

SMART FAMILY

➔ ISSUE 98 ➔ RS 120



Dashain Dining, Hotel Style

NEST MEDIA

www.smartfamily.com.np



This Festive Season, Elevate Your Drive with **Subaru's Exclusive Experience.**

This festive season, Subaru Nepal brings you exclusive offers on our trusted Japanese-engineered vehicles. Experience remarkable savings on the Outback, Crosstrek, and Forester, along with attractive exchange deals that make upgrading even more rewarding. Visit Subaru Nepal today and discover the unmatched performance, reliability, and craftsmanship that only Subaru can deliver. Your next adventure begins here.

Dashain ko Hour with **Subaru ko Power!**



**Instant
Exchange Offers**



**Exclusive Car
Purchase Discounts**



**Free Gift Hampers with
Every Subaru**



**Extended Warranty
3 Yrs + 1 Yr**



कुमारी बैंक लिमिटेड
KUMARI BANK LIMITED
सबैका लागि, सबैका लागि



हरेक परिस्थितीको लागि
खुशी साथ बचत गरौं ।

Insurance Partner:



For any queries and support,
Please call us at 01-5970499

कुमारी बैंक लि. डिजिटल बैंकिङ्ग
प्रणालीको प्रवर्द्धन गर्दछ ।

CONTENT.

Dashain Dining,
Hotel Style
26



KING KOIL®

PREMIUM GLOBAL MATTRESS BRAND

WORLD'S LEADING MATTRESS BRAND



120+ Years
of Leadership



100% Pure
Sleep Grade Foam



Leaders In
Sleep Science



AVAILABLE IN MORE THAN
100 COUNTRIES
WORLDWIDE

Authorised Distributor:

TECHNO TRADE PVT. LTD.

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

Ph: 4525299, 4536441

info@technotrade.com.np



9766913282

Authorised Licensee for:



India



Bangladesh



Nepal



Bhutan

CONTENT.



STARTER

ONE QUESTION

- What's your favourite festival memory? - 12

COLUMN

- Homecoming to the Himalayas - 16

CULTURE

- 9 Nights with Devi - 18



FOOD

FOOD COLUMN

- Ashtanga Hridaya's Mutton Mandala - 20

MUST TRY

- Family Feast Fiesta- 24



40



PARENTING

COLUMN

- Festivals & Family- 34

TIPS

- Why Mothers Should Brag More - 36

FESTIVAL

- A Dashain of Safety - 40



BODY

NUTRITION

- Smart Cheat - 42

YOGA

- Festival as Cycles of Sadhana - 44

FITNESS

- The Escape from Obesity- 46

SPA

- Festive Season Rejuvenation & Detoxification - 48

SKIN

- Tinted Sunscreens: Worth the Hype? - 50



44



HOME

QUICK TIPS

- Dashain Jamara- 52

PLANT

- From Garden to Garland - 54

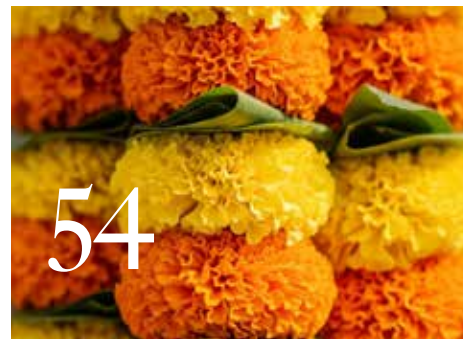
INTERIOR DESIGN

- Design Duo - 56

MARKET - 62

ASTROLOGY

- Zodiacs During Festive Gatherings - 66



54



20

NEW



UNILEVER NEPAL LIMITED

UP TO
12
HRS*
**EXPERIENCE LUX BODYWASH FOR
LONG LASTING
FRAGRANCE**



UNIQUE
ORCHID
SCENT



ESSENTIAL
OIL

LUX®

*Based on technical study by independent external fragrance experts, 2021 & IPSOS consumer study, 2022

EDITORIAL.

This September issue of Smart Family is a special one. In a season of family reunions, blessings, and celebration, we wanted this edition to capture the spirit of togetherness that defines both Dashain and our magazine's relationship with you, our readers.

Inside, you'll find a vibrant mix of features to make your festivities meaningful and memorable. From sharing your favourite festival memories in One Question segment to discovering how to smartly cheat your diet. With our arrays of content we wish your September to be the month of joy and colour.

Our food pages bring hearty inspiration with classics like Ashtanga Hridaya's Mutton Mandala and a luxurious and gastronomical recipes, perfect for gathering around the table.

We also reflect on family and safety with thoughtful pieces in parenting, while our body section encourages self-care amid the celebrations, from rejuvenating spa tips to exploring yoga as a festival sadhana.

In home, practical ideas such as growing your own festive garlands and design duos help refresh your living space for the season. Finally, our astrology feature offers a celestial take on gatherings during this festive cycle.

As we celebrate one more Dashain with Smart Family readers, we remain deeply grateful for your trust and readership. May this Dashain bring you health, harmony, and cherished memories. Here's to festive moments and to many more years of sharing them with you.

Happy Dashain and happy reading!



Visit our e-magazine

ON THE COVER:
Dashain Special Smokey
Lamb Chop by
Aloft Kathmandu

PHOTOGRAPHY BY:
Suraj Patra Bansha

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

Nest

MEDIA AND DIGITAL

Nest Media and Digital Pvt Ltd

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

MANAGING DIRECTOR

Nripendra Karmacharya

FINANCE DIRECTOR

Jeena Shrestha

EDITORIAL AND MARKETING

Malika Joshi

PHOTOGRAPHY

Suraj Patra Bansha

MAGAZINE DESIGN

Aaron Karmacharya

SOCIAL MEDIA

Shivani Bhattachan
Anuska Shakya

CONTRIBUTING WRITERS

Chef Sandeep Khatri
Chham Gurung
Dr. Ujjwal Adhikari
Kiran Karki Silwal
Kushal Goyal
Mamta Khatri
Mridula Saria
Neha Lohia
Priyanka Chaguthi
Sonal Talegaonkar
Sukadev Karki
Vijay Vaidya

OFFICE ASSISTANT

Sunita Magar

SUBSCRIBER DISTRIBUTION

Sunbir Tamang

BOOKSTAND DISTRIBUTION

Kasthamandap Distribution
4247241

PIONEERING HOSPITALITY IN NEPAL SINCE 1966

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



The Soaltee Kathmandu,
Autograph Collection



Soaltee Westend Frankfurt Messe



Soaltee Hotel by Trip Inn Frankfurt Messe



Soaltee Westend Resort Nagarkot



Soaltee Westend Resort Chitwan



Tiger Palace By Soaltee Bhairahawa



Soaltee Westend Itahari



Soaltee Westend Premier Nepalgunj



Mithila Yatri Niwas Janakpur

Soaltee Westend Lakeside Pokhara (Opening Soon)

For Reservation:

+977 4273999, 4270909

reservation@soaltee.com

www.soaltee.com



SOALTEE
Heritage Club
Bond Beyond Measure

SPEND | EARN | REDEEM

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



Preparing the AI Gen

USES OF DIGITAL TOOLS AND AI IN SCHOOL LEVEL EDUCATION

By Neha KC, Principal, Swostishree Gurukul IB Continuum School



WALK INTO an IB school classroom and you notice something different. Screens are alive with interactive tools, and teachers are guiding conversations rather than just delivering lectures. Students are engaged in lively discussions, pacing around the room to bounce ideas, while channeling their creativity and questions. This is what the future of learning looks like when educators bring relevant content to classrooms using the latest AI tools; and it's already happening in Nepal.

In the past, a straightforward give-and-take system, where knowledge flowed primarily from teacher to student, defined the typical Nepali classrooms. Today, students are growing up in a far more fruitful learning experience. They go beyond passive reception, engaging in inquiry, asking critical questions, and conducting independent research; capabilities that were not central to traditional learning.

Generation Alpha is the first true digital natives to grow up with AI as an invisible companion in their daily lives. A world where algorithms personalize content and AI-powered tools are easily accessible presents a significant opportunity for schools. According to a recent study based on parental surveys of Gen Alpha students, nearly half of children aged 7 to 14 are already using AI tools, often for fun or to learn new things, highlighting the need for structured guidance in the classroom.

Researchers around the world remind us that AI is meant to supplement teachers rather than replace them. According to a Harvard research, when AI takes care of monotonous duties like grading or creating questions for practice, teachers can concentrate on what really matters, like mentoring, guiding, and supporting students. A Stanford research highlights that AI functions best when it is visible, transparent, and used to support human judgment. To put this into perspective, technology could offer teachers greater freedom to be human.

AI's potential is significantly higher in South Asia. Schools in Bangladesh, Sri Lanka, and India have tested AI-powered tutoring programs that adjust to learners' pace

and even provide feedback in their native tongues. But accessibility is an issue as the resource is not available to everyone. This disparity also offers an opportunity for Nepal to leadfrog into the age of AI-enabled learning.

Similarly, the UK and the United States provide two useful roadmaps. The UK has published guidelines for schools on using AI responsibly, covering safety, leadership, and the integration of AI into the curriculum. Education departments in the United States are encouraging schools to pilot tools carefully, involve parents from the beginning, and make equity a guiding principle.

How do we prepare communities for this shift? For starters, teachers need to be provided with training that goes beyond software demonstrations. They need to know how AI can help personalize lessons, track learning progress, and free them from routine paperwork. For students, it means building AI literacy, teaching them to ask, "Can I trust this answer? Where did it come from?" And for parents, it means honest conversations. Short workshops, open school events, and clear policies can help families feel confident that AI is being used ethically and safely.

Schools in Nepal should run pilot programs using AI





tutors, measure what works, and then expand. Invest in teacher development so that educators are not overwhelmed but empowered. Localize content into Nepali and other regional languages so that no child feels left behind. And above all, ensure equity by creating solutions for children in rural areas where internet connection remains unreliable.

The IB program encourages integration of Artificial Intelligence into our teaching and learning processes. As a part of our IB Diploma Programme, we aim to implement this

ideology, recognizing the subject of AI as key in fostering best practices and critical thinking in our students.

The rise of AI isn't about shiny gadgets; it's about people. If used wisely, AI can be a powerful force for good, giving teachers more time to inspire, students more ways to explore, and parents more confidence in their children's learning journey. For schools in Nepal, this isn't a challenge to overcome, but a unique opportunity to lead. We can build a model of education that is equitable, innovative, and human-centered.



The path forward for Nepal is to leverage AI not as a replacement for human connection, but as a tool to amplify it. By keeping humanity at the center of education, we can build

a brighter future where technology and compassion work in harmony to prepare a generation of learners ready to innovate, lead, and thrive in an AI-driven world.



**SWOSTISHREE GURUKUL
IB CONTINUUM SCHOOL**
Nagarjun Municipality-2, Sanobharyang
Kathmandu, Nepal | 977-1-4890314, 4890316
info@swostishreegurukul.edu.np
www.swostishreegurukul.edu.np

STARTER.

What's your favourite festival memory?

Festivals like Dashain and Tihar have always been a time of family, blessings, and togetherness. From receiving tika and dakshina from loved ones to sharing laughter, meals, and heartfelt moments, these celebrations leave behind memories of warmth, love, and nostalgia that stay with us year after year.

By Malika Joshi



Chirag Bangdel

Visual Artist, Writer, Media Personality

I am very fond of our festivals, especially Dashain and Tihar. Dashain is a time when everybody in the family gets together. Bangdel family and cousins have always been very close and connected and Dashain and Tihar only made this beautiful bond stronger. I have many beautiful memories with my family and cousins during the festival.

One such memory would be spending a lot of time and receiving Dashain Tika from my Granduncle, the famous artist Lain Singh Bangdel. He would be waiting for us each Dashain. There would be these envelopes with our names written and “dakshina” for each one of us inside. He would have these beautiful blessings for each one of us as he put tika on us. After tika, there would be this huge lunch. I don't eat chicken and Fopa (granduncle in our Bangdel language) never forgot that. So, if chicken was cooked, he made it a point that there was something special for me. There were a lot of times, when he actually cooked something for me. After all of this, we would all sit out on the lawn and talk and take pictures. Such beautiful memories indeed!

SAMSUNG

Galaxy A17 5G

Find anything instantly

Google Gemini | Circle to Search
with Google



#AwesomelsForEveryone

Image simulated for representational purposes; actual may vary. Color and model subject to availability. Actual product may differ from the image shown. 5G network availability and actual speed may vary depending on carrier, network provider and user environment. Product functionality may be dependent on your app and device settings. Requires internet connection. Results may vary depending on input method. Results are for illustrative purposes only and may vary. Check responses for accuracy. Compatible with certain features and with certain accounts. Features may differ depending on carrier, phone and user settings. Gemini is a trademark of Google LLC. Results are for illustrative purposes. Samsung promotion requires the use of AI Image to a trademark of Google LLC. Features are subject to change without notice. Results are for illustrative purposes only. Feature availability may vary by country, language, device model. Requires internet connection. Users may need to update Android and Google apps for the latest version. Screen is compatible with certain apps and features. Results may vary depending on user settings. Accuracy not guaranteed. Works on compatible apps and features, and with certain mobile data. Will not identify users online through "handprints" or if phone volume is off. Results may vary depending on user settings.

STARTER ➔ One Question

Shyama Shree Sherpa

Actor

As the festivals approach, I always looked forward to Dashain with so much excitement. For me, Dashain meant bright sunny days, new clothes, family gatherings, red tika, dakshina, blessings, music, dance, and delicious food. After long months at hostel, coming home to warmth of family felt truly special. and I cherished it. Growing up in that environment, family gatherings taught me to value togetherness deeply. That feeling of love and belonging is something I still cherish and long for. Which is why I make it a point to fly home for every Dashain.



Gitanjali Karki

MUA

My favorite festival memory is from Tihar. The entire atmosphere feels magical, the warm glow of lights, the sound of music, and the joy of being surrounded by family. There's a nostalgic charm in decorating the house, playing Deusi-Bhailo, and watching the flickering diyos brighten every corner. What makes it so special is the togetherness and the refreshing vibe that lingers even after the festival ends. Tihar always leaves me with memories that feel both comforting and unforgettable.

Aanchal Kunwar

MD – Daraz Nepal

My fondest Dashain memories are of childhood, spent with a big group of cousins under the perfect autumn sky. The excitement of flying kites, endless rounds of cards, and plates of pakku made those days truly unforgettable. Laughter filled the house as we shared meals, stories, and the festive spirit together. Even now, recalling those moments makes me nostalgic. The carefree fun, the warmth of family, and the simple joy of being surrounded by loved ones remain the true essence of festivals for me.





INTRODUCING

VIRTUS

GT 1.5 TSI



AND ALL NEW

TAIGUN

GT Plus 1.5 TSI



Visit our showroom for test drives

POOJA INTERNATIONAL NEPAL PVT. LTD.

Volkswagen Authorized Importer & Distributor

Naxal, Kathmandu | +977-01-4534572 | Email: info@poojaintl.com

www.volkswagen.com.np



HOME COMING TO THE HIMALAYAS



What began as a shared sandwich with a stranger on a flight turned into a lesson about the true meaning of Dashain. Beyond the food and fun, it is about homecoming, love, and the unspoken happiness of being with family again.

By Neha Lohia

TODAY MORNING when I woke up and went outside on my balcony to have my tea, to my surprise, there was that first feeling of chill in the air, and I smiled, because I knew this means Dashain is around the corner! It meant lots of holidays, good food, endless laughter, playing cards and just enjoying yourself for a good 10 days. It's like the perfect well-deserved break after a year of endless monotonous work.

As I closed my eyes letting the fresh air fill into my senses, I was taken back to this moment last year when I was travelling from Delhi to Kathmandu via air. Our boarding was announced and we all got up to get into our flight.

I had pre-booked my window seat as usual. However, upon arriving at my seat, there was a man already seated there. His age looked somewhere between 50–55 years and he looked as excited as a child. I politely told him that he was seated at my seat and if he could get up, but he more politely asked me in return if he could take the window

seat. Seeing his age and excitement I felt it could be his first time travelling and I didn't refuse (other times I have always been very adamant about my chosen seat).

The flight took off and food service started promptly. When the air hostess came to our seat, she quickly placed my pre-ordered food in front of me and asked my neighbour if he needed anything to eat. He quickly asked for the same food as mine but when the hostess asked him to pay for the meal (you know budget airlines!) he had currency which the air hostess did not accept. Finally, after a lot of confusion he was just served free canned juice and they left.

This was really odd for me and I asked him if he wanted to share my meal. Thankfully, there were sandwiches which could easily be shared. He reluctantly took half my sandwich and I think that is what broke the ice.

We started talking and he asked me why I was going to Kathmandu. I told him that

I was married here and he looked really happy with the fact. Till this moment our conversation was happening in broken English and Hindi, and now that he knew I was from the valley he started his conversation in fluent Nepali.

His family back home in Nepal was ailing parents, a handicapped brother, a wife and three children. Thus, when he was offered a job in a foreign country with a good starting pay, he left Nepal. He was now returning to Nepal after a span of 14 years! I looked at him and for the first time I really understood his excitement.

He told me stories about his village in Darchula, a small village in Nepal, where the air was fresh, they would produce and cook their own fresh food on a chulo, and it would taste divine. He told me how he was waiting to see his family and celebrate Dashain with them. He wanted to dance, sing and drink chyaang with them and finally, when tired, just sleep in the courtyard and look at the stars.

There was a slight commotion on the flight and people were looking outside their windows. Yes, we were passing the whole Himalayan range. My now "sandwich friend" looked as ecstatic as it can be. He said, "I have reached the land of Shiva... the land of the mountains... I have reached home!"

The pilot soon announced our descent and I could feel his happiness and pride for both his country and his family. At the baggage counter, he took out his Nepali dhaka topi and wore it with immense pride and I just giggled.

We wheeled our trolleys out, and there his family was waiting with garlands and misty eyes. There was a lot of crying, laughing and shouting all at the same time. It was pure joy just to watch.

And so today, as I stood on my balcony with that first chill in the air, I thought of him. I thought of his tears, his laughter, his homecoming. That is when I realised what Dashain truly means. It isn't just about the holidays, food or fun. It's about belonging, about returning to the people who make you whole. It's about family, togetherness, and the joy of being home.



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!

↓

Wins are what fuel us, most of us barely acknowledge them. We rush past them. We shrug them off as

Navratri, the nine nights of immersing in the Divine Feminine through devotion, sadhana, and transformation.

From Durga's fierce grounding, to Lakshmi's abundance, to Saraswati's purity, each night draws devotees closer to the grace of Linga Bhairavi Devi, now consecrated in Kathmandu.

By Kiran Karki Silwal

Nine Nights with Devi

BACK IN 2018, I traveled to Kolkata with my friends to attend Mystic Eye, an event by Sadhguru held at the Convention Center. Honestly, I don't remember much of what Sadhguru said that day—because something far more powerful captured my attention.

My eyes fell upon a portrait radiating a fierce yet graceful feminine energy, with a blazing third eye. She was sparkling, alive. As I moved closer, tears began streaming down my face. I felt an overwhelming wave of love, compassion, and devotion. In that moment,

I knew this was not just an image—it was Devi calling me to witness her presence.

That was my first encounter with Linga Bhairavi Devi.

A volunteer from Isha handed me a brochure, and when I returned home, curiosity turned into a longing to know more. I searched endlessly, reading everything I could about Devi. I discovered that Linga Bhairavi was consecrated by Sadhguru in 2010 at the Isha Yoga Center, Coimbatore, through the intense process of prana pratishtha.

Sadhguru describes her as “the ultimate manifestation of the Divine Feminine—fierce, compassionate, and all-encompassing.” She embodies strength, fearlessness, and the power of spiritual liberation, while also nurturing her devotees physically, materially, and spiritually. She carries three and a half chakras—Muladhara, Swadhisthana, Manipuraka, and half of Anahata—which form the very foundation of life, offering stability, well-being, and balance.

Devi stole my heart. I began offering her flowers every day, lighting a lamp before



to get the full benefit of Sadhana.

At Linga Bhairavi Temple, Devi is adorned in different colors to mark these phases—red Kumkum for the first three days, golden turmeric for the next three, and cool sandalwood for the final three. Devotees offer flowers, fruits, sarees, songs, and poems as offerings, immersing themselves in rituals and celebration. During Navratri one can connect through devi with chanting "Linga Bhairavi Stuti followed by Devi Dandam and to connect even more deeply one can simply sit with open eyes and do 'Achala Arpanam Sadhana'.

For me, fasting during Navratri has been a deeply personal journey. It has:

- Strengthened my bond with Devi.
- Created well-being for me and my family.
- Opened new dimensions of experience when practiced with true devotion.

Navratri is not just a festival—it is an invitation to step into the grace of the Divine Feminine. To me, it is truly nine nights of living in the presence of Devi.

her, and simply gazing at her—as one would gaze at a beloved.

When I learned about Navratri Sadhana, a simple yet profound spiritual practice designed by Sadhguru to receive Devi's grace, I felt deep calling. During the Covid lockdown, I had the opportunity to join the sadhana online. It was powerful, intimate, and transformative—something one can do at any time of the day, yet it connects you beyond time itself.

Today, we are blessed to have a consecrated abode of Linga Bhairavi in Kathmandu, at Basundhara. In 2023, Sadhguru himself consecrated her here through prana Pratishtha. Now, thousands of devotee's visit every weekend to be in her presence, and to celebrate the sacred Navratri in her grace.

Navratri—literally "Nine Nights with Devi"—is a time to awaken and nurture the feminine within. Across

these nine days, three forms of Devi are worshipped:

Durga (Tamas—inertia, grounding strength)

Lakshmi (Rajas—activity, prosperity, abundance)

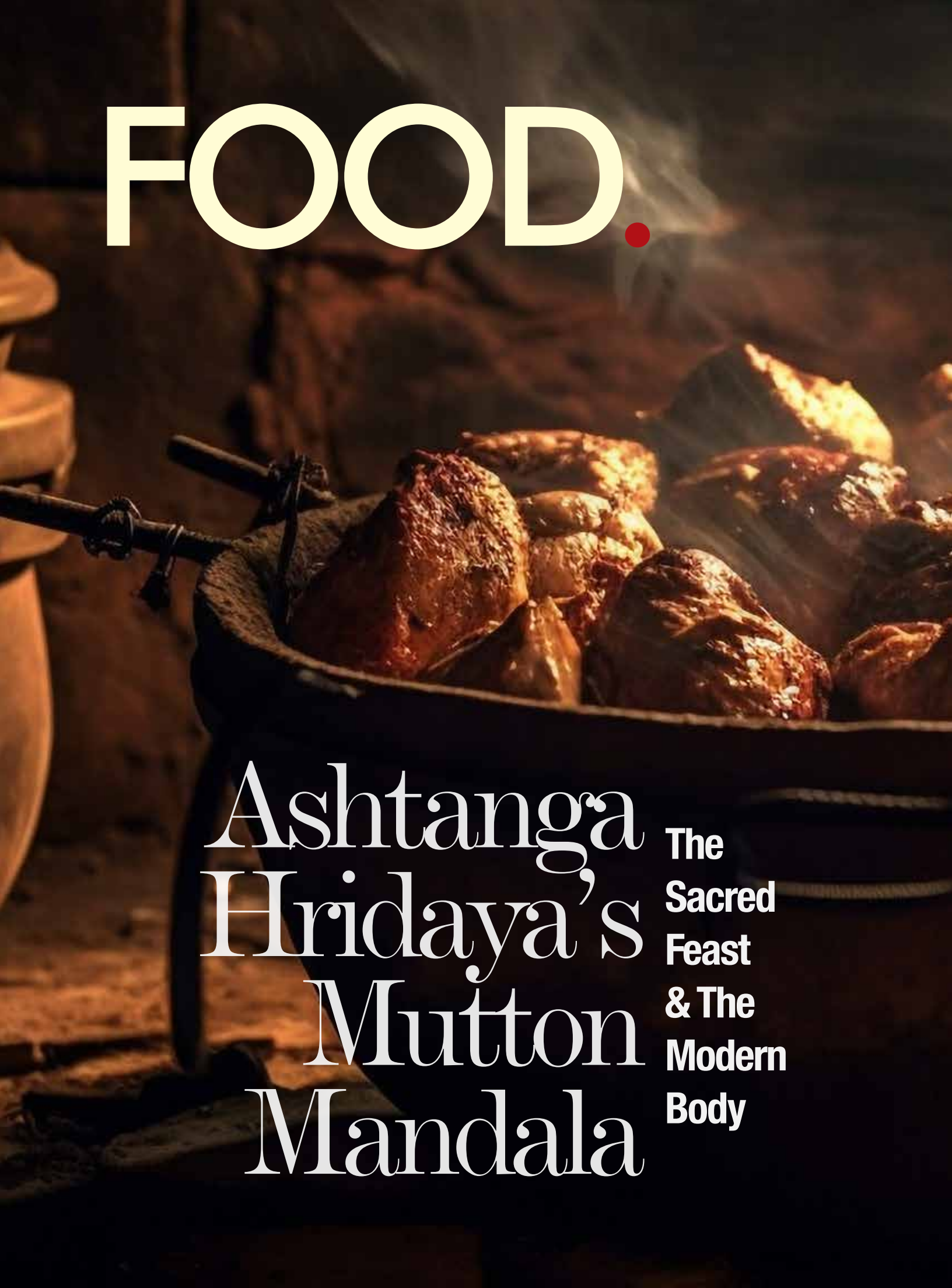
Saraswati (Sattva—knowledge, transcendence, purity)

Navratri Sadhana is open for both men and women. There is no any dietary restrictions but it is best to consume sattvic Bhojan during the sadhana period



Kiran Karki Silwal

Certified Parenting & Lifestyle coach | NLP -Sub Practioner| Women in spirituality |Mrs. Nepal World 2nd Runner Up | Podcast: @shinewithkirann IG: @kirankarkisilwal



FOOD.

Ashtanga
Hridaya's
Mutton
Mandala

The
Sacred
Feast
& The
Modern
Body



For generations, mutton at Dashain has symbolized strength, family, and gratitude. But with changing lifestyles, indulgence can clash with health. This article explores Ayurveda's wisdom—recipes, timing, and spices—that let us celebrate khasi with reverence while keeping our bodies resilient.

By Chef Sandeep Khatri

FOR US, Dashain isn't just a festival – it's the living pulse of Sanatan Hindu tradition. As a Kathmandu-born child, those journeys to the countryside weren't just trips; they were immersions. Away from concrete, I found roots running deep in muddy paths, cousin laughter echoing in courtyards, and the earthy scent of khasi ko masu simmering over woodfire. That mutton wasn't mere meat; it was communion, the heart of ancestral blessings, family labor, and harvest celebration.

Today, as luxury vacations tempt many abroad, I still choose the hills. Why? Because sitting beneath ancestral eaves, sharing a bone-rich broth with elders, is soul-medicine no Bali beach can match. Yet, here lies our modern tension: Our bodies are no longer our ancestors'. They walked steep terrains, farmed dawn to dusk, fasted rigorously before feasting. We battle pollution, processed diets, and sedentary lives. Our "national dish" now risks becoming uric acid's playground.

How do we honor the sacred khasi, the centerpiece of our reunion, without sacrificing wellbeing? How do we feast when our physical reality has diverged so sharply from those who gifted us these rituals? This Dashain, let's bridge reverence with resilience. Ayurveda, the science of life aligned with nature's rhythms offers not restriction, but intelligent celebration. Let's craft mutton plates bursting with tradition's flavor, yet kind to modern bodies.

Mutton in Ayurveda: The Warrior's Nourishment

In Ayurveda, meat is classified by its source and effect on doshas. Goat meat (Chāgala Mamsa) is revered as Jangala Mamsa (from animals of arid, wild landscapes). It's light, dry, and easy to digest, unlike fatty red meats, making it ideal for balancing Vata and Kapha while moderately nourishing Pitta.

Charaka Samhita (Sūtrasthāna 27) declares:

"The meat of Jangala animals (like deer, goat) is best, especially in cold seasons."

The Warrior's Plate: Strength Without Sluggishness

Ancient warriors ate mutton not for indulgence, but as medicinal fuel:

- **Strategic Timing:** Eaten midday (when digestive fire/Agni peaks) before battle or strenuous effort.
- **Spiced as Medicine:** Cooked with ginger, black pepper, turmeric, and pippali to boost Agni, prevent toxin buildup (Ama), and enhance blood circulation.
- **Bone Broths:** Slow-simmered with marrow to heal tissues, fortify joints, and build Ojas (vitality).

Bhishma's Wisdom in Mahabharata (Anushasana Parva):

The grandsire advises Yudhishtira:

"Those who eat meat gain strength, vigor, and

radiance, vital for warriors in battle."

But note: This was paired with rigorous physical discipline (long marches, weapon drills) and seasonal detox (fasts, herbal cleanses).

The Modern Takeaway

Our ancestors ate mutton:

- As seasonal medicine (cold weather, high exertion).
- Minimally processed (no deep-frying, no reused oil).
- With digestive spices (turmeric, ginger, pippali).
- As small portions in bone broths or stews, never as daily excess.

Your Dashain Hack:

"Replace oily curries with slow-cooked Rasayana Mutton Broth, bones simmered with ginger, garlic, turmeric, and Himalayan herbs (gurjo, timur). Serve with bitter greens (kafal/mustard) to offset uric acid."

Charaka Samhita (Sūtrasthāna 27.88) declares:

"Meat builds the body's tissues (dhatus), enhances strength (bala), and acts as rasāyana (rejuvenation)."

The Warrior's Recipe: Siddha Mamsa Rasa (Perfected Meat Broth)

From Sushruta Samhita (Sūtrasthāna 46)

INGREDIENTS:

- Lean Goat Meat (Jangala): 500g (shoulder/leg)

- Light, Vata-balancing, high in Prana.
- Bones with Marrow: 200g (knuckles/ribs)
- Builds asthi dhatu (bone tissue), Ojas (immunity).
- Water: 2 liters (pure spring/river water)
- Carries medicinal properties.
- Spices:
 - Ginger: 1 thumb, crushed → Ignites Agni (digestive fire).
 - Turmeric: 1 tsp → Anti-inflammatory, blood-purifier.
 - Pippali (Long Pepper): 5 berries → Enhances bioavailability, fights Ama (toxins).
 - Cumin: 1 tsp → Prevents bloating.
 - Bitter Greens: Mustard/Spinach leaves (handful) → Counters meat's heaviness; balances Pitta/Kapha.

METHOD

- Clean & Soak: Wash meat/bones in running water. Soak in turmeric-water (1 hour) to remove impurities.
- Simmer Slowly: In earthen pot, combine meat, bones, spices, and water. Simmer 4-6 hours on woodfire (not boil!). Doing so retains prana; marrow dissolves into broth.
- Add Greens: Stir in bitter greens last 10 mins.
- Strain & Serve: Drink broth warm (never cold).

Why This Was Warrior's Food

- Agni Protection: Slow cooking + ginger/pippali spared digestive fire.
- Rasāyana Effect: Bone marrow built shukra dhatu (reproductive

- essence) and mental clarity.
 - Dosha Balance: Bitter greens prevented uric acid (Kapha/Pitta vitiation).
 - Seasonal Wisdom: Eaten only in Hemanta/Shishira (late autumn/winter) for warmth.
- Here's a Tridosha-Balancing Stir-Fried Mutton recipe inspired by ancient Ayurvedic principles, designed for modern Dashain feasts without compromising tradition or wellness:

"Agni Mamsa: Sacred Stir-Fry for Vata, Pitta & Kapha"

Ancient warriors rarely ate heavy stews daily. For rapid energy, they consumed quick-seared meat with digestive spices. This recipe balances all doshas by leveraging:

- High heat → Reduces Kapha (oiliness)
- Bitter greens → Cools Pitta (heat/inflammation)
- Ghee + warming spices → Grounds Vata (dryness/anxiety)

AYURVEDIC INGREDIENTS

- Lean Goat Meat (Jangala): 500g, thinly sliced
→ Balances Vata/Kapha (light, dry). Avoid fatty cuts.
- Mustard Oil/Ghee: 3 tbsp
→ Mustard (Kapha-Vata pacifying), Ghee (Pitta-soothing).
- Tridosha Spice Blend:
 - Cumin (Jiraka): 1 tsp → Ignites Agni (digestion)
 - Coriander (Dhānyaka): 2 tsp → Cools Pitta

- Ajwain (Yavāni): ½ tsp → Reduces gas (Vata)
- Timbur (Wild Sichuan Pepper): ½ tsp → Cleanses blood (Pitta-Kapha) [Nepali hills secret!]
- Turmeric: 1 tsp → Anti-inflammatory
- Bitter Greens: 2 cups chopped kafal/neem leaves OR spinach + fenugreek
→ Purifies blood (Pitta), counters meat acidity.
- Sour Balance: 1 tbsp amla (gooseberry) pulp OR lemon juice
→ Enhances iron absorption, detoxifies.

METHOD

- Meat Purification:
 - Soak slices in 1 cup water + 1 tsp turmeric + 1 tsp rock salt for 15 mins. Rinse.
 - Removes toxins (Ama) as per Sushruta.
- Spice Tempering:
 - Heat mustard oil/ghee until smoky. Cool slightly. Add whole spices: 1 tsp cumin seeds, ½ tsp ajwain, 2 dried timbur pods.
 - Sizzle 30 secs until fragrant. Do not burn!
- Stir-Fry Sequence:
 - Add meat → sear on high heat 5 mins until browned.
 - Add spice powder blend (coriander, turmeric) + 1 tbsp ginger-garlic paste.
 - Toss 2 mins. Add greens + amla pulp.
 - Stir-fry 4 mins until greens wilt but stay bright.

Our Stance Today

- We acknowledge these historical practices without endorsing

- hunting in our fragile ecosystems.
- We honor all paths – vegetarian or non-vegetarian – as valid expressions of dharma when aligned with ahi sã (non-harm) and yukti (context).
- Dashain's core is gratitude: for harvests, family, and life itself. Whether one eats leaves or meat, let it be with jñāna (awareness) and k tajñatā (thankfulness).

Shubha Dashain! May your feast bring strength, not suffering. The khasi is sacred, not just for its blood, but for the life it gives. Let's honor it by eating as our wise ancestors did: with strength, gratitude, and restraint."



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 **Black Gold**.
MEDITERRANEAN HOUSE



Mediterranean Magic Middle Eastern Flavors

Savor the finest halal delights, from smoky grills to aromatic spices,
at **The Black Gold Restaurant**.



Mutton Mandi



Mediterranean
Veg Platter



Grilled Halloumi
Salad



Lasagna

International Club, Surendra Bhawan Sanepa, Lalitpur, Nepal
+977 1 5419999 | Tbgsanepa@gmail.com | www.theblackgoldrestaurant.com

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



INTRODUCING SRM-7 SEATER LUXURY VAN

@ RS. 39 LAKHS

40% | 90% | 100%
MORE SPACE | LESS FUEL | ECO-FRIENDLY



75+

Charging Stations

20+

Service Touch Points

80%

Lower Cost in Spare Parts



Dashain Dining, Hotel Style

Celebrate Dashain with the signature recipes of Nepal's finest hotels. From Lemon Tree Premiere to Holiday Inn Express, Aloft Kathmandu, and The Soaltee, bring five-star flavors and festive spices straight to your home. Recreate indulgent tarts, smoky kebabs, and traditional curries to make your Dashain table memorable, joyful, and full of warmth.

By Malika Joshi



Signature Bites at Lemon Tree Premier Budhanilkantha

Lemon Tree Premier is a renowned name in Nepal's hospitality scene, known for its blend of comfort, elegance, and flavorful dining. With its inviting ambience, attentive service, and carefully curated dishes, the hotel creates an experience that lingers beyond the meal. The calm setting enhances the joy of dining, making every bite more memorable. Bring in the same culinary magic into your home by preparing these signature recipes.



WARM SPICED PINEAPPLE CRUMBLE TART

FOR TART SHELL

- Butter-100gm
- Icing Sugar-55gm
- Flour-60gm
- Almond Powder-25gm
- Baking Powder-1gm

FOR PINEAPPLE COMPOTE

- Small Diced Pineapple-100gm
- Sugar-50gm
- Lemon Zest-1pc
- Lemon Juice-5ml
- Cinnamon Stick-3pcs

FOR SPICED CRUMBLE

- Butter-50gm
- Caster Sugar-50gm
- Flour- 50gm
- Almond Powder-30gm
- Cinnamon Powder-2gm
- Cardamon Powder- 1gm
- Cloves Crushed- 3 pcs

FOR PINEAPPLE COULIS

- Fresh Pineapple Juice-50gm
- Agar Agar-2gm
- Sugar-20gm

FOR GARNISH

- White Chocolate Stick-1pc
- Crumble- 20gm
- Fresh Flowers- 1pc
- Mint Leaves- A Sprig

METHOD

- Prepare the sweet dough and bake in the desired tart shell.
- Make the pineapple compote. Let it cool down.
- Fill in the tart shell.
- Cover with the crumble and bake.
- Garnish with the coulis, chocolate sticks, fresh flowers, vanilla ice cream and mint sprig.
- Serve the tart warm.



BY CHEF SANJAY DAS

Chef Sanjay Das, Pastry Chef at Lemon Tree Premier Budhanilkantha, designs and implements exquisite seasonal pastry collections. With over a decade of experience in French culinary arts, Chef Sanjay has crafted a diverse range of signature desserts that not only uphold the hotel's commitment to exceptional food quality but also delight guests by tantalizing their taste buds.

BHARWAN PANEER AUR SUBZI KE SHOLEY

INGREDIENTS

- Bread slice – 04nos
- Paneer Grated – 50gms
- Cheddar cheese – 30gms
- Mozzarella cheese – 30gms
- Mix Vegetables finely chopped (Carrot, Beans, Broccoli, Colored Capsicum) – 50gms
- Boiled Potato – 30gms
- Chopped Mix Nuts – 20gms
- Raisins – 15gms
- Chopped Green Chilli – 02nos
- Ginger Chop – 05gms
- Chop Coriander Leaf – 05gms

SPICE MIX

- Cumin powder – 05gms
- Coriander powder – 03gms
- Garam Masala Powder – 02gms
- Chat Masala – 03gms
- Cardamom powder – a pinch
- Salt – To Taste
- Butter – 15gms
- Oil - For Frying

METHOD

- Heat Oil and butter in the wok add Chop ginger, Chop Chilli, Vegetables, Paneer, Mashed Potato, Cheese, Chilli Flakes and spice

mix with Fresh chopped coriander. Check For Seasoning and let it cool for some time

- Take The Bread slice and trim the edges and roll it using a rolling pin and add the stuffing and cover the filling making of a sphere. One at a time
- Heat Oil and Deep fry till its golden Brown and crisp
- Serve it with garlic Mayonnaise and Mint Chutney



BY CHEF RAMIT MALLA

Chef Ramit Malla, the Specialty Chef in Nepalese and Indian cuisine at Lemon Tree Premier Budhanilkantha, creates dishes whose irresistible flavors bring joy to every table. With over two decades of culinary expertise, every dish you savor is thoughtfully curated from his menu and served with a presentation that stays true to the grandeur of his banquets

Culinary Vibes at Aloft Kathmandu

Aloft Kathmandu Thamel brings a chic and youthful energy to Nepal's hospitality scene, where modern design meets vibrant flavors. With its lively ambience, upbeat service, and creative culinary offerings, the hotel turns every dining moment into an experience to remember. The stylish setting amplifies the taste, making each dish feel even more special. And while the vibe at Aloft is truly unmatched, you can still savor its signature flavors right at home with these recipes.

Dashain Special Smokey Lamb chop

INGREDIENTS

FOR MARINATION:

- 1 kg mutton chops (cut with rib bones)
- 200 g plain yogurt
- 2 tbsp ginger-garlic paste
- 2 tbsp mustard oil (heated and cooled)
- 1 tbsp cumin powder
- 1 tbsp coriander powder
- 1 tbsp turmeric powder
- 1 tbsp Kashmiri chili powder (for color & mild heat)
- 1 tsp garam masala
- 1 tbsp lemon juice
- 1 tsp salt (adjust to taste)

- 1 tbsp crushed black pepper
- 2 tbsp fresh coriander, finely chopped

FOR SMOKING

- 1 piece charcoal
- 1 tsp ghee

FOR GARNISH

- Onion rings
- Fresh coriander
- Lemon wedges

METHOD

- Clean & Prep the Chops Wash and pat dry mutton chops. Make small cuts for better marination absorption.
- Marinate

- In a bowl, whisk yogurt, mustard oil, ginger-garlic paste, spices, lemon juice, and salt.
- Coat the chops well and refrigerate for at least 4–6 hours (overnight for best flavor).
- Smoke Infusion (Nepali Style)
- Place the marinated chops in a large bowl.
- Heat a small piece of charcoal until red-hot.
- Place it in a steel bowl/ cup inside the marination bowl. Add 1 tsp ghee on hot charcoal → it will smoke.
- Immediately cover tightly with a lid for 5 minutes.

This infuses a deep smoky aroma.

- Cooking the Chops
 - Grill over charcoal fire (traditional Dashain flavor) OR
 - Pan-sear in heavy skillet with ghee/oil until golden brown, then finish in oven (180°C for 10–12 minutes).
 - Alternatively, slow-cook covered in pan until tender, then finish on open flame for smoky edges.
 - Serving
- Rest the chops for 2–3 minutes. Serve hot with onion rings, lemon wedges, and a sprinkle of fresh coriander. Ingredients (Serves 4–5)

NEPALI DASHAIN SPECIAL CHICKEN TULSI CURRY

CHICKEN & BASE

- 1 kg local chicken (kukhura maasu, bone-in for best flavor)
- 3 tbsp mustard oil (or ghee for richer flavor)
- 2 medium onions, finely sliced
- 2 medium tomatoes, chopped
- 2 tbsp ginger-garlic paste
- 2–3 green chilies, slit

SPICES

- 1 tsp cumin seeds
- 2 bay leaves
- 1 cinnamon stick
- 3–4 green cardamoms
- 1 tsp turmeric powder
- 1 tbsp coriander powder
- 1 tbsp cumin powder
- 1 tsp chili powder (adjust to taste)
- 1 tsp garam masala

DASHAIN TOUCH

- 1 small bunch fresh tulsi leaves (20–25 leaves, washed & torn)
- 1 tsp freshly ground black pepper
- ½ tsp fenugreek seeds (methi)

FINISH & GARNISH

- Fresh coriander leaves
- Lemon wedges

METHOD

- Marinate Chicken (optional, for deeper flavor)
- Mix chicken with turmeric, salt, and 1 tbsp mustard oil. Rest for 30 minutes.

- Prepare the Curry Base
 - Heat mustard oil in a heavy pan until slightly smoky.
 - Add fenugreek seeds → let them turn black. Add cumin seeds, bay leaves, cinnamon, cardamom.
 - Add onions and fry till golden brown.
- Build Flavor
 - Add ginger-garlic paste and sauté well.
 - Stir in powdered spices (turmeric, coriander, cumin, chili). Fry for 30–40 sec.
 - Add tomatoes and cook until they break down into masala paste.
- Cook the Chicken
 - Add marinated chicken, sear on high heat until browned and coated with masala.
 - Add 2 cups hot water (more if you want thinner gravy).
 - Simmer covered on medium flame until chicken is tender (25–30 mins).
- Tulsi Infusion
 - Once chicken is almost done, add torn tulsi leaves and crushed black pepper.
 - Let it simmer gently for 5 more minutes. Tulsi should infuse without losing its freshness.
- Finish
 - Sprinkle garam masala, adjust seasoning.
 - Garnish with fresh coriander and extra tulsi leaves.



ALOO CHUKAUNI – DASHAIN SPECIAL

INGREDIENTS (SERVES 3–4)

- 4 medium potatoes (boiled, peeled, cubed)
- 1½ cup thick plain yogurt (curd/dahi)
- 1 medium onion (thinly sliced)
- 2–3 green chilies (sliced, adjust to taste)
- 1 tsp ginger-garlic paste (optional, some add for depth)
- 2 tbsp fresh coriander leaves (chopped)
- Salt to taste

FOR TEMPERING (TADKA)

- 2–3 tbsp mustard oil (or any oil, but mustard oil gives authentic flavor)
- ½ tsp fenugreek seeds (methi)
- ½ tsp turmeric powder
- 1–2 dried red chilies

METHOD

- Prepare the potatoes
 - Boil potatoes until soft but firm. Peel and cut into cubes.
- Mix the yogurt base
 - In a mixing bowl, whisk the yogurt until smooth.
 - Add salt, green chilies, onion slices, and ginger-garlic paste (if using).
- Combine
 - Add boiled potatoes into the yogurt mixture. Mix gently so potatoes don't break too much.
- Tempering
 - Heat mustard oil in a small pan.
 - Add fenugreek seeds and let them turn dark brown (not burnt).
 - Add turmeric powder and dried red chilies. Sizzle for a few seconds.
 - Immediately pour this hot oil mixture over the potato-yogurt salad.
- Finish
 - Garnish with fresh coriander.
 - Mix lightly and serve chilled or at room temperature.



Timeless Tastes at The Soaltee Kathmandu

The Soaltee Kathmandu stands as a landmark in Nepal's hospitality, blending heritage with world-class luxury. Known for its grandeur, refined service, and exquisite dining, the hotel offers an atmosphere where tradition and modernity meet seamlessly. Every dish reflects a legacy of culinary excellence, elevated by the serene ambience of the property. And while experiencing The Soaltee in person is always unforgettable, you can also bring a touch of its timeless flavors into your home kitchen with these recipes



NANJING FIVE SPICED DUCK Portion - 4

QUANTITY

- Five Spice (Lobo) 65 GM - 10.000 gm
- Sunflower Oil - 500.000 ml
- Corn Flour - 40.000 gm
- Sichuan Pepper Oil 400 M - 15.000 ml
- Chilly Sauce 700 GMS - 30.000 gm
- Veg Seasoning Powder Imp - 20.000 gm
- Table Salt (Ayonun) - 40.000 gm
- Sugar Grain - 20.000 gm
- Duck Breast - 800.000 gm
- Capsicum Imported - 100.000 gm
- Dhania Green - 40.000 gm

- Garlic Chinese Big - 30.000 gm
- Green Onion - 40.000 gm
- Kikoman Soy Sauce - 500 ml
- Ginger - 50 gm

METHOD

- In a sauce pan add 400 ml soy sauce, 20 gm garlic, 20 gm ginger, 10 gm five spice, 7 gm schezwan pepper and water to Boil duck breast for 1 Hour
- Once duck breast is cooked remove from the water and chill it

- Slice the duck dust with corn flour. Heat oil in a wok and deep fry the sliced duck. Remove from oil and keep aside
- Chop remaining Ginger, garlic and suate in oil, add oyster sauce, 1 teaspoon of soy sauce, 10 gm of seasoning powder and add duck and slice capsicum.
- Adjust seasoning and garnish with fresh coriander and spring onions.
- Serve with steam/ Jasmine rice

DESCRIPTION

Succulent duck breast simmered in soy, ginger, garlic, and aromatic five-spice, then lightly coated in corn flour and crisp-fried to perfection. Tossed with capsicum, chili sauce, and Sichuan pepper oil, the dish is finished with fresh coriander and spring onions for a fragrant, flavorful balance. Best enjoyed with steamed jasmine rice.

CRISPY SMOKED VEGETABLE Portion-4

QUANTITY

- Fresh Baby Corn - 250.000 gm
- Tofu - 220.000 gm
- Carrot - 200.000 gm
- Fresh Mushroom - 250.000 gm
- Green Onion - 10.000 gm
- Ginger - 20.000 gm
- Garlic Chinese Big - 20.000 gm
- Sunflower Oil - 500.000 ml
- Chilly Sauce 700 Gms - 20.000 gm
- CHINESE CHILLY BEAN SAUCE 240 Gm - 20.000gm
- Table Salt (Ayonun) - 40.000 gm

- Veg Seasoning Powder Imp - 20.000 gm
- Sugar Grain - 20.000 gm
- Corn Startch - 100.000 gm
- Sichuan Pepper Oil 400 ml - 10.000 ml
- Dry Chilly - 10.000 gm

METHODS

- Dust the vegetables with corn flour
- Heat oil and deep fry the vegetables and tofu.
- Saute chopped garlic, ginger, and rest of the ingredients except green onion, toss well. Adjust seasoning
- Serve hot and garnish with green onion.

DESCRIPTION

A colorful medley of baby corn, tofu, carrot, and mushrooms, lightly dusted and fried to golden crispiness. Tossed in a smoky, spicy sauce of ginger, garlic, chili bean, and Sichuan pepper, and finished with fresh green onions for a fragrant, flavorful crunch.



Chef Avanish Jain leads the culinary team at The Soaltee Kathmandu as Executive Chef, bringing a passion for Nepalese and international flavors to every dish. With extensive training in Indian, Asian, and Chinese cuisines and years of experience in renowned hotels, he curates refined and memorable dining experiences. At Bao Xuan, he applies his expertise to craft authentic Chinese flavors, blending tradition with subtle innovation to delight every guest.



Flavours Unwrapped at Holiday Inn Express Kathmandu

Holiday Inn Express is a modern escape that blends comfort with convenience, offering guests a refreshing stay alongside delightful dining. Known for its warm hospitality and vibrant atmosphere, the hotel makes every meal a memorable affair. The simplicity of the space allows the food to shine, with flavors that speak straight to the heart. Dining there is always a pleasure, but if you want to stay at home, you can recreate that same experience at home with these handpicked recipes.



MUTTON SHEEKH KEBAB WITH LACHA ONION & MINT

CHUTNEY Portion: 1 | Pieces
after cutting: 6

INGREDIENTS

FOR KEBAB CYLINDER

- Minced mutton – 180 g
- Onion (finely chopped) – 22 g
- Ginger-garlic paste – 7 g
- Green chili (finely chopped) – 3 g
- Coriander leaves – 7 g
- Garam masala – 1 g
- Cumin powder – 1 g
- Red chili powder – 3 g
- Salt–3g
- Egg – 22 g (optional, to bind)
- Oil – 7 g (for basting)

FOR GARNISH

- Lacha onion – 10 g
- Lemon wedge – 1 piece

FOR MINT CHUTNEY

- Fresh mint leaves – 10 g
- Fresh coriander leaves – 5 g
- Green chili – 2 g
- Lemon juice – 5 g
- Yogurt (optional) – 5 g
- Salt–1g
- Sugar – 1 g (optional)
- Water – 10–15 g

METHOD

Prepare the Kebab Mixture:

- Mix minced mutton, finely chopped onion, ginger-garlic paste, green chili, coriander leaves, garam masala, cumin powder, red chili powder, salt, and egg (if using).
- Mix until smooth and slightly sticky.
- Refrigerate for 30–60 minutes to let flavors meld.

Shape the Cylinder:

- Shape the entire mixture around a skewer into a single long cylinder.

Cook the Cylinder:

- Preheat grill, tandoor, or oven to 200°C (392°F).
- Brush lightly with oil.
- Cook for 12–15 minutes, turning occasionally, until evenly cooked and lightly charred.

Slice the Cylinder:

- Remove from skewer and cut into 6 bite-sized pieces for serving.

Prepare Mint Chutney:

- Blend mint, coriander, green chili, lemon juice, yogurt (optional), salt, sugar (optional), and water into a smooth paste.
- Adjust water for a slightly thick but pourable consistency.

Plate & Garnish:

- Arrange the 6 pieces on a plate.
- Garnish with lacha onion and a lemon wedge.
- Serve with 10–15 g of mint chutney on the side.



INDO-CHINESE DRUMS OF HEAVEN

Portion: 1 | Pieces: 5

INGREDIENTS

FOR CHICKEN MARINADE

- Chicken drumsticks – 400 g (approx. 5 pieces)
- Garlic paste – 5 g
- Ginger paste – 5 g
- Soysauce–15g
- Cornflour – 10 g
- Salt–2g
- Black pepper – 1 g
- Red chili powder – 2 g
- Eggwhite–15g
- Oil–5g

FOR INDO-CHINESE SAUCE

- Soysauce–10g
- Tomato ketchup – 15 g
- Chili sauce (hot) – 5 g
- Vinegar – 5 g
- Sugar–5g
- Garlic (finely chopped) – 3 g
- Spring onion (white part, chopped) – 10 g

- Cornflour slurry – 5 g cornflour + 10 g water

FOR GARNISH:

- Julienned capsicum – 10 g
- Julienned carrots – 10 g
- Spring onion greens – 5 g
- Lemon wedge – 1 piece

METHOD

Marinate the Chicken:

- Mix garlic paste, ginger paste, soy sauce, cornflour, salt, black pepper, red chili powder, egg white, and oil in a bowl.
- Coat drumsticks evenly and refrigerate for 30–60 minutes.

Fry the Chicken:

- Heat oil in a pan or deep fryer.
- Fry drumsticks until golden brown and cooked through (8–10 minutes, depending on size).
- Drain on kitchen paper.

Prepare the Sauce:

- Heat 5 g oil in a pan.
- Sauté garlic and spring onion whites until aromatic.
- Add soy sauce, tomato ketchup, chili sauce, vinegar, and sugar.
- Stir in the prepared cornflour slurry and cook until the sauce thickens.

Toss Chicken in Sauce:

- Add fried drumsticks to the sauce.
- Toss gently until coated evenly.

Plate & Garnish:

- Arrange 5 drumsticks on a plate.
- Garnish with julienned capsicum, carrots, spring onion greens, and a lemon wedge.

Serve hot.

PARENTING.

Festivals & FAMILY

STRENGTHENING BONDS AND SHAPING YOUNG MINDS

Festivals are more than fleeting celebrations; they are living classrooms where children's questions, laughter, and participation fuel both learning and bonding. Every ritual, story, and shared moment shapes not just memories, but also a child's imagination, resilience, and emotional growth.

By Priyanka Chaguthi





"WHY DO we light diyos during Tihar, Mamu?" little Anvi asked, staring at the flickering flame. Her question was simple, but it carried a depth only a child's curiosity could hold. In that moment, her mother realized she wasn't just lighting a lamp, she was also sparking her daughter's imagination, memory, and understanding of the world.

This is the magic of festivals. They are more than holidays or rituals; they are powerful moments where family togetherness meets children's growing brains. Every story told, every ritual practiced, and every laugh shared shape not just memories, but also a child's cognitive and emotional development.

Curiosity: The Starting Point of Learning

Children are naturally curious. During festivals, this curiosity is heightened: Why do we fly kites on Ghatasthapana? Why do sisters put tika on brothers during Bhai Tika? Why do we worship cows and dogs during Tihar? Every "why" and "how" fuels brain development, pushing children to think, question, and connect. When adults answer patiently, they nurture not just knowledge but also a child's ability to reason, imagine, and make sense of traditions.

Festivals and the Developing Brain

Science tells us that children's brains form millions of connections every day through experiences. Festivals provide a rich environment

"Festivals are not just cultural rituals; they are living classrooms where children learn"

where these connections flourish:

- **Language & Memory:** Folktales and songs expand vocabulary and strengthen recall.
- **Creativity & Problem-Solving:** Helping to make rangoli or arrange flowers challenges the brain in new ways.
- **Social Understanding:** Greeting elders, sharing food, and respecting rituals grow emotional intelligence.
- **Emotional Balance:** Waiting for tika, receiving blessings, and giving gifts build patience, gratitude, and resilience.

Festivals are not simply about joy; they are brain-boosting, heart-touching lessons for life.

The Other Side: Long Holidays & Screen Time

But let's be real. Long festival holidays can also mean children glued to television, mobile games, or endless scrolling. Without intentional engagement, a time meant for bonding can quietly slip into hours of screen dependency. This doesn't just affect physical health, it weakens opportunities for real conversations, emotional warmth, and cultural learning.

The good news? Families can turn these same holidays

into vibrant, enriching experiences by consciously involving children. Instead of handing them a phone, give them a story, a task, or a chance to help. Instead of passively consuming content, let them actively create memories.

Navigating Emotions Through Celebrations

Festivals also stir deep emotions. Children observe joy, togetherness, and sometimes even absence like missing a loved one during gatherings. These moments are powerful teaching opportunities. By talking openly, sharing feelings, and modeling empathy, families help children navigate their own emotions. A child who learns to say, "I miss grandpa, but I'm happy we are remembering him together," is developing resilience and emotional intelligence far beyond their years.

Making Festivals Worthwhile for Young Minds

To make the most of festivals, families can:

- **Invite curiosity:** Encourage children to ask questions about rituals and answer thoughtfully.
- **Balance fun and meaning:** Yes, enjoy selfies and music, but also tell the stories behind the traditions.
- **Limit screens with engagement:** Keep

children busy in preparations — making sel roti, crafting decorations, lighting diyos.

- **Embrace emotions:** Let children express both excitement and sadness during gatherings; validate their feelings.

A Classroom of Love and Culture

When seen with intention, festivals are not just cultural rituals; they are living classrooms where children learn to think, feel, and connect. Every diyo lit, every song sung, every blessing exchanged becomes part of a child's cognitive and emotional growth.

So, this festive season, let's remember: beyond the feasts and fireworks, festivals are opportunities to raise children who are not only smart but also empathetic, resilient, and deeply rooted in culture. In a world of fleeting distractions, these traditions remain the most powerful tools we have to shape young minds and strengthen family bonds.



PRIYANKA CHAGUTHI

Priyanka Chaguthi is the Founder and Consultant of Vygotsky Nepal, where she advocates for a brain-based approach to understanding children more effectively. Her signature short course, "Know Your Child's Brain," has quickly become one of the most sought-after programs among teachers and parents, successfully running its 4th batch in just three months. With schools also embracing this concept, Priyanka continues to inspire families and educators to nurture children with deeper empathy, science, and care. She is also an esteemed member of Smart Parenting Nepal.

Why Mothers Should Brag More

Parenting is stitched together not in grand gestures, but in fleeting, almost invisible triumphs. When we pause to honor these wins, we discover the beauty in the becoming.

By Mridula Saria



THE OTHER day, a friend asked me a question that lingered with me: "How do you believe so much in your ways, especially when things to do with children are always so contradictory? Most of the results show up years later, so how do you know you're on the right path?"

It's true. Parenting rarely offers instant results. Unlike work projects or house chores where you can check something off your list and see completion, raising children is more like planting seeds in invisible soil. You nurture, you water, you hope and only much later, sometimes years later, do you see what truly grew.

So how do we keep believing? How do we trust that what we are doing now will matter in the future?

For me, the answer has come through the little wins.

The Little Things That Hold Us

Every time I notice a small shift, my child pausing before reacting, apologizing without being prompted, or showing a glimmer of patience in a moment that used to end in tears, I feel a quiet reassurance.

Over the years, both as a mother and as a coach, I've trained myself to notice them. The tiniest shift in behaviour. A moment of unexpected calm. A choice my child made that showed growth, empathy, or self-awareness. These aren't always Instagram-worthy moments. They're often fleeting. But they're powerful. They're the proof that something is working.

It's not dramatic, and it doesn't announce itself as a milestone. But 'it is a WIN'.

And yet, here's the irony, while these wins are what fuel us, most of us barely acknowledge them. We rush past them. We shrug them off as "not a big deal." As mothers, how often do we pause to acknowledge these?

Meanwhile, every mistake we make? We blow it up. Obsess over it. Revisit it at 2 a.m. and ask ourselves why we didn't handle it differently.

We have a strange habit of magnifying our mistakes and shrinking our victories. When something goes wrong, we make it huge. We carry it around. We let it define us. The day we lose patience stays with us. The moment we gave in to the screen lingers in our heads. But when something goes right, when we do something brave, thoughtful, patient, or wise, we barely register it.

The evening we handled a meltdown calmly, the morning we managed to get everyone out the door without rushing, or the afternoon we chose connection over correction? Those slip by almost unnoticed.

Sound familiar?

Why do we hold on so tightly to our failures, but let our wins float away?

We underplay our efforts. We deflect compliments. We say things like, "I got lucky" or "That was just one good day" or "Well, that doesn't usually happen."

Why?

Part of it is cultural. There's a long-standing narrative that mothers should be selfless, tireless, endlessly giving, and that celebrating ourselves is somehow indulgent or egotistical.

Part of it is internal. We love our children so deeply that we carry an unbearable pressure to get it "right." So, when something feels off, we take it personally. We think we've failed, not just at a task, but at being a mother.

Why the Small Wins Matter?

The small wins are not just feel-good moments. They're data. They're evidence. They show us that something we're doing is making a difference.

Your child cleaned up without being asked? That's a win.

You kept your cool during a tantrum, even though you were exhausted? That's a win.

You apologized after raising your voice? That's a win too.

These aren't just signs that your child is growing. They're signs that you are growing. That you're learning, adjusting, adapting. That you're in it, and staying in it, even when it's messy and unclear.

But more importantly, recognizing these wins builds resilience. It reminds us that we're not powerless. That we're not just reacting, we're leading. It helps us stay grounded in a season of life where nothing feels certain and the feedback loop is painfully slow.

What if we celebrated our wins as loudly as we criticize our mistakes?

What if we gave ourselves credit for the things that went well, not just blame for the things that didn't?

What if we treated the small wins like they were the whole point, because honestly, they kind of are.

Someone once told me: Celebrate all your wins. Make a big deal about them.

And I couldn't agree more. Because if we can make a big deal of our slip-ups, our regrets, our not-so-proud moments, then surely, we deserve to make a big deal of our progress too.

It's not about arrogance. It's about perspective. And it's about survival.

Wins are what fuel us, most of us barely acknowledge them. We rush past them. We shrug them off as "not a big deal."

Motherhood is long. It's demanding. It's emotionally loaded. If we wait until the finish line to feel good about ourselves, we'll burn out.

We need fuel. And small wins are fuel.

Celebrating doesn't mean throwing a party each time our child says "thank you." It means pausing long enough to notice the progress, our child's and our own. It means saying to ourselves: Something worked here. Something is shifting. And I was part of it.

Because when we celebrate, something powerful happens. We begin to trust ourselves more. We feel less like we are fumbling in the dark. And our children see us modelling gratitude for growth, not just correction for mistakes.

Try This

So, here's a simple practice I've started doing: At the end of the day, I name one thing that went well. Just one. Something I handled with intention. Something I tried. Something I noticed.

Some days it's big, like navigating a meltdown with compassion. Other days it's as small as sitting on the floor and playing, even when I had a million other things to do.

That moment? That's my win.

And I claim it.

Not because the day was perfect. But because I showed up. And I made one choice I feel proud of.



**Whisper it to yourself before you sleep, and quietly smile.
Pat yourself on the back.
Share it with your spouse,
with your mother.**

That's worth something.

Let's Start Bragging (A Little)

So, here's my invitation: start bragging about your wins. Out loud. With your friends. In your journal. On your group chat. Share the moment you nailed the bedtime routine. The conversation that didn't spiral. The way your kid told you something they were proud of, because you've been building that trust for years.

Whisper it to yourself before you sleep, and quietly smile. Pat yourself on the back. Share it with your spouse, with your mother.

Tell someone. Tell me.

And every now and then, share it loudly too. Yes, brag a little. Because a win is always a win, no matter how tiny. And you deserve to own it.

Here's mine

I lost it at my son one morning, just before he left crying for school. The truth is, I hadn't slept well, and he was just being himself. Later that day, I felt bad thinking about how he might have carried that feeling with him to school, and how I should

have been calmer. What struck me, though, was how much energy it took to fight with him, it was the same amount of energy it would have taken to stay calm. I also chose to be kind to myself, reminding myself: It's alright. I've aced it for the last ten days, so it's okay if I slipped today.

That evening, while we were having dinner, I told him: "I'm sorry I lost my cool. I didn't sleep well and took it out on you."

He said, "I know mom, I figured."

Surprised, I asked, "How?"

And he replied, "The day I don't sleep well, I also feel like I lose my cool. So, I guessed."

I smiled and said, "I'm glad you understood, but I shouldn't have taken it out on you. That wasn't okay. I'm sorry."

The real win for me wasn't his sweet, wise response, that was just the cherry on top. The win was in the way I handled it. In the past, I might have said, "I'm sorry, but you were also being difficult," or slipped in a prompt like, "It's okay, mom?" just to hear his

forgiveness and soothe my guilt. But this time, I didn't need excuses, or validation, or blame-shifting. I simply apologized, genuinely.

And that, for me, was the win.

Parenting will always hold contradictions and uncertainties. The "results" might take years to show. But these little wins? They are here, right now, waiting for us to notice.

And maybe, just maybe, learning to celebrate them is what will keep us going on this long, yet a fleeting, beautiful journey.



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

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



BANQUETS · CONFERENCES · EVENTS · EXHIBITIONS



A Dashain

Protecting Our Children in times of celebration

Dashain is a time of joy, unity, and family togetherness, but it also brings unique vulnerabilities for children. This article emphasizes the importance of teaching body autonomy, setting clear safety boundaries, and fostering open communication to ensure children celebrate safely and confidently.

By Chham Kumari Gurung

DASHAIN, THE vibrant festival that brings families together, is a time of immense joy and celebration for most people in Nepal. Days of feasting, kite-flying, and meeting loved ones; the air is filled with a general sense of community and happiness. Schools, workplaces, and eateries close down- a mass exodus of Kathmandu dwellers can be observed as they head towards their hometowns. The capital city is almost a ghost town during this period- quiet and slow.

Children dressed in finery run freely, playing with friends and relatives. The womenfolk are the most deeply entrenched in the preparations for receiving



of Safety

guests. Parents tend to be more distracted and lenient- a departure from the usual rules and regulations that might keep the children safe.

Dashain celebrates family, unity, and trust, yet it is important to recognize that vulnerabilities remain. Statistics reveal that over 90% of abusers are individuals children know, love, and trust.

Building a Foundation of Trust and Empowerment

The first and most critical step is to have open, age-appropriate conversations with your child. This isn't about scaring them; it's about giving them the tools and confidence to stay safe.

- **Teaching Body Autonomy:** Use simple, clear language to teach children that their body belongs to them. Explain that they have the right to decide who touches them and how. Use the correct terms for private body parts to avoid confusion and make it easier for them to communicate if something bad happens.
- **Keep Them Close, Not Distant:** During Tika and Jamara ceremonies, or while visiting relatives, the temptation for children to wander off is high. Always know where your child is. In crowded spaces like temples or marketplaces, hold their hand firmly. The

"Buddy System" can be a great tool, encourage older siblings or cousins to look after the younger ones.

- **The "No-Go" Rule:** Teach children a simple but firm rule: never go anywhere with anyone without your explicit permission. This includes relatives, friends of the family, or even well-known community members. It's not about distrusting our own, but about establishing a clear boundary for our children.
- **Know Their Friends and Circles:** As children play with friends, know who they are with and where they are playing. If your child is going to a friend's house, ensure an adult is present.
- **Listen to Your Child's Instincts:** Children have an innate ability to sense when something is wrong. Teach them that it's okay to say "no" to an adult if they feel uncomfortable, even if that person is a relative or family friend. Reassure them that you will always believe them and listen to their concerns. Agree to replacing unwelcome hugs, kisses and cuddles with high-fives/ Namaste. It will be crucial as parents to speak up for your kids and support them in refusing these overtures firmly.
- **Use Technology Wisely:** While the festival spirit is about disconnecting from

screens, technology can be a safety tool. Ensure your child knows how to contact you on a mobile phone if they get separated. For older children, location-sharing apps can provide peace of mind.

- **Teach the "Five Body-Safety Rules":**

Rule 1: Your body is your own.

Rule 2: Good touches and bad touches: Explain that a touch that makes them feel uncomfortable is a bad touch- not just restricted to the bikini area.

Rule 3: Secrets that hurt:

Teach them that there are no secrets from parents, especially if someone tells them to keep a bad touch or bad action a secret.

Rule 4: Who to tell: Ensure

they know to tell a trusted adult immediately if someone tries to hurt them.

Rule 5: It's not their fault:

Reassure them that if anything bad happens, it's never their fault.

If you, as a parent or guardian, continue to find that you struggle with this, you can refer to various online parenting sites or YouTube videos for guidance or even watch videos together with your child and have ongoing conversations.

The Broader Community's Role

Our shared responsibility extends beyond our immediate families. If you

see a child looking lost or distressed, don't hesitate to offer help. If you notice a stranger interacting with a child in a way that makes you uncomfortable, remain vigilant and, if necessary, alert the parents/ authorities.

Dashain is a time of giving and receiving blessings. Let us ensure that the greatest blessing, the safety and well-being of our children is at the forefront of our celebrations. May this Dashain be a celebration of not just victory over evil, but also a triumph of our collective resolve to protect our most precious asset: our future, our children.



CHHAM KUMARI

Chham Kumari Gurung is a parent to two wonderful daughters and is trained in several evidence-based Cognitive Behavioural Therapy techniques and neuroplasticity. She worked with individuals of all ages, couples and families in Singapore before she moved to Kathmandu. She consults virtually with clients from different parts of the world and in person as well. In recent times, she has travelled to Dharamshala to train in nature-based therapy, recognizing the profound impact of nature on our mental and emotional well-being. For consultation or queries: chhamkugurung@gmail.com

BODY.

SMART

CHEAT

Balancing Indulgence with Health

Festivals are about joy, food, and family — but they don't have to end in bloating and guilt. Nutritionist Sonal Talegaonkar shares smart portion hacks and mindful eating tips so you can savor every bite without overindulgence.

By Sonal Talegaonkar

During festival season, how can we fill our plates so our taste buds are happy but our stomach doesn't regret it later?

The most practical way I suggest my clients is – Fill half your plate with fibre (salad, boiled corn, boiled chana, stir fried veggies etc) 1/4th plate with protein (grilled chicken, fish, dal, paneer, tofu etc avoid battered and fried items) and 1/4th plate with festive carbs (pick one example puri, naan, roti, pulao etc). Share desserts, have few spoons not 2-3 varieties together. Eat slowly, satisfy cravings, balance blood sugar and enjoy it. Don't stuff yourself.

How can we train ourselves to eat slowly and mindfully when surrounded by an abundance of food and family chatter?

Festive vibes, chatter, laughter, family and friends can certainly be overwhelming and challenging. Try these tips I share with my clients:

- Don't arrive starving (have a fruit, oatmeal, nuts, whey protein so that the blood sugars are balanced and you don't end up attacking food!!)
- Enjoy the food, not rush into it
- Eat slowly, chew well (The slower you eat, the less guilty you'll feel later, and



the more you'll actually enjoy every flavor)

What are some easy portion hacks for Nepali feasts so we can taste everything but avoid heaviness or bloating?

- Use the "2-Spoon Rule" (For every new dish, serve yourself just 2 spoonful first. This way, you taste everything but avoid overloading your plate)
- Less rice, more veggies and meat
- Protein & Veg first
- Fried items like pakoda or sel roti, cut them in half or share. Enough to enjoy the taste, not enough to cause oil overload.
- Mithai (lal mohan, kheer, etc.) should be eaten at the end, in 2-3 small bites, not mid-meal. This prevents sugar + carb heaviness together.

If the menu is mostly meat, fried snacks, and sweets, what should we prioritize adding to the plate for balance?

Too much of meat, fried items and sweets will make the body ends up feeling heavy, acidic, and bloated.

In such cases, prioritise salads first, plain dahi, and then small portions of the served items. Share the sweets and fried items.

Can pairing certain foods together like adding salad with fried snacks help reduce the negative impact of indulgence?

Food pairing will definitely reduce bloating, sugar spikes, and heaviness by balancing digestion. Some smart pairing ideas:

- Sweets + Nuts: Have a few almonds, walnuts, or roasted seeds before mithai. The healthy fats and protein blunt the sugar spike.
- Spicy/ Oily foods + Cooling dishes: Have a glass of thin unsweetened lassi/ buttermilk, plain dahi. This will keep acidity & bloating in check.
- Heavy curries + Fermented dishes: Balance mutton curry, chicken fry, or choila with dahi, raita, or gundruk ko achar. Probiotics aid digestion, reduce acidity, and support the gut in breaking down heavy proteins.
- Fried Snacks + Salad: Pair pakoras, samosas, or fried meats with cucumber, radish, carrot, or tomato salad. Fiber helps absorb excess oil and slows down carb absorption. The crunch also makes you eat slower.

How can we add more protein or fiber into festive meals to aid digestion and avoid sugar crashes?

Easy ways to add Protein

- Add one portion of plain dahi/ yogurt
- Veg based options like paneer, tofu, dals, chole, rajma etc.
- Non veg based options like eggs, chicken, mutton etc (opt for grilled over deep fried).
- Munch on some nuts before eating desserts.

- Milk-based sweets win over sugary sweets (opt for rice kheer over lalmohan).

Easy ways to add Fibre

- A portion of raw salad first.
- Add saag/ sautéed veggies.
- If there is sprouts in the menu, add them.
- If a portion of fruits are served, have them instead of dessert.

Trick: Eat fiber + protein first, indulgence later. This slows glucose release, prevents energy dip, and keeps you satisfied longer

Are there pre-meal or post-meal habits that can help our body handle heavy festive food better?

Pre-Meal Habits

- Don't arrive hungry or stay hungry for long hours before a feast (have at least a fruit, 2 eggs, oatmeal, whey smoothie, sattu in water or yogurt)
- Drink 1 glass of water every 20 minutes to reduce false hunger & ease digestion.
- Start light on the plate.

Post-Meal Habits

- Gentle movement (10-15 min slow walk after meals reduces sugar spike and heaviness. Avoid lying down right away).
- Spices & herbal drinks (Chew on fennel seeds post meals, drink fennel seed water, herbal tea as it eases bloating and supports digestion.
- Avoid very late-night meals. Keep your last meal at least 3 hours

before sleep so the gut isn't overloaded at night.

How can people avoid the "all-or-nothing" mentality during festivals and instead adopt small, lasting healthy habits?

Either we restrict too much ("I won't touch sweets at all") and then end up bingeing OR we give up entirely ("It's festival, I'll eat everything, I'll restart later")

Festivals are about connection, joy, and memories food is part of it, not the only focus. I always tell my clients to strike a balance and have those festive treats and enjoy the vibe. Don't binge completely but enjoy mindfully. Small habits repeated every time make it second nature, so you don't swing between extremes

How can we keep these "smart cheat" habits alive all year so healthy eating doesn't feel like punishment?

Follow the above tips throughout the year and don't forget to not feel guilty, enjoy the festivities, exercise, sleep and restart.

Happy Festivities.



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

Festivals as Cycles of Sadhana



Festivals are not just cultural rituals but living cycles of sadhana: intention, preparation, and integration. Through Mha Puja's mandalas and flickering flames, the celebrations teach impermanence, self-honor, and the art of letting go with grace. They become not yearly events, but ongoing spiritual practices woven into life itself.

By Vijay Vaidya

I'VE STARTED to see festivals less as isolated cultural events and more like cycles of sadhana—a kind of spiritual practice. Each one feels like a three-part rhythm: setting an intention, preparing the mind and body, and then integrating whatever lessons emerge after it's over. The celebrations aren't just about ritual or food or gatherings; they're like opportunities to reset and align.

Take fasting festivals, for example. The intention is usually clear: devotion, purification, or remembrance.

Then comes the preparation—clearing the calendar, tuning the body, sometimes even adjusting sleep or diet beforehand. And afterwards, there's integration—reflecting on how the experience reshaped me, even if was subtle. These cycles remind me that the essence of sadhana isn't always found on a yoga mat or meditation cushion. It can unfold in the heart of community celebrations too.

Mha Puja and the Flame

One festival where this perspective feels especially

alive for me is Mha Puja, the Newar ritual of “worshipping the self.” Growing up, it was my favorite night of Tihar. Each family member would sit in front of a beautifully laid mandala—colored powders, rice grains, flower petals, and oil lamps arranged with careful hands.

I remember staring into the little flame at the center of my mandala, almost without blinking, and realizing later how close it felt to trataka kriya, the yogic practice of gazing into a flame for focus and clarity. For a child, it was

mostly mesmerizing, but over time I understood how the flicker of that light carried deeper meaning. Watching the flame tremble, flare up, and finally die out was like a meditation on impermanence. It whispered: nothing lasts, not even this moment of beauty.

Impermanence in the Mandalas

The mandalas themselves carried the same message. My late grandfather used to take his time with them—his hands slow, precise, almost



That's what I love about seeing festivals this way. They stop being once-a-year occasions and start becoming teachings I can carry forward. My grandfather's quiet patience, the trembling flame, the scattering of colored rice, all of it becomes part of an ongoing practice. A cycle that never really ends, but deepens each time I return to it. Together, Dashain and Tihar are not just festivals, they are mirrors of life itself. They show us how to set intentions with care, prepare with devotion, and let go with grace. From the mandalas of Mha Puja to the trembling oil lamps of Tihar, everything teaches impermanence, yet also continuity. My grandfather's patient hands, the flame that danced before me, the blessings that rest on my forehead — all of them dissolve in time, yet their essence lingers.

And maybe that's the real sadhana cycle: to keep learning, again and again, from the beauty that doesn't last, and to return renewed each time.

➔ If I frame Mha Puja as a sadhana cycle, the intention is to honor the self, to recognize the spark of divinity within. The preparation is both physical and mental.

meditative as he placed each grain of rice. I can still picture the calm concentration on his face, as if the act of creating was itself a prayer.

But here's the part that always struck me: no matter how much care he put into it, by the end of the night, the mandalas would all be swept away. Hours of delicate attention undone in seconds. As a child, that felt almost cruel. But as I've grown older, I see the wisdom in it. The sweeping away wasn't destruction—it

was teaching. A reminder that everything, even what we treasure most, eventually dissolves.

That fleetingness has stayed with me. It's shaped how I approach not just rituals but relationships, projects, and even setbacks. The mandalas remind me: invest fully, create beautifully, but don't cling too tightly.

Carrying Lessons Beyond the Festival

If I frame Mha Puja as a sadhana cycle, the intention is to honor the self, to recognize the spark of divinity within. The preparation is both physical and mental—cleaning the house, bathing, entering the ritual space with focus. The integration comes afterwards, when the mandala is gone but the lesson lingers: life is fragile, beauty is temporary, and the self is something to be honored not once a year but every day.



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

From genetics to city design, obesity is a layered issue that extends far beyond personal willpower. Experts remind us that change begins with awareness, community support, and simple, sustainable steps toward balance.

.....
By Sukadev Karki - Nepal's
First Strength & Conditioning
Specialist | Sports
Nutritionist

THE ESCAPE FROM OBESITY



OBESITY IS no longer just about eating more than we burn. It's about living in an environment where unhealthy choices are far easier than healthy ones. In cities like Kathmandu, this reality is hard to ignore. Congested streets, limited green spaces, and the flood of fast-food outlets all combine to push us into habits that are difficult to break. Add to that stress, irregular routines, and social pressures, and it becomes clear why obesity is such a rising concern. The good news? Change is possible when we understand the problem fully and take steps to reshape our daily lives.

Walk through any busy street in Kathmandu or frankly, almost any modern city and you'll notice the same picture: fast-food stalls on every corner, crowded roads that make walking stressful, and people glued to their chairs in offices for most of the day. We live in what experts call an "obesogenic environment" a world that quietly nudges us toward weight gain and away from healthy living.

The Factors of Obesogenic Environment We Live In:

Genetics and physiology:

While lifestyle and environment play the biggest role, genetics can predispose individuals to weight gain by influencing metabolism, fat storage, and even appetite regulation. When combined with today's obesogenic environment, these genetic tendencies can make managing body composition even more challenging.

Food environment:

Processed foods and sugary drinks are cheaper and easier to access than fresh, whole foods. Supermarkets and corner shops overflow with calorie-dense snacks that offer quick energy but long-term harm.

Urban planning:

Safe walking paths, cycling lanes, and public parks are scarce. For many, even a short walk feels unsafe or inconvenient, pushing people toward sedentary routines.

Socioeconomic and cultural factors:

Long work hours, stressful lifestyles, and norms around food and body image play a quiet yet powerful role in how people eat and move. Equally important is the economic reality where many families struggle to afford quality, nutrient-dense foods, making cheaper processed alternatives the default choice. This financial barrier reinforces unhealthy eating habits and widens the gap in health outcomes across different income groups.

Psychological factors:

Stress, lack of sleep, and low awareness about healthy living can lead to overeating, skipping activity, and a cycle of guilt and inactivity.

Practical Tools for Awareness

One simple way to assess health risks linked to obesity is by measuring Waist-to-Hip Ratio (WHR). Unlike body-weight or BMI, WHR shows how fat is distributed in the body.

For men, a WHR above 0.95 suggests higher risk.

For women, a WHR above 0.85 suggests higher risk. This easy, at-home measurement can give early warning signs of health problems, even before other symptoms appear.

Escaping the Trap

Breaking free from an obesogenic environment doesn't mean radical overnight changes. It's about weaving activity and better food choices into everyday life.

- **Daily physical activities:** Take the stairs, walk short distances, do light stretches during work breaks.
- **Exercise activities:** Strength training, calisthenics, yoga, running, or community fitness groups help build structure and consistency.
- **Quality foods:** Focus on fresh fruits, vegetables, whole grains, and proteins. Home-cooked meals, even simple ones, go much further than packaged snacks.

Former Miss Nepal Shrinkhala Khatiwada, who completed her Master's in Urban Planning from Harvard University, has often highlighted the urgent need for open and accessible green spaces in Kathmandu. She emphasizes that well-designed parks, walking trails, and recreational areas are not just about beautifying the city but about creating an environment where people naturally move more. In a city choked by traffic and concrete, such spaces can provide residents, especially children, women, and the elderly with safe places to walk, exercise, or simply enjoy fresh air. Shrinkhala points out that when cities

prioritize green zones, they give communities the opportunity to weave physical activity into their daily lives, reducing the health risks tied to sedentary lifestyles and urban stress.

A Collective Effort

Escaping obesity is not just an individual mission; it's a community responsibility. Cities need better planning, families need to support healthy choices, and workplaces must encourage balance. On a personal level, the journey starts with awareness and the courage to take the first step.

Escaping obesity isn't about chasing perfection; it's about choosing better, one step, one meal, one habit at a time, until health feels effortless again, until our days are fueled with energy, and until the shadow of NCDs begins to fade from our communities.

Share your thoughts with us, tag us #escapingObesity



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

Festive Season Rejuvenation

With Herbal Compress Therapy

After the festive bustle of Dashain and Tihar, Nepalese bodies often feel stiff, fatigued, and in need of renewal. The traditional Hot Oil Massage with Herbal Ball Compress, rooted in Thai and Ayurvedic practices, soothes muscles, nourishes skin, and uplifts the mind offering the perfect post-festival reset as winter sets in.

By Aditya Jung Rana, Nuad Thai Spa





IN NEPAL, the months of Dashain and Tihar are filled with joy, family gatherings, feasts, and long journeys. While these celebrations uplift the spirit, they often leave the body drained, stiff muscles from travel, sluggish digestion from rich foods, and fatigue from late-night festivities. As winter sets in, people naturally seek remedies that bring both warmth and renewal.

One such traditional healing practice is the Hot Oil Massage with Herbal Ball Compress; a time-tested

therapy rooted in Thai and Ayurvedic traditions. This 90-minute ritual combined the soothing properties of warm oils with the therapeutic power of steamed herbal compresses, offering an ideal way to reset the body after the festive season.

The Role of Healing Oils

The foundation of this therapy is warm, herb-infused oils. Each carries unique benefits:

- Tea Tree Oil - Known for its purifying and

immune-boosting qualities.

- Lavender Oil – Celebrated for calming the nervous system and improving sleep.
- Juniper Oil – Used to detoxify, ease joint pain, and enhance circulation.

Together, these oils work to melt away stiffness, nourish the skin, and restore energy depleted during the festive rush.

The Herbal Compress Tradition

The herbal compress ball is a cloth bundle filled with a blend of therapeutic herbs, steamed to release heat and aroma. Applied in gentle, rhythmic strokes, it works on multiple levels:

- For the Body – Loosens stiff muscles, relieves aches, and restores flexibility.
- For the Skin – Opens pores, allowing better absorption of oils, leaving skin supple.
- For the Senses – Clears sinuses, reduces headaches, and uplifts mood with natural aromas.

This method has been used for centuries across Southeast Asia as a natural way to heal after illness, long travels, or periods of physical exertion, making it especially suited for Nepal's festive-to-winter transition.

Where can you Experience It?

While herbal compress therapy can be found in wellness traditions across Asia, in Nepal it is offered with authentic care at places like Nuad Thai Spa, where skilled therapists blend Thai techniques with a serene and luxurious environment. Many guests choose it as their post-festival reset ritual, stepping away from the season's overstimulation into an experience of deep calm.

The Benefits at a Glance

- Relieves muscle stiffness & fatigue from travel and festivities
- Boosts circulation & immunity, especially valuable during winter
- Hydrates and rejuvenates the skin after days of celebration
- Promotes restful sleep and reduces post-festival stress
- Calms the mind and uplifts mood through natural herbal aromas

As Nepal moves from the brightness of Tihar into the stillness of winter, the hot oil massage with herbal ball compress offers more than just physical relief—it is a gentle reminder to pause, warm the body, and restore balance within.

TINTED SUNSCREENS

Worth the Hype?

Tinted sunscreens not only block UV rays but also protect against visible light, a key culprit behind stubborn pigmentation and melasma. While they show clear benefits over traditional sunscreens, issues like shade match and texture raise the question: are they truly worth the hype? Dr. Smriti shares her expertise on the skincare hot topic.

By Dr. Smriti Shrestha



DR SMRITI SHRESTHA, MD
Assistant Prof of Dermatology,
Hair Transplant & Aesthetician
at Anova Skin & Hair Clinic.

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

SUNSCREENS ARE the “shield” that protect us against harm from light rays.

Traditional sunscreens provide photoprotection against different kinds of ultraviolet radiation (UVR). For adequate protection, the American Academy of Dermatology recommends that people of all skin types should use broad-spectrum sunscreen (UVA & UVB) with a minimum SPF of 30, at least 15 minutes prior to sun exposure and reapply every 2-3 hours. However, these broad spectrum non-tinted sunscreens only protect against UV radiation but not against visible light (VL). Here comes the role of popular tinted sunscreen, that protect against visible light.

So, what are Visible light? Let's sneak-peak into science first:

(It's on complication side but worth understanding, so please brace yourself)

Visible light is additional spectrum of light, present in sunlight. VL are also emitted by laser devices, smart phones, LED screen and light emitting devices. They cause pigmentation, cellular damage and redness in skin of color (Asian skin). VL is a significant and under recognized contributor to hyperpigmentation, which is independent to the exposure to UVR. VL causes “persistent pigment darkening” i.e long term tanning, due to their longer wavelength, they cause deeper penetration into the skin. Compared to UVR, VL causes darker and more “sustained” pigmentation and multiple exposure causes more long-lasting pigmentation, than just single exposure. UVR cannot cause

delayed tanning but VL can, over multiple exposures.

When we get sun tan on hands and back and they don't go away even after that beach vacation, it means we have had good amount of VL exposure. It can be summarized that visible light is an important aspect of sunrays in patients with pigmentation and their pigmentation and tanning with worsen and sustain longer if they are continuously and repeated exposed to VL without applying tinted sunscreens. You can also seek shade, wear full sleeves, avoid direct sun exposure, wear cooling neck fan, UV shield etc for added protection.

They say, for a sunscreen to protect against visible light (VL), it must be “VISIBLE ON THE SKIN.” Most sunscreens in the market these days, are not visible, as no one likes white cast. Previously, mineral sunscreens left white cast, which provided protection against visible light. However, nowadays mineral filters like zinc oxide (ZnO) and titanium dioxide (TiO₂) have nanosized particles and these nanoparticles do not protect against visible light. Hence comes the role of the much talked about “Tinted Sunscreens”.

Tinted sunscreen uses different formulations and contain varying concentrations of iron oxides and pigmentary TiO₂. They impart different shades of color, matching our skin types. They are proven to be beneficial for people with Visible-light induced skin disorders such as melasma.

Do we need tinted sunscreen when watching TV or scrolling

across our mobile phones rotting our brain??

It is known that visible light emitted by computers and mobiles are 100 to 1000 times less intense than VL from sunlight and have not been associated with worsening of melasma in the short term. However, one study showed that indoor VL may interact with allergic particles inside our household and worsen melasma by interacting with these allergens.

post-acne marks, acne redness, rosacea etc. Hence, if you already have melasma, it may be wiser to apply at least a layer of either mineral (white cast) sunscreen or tinted sunscreen while binge watching your favourite Netflix show on your phone or diving into your IT job all night.

Melasma and acne marks:

In some studies, tinted sunscreens outperformed non-tinted products in protecting against VL. Likewise, products containing TiO₂, iron oxide and antioxidants provided the highest and most consistent protection. Products containing ZnO, chemical filters, iron oxide and antioxidants also showed good protection. It is also known that tinted sunscreens are more effective in preventing melasma relapses and reducing hyperpigmentation. They also enhance the depigmenting effects of melasma creams. So tinted sunscreen is definitely not just the hype.

But why the hesitation?

There are some practical limitations with tinted

sunscreen. Problems such as color match, staining the clothes, variable consistency, amount required for adequate protection rates lead to some hindrances among users to avoid their use. Much attention should be given by dermatologists that all products do not mention the ingredient details. So, everything that glitters are not gold. All tinted sunscreens are not made the same. Many add BB creams and foundations in the name of the tint. Ingredient awareness is much needed for all cosmetic and skin care products in today's times.

Regarding tinted sunscreen, unlike standard sunscreens, there is lack of standardized guidelines, unified measurement parameters and inadequate options of shades for skin of color. In general, a sunscreen should be applied at least 2 finger-tip units (FTU) for adequate protection. But to apply a tinted sunscreen in that calibre, there will be significant heaviness, cakiness and hence, can be daunting.

My suggestion is to start your skincare with your serums, antioxidants, a white cast mineral sunscreen. Let the white cast settle in 15 min. Blend it well. Top it up with a tinted sunscreen for coverage. So, it is like filling the cracks left by previous sunscreen. Doing so adds a second layer of tint, just in case the coverage is not enough. This kills two birds at a strike. Avoids the dark look of a white cast sunscreen, as well as avoids too much cakiness of a tinted product.

But of course, do not forget your hat, umbrella and cooling neck fan when stepping out.

Thank you!

HOME.



WHERE TO PLACE
ACCORDING TO VASTU
SHAstra

Jamara

In Vedic tradition, barley seed is regarded as the king of grains. Lord Krishna also mentioned barley's healing properties in the Puranas, which gave it further sacred significance. According to the Vedic literature, jau, or barley, is beneficial for curing illnesses and boosting one's health and vitality. For this reason, barley is utilized extensively in yagyas, which are sacred fires constructed during cultural occasions.

FROM A food perspective, barley is a nutrient-dense grain, and from a health one, it is also regarded as a type of medication.

How are Jamaras grown in Navratri?

You need:

- A tray or a container
- A mixture of sand or soil
- Barley & wheat seeds
- Water

When you have what you need, here are a few tips to do:

- Soak the barley and wheat seeds for an entire night
- Lay out sand or soil or their mixture
- Drain the water from the seeds
- Place the seeds in the mixture
- Sprinkle water every day

Direction to keep Jamara according to Vastu Shastra

According to Vastu Shastra, the "Jamara" or kalash should be positioned in the northeast (the Ishan corner), which is seen to be the most auspicious and divine corner of a house for positive vibrations, spiritual energy, and purification during Navratri.

The Kalash, Jamara and the idol of Goddess Durga are best placed in the northeast direction, which is linked to divine energy. Water, which represents purity and draws good energy into your home during the holy season of Navratri, is associated with the Northeast direction. It is believed that keeping the idol of Jamara, Kalash, and Goddess Durga in the Northeast will bestow

her blessings and preserve harmony and spiritual health in our house. While performing the rituals and prayers, devotees should sit facing either the east or the north direction.

Make sure the entire puja space is tidy and clear of debris. Jamara is grown in a dark room or covered to keep out sunlight to achieve the traditional yellow color.

What the Barley seeds (jamara) represents

The ancient custom of barley sprouting during Navratri has multiple meanings, including growth, prosperity, and fresh starts. In Vedism, barley seeds are regarded as one of the oldest and most sacred grains. The barley acquires a sacred, divine quality when it

is planted next to the kalash, which is a representation of Goddess Durga. The barley sprouts' bright, healthy growth is regarded as auspicious for the health of the family and home in the upcoming year.



Dr. UJJWAL ADHIKARI
MD (A.M.), Doctor Of
Medicine In Alternative
Medicine, Vedic Astrologer
& Vastu Consultant

Smart Family Resort Partners

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

 The Terraces Resort and Spa Suryabinayak-7, Bhaktapur, Nepal +977 9802322755 info@terracesresort.com	 Soaltee Westend Resort Nagarkot Shantidada - 6, Nagarkot reservation@soaltee.com +977 1 6680244, 9820733273.	 Hotel Mystic Mountain Baluwapati, Nagarkot +977-15913205, 15913206, 9851277701, 14001108, 14526646 info@hotelmysticmountain.com	 Club Himalaya, Nagarkot Windy Hills, Nagarkot, Bhaktapur +977-01-6680080/83/46 info@clubhimalaya.com.np 9801321201 / 9801321203 / 9801321204 info@acehotelsnepal.com
 Landmark Bhairahawa Singapore Colony, Rupandehi Corporate Office: +977-1-4004706, 4004707	 Barahi Jungle Lodge Meghauri, Chitwan Tel : +977 985-1355826, +977 986-6300265 cityoffice@barahi.com, sales@barahi.com bjl@barahi.com	 Riverside Springs Resort Kurintar, Chitwan Tel : 056-410029, 4100501 9801801336 (7am - 10pm) City Office : Palpali Chhen, Sanepa, Lalitpur. Tel : +977-1-5444263, 5446696 Email : sales@rsr.com.np www.rsr.com.np	 Landmark Forest Park Paryatan Marg, Baghmara, Chitwan National Park +977-56-580311, 580241 reservation@landmarkforest.com
 Park Village Resort Budhanilkantha, Kathmandu info@ktmgh.com, info@pvh.com.np, pvhsales@ktmgh.com +977-1- 4375280, 4375279, +977 9851020727	 Gokarna Forest Resort Rajinikunj, Thali, Kageswari Manahara – 5, Kathmandu +977 1 4451212 info@gokarna.net +977 980-1044305	 Haatiban Himalayan Height Resort Pharping, Dakshinkali, Kathmandu +977 980-1309842, +977 01-4914399, 4914800 info@haatibanresort.com	 Kavya Himalayas Mandan Deupur Nagarpalika -2, Nagarkot, Kavre +977 9745617619 reservations@kavyaresortandspa.com sales@kavyaresortandspa.com
 Dhulikhel Lodge Resort Dhulikhel, Kavrepalanchowk 977-11-490114 / 490494 / 490493 977-01-4991353 / 4992964 dlrdhuli@gmail.com info@dhulikhellodgeresort.com	 Dhulikhel Mountain Resort Panchkhal Municipality-5, Khawa Kavrepalanchowk +977 011 490660/662/664 info@dmmepal.com +977 01 4520776/778	 Hotel Country Villa Mandan-Deupur, Nagarkot, Kavre 016680127/28 014006612/13/14 reservation@hotelcountryvilla.com	 Himalaya Drishya Resort Banepa Municipality, View Tower Marg, Kavre, Banepa +977 011-665342/43/44 reservation@himalayadrishyaresort.com +977 9851311441/9851311442 sales@himalayadrishyaresort.com
 Hotel Sarathi Dhulikhel, Kavrepalanchowk +977 11 490884, 9851339531 info@sarathihotel.com	 Rupakot Resort RUPA-6, MAIDAN, KASKI +977-9802832457, +977-9802832460/61 info@rupakotresort.com +977-1-4004687, sales@rupakotresort.com	 Aagantuk Resort Banepa Municipality, View Tower Marg, Kavre +977 011 4904191 20 21 22 +977 9801907536 37, 01-5348157 info@aagantukresort.com	 Landmark Pokhara Lakeside-6, Pokhara +977-61-452908, 453096 reservation@landmarkpokhara.com
 Godavari Village Resort Godavari Municipality Ward No. 3, Taukhel, Lalitpur +977-1-5560675 5560777 5560062 gvrsales@godavarivillageresort.com	 Sarangkot Mountain Lodge Sarangkot, Pokhara sml@barahi.com Tel : +977 985-1355861, +977 985-6067928 cityoffice@barahi.com	 Hotel Barahi Pokhara Lakeside, Pokhara +977-061-450617 cityoffice@barahi.com	 Bhotekoshi Heli Resort and Spa Naya Pool, Bhotekoshi, Sindhu Palchowk +977 1 5900770, +977 1 5900750 info@bhotekoshiheli.com



Experience Luxury
SILK
Finish



From Garden to Garland

Nepal's gardens burst into color with Sayapatri, Makhamali, and Godavari flowers which are ready to transform into malas that grace homes, temples, and rituals. From gardens to sacred garlands, these flowers embody blessings, family bonds, and the timeless spirit of our greatest festival.

By Mamta Khatri, Green Owl



AS AUGUST slowly gives way to September, a different kind of excitement and optimism fills the air. After months of rain, the garden slowly but surely comes to life with vibrant colours of the marigolds and the deep crimson of globe amaranth. These aren't just flowers, they are the heart and soul of Dashain, the most celebrated festival of our country. Their journey from a simple garden patch to a sacred garland is a beautiful story of nature, culture and tradition.

Before they become garlands, these flowers are carefully nurtured in countless gardens across the country.

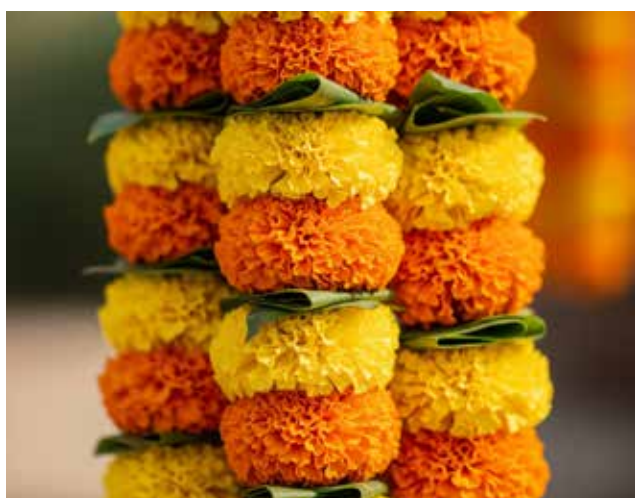
The most iconic of these is the Sayapatri (marigold), its name literally meaning "a hundred petals." Farmers and gardeners tend to these flowers with care, knowing their significance. The Sayapatri's resilience and long-lasting freshness make it the perfect flower for the long festival season.

Equally important is the Godavari (chrysanthemum),

which blooms in a stunning array of colors from white to pink and purple. And then there is the beloved Makhamali (globe amaranth), a flower so velvety and enduring that its name means "velvet." The Makhamali is special because it does not wilt. Its deep crimson or magenta flowers retain their form and color for months. This incredible durability symbolizes the everlasting blessings of the deities and the bonds of family.

As Dashain approaches, the harvest begins. The air fills with a sweet, earthy scent as basket after basket is filled with vibrant blossoms. These gardens are more than just flower beds, they are a visual calendar marking the arrival of Dashain. The sight of them in full bloom signals that the time of feasting, family reunions and blessings is near.

The picking of the Makhamali is particularly meticulous as each velvety head is plucked with care, ensuring the stem is long enough to be



strung into a garland. The Sayapatri, plucked delicately are gathered and brought home...and then the magic happens...

With a needle and thread, the simple, individual flowers are transformed into malas(garlands).

The Sayapatri garlands are a cascade of bright color, used

to adorn homes, temples, and vehicles. They are hung over doorways to welcome prosperity and blessings. The Makhamali garlands, on the other hand, are often reserved for special ritualistic purposes due to their long-lasting nature. During the festival of Bhai Tika, which follows Dashain, sisters present their brothers with a vibrant Makhamali mala, symbolizing a bond that is as enduring as the flower itself.

These garlands are more than just decorations. They are a

physical representation of the spiritual and cultural values of Dashain. They symbolize purity, blessings, and the ephemeral beauty of life. Each flower in the mala is a prayer, a wish and a moment of gratitude.

From the soil of a humble garden to a place of honor in a family's home, the Dashain flower's journey is a celebration in itself. It begins with careful preparation, culminates in a joyful

celebration of life and family and leaves behind a beautiful legacy. The withered petals of a Dashain mala, eventually discarded, are a reminder that even in their end, these flowers have served their purpose, bringing light, color, and blessings to a festival that brings Nepal to life.

The Green Owl family wishes you a memorable Dashain & Tihar.

SUPER LUXURY
INTERIOR EMULSION

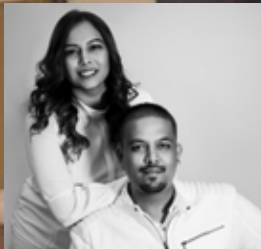


The G Villa

By the
design
duo

G Villa is a modern sanctuary in the heart of Kathmandu, designed around the philosophy of subtle sophistication, functional elegance, and serene living. The design duo at Evolve Studio have carefully curated art and décor while adding personality without clutter.

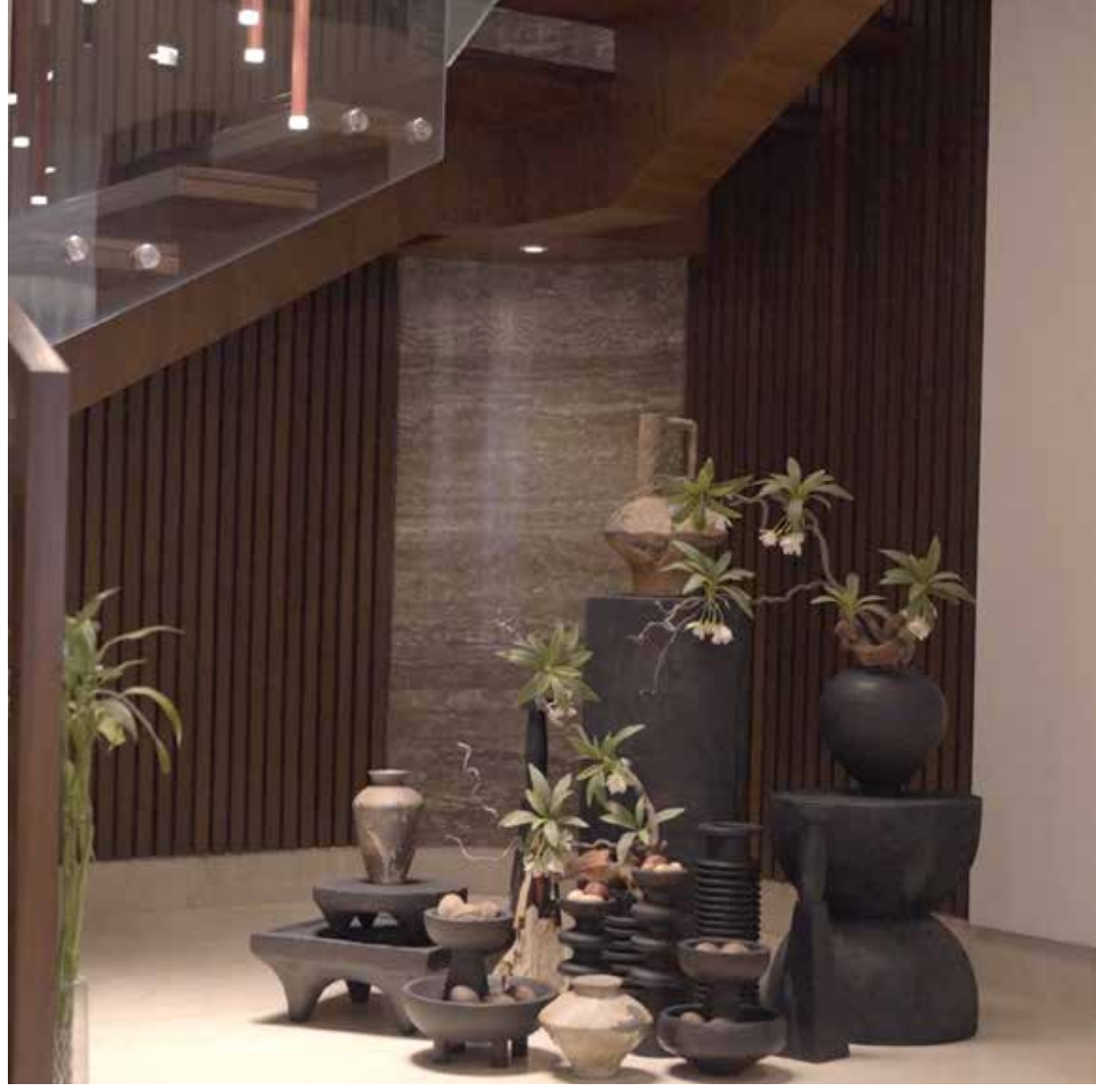




About the designer
Kushal and Palak Jalan Goyal, husband and wife designers, lead the Evolve design studio. Their diverse portfolio includes interior design for residences, corporate offices, retail stores, and hospitality services. Their works deliver chic, refined interiors with luxurious finishes and occasional bursts of daring color or modern geometrics.

Palak Jalan Goyal likes to deliver a project with a sense of the unexpected while respecting her clients' personalities. She masterminds smart yet subtly glamorous interiors. Her work is about producing contemporary classic design with transitional notes, creating serene, timeless, and elegant interiors.

Kushal Goyal is a dynamic yet thoughtful designer whose work is interpreted "with an electric twist." Throughout his career, he has brought his design background to interior design through various fields such as graphic design, photography, and video production.





Design Philosophy

For G Villa, our client envisioned a home that radiates serenity and timeless elegance while remaining deeply functional for everyday life. We conceptualized the design around quiet luxury—a global trend celebrating understated sophistication, where every material and finish subtly speaks of quality without overt opulence. The guiding philosophy was to create a tranquil, contemporary refuge in the heart of Kathmandu that balances warmth, openness, and a curated artistic flair.

Elements of the design

Natural Textures: We used stone, wood, and soft fabrics to evoke tactile richness and warmth.

Material Palette: Muted marble, matte laminates, and raw-textured stonework paired with sleek metal accents.

Color Palette: Neutrals—beige, greige, soft whites—layered with earthy browns and muted blacks for depth.

Accents: Pops of terracotta, subtle golds, and muted greens through décor and lighting pieces.

Lighting: Warm concealed lighting, sculptural pendant lights, and natural daylight were layered to create mood and dimension.

The Art of Subtle Sophistication

The villa is designed as a modern sanctuary with clean lines, clutter-free surfaces, and functional layouts. Contemporary furniture with organic



silhouettes complements bold yet minimal décor, fostering harmony between form and function. We balanced visual lightness—thin profiles, open spaces—with textural warmth to avoid sterility.

Space Optimization

Every corner was purposefully utilized—floating staircases double as visual anchors, niches were turned into display zones, and multi-functional furniture enhanced flexibility. Built-in cabinetry maximized storage without overwhelming the space, maintaining the airy vibe across levels.

Nature & Décor pieces

Indoor plants, dried floral arrangements, and curated artisanal décor pieces punctuate the interiors with life and character. Sculptural vases and textured consoles serve as focal points, bridging nature with modern craftsmanship.

Architectural Highlights and challenges

The split-level staircase became a design centerpiece, integrating verticality and light play. A key challenge was harmonizing natural light with privacy in dense urban surroundings; we solved this through layered sheers, strategically placed mirrors, and selective fenestrations. Combining warm materials with a restrained palette required precise detailing to ensure elegance rather than monotony.

Memorable incidents

One of the most memorable moments was finalizing the staircase pendant lights. Initially an afterthought,







their sculptural presence transformed the entryway into a signature experience—the client’s reaction to seeing it illuminated for the first time remains unforgettable.

Testimonial

The homeowners described their new space as “an oasis amidst the chaos of the city—calming, inspiring, and truly ours.” They loved how every detail felt intentional yet effortless,

echoing their lifestyle and aspirations.

How artistic elements enhanced the space?

We integrated art not just as wall pieces but as part of the architecture—custom consoles, sculptural lighting, and curated vignettes create visual pauses throughout the home. These artistic insertions humanize minimal spaces and invite interaction.

How sleek materials, mirrors & neutrals palettes and turn utilitarian corners into moments of calm?

We transformed functional zones—like the dining nook or powder room—by using reflective surfaces, soft neutrals, and warm textures. Mirrors amplify light, while sleek finishes reduce visual noise, turning everyday spaces into serene retreats.

How this home leads to global ‘quiet luxury’ trend?

By prioritizing quality materials, thoughtful craftsmanship, and understated design over overt extravagance, G Villa exemplifies quiet luxury. Every element—from bespoke joinery to muted color stories—creates a luxurious yet calming atmosphere aligned with global contemporary living standards.

MARKET.



↑ Hardik Fitness Club Celebrates 28th Anniversary with Week-long Festivities

Hardik Fitness Club, a premier health and wellness hub in Pulchowk, Lalitpur, celebrated its 28th anniversary from August 24th to 30th. Since 1998, the club has offered state-of-the-art gym facilities, a swimming pool, and expert guidance, becoming a cornerstone of fitness in the community. To mark this milestone, Hardik Fitness Club

hosted a week-long series of activities, including fitness challenges and aqua Zumba, along with special membership and training discounts. Owner Biraj Bista emphasizes gratitude toward members, staff, and partners, inviting everyone to join in celebrating nearly three decades of commitment to health, wellness, and community.



↑ Hyatt Regency's Global Wine & Dine Experience with French Wine Expert Jonathan Dahan

Hyatt Regency Kathmandu elevated fine dining with its Global Wine & Dine Experience on 22 August 2025. Guests savored a five-course gourmet menu paired with exceptional wines from France, Spain, and Argentina.

The evening featured French wine expert Jonathan Dahan, who guided guests through each pour, sharing the heritage and craftsmanship behind every wine. Signature dishes included Himalayan trout with beurre blanc, chicken supreme with cherry thyme sauce, and eggplant parmigiana with rosemary polenta, finishing with Vanilla Gâteau Trois Laits, each thoughtfully paired with wine.



↶ Hyundai CRETA's 10th Year

Laxmi Intercontinental Pvt. Ltd., the sole authorized distributor of Hyundai vehicles in Nepal, marks the 10th anniversary of the Hyundai CRETA in September 2025.

Since its launch, CRETA has been one of the most trusted and loved SUVs in Nepal, admired for its modern design, comfort, safety, and reliability. CRETA stands as a game-changer in the compact SUV segment in the Nepalese market with its design and performance.

Over the years, it has evolved through multiple models and upgrades, each setting new benchmarks in performance and style. With the introduction of the Creta EV, the SUV continues its legacy of innovation while embracing sustainable mobility.

On this milestone occasion, Hyundai Nepal extends heartfelt gratitude to all its customers, dealers, and partners for making CRETA's success possible. With

ENROLL NOW

 www.kantipurinternational.edu.np

ADMISSIONS

OPEN

BHM

Bachelor of
Hotel Management

MHHM

Master of Hotel &
Hospitality anagement

BHCM

Bachelor of Hospitality
& Catering Management

BBA

Bachelor of
Business Admin.

MBA

Master of
Business Admin.



BID

Bachelor of Interior Design

B.A.LL.B

Bachelor of Arts, Bachelor of Legislative Laws

College of Engineering

B.ARCH

Bachelor in Architecture

BE.CIVIL

Bachelor in Civil Engineering

MEQ

Master of Engineering
in Earthquake

MSc.CM

Master in Construction
Management

International MOUs/Academic Collaboartions



Doctoral
College UK

Griffith
UNIVERSITY

Laxmi Group
Exploring & Learning

EVEREST
HOSPITAL PVT. LTD.

College of IT

B.TECH in AI

Bachelor of Technology in Artificial Intelligence



**Kantipur
International College**

Affiliated to Purbanchal University



25
Years of
Academic Excellence

Buddhanagar, Kathmandu | Tel : 01-4795214, 4793904, 9801977696 | Email: college@kantipurinternational.edu.np

Zodiacs During Festive Gatherings

FESTIVAL SEASON in Nepal is more than holidays, it's a family spectacle. Homes fill with the smell of festive delicacy, the gleam of tika, and cousins running around like it's a mini carnival. Astrology can be surprisingly accurate when it comes to spotting who does what in this festive chaos:

Aries – The Game Starter

First to grab the cards or challenge cousins to a game of ludo or dart, Aries thrives on energy. Boredom doesn't exist in their vocabulary.

Taurus – The Master of the Feast

Tangled in aprons and flour, Taurus ensures the kitchen runs like a small factory. Their sel roti are golden perfection, and they'll insist everyone take "just one more bite."

Gemini – The Chatterbox

From gossip about who got the biggest tika to funny childhood memories, Gemini keeps conversations buzzing while hopping between groups like a festival butterfly.

Cancer – The Comforter

Spilled kheer or a cousin's minor scuffle? Cancer is there with a plate, a hug, and a gentle word. They make sure everyone feels loved amidst the festive chaos.

Leo – The Performer

Leading the aarti, giving dramatic toasts, or belting out bhajan at the wrong pitch, Leo thrives on attention and secretly, everyone enjoys it.

Virgo – The Organizer

Virgo has already lined up chairs, sorted gifts, and ensured the tika ceremony runs on schedule. Without

them, Dashain mornings would be a mess.

Libra – The Peacemaker

When sibling rivalries flare over cards or dessert portions, Libra diffuses tension with charm and a diplomatic solution, usually keeping the peace for the next round.

Scorpio – The Observer

Sitting quietly with a cup of tea, Scorpio notices every whispered comment, every strategic move in the card game. Their silent presence often commands more respect than the loudest cousin.

Sagittarius – The Adventure Instigator

Between lunch and dinner, Sagittarius is already suggesting a family outing to Bhaktapur or a trek in Nagarkot. Their energy is infectious, even if everyone's too full to move.

Capricorn – The Tradition Keeper

Capricorn ensures puja rituals are correct, elders are respected, and the festival schedule is maintained. They are the anchor amidst the joyful chaos.

Aquarius – The Quirky One

Introducing new games, teasing the younger cousins, or sharing odd festival hacks, Aquarius keeps everyone amused in unexpected ways.

Pisces – The Dreamy Floater

Drifting between groups with kind words and daydreamy reflections, Pisces adds a soft, emotional layer to the festivities, noticing details no one else does.



CLEAR®

NEW

ANTI-DANDRUFF SHAMPOO

UPTO 100% PROTECTION FROM DANDRUFF



*BASED ON NO VISIBLE FLAKES(CLINICAL STUDY)



SUMMER'S LAST SPLASH

Close the season with moments worth remembering, where the water meets the warmth of Kathmandu sun.

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

WWW.SHANKERHOTEL.COM.NP