, vomiting on the journey home, becoming disoriented, and unable to recognize everyday things. The toxins his damaged liver could no longer process were affecting his brain. That was when the family rushed him to the hospital, where the diagnosis was confirmed: advanced liver cirrhosis.

For seven years, Ishwor survived on expensive monthly medication and countless check-ups. But as his health worsened, the only solution became clear: a liver transplant.

The Decision to Donate

The idea of a family member donating part of their liver was not the first solution the family considered. Buying an organ seemed like the more common route. But Dr. Ram Babu Sah, one of Nepal's most experienced transplant surgeons, encouraged them to consider living donation.

Ayush, who had been caring for his father through checkups and even the India trip, stepped forward. His mother couldn't donate due to a fatty liver, and his twin brother had health issues that ruled him out.

"I researched everything," says Ayush. "I spoke to international donors, learned the risks, and prepared my body through healthy habits. The fear was there, but it was my father. How could I not?"

The Operation Day

On Jestha 8, both father and son entered surgery. The procedure, expected to take 16–17 hours, was completed in just 12. Ayush donated 700 grams of his liver, which will regenerate over time. The first 48 hours were critical. Within four days, Ishwor's creatinine levels dropped from 2.7 to 1.3, signaling strong recovery.

"I felt blessed with a second life," says Ishwor. "If I had found a donor like my son years ago, I would have done this sooner. I couldn't ask

LIVER DONATION: WHAT YOU SHOULD KNOW

- A healthy person can donate up to 60–70% of their liver, which naturally regenerates within months.
- Living donor liver transplants follow strict medical screening and legal documentation to ensure the donor's health is never compromised.
- Most donors return to a normal life within a few months—working, traveling, and enjoying daily activities.
- Nepal now has the capacity to perform liver transplants that meet international standards, making treatment, follow-ups, and recovery easier for patients and families.

TIPS FOR A HEALTHY LIVER

- Limit alcohol intake
- Maintain a balanced diet
- Stay hydrated
- Include at least moderate exercises
- Avoid unnecessary medications
- Regular check-ups

him directly, but his courage gave me hope.”

Life After Surgery

For Ayush, recovery meant two months of bed rest, nutritious food, and avoiding strenuous activities. He has returned to normal life but still avoids extreme physical strain. “The scars are nothing,” he says. “What matters is that I gave my father more time.”

For Ishwor, the journey continues. Medication doses are gradually decreasing, muscle strength is returning, and diet restrictions remain strict. But he can walk, talk, and smile again, things that once seemed impossible.

Along their life, their bond has silently strengthened too! Before the transplant, Ayush was planning for his master's degree, living a life typical of a young man in his 20s. He was close to his father but not as involved in day-to-day care. Now, the roles have shifted.

“I'm updated on every detail of his health,” Ayush says. “It's not just communication anymore, it's constant care.”

Organ Donation from Dr.'s Lens

Liver transplant surgeries in Nepal are still rare, not because the country lacks skill, but because awareness and donor availability are low. According to Dr. Sah, “We have the capability, facilities, and international standard safety protocols right here. People don't need to go abroad.”

The real challenge is convincing families that living donation is safe. With proper screening, legal documentation, and medical supervision, donors can return to full health. Yet, many patients deteriorate while waiting for a donor, as was nearly the case for Ishwor.

This case of Ishwor Karki and Mediciti's transplant program is a sign of progress, proving that with the right expertise, Nepal can save more lives at home country.

Ayush's Message to Nepal

“Donating under proper authority is safe. My liver will grow back, but my father's life wouldn't. If you're clear about the risks and have the right guidance,

donation is not as scary as it sounds. One organ can save another person's life and restore a family's happiness.”

Conclusion

Today, two months after the operation, father and son still visit Mediciti for follow-ups. The hospital and the staffs there have been one of their own. The Karki family's journey shows that organ donation is not an act of loss, but of love. It's proof that sometimes, the greatest gift you can give isn't bought, but given from one beating heart to another.



DOCTOR'S PROFILE

Dr. Ram Babu Sah, Consultant Hepato-Pancreato-Biliary (HPB) and Liver Transplant Surgeon at Nepal Mediciti, is a leading expert in liver transplantation and complex hepatobiliary and pancreatic surgeries. Trained in Nepal, India, South Korea, and China (PhD in HPB Surgery, Master's in General Surgery), he has advanced liver surgery in Nepal through both adult and pediatric transplants, as well as open and laparoscopic procedures for a wide range of liver, gallbladder, and pancreatic conditions. His expertise spans from liver cirrhosis to pediatric disorders like Wilson's disease and biliary atresia. A member of the Nepal Medical Association and the Surgical Society of Nepal, Dr. Sah is dedicated to delivering the highest standards of surgical care.



“The scars are nothing,” he says. “What matters is that I gave my father more time.”

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FUNCTIONAL FITNESS FOR DADS



Fatherhood is no less than an endurance sport and functional fitness is the secret weapon. This piece explores how bodyweight training, consistency, and community can help dads stay strong, agile, and be the role models their kids deserve.

By Sukadev Karki, Nepal's 1st strength and conditioning specialist

I BELIEVE, fatherhood is the ultimate endurance sport. It demands mental grit, emotional resilience, and a body capable of anything. When we talk about physical preparedness, we don't need to look like a bodybuilder; however, we need to move like a capable, confident dad. That's the power of Functional Fitness, especially when combined with the accessibility of calisthenics and the energy of group training.

Why Functional Fitness is the Dad's

or anyone's Secret Weapon?

Functional fitness trains the movements that power our daily activities of living. Functional movement patterns like Squatting, Hinging, Pushing, Pulling, Lunging, Rotating and Carrying builds strength and stamina required for real world scenarios. You often need nothing but your own bodyweight to begin with and Calisthenics can be the perfect start. Calisthenics is a type of exercise modality where we use our own bodyweight to demonstrate the beauty of bodyweight movements. This includes simple push-ups to skills like muscle ups and human flag.

However, it is scalable for All, and can be progressed from bodyweight to utilizing local resources. Calisthenics builds foundational strength & mobility which is perfect for the functional movements we need.

Sample Functional Calisthenics Routine (2-3x/week)

- Squats 3 sets of 20 reps
- Push Ups 3 sets of 20 reps
- Lunges - 3 set of 15 reps each leg
- Towel Rows 3 sets of 15 reps

Some days you can do this in a circuit with a 2 mins rest after each round.

Sometimes though finding motivation solo, with the daily life stress, work chaos and family demands, is tough. This is where group-based training shines for dads. A group of few dedicated and committed dads can get together for a group class session. This can work wonders as it develops a community that motivate each other when required. It also creates a sense of accountability. And it is always fun to exercise with a bunch of friends with the common goal of becoming fit and healthy.

Fitness Tips for Dad through different Age Groups

If you're a 20-30 year old, focus on core and posture with a goal to build cardiorespiratory endurance and muscular endurance. High Intensity Interval Training or Circuit training 2-3 times a week will do the job.

Dads on their 30s-50s can prioritize hypertrophy, strength and mobility training and avoid sports which are injury-prone.

Veteran Dads (50s+): Emphasize joint health, balance, and maintaining muscle mass through hypertrophy and strength training.

This isn't just about our strength alone but it's about the legacy we build. Our kids will learn the behaviour we practice on a regular basis. Thus, it is important

that we show them to care about our health and fitness. We teach them invaluable lessons. We model their discipline, resilience, self-respect, and the importance of health. We show them what a strong, present, engaged father looks like. We become the role model. We don't need 6-day gym or compete in marathons. Strength is built through consistent effort, not by a 2 months transformation. Two to three focused functional sessions per week will transform our capabilities and can set a powerful example.

Let's be Strong. Let's Be Fit. Let's be the Example.

Join the Movement

Text two dad friends: "Let's workout this Saturday? 30 mins?"

Show your kid how to do a proper squat or push-up.

Prioritize those 2-3 sessions each week, guilt-free.

Invest in your functional strength. It's the foundation for a vibrant, active, and impactful life as a dad. Start today, right where you are. Your body and your family will thank you.



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

Work, Home & the Weight in Between

Coping Tools for Overwhelmed Dads

This article explores the mental and emotional challenges faced by modern fathers balancing work and home life, highlighting signs of burnout and the impact of digital fatigue. It offers practical coping tools and reframes mental health care as a strength-building practice essential for nurturing family bonds and personal well-being.

By Sneha Agrawal

In your experience, what are the most common sources of mental stress for fathers juggling work and home responsibilities?

The most common challenge is finding time for oneself, although this may vary from person to person. For some, it may not be a significant issue. Another challenge is learning to dissociate from work life when at home. Many individuals carry their work responsibilities home, which can lead to being less present and can contribute to stress. Fathers who are juggling work and home life often experience anxiety due to job pressures, financial responsibilities, and a lack of flexibility.

What are some subtle signs that a dad who “seems to be managing everything” is emotionally exhausted or nearing burnout?

- Gets easily irritated or withdrawn.
- Avoids emotional talks.
- Stops enjoying things he once liked.
- Overuses screens or works to escape.
- Always tired, even after sleep.
- Complaints of aches or low energy.
- Eats too much or too little.

Do you find that digital fatigue (emails, work calls, screen exposure) is becoming a more significant source of emotional disconnect for fathers at home?

I believe yes, a lot. Digital platforms have their benefits, but they also bring some pressure and require a



significant amount of time, whether it's social media or Zoom meetings. This can certainly contribute to a feeling of disconnection among fathers.

How does the pressure to “maximize productivity” spill into parenting time? Can you talk about the mental toll of trying to be “efficient” even with children?

The drive to "maximize productivity" often extends into parenting, transforming time spent with children into a checklist of tasks instead of moments of connection. Parents may feel guilty for just relaxing, feel pressured to make every activity purposeful, and often find themselves multitasking constantly, which dilutes their presence. Over-scheduling leaves little space for spontaneity, while the constant switching between work mode and parent mode causes mental fatigue. Over time, this efficiency mindset risks making the parent-child bond feel transactional instead of nurturing.

In what ways can modern workplaces be unintentionally complicit in dad burnout and what should organizations

do differently beyond paternity leave?

Modern workplaces often contribute to fathers' burnout by creating a culture of excessive work, stigmatizing flexible work arrangements, overlooking caregiving responsibilities, and enforcing rigid schedules that clash with family commitments. In addition to offering paternity leave, organizations should promote flexible work options for everyone, regardless of gender. It's essential to educate managers on recognizing and addressing burnout, provide parenting resources that include fathers, and explicitly value family time. When leaders set healthy boundaries and take leave for themselves, they send a clear message that caregiving is respected and not penalized.

In cultures like ours, where men are often raised to "endure" rather than "express," what are the psychological consequences when modern dads are trying to be emotionally present but haven't unlearned suppression?

In cultures where men are taught to "endure" rather

than "express," modern dads who want to be emotionally present often carry a hidden conflict: they show up physically, but old habits of suppression mute their openness. Over time, bottled emotions turn into stress, irritability, or quiet disconnection, making it harder to form the deep bonds they long for. This silent strain doesn't just affect their well-being, it risks passing the same unspoken rule to the next generation, where love is felt but rarely voiced.

Many dads still associate therapy or emotional tools with weakness. How can mental health care be reframed so it aligns with the masculine identity without reinforcing outdated stereotypes?

Reframing mental health care for dads means shifting the lens from "fixing weakness" to "building strength, skill, and legacy." Just like training the body, working on the mind builds resilience, sharpens decision-making, and prevents burnout. It's about mastering emotions so they serve you not control you and passing on healthier patterns to the next generation. Seeking help then becomes less about "fixing what's broken" and more about upgrading the tools you need to lead at work, love at home, and leave a lasting impact.

Can you recommend daily mental hygiene practices that fathers can realistically incorporate into their busy schedules?

Some simple daily mental hygiene habits dads can fit

into a busy routine without feeling overwhelmed:

- Take a 2-3 minute morning check-in to pause and reflect on your mood.
- Incorporate 1-2 minute deep breathing breaks into your daily routine, especially during small moments like waiting or driving.
- Set aside 1 minute each day to express gratitude by reflecting on one thing you are thankful for.
- Include micro-movements in your daily activities, such as stretching or taking short breaks to move around, even while working or playing with your kids.
- Before bedtime, dedicate 10-15 minutes to unplugging from screens and engage in relaxing activities like reading or listening to calming sounds to promote relaxation.
- Make an effort to have one honest conversation each day whether with your partner, a friend, or a child to express your genuine feelings or thoughts.



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.



Over-scheduling leaves little space for spontaneity, while the constant switching between work mode and parent mode causes mental fatigue.

HOME.

HOME GYM

Family Edition

This article offers practical and creative ideas for setting up a small, family-friendly home gym that fits into any corner of the house. Inspired by the values of shared wellness and functional living, it encourages movement, connection, and fun for all ages without the need for a large space or expensive equipment. Perfect for families who want to stay active together in a simple, joyful way.

By Anushka Shakya

HAVE YOU ever thought that a small corner of your home could be transformed into a fitness space for the whole family? In today's fast-paced world, many parents find it difficult to make time for the gym. But with a bit of creativity, even a garage or unused room can become a functional home gym encouraging shared wellness time and a healthier lifestyle. You don't need bulky machines

to make it work. Start with space-saving equipment like adjustable dumbbells, kettlebells, a yoga mat, or a compact walking pad. These are not only efficient but easy to store. Adding a large mirror isn't just for those Instagram outfit snaps it's also a great tool to monitor posture and form during workouts.

Personalizing your gym space makes it more inviting. Hang your medals

or trophies to remind you of past achievements and boost motivation. If possible, set up the area where natural light flows in it lifts the mood and keeps the space feeling fresh. If not, brighten the room with LED lights and cheerful wall colors to create an energizing atmosphere. Don't forget sound, use rubber flooring or mats to reduce noise and protect your floors. After all, staying fit isn't only about

lifting weights dancing with your kids to a favorite tune counts too.

The best part about a home gym? It's always open. Whether you're in workout gear or cozy pajamas, you can fit in a session whenever it suits you. For busy families, it's the perfect way to prioritize health without sacrificing time together. And don't forget to add some music a shared playlist with everyone's favorite songs from Mom and Dad retro songs to the kid's pop hits can turn a regular workout into a dance party. And in those small moments, whether it's a Sunday morning yoga flow, a parent-child squat challenge, or a fast stretch before dinner, you're not only developing strength but also connection. Over time, these shared movements become memories reminders that wellness can start at home. When children see their parents being active, they're more likely to adopt healthy habits themselves. A home gym becomes more than just a space it becomes a symbol that health, happiness, and family can thrive together. It's not about perfection, but participation. Every rep, giggle, and high five counts. "Because families that move together, grow stronger together."





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Growing Green

A BEGINNER'S GUIDE FOR BUSY FAMILIES AND MINDFUL DADS

This article introduces the benefits of plant parenting for beginners, with a focus on busy families and fathers seeking meaningful routines at home. It highlights how simple plant can improve mental health, strengthen family bonds, and turn any home into a calming, green retreat. The guide includes a curated list of easy-to-maintain houseplants, practical watering tips for busy schedules, and creative ways to make plant care a shared family activity. Perfect for those looking to slow down and reconnect with nature and each other.

By Anushka Shakya

What if a few humble houseplants could boost your mood, bring your family closer, and turn your home into a peaceful retreat?

You Might be surprised to learn that caring for plants can do wonders for your mental health. Although it may seem simple, studies shows that spending time around greenery can lower stress levels, and elevate your mood. Beyond brightening your space, plant help purify the air and create calming atmosphere.

That's why more and more people are growing plants

at home some even turning it into a family ritual or relaxing daily routine.

If you're new to plant parenting, don't worry. This beginner-friendly guide is designed especially for busy families and fathers, offering low-maintenance plant suggestions, smart watering tips, and creative ways to make plant care a shared family activity.

Why Plant Parenting Belongs in Every Busy home

Caring for plants is more than just a decorative hobby it's good for your

mental and emotional well-being. Research shows that interacting with plants can enhance focus, reduce anxiety and give your mind a break from hectic thoughts, noises and devices.

For fathers, especially those adjusting to more time at home, whether due to retirement or a career shift plant care offers structure, peace and purpose. It becomes a small but rewarding daily task that grounds you in the present.

Best Beginner Plants: Low-effort, High-Reward

Not every plant needs constant care. Here are some beginner-friendly choices that thrive even with minimal attention:



Snake Plant

Almost impossible to kill, needs very little water or light. Water every 2-3 weeks.



Chinese Evergreen (Aglaonema)

Colorful leaves; thrives in low to moderate light.



Peace Lily

Known for its beautiful white flowers, enjoy shade and lets you know it's thirsty by drooping the leaves.



Lucky Bamboo

Grows in water or soil, needs low light, and symbolizes positivity and prosperity.



Aloe Vera

Easy to grow and practical! Its soothing gel is great for burns and cuts, making it a helpful plant for families with kids.



ZZ Plant

A glossy-leaved beauty that tolerates low light and infrequent watering great for office desks or dark corners.



Spider Plant

Fun and fast-growing, often produces baby "Spiderettes." Needs indirect light and moderate watering.



Pothos (Devil's Ivy)

A fast-growing vine that thrives in both bright and low light. Droops a little when it's thirsty and immediately gets back up after being watered.



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Recently launched EV's at NIAAMA

A snapshot on hot ranges of electric vehicles launched at NAIMA Mobility Show, 2025. Each car catering to different needs and budgets for eco-friendly urban and highway driving.



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Price: Nrs 55,00,000



➦ MG IM6

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MARKET.



Julie's Cakes Expands with Exciting New Outlet in Imadol

Julie's Cakes proudly announces the grand opening of its newest outlet at Imadol bringing customers closer to the exceptional quality and service they love. This expansion marks an exciting milestone, offering an even wider selection of baked goods in a modern, welcoming space.

Visitors can enjoy exclusive opening offers. Committed to excellence and customer satisfaction, the new outlet promises to deliver convenience and quality under one roof. Join them in celebrating this new chapter and experience Julies like never before



Discover Your Zing at Hyatt Centric, Soalteamode, Kathmandu

Zing Sky Bar & Lounge, located at the Hyatt Centric Soalteamode Kathmandu, has relaunched with a vibrant "sunset to night" experience. The revamped space, which offers stunning views of Swayambhunath Stupa, is a bold, expressive, and deeply immersive interpretation of urban energy. The redesigned space blends natural elements with sleek finishes, creating an atmosphere that feels both elevated and approachable. The ambiance is designed to resonate with a diverse clientele, offering a dynamic backdrop for various social occasions. General Manager Walter Pereira emphasized the importance of curating an elevated yet approachable experience for every guest, fostering genuine connections and memorable moments in Kathmandu.



The Terraces Resort wins 4 awards at the 2025 Haute Grandeur Global Excellence Awards

The Terraces Resort has earned four prestigious titles at the 2025 Haute Grandeur Global Excellence Awards — Best All Suite Resort in Asia, Best Mountain Resort in Asia, Best Resort Hotel in Asia, and Best Scenic View in Asia — cementing its reputation as one of Nepal's leading luxury hospitality destinations.

Himalayan charm, and personalized service, the resort offers 46 minimalist yet luxurious suites, exceptional dining with seasonal local produce, and breathtaking views of Lakhuri Bhanjyang's lush forests and Himalayan peaks. Just 50 minutes from Kathmandu and equipped with a helipad, The Terraces combines convenience with exclusivity.

Celebrated for its blend of modern sophistication,

Leo Season Lessons

STEPPING INTO YOUR BOLDEST SELF

WHEN THE Sun enters fiery Leo, the cosmos hands us a golden invitation to step into our spotlight. Leo season (July 22 – August 22) is ruled by the Sun itself, making it a time of self-expression, confidence, and unapologetic boldness. It's not about ego, but about honoring the unique light we each bring into the world.

Whether you're a shy Pisces or a grounded Taurus, Leo's energy encourages everyone to own their brilliance. Here's how each sign can tap into this cosmic fire:

Aries

Channel Leo's passion into finishing a project you've been sitting on. Be bold, but also share the stage. Your leadership inspires others when it's generous, not forceful.

Taurus

Indulge your creative senses. Try singing, styling, or redecorating. Leo reminds you that comfort and expression can coexist.

Gemini

Use Leo season to speak from the heart instead of the head. Share your truth

through storytelling, poetry, or performing.

Cancer

Step outside your shell. Dress up, go out, and let yourself be seen. Leo energy invites you to celebrate yourself unapologetically.

Leo

This is your solar return! Reflect on how far you've come. Set intentions

that honor your growth, creativity, and self-worth.

Virgo

Let go of perfection. Create for fun, not function. Whether it's a dance, a doodle, or a reel, let your inner child lead.

Libra

Leo season reignites your love for beauty and connection. Host

a gathering, showcase your style, and celebrate togetherness.

Scorpio

Be fearless in your self-expression. Whether it's a bold opinion or a bold outfit, let others see what you usually keep hidden.

Sagittarius

Say yes to play. Travel, perform, or start a passion project. Leo supports your natural spark, just add a dash of drama.

Capricorn

Let your inner boss take a creative detour. Start a side hustle or hobby that's purely passion-fueled.

Aquarius

You're unique! Leo reminds you to own it. Express your weird, wonderful ideas in a way that inspires others.

Pisces

Turn daydreams into displays. Paint, dance, write, or speak your visions aloud. Leo teaches you that fantasy is fuel for creation.



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