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EDITORIAL.

There is something magical about August.

Perhaps it's the way the rain slowly begins to loosen its grip, revealing crisp blue skies and distant mountains calling us back to the trails. Perhaps it's the excitement of festivals quietly making their way into our homes, hidden in grocery lists, family conversations, and the first thoughts of "What should we prepare this year?"

The best parts of celebration rarely begin on the festival itself. They begin much earlier, in the little moments. A child learning a new tradition. A family planning a weekend escape. A mother teaching an old recipe. Friends deciding on their next trekking adventure. A home slowly filling with warmth, laughter, and anticipation.

This issue is our celebration of those moments.

Inside these pages, you'll find stories that invite you to care a little more deeply for yourself and those around you. We explore how our childhood shapes the way we love, how to nourish our bodies during Teej and beyond, why

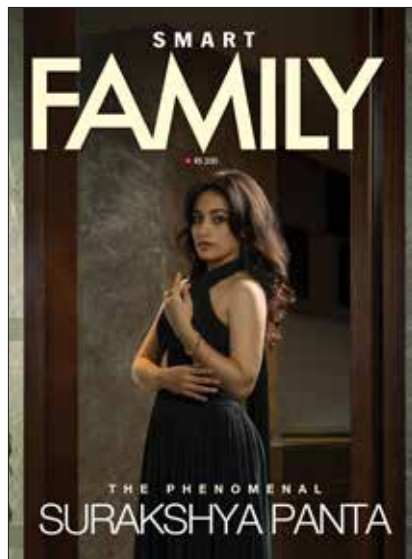
stronger bones matter for every woman, and what truly counts as "real food" in today's fast-moving world. You'll also discover practical inspiration for your home, gentle wisdom from spirituality and yoga, the excitement of Nepal's upcoming trekking season, and a heartfelt conversation with our cover personality, Surakshya Panta, whose journey invites us to be our true and bold selves.

Our One Question this month asks something beautifully simple: What's the best thing you've bought for your home? The answers we received are practical for all of us too.

As Dashain slowly approaches and autumn waits just around the corner, we hope this issue encourages you to pause between life's busy moments. To laugh a little louder. To take that trek you've been postponing. And above all, to remember that family isn't built only during celebrations. It's built every ordinary day leading up to them.

Here's to autumn season and getting ready for meaningful traditions ahead.

Happy reading!



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PHOTOGRAPHY
Suraj Patra Bansha

Nest

MEDIA AND DIGITAL

Nest Media and Digital Pvt Ltd
Lila Marg,
Kupondole, Lalitpur
5423036, 5424637, 9802041460
marketing.nest1@gmail.com

MANAGING DIRECTOR
Nripendra Karmacharya

FINANCE DIRECTOR
Jeena Shrestha

EDITORIAL AND MARKETING
Malika Joshi

BUSINESS DEVELOPMENT
Looniva Shakya

PHOTOGRAPHY
Suraj Patra Bansha

MAGAZINE DESIGN
Aaron Karmacharya

SOCIAL MEDIA
Anushka Shakya
Subhi Shrestha

FEATURE WRITERS
Sadhguru
Kiran Karki Silwal
Reet Kafle
Priyanka Chaguthi
Sonal Talegaonkar
Rubina Karki
Chef Sandeep Khatri
Sukadev Karki
Vijay Vaidya
Sneha Agrawal
Mamta Khatri

OFFICE ASSISTANT
Sunita Magar

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LEARNING BEYOND BORDERS

A Transformative Experience in Thailand



Utsav Raj Pandey
MYP IB Coordinator

Education in the twenty-first century extends far beyond the walls of a classroom. It is no longer sufficient for learners to simply master academic content; they must also develop the skills, perspectives, and values needed to thrive in an interconnected and rapidly changing world. It is with this philosophy that Swostishree Gurukul IB World School proudly participated in the International Olympiad on STEAM and Robotics Bootcamp 2026, organized by GEIST at the prestigious Asian Institute of Technology (AIT), Bangkok, Thailand.

The purpose of this educational visit was not merely to compete in an international event but to provide learners with an authentic global learning experience. As an

IB World School, we believe that meaningful education happens when students are challenged to apply their knowledge in real-world contexts, collaborate with peers from diverse cultures, and develop the confidence to become lifelong learners. The GEIST program offered the perfect platform for our students to embody these ideals.

Throughout the week-long program, learners engaged in intensive robotics workshops, STEAM-based learning activities, Mathematics and Robotics Olympiads, innovation challenges, and collaborative problem-solving sessions. These experiences required students to think critically, communicate effectively, and work collaboratively while embracing creativity and innovation. Rather than focusing solely on winning competitions, the program encouraged students to inquire, experiment, reflect, and persevere—qualities that lie at the heart of the IB Approaches to Learning (ATL).

The event also provided invaluable opportunities for intercultural learning. Students from different countries came together to exchange ideas, celebrate cultural diversity, and build lasting friendships. Through campus tours, cultural immersion activities,

and collaborative workshops, participants experienced firsthand the importance of international-mindedness, empathy, and mutual respect. Such experiences nurture the attributes of the IB Learner Profile, inspiring students to become Inquirers, Thinkers, Communicators, Open-minded individuals, Risk-takers, Reflective learners, and Caring global citizens.

This international exposure directly reflects the Mission of Swostishree Gurukul IB World School, which emphasizes inspired learning through dedicated teaching, caring relationships, a challenging curriculum, and community service. The experience in Thailand extended learning beyond textbooks by providing students with authentic opportunities to apply classroom knowledge while demonstrating imagination, resilience, and positive contributions within a global learning community. It also reinforced the school's commitment to valuing every learner's individual potential and celebrating inclusive partnerships that extend beyond national boundaries.

Likewise, the journey strongly embodied our school's Vision of developing generations of lifelong learners striving for academic

excellence, social responsibility, nation-building, and global fraternization. By participating in an internationally recognized STEAM and Robotics program, our learners were not only challenged academically but also encouraged to become responsible global citizens capable of leading with innovation, collaboration, and compassion. The diverse educational environment at the Asian Institute of Technology reflected the type of liberal and globally connected learning experiences that prepare students to realize their full potential as future national and international leaders.

For Swostishree Gurukul, participation in such international programs is not an extracurricular privilege—it is an extension of our educational philosophy. As an IB World School, we are committed to providing learning experiences that foster inquiry, encourage meaningful action, and cultivate internationally minded individuals who are prepared to address the challenges of an increasingly interconnected world. Programs like the GEIST International Olympiad empower students to bridge the gap between theory and practice while developing the adaptability, confidence, and leadership skills essential for the future.



STUDENT REFLECTIONS – THAILAND STEAM & ROBOTICS EDUCATIONAL VISIT



Vaan Modi – MYP I
My educational visit to Thailand was a wonderful experience filled with learning, cultural exchange, and personal growth. Visiting the Asian Institute of Technology (AIT) introduced me to new opportunities and inspired me to think beyond boundaries. Experiencing Thailand's culture and meeting people from different backgrounds taught me resilience, adaptability, and confidence. I am sincerely grateful to my teachers and Swostishree Gurukul for making this unforgettable journey possible.



Seaona Shakya – MYP II
The STEAM Geist Program in Thailand was an exciting journey that combined education with adventure. Participating in hands-on STEAM activities helped me improve my creativity, teamwork, and problem-solving skills. Exploring Dream World and the vibrant night market allowed me to experience Thailand's culture while creating wonderful memories. This trip was both enjoyable and inspiring, and I will always cherish it.



Jaishree Shrestha – MYP II
My visit to Thailand was an inspiring learning experience. Exploring the Asian Institute of Technology (AIT) introduced me to innovations in technology, engineering, and robotics, motivating me to learn more about STEM. Meeting students from different countries broadened my perspective and made the journey even more meaningful. This experience strengthened my curiosity, confidence, and appreciation for global learning.



Advika Aryal – MYP I
My trip to Thailand was filled with learning, adventure, and unforgettable experiences. Participating in the STEAM, Mathematics, and Robotics Olympiad helped me gain new knowledge and confidence. One of my favourite moments was learning to fly a drone, which made the experience even more exciting. Although I did not win, I returned with valuable lessons, greater determination, and wonderful memories. I am thankful to my school for providing this opportunity.



Diva Thapa – MYP I
Participating in an international competition in Thailand was a rewarding experience that allowed me to represent my school with pride. Meeting students from different countries helped me appreciate cultural diversity while developing confidence and teamwork. Visiting Dream World added excitement and joy to the trip, making it a perfect combination of learning and adventure. This journey will always remain one of my most memorable experiences.



Pratyush Ghiraiya – MYP I
The educational trip to Thailand was one of the most valuable learning experiences of my school life. Representing my school at the GEIST competition taught me confidence, teamwork, discipline, and the importance of continuous improvement. Learning about Thai culture and interacting with students from different countries broadened my perspective and encouraged me to embrace diversity. This journey inspired me to aim higher in both my academic and personal growth.



Florence Karki – MYP II
Representing Nepal at the GEIST STEAM and Robotics Olympiad in Thailand was a proud and unforgettable experience. Competing alongside talented students from different countries helped me develop teamwork, creativity, and confidence. Building friendships across cultures and exchanging ideas made the journey even more meaningful. This opportunity strengthened my passion for STEAM and inspired me to continue learning and innovating.



Praashiya Pangen – MYP I
Our educational trip to Thailand was a perfect balance of learning, teamwork, and fun. Participating in the international competition gave me the confidence to challenge myself while proudly representing my school. Visiting Dream World also showed me how science, engineering, and creativity come together in everyday life. This journey taught me that learning extends beyond the classroom and helped me build stronger friendships and lasting memories.



Yuvaragyi Khatri – MYP II
My one-week educational visit to Thailand was an unforgettable experience that helped me grow both academically and personally. Meeting students from different countries, exchanging souvenirs, and learning about new cultures made the trip truly special. Exploring Bangkok and participating in the STEAM program also helped me become more confident, independent, and open to new experiences. I will always cherish the friendships and memories I made during this journey.



Mrinal Shrestha – MYP II
The AIT STEAM Camp and educational visit to Bangkok provided me with an inspiring blend of learning and cultural exploration. Through coding, robotics, and problem-solving activities, I developed valuable skills while building confidence and teamwork. Visiting cultural sites, enjoying the dinner cruise, and exploring Bangkok's attractions made the experience even more memorable. This journey motivated me to continue learning, exploring new opportunities, and challenging myself in the future.

STARTER.

What's the best thing you've bought for your home?



Shradha Shrestha
Shradha Shrestha Interior Design

As an interior designer, people often expect me to name a statement sofa or a beautiful light fitting. But the best investment we've made for our home is creating spaces that truly support our family's wellbeing. Thoughtful storage, comfortable seating, layered lighting and a layout that brings us together have transformed the way we live. Our home has become the place where we reset, recharge and reconnect with ourselves and with each other. It nurtures our mental, physical, emotional and social wellbeing. To me, that's worth far more than anything of monetary value. A home is our sanctuary, our peace, and the place that brings us back to what matters most, no matter how busy life becomes.

"Design is an act of care - it shapes not only how we live, but how we feel."

Rashmi Chitrakar
Absolute Interiors

Designing many of Nepal's distinctive interiors over the past two decades has reinforced a simple belief: the true beauty of a home lies not in expensive possessions, but in the life it inspires. I have learned that thoughtfully crafted spaces become meaningful only through the people who inhabit them. Ours is a three-generation household where, despite a demanding career, I treasure the daily ritual of gathering with my husband, our daughter, and our parents around the dining table. Those conversations, laughter and quiet rituals define our home, making togetherness the greatest luxury and the finest investment anyone can ever make.



Kushal Goyal
Evolve Design Studio

I design homes for living and as an interior designer, the best thing I've bought for my home is an air purifier for my bedroom. I genuinely think clean air is becoming the new luxury. Something I feel is more important than just having the latest AC or expensive finishes. In Kathmandu, where pollution levels can be high, your bedroom should feel like a sanctuary, especially since we spend nearly a third of our lives sleeping. There are excellent air purification solutions available today, and it's one investment that doesn't just improve your home but one thing which genuinely improves your quality of life every single day.



Choosing the Spiritual Path

CLARITY & FAMILY RESISTANCE

Choosing an unconventional path can be one of life's most difficult decisions, especially when it conflicts with the hopes of those we love. Inspired by Sadhguru's teachings, this article explores how to balance personal conviction with genuine respect for family, and why growth often requires the courage to disappoint without disrespecting.

By Sadhguru

There is a question that comes to me often: "How do I make my family understand my longing for the ultimate without hurting them?" It is a sincere question, and it comes from a place of love. But the assumption hidden within it is that there is always a way to make everyone understand. In my experience, life does not work that way.

I have never been particularly skilled at handling family drama. Whenever life became more about emotional theatrics than clarity, I simply walked away. Drama has an extraordinary attraction for people. Instead of quietly looking at reality and making a conscious decision, they often become deeply invested in emotional reactions. That is human nature. But if you wish to live consciously, you cannot allow your life to be directed entirely by emotional turbulence.

Before you think about convincing anyone else, ask yourself a much more important question: Is this truly my calling, or is it merely a passing desire? A whim may last for a weekend. Sometimes it may even linger for years. But if you mistake a temporary fascination for a lifelong commitment, the consequences can shape your entire life.

This clarity is essential because your family's concern is not something to dismiss lightly. If those around you worry because they genuinely care for your well-being, that concern deserves your respect. In fact, I would find it strange if they were not concerned. Love naturally carries a certain amount of worry. Parents, siblings, and loved ones want you to be safe. They want to know that your choices will

not bring you suffering. Such concern should never be treated as an obstacle. It should be met with patience and understanding.

At the same time, concern has a boundary. Beyond that boundary, concern slowly transforms into control. When people begin insisting that your life must unfold according to their expectations rather than your own inner knowing, they are no longer protecting you. They are trying to preserve their own sense of comfort.

Every parent lives with uncertainty. The moment a child steps out of the house, countless possibilities exist. Nobody truly knows what tomorrow holds. If one continuously dwells on every possible danger, life itself becomes impossible. There comes a point where concern is no longer an expression of love but an expression of fear. When fear begins to dominate every decision, it becomes necessary to gently but firmly step beyond it.

I know this not as a theory but through personal experience.

My own sister chose the path of monastic life. She had spoken about it before, but nobody believed she would actually leave. The family assumed they could persuade her otherwise and continue arranging a conventional future for her. One day, she quietly left home.

I knew she was leaving. She had carefully gathered the few things she would need, and I recognized the signs because, in my younger days, I too had often dreamed of disappearing into the unknown. My friends and I imagined travelling the world with nothing more

than a few essentials and an eagerness for adventure. So when I saw her preparing, I understood what was happening. When she finally left, I waited before informing my family. I wanted to make sure she had reached a place where she could not simply be brought back by force.

The pain that followed was immense. I watched my father sit in silence, unable to move from his chair for days. He wept with a depth of grief that I had never witnessed before. It was heartbreaking. No one who truly loves their family can remain untouched by such suffering.

Yet life revealed something remarkable. As time passed, the same father who had been shattered by her decision began speaking about her with immense pride. What had once appeared as loss gradually became a source of respect. Understanding often arrives much later than acceptance.

This is why I never speak lightly about the emotions of family. Their pain is real. Their love is real. But if every worthwhile step in life were abandoned simply because someone might be hurt, humanity would never evolve. No one would have dared to question old ways. No one would have explored new possibilities. Great transformations, whether spiritual or otherwise, have always required individuals who were willing to move beyond familiar expectations.

This does not mean becoming insensitive. It does not mean rebelling for the sake of rebellion. It means being certain within yourself before you ask others to trust your decision.

If your clarity is unwavering, then keep speaking to your family with compassion. Do not argue. Do not accuse. Explain yourself patiently, again and again if necessary. Allow them time to process what they fear. Some may eventually understand. Others may never fully do so.

Do not measure the correctness of your path by the number of people who approve of it. Measure it by the depth of your own awareness and responsibility. If your choice arises from genuine clarity rather than impulse, then walk your path with humility, not defiance.

Life has always moved forward because a few individuals chose authenticity over approval. If your heart is truly certain, honour your family's love, embrace their concern with gratitude, but do not allow fear, yours or theirs, to decide the direction of your life. Sometimes, the greatest act of love is to live the truth you know, even when others need time to understand it.



Ranked amongst the fifty most influential people in India, Sadhguru is a Yogi, mystic, visionary and a New York Times bestselling author. Sadhguru has been conferred the Padma Vibhushan by the Government of India in 2017, the highest annual civilian award, accorded for exceptional and distinguished service.

INTERIOR

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Every remarkable space begins with an idea. Every exceptional design begins with the vision and determination to transform that idea into reality.

At IEC College of Art & Fashion, this philosophy came to life through INTERIOR SCHEMA XV - The Interior Architecture Thesis Exhibition, an inspiring showcase of the creativity, innovation, and professional excellence of our graduating Interior Architecture students.

Representing months of rigorous research, conceptual development, technical exploration, and meticulous craftsmanship, the exhibition highlighted the culmination of each student's academic journey. More than a display of final-year projects, SCHEMA XV celebrated the emergence of the next generation of interior architects who are ready to shape the future of the built environment.

Visitors experienced an impressive collection of architectural models, spatial concepts, design boards, and innovative solutions that seamlessly combined aesthetics, functionality, sustainability, and user-centred design. Every project reflected a unique design philosophy, addressing contemporary challenges across residential, hospitality, commercial, institutional, and community spaces while responding thoughtfully to the evolving needs of modern society.

The exhibition welcomed architects, interior designers, educators, industry professionals, students, media representatives, and distinguished personalities, including Rajesh Hamal,

Shrinkhala Khatiwada, and Swastima Khadka, whose presence further elevated the significance of the event. Their appreciation and interaction with the students created valuable opportunities for professional dialogue, constructive feedback, and meaningful networking.

INTERIOR SCHEMA XV also reflected IEC College's commitment to experiential learning and industry-focused education. Beyond classroom instruction, students are encouraged to think critically, conduct in-depth research, develop innovative solutions, and confidently communicate their ideas through professional presentations.

For aspiring designers, SCHEMA XV celebrated the journey from imagination to realization while demonstrating how young designers are prepared to make meaningful contributions to Nepal's growing architecture and interior design industry.

Join the Next Generation of Creative Professionals
Whether your passion lies in Interior Architecture, Fashion Design, or the creative industries, IEC College of Art & Fashion provides an inspiring environment where creativity is nurtured, innovation is encouraged, and practical learning prepares students for successful global careers.

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Trekking Season Is Almost Here

Your Ultimate Guide to Trekking Season

As monsoon clouds slowly retreat, Nepal enters its most beautiful trekking season. From first-time hikers to seasoned adventurers, the country's trails offer unforgettable experiences, breathtaking landscapes, and stories waiting to be discovered. Here's everything you need to know before taking your first (or next) step into the Himalayas.



As the last of the monsoon clouds drift away, Nepal transforms into a trekker's paradise. Crystal-clear skies reveal snow-capped peaks, forests burst into shades of green, and cool autumn air makes every step feel lighter. It is no coincidence that thousands of trekkers from around the world choose September through November as the best time to explore Nepal's mountains.

Whether your dream is to reach the foot of the world's highest peaks or simply to escape the city's noise for a few days, trekking in Nepal offers something for everyone. You don't need to be a professional mountaineer. You simply need comfortable shoes, a curious spirit, and a willingness to swap Wi-Fi bars for mountain views.

The best part? Every trail tells a different story. Some lead you through rhododendron forests, others across suspension bridges swaying over roaring rivers. You'll sip tea with locals, wake up to golden sunrises over

Himalayan giants, and discover that sometimes the best conversations happen around a warm cup of tea in a tiny mountain lodge.

Top Trekking Destinations in Nepal

- Everest Base Camp Trek
- Annapurna Base Camp Trek
- Annapurna Circuit
- Langtang Valley Trek
- Manaslu Circuit
- Upper Mustang

Best Treks for Beginners

Not every adventure has to be a two-week expedition. These routes are ideal for first-timers.

- Ghorepani-Poon Hill Trek (4-5 days): Famous for one of Nepal's most spectacular sunrise viewpoints.
- Australian Base Camp Trek (1-2 days): Perfect for families and weekend hikers.
- Nagarkot Hiking Trails (Day hike): Easy access with beautiful Himalayan panoramas.
- Dhampus Trek (2-3 days): Gentle trails,

charming villages, and stunning Annapurna views.

- Shivapuri National Park Trek (Day hike): A refreshing escape just inside Kathmandu.

Your Trekking Essentials Checklist

Before heading into the mountains, pack smart rather than heavy.

Clothing

- Moisture-wicking base layers
- Fleece or insulated jacket
- Waterproof outer jacket
- Trekking pants
- Warm hat and gloves
- Extra socks (trust us, dry feet are happy feet)
- Comfortable hiking boots
- Sandals or lightweight shoes for evenings

Gear

- Backpack (30-50L)
- Rain cover
- Reusable water bottles or hydration bladder
- Trekking poles
- Sunglasses with UV protection/ Polarized Sunglasses
- Headlamp
- Power bank
- Sleeping bag (depending on trek)

Health & Safety

- Sunscreen
- Lip balm
- Personal medications
- Basic first-aid kit
- Water purification tablets or filter
- Energy bars and dry snacks

Documents

- Trekking permits
- Identification
- Cash (many trails have limited digital payment options)

Did You Know? Fun Trekking Facts

- Nepal is home to 8 of the world's 14 mountains above 8,000 metres, making it one of the greatest trekking destinations on Earth.
- The world's highest hotel sits along the Everest trail in the higher region of Namche Bazaar.
- Yaks are incredible mountain transporters, capable of carrying heavy loads at high altitudes where vehicles cannot go.
- Prayer flags seen across the trails are not decorations. They symbolize peace, compassion, strength, and wisdom, with prayers believed to be carried by the wind.
- Every trekking season, thousands of international visitors come to Nepal specifically for hiking and mountain adventures, contributing significantly to local communities and tourism.

Trek Responsibly

The mountains give us unforgettable memories, but they also deserve our respect. Carry your reusable water bottle, avoid leaving litter behind, stay on designated trails, and support local tea houses and guides whenever possible. Responsible trekking helps preserve Nepal's incredible landscapes for generations to come.



Naag Panchami

WHEN NAAG PANCHAMI ENDS, NEPAL'S FESTIVE HEART BEGINS

As Naag Panchami marks the beginning of Nepal's festive season, this article explores the spiritual significance of Janai Purnima and Krishna Janmashtami. Blending cultural traditions, nutritional wisdom, and timeless teachings from Lord Krishna, it highlights how these festivals continue to inspire mindful, purposeful, and joyful living in the modern world.

By Kiran Karki Silwal



There is a beautiful Nepali saying, "Once Naag Panchami is over, Nepal enters a continuous festive season."

With the arrival of Naag Panchami, the rhythm of life slowly shifts from the rainy monsoon to a season of devotion, gratitude, family gatherings, and celebrations. The first major festivals that follow are Janai Purnima (Rakshya Bandhan) and Krishna Janmashtami, each carrying profound spiritual wisdom that remains deeply relevant in modern life.

**Janai Purnima:
A Celebration of
Protection, Renewal, and
Nourishment**

Known as Rakshya Bandhan in many parts of Nepal and India, Janai Purnima is a festival of faith and protection. On this auspicious day, Hindu men who wear the sacred thread ceremonially change their Janai (sacred thread) as a symbol of spiritual renewal, purity, and commitment to righteous living. Priests also tie a sacred protective thread (Rakshya Dora) around the wrists of devotees, signifying blessings, protection, and divine guidance. No Janai Purnima celebration is complete without a warm bowl of Kwati, a nourishing soup prepared from a mixture of nine sprouted beans. Beyond tradition, Kwati is a remarkable example of how ancient wisdom aligns with modern nutrition. Shrawan, the peak of Nepal's monsoon season, is characterized by high humidity when digestive strength is traditionally believed to be lower. During



➡ Krishna reminds us that every individual has a unique purpose. Rather than comparing ourselves with others, we should strive to discover and honour our own Dharma, our true path in life.

this time, a warm, protein-rich meal like Kwati helps restore energy, particularly after weeks of farming and physical work.

The preparation itself reflects patience and care. The beans are soaked for two to three days, allowed to sprout in a dark place, and then slowly cooked with aromatic spices. Every household has its own treasured recipe.

Scientific research also supports this age-old practice. Sprouting enhances the nutritional profile of legumes by increasing certain vitamins, particularly Vitamin C, which is naturally scarce in dry beans and improving the availability of several B vitamins. It also makes proteins easier to digest while improving mineral absorption, making Kwati both comforting and highly nutritious.



Krishna Janmashtami: Celebrating the Divine Teacher

As the festive season continues, devotees eagerly welcome Krishna Janmashtami, also known as Gokul Ashtami in Nepal. This sacred festival commemorates the birth of Lord Krishna, one of Hinduism's most beloved deities and the eighth incarnation (Avatar) of Lord Vishnu, the preserver and protector of the universe. While Krishna is often portrayed as the mischievous child stealing butter, his life represents far more than playful stories. He embodies wisdom, compassion, courage, unconditional love, trust, and joyful living. His teachings in the Bhagavad Gita continue to inspire millions across the world.

Across Nepal, temples come alive with devotional songs, prayers, and celebrations. Among the most visited are:

- Patan Krishna Mandir

- ISKCON Temple, Budhanilkantha
- Navatandham (Shree Krishna Pranami Mandir), Kathmandu
- ISKCON Pokhara
- Shree Krishna Pranami Mandirs in Rajbiraj and Biratnagar

Three Timeless Lessons Every Spiritual Seeker Can Learn from Lord Krishna

Discover and Honour Your Dharma

Krishna reminds us that every individual has a unique purpose. Rather than comparing ourselves with others, we should strive to discover and honour our own Dharma, our true path in life. Fulfilment comes not from imitation but from authenticity.

Focus on Action, Not the Outcome

One of Krishna's most profound teachings from the Bhagavad Gita encourages us to give our best effort without becoming attached to success or failure.

"You have the right to perform your duty, but not to the fruits of your actions." (Bhagavad Gita 2:47)

When we focus on sincere effort instead of worrying about results, we experience greater peace, resilience, and freedom from anxiety.

Master Your Mind

Krishna teaches that our greatest strength and often our greatest obstacle is our own mind. For one who has conquered the mind, it is the best of friends; but for one who has failed to do so, the mind

remains the greatest enemy." (Bhagavad Gita 6:6)

A disciplined mind becomes our greatest companion, guiding us toward clarity, compassion, and inner peace.

A Festival to Live, Not Just Celebrate

As Nepal embraces another season of festivals, may these celebrations become more than rituals. Let Janai Purnima remind us to nourish both our body and spirit, and let Krishna Janmashtami inspire us to live with purpose, joy, and unwavering faith. Krishna is neither confined to the past nor waiting in the future; Krishna is the experience of the present moment. This Janmashtami, may we become a little more playful in our hearts, more grounded in our values, and more progressive through the actions we choose every day.

After all, perhaps the greatest way to honour Krishna is not merely to celebrate His birth, but to live his teachings.



Kiran Karki Silwal
Kiran Karki is a certified parenting and NLP coach guiding individuals toward purposeful living and conscious parenting through her signature program "Find Your Ikigai with Kiran." Stay connected: Instagram: Kirankarkisilwal Facebook: Kiran karki Silwal

THE PHENOMENAL SURAKSHYA PANTA

From engineering structures to shaping unforgettable stories on screen, Surakshya Panta has carved one of the most remarkable journeys in Nepali cinema. In this conversation, she reflects on the people, values, and experiences that have shaped her, proving that her greatest role is not just as an actor, but as a thoughtful storyteller and compassionate human being.



the Cannes Film Festival. Celebrated for subverting traditional tropes with fierce authenticity in critical darlings like *Aama* and international masterworks like *The Eight Mountains*, Panta doesn't just play characters; she constructs complex, unforgettable human experiences that have permanently placed modern Nepali storytelling on the international map.

What's one fun fact most of the audience wouldn't know?

One thing most people don't know is that after my very first film, I spent three months in Sankhuwasabha working with an education organization. Instead of jumping straight into another project, I chose to teach children in a local school while also assisting fellow teachers. Living closely with the community, understanding the children's lives, and contributing to their learning remains one of the most meaningful chapters of my life. Looking back, it grounded me, broadened my perspective, and reminded me that some of the most rewarding roles happen far away from the spotlight.

→ One thing most people don't know is that after my very first film, I spent three months in Sankhuwasabha working with an education organization.

SURAKSHYA PANTA is a cinematic trailblazer who seamlessly bridges the worlds of technical precision and raw artistic expression. Originally trained as a civil engineer, she engineered her own path into the heart of Nepalese cinema before building a bridge to the global stage, making history as the first Nepali actress to grace the red carpet at

Your performances often reflect remarkable emotional depth. How do you choose your roles, and do family values or lessons guide you, both in your career and in the way you live your life?



The first thing that draws me to a role is whether the story connects with me on an emotional and moral level. I'm also attracted to characters that challenge me, ones that push me to rediscover or even redefine parts of myself as a human being. The passion and commitment of the team behind the project are equally important because filmmaking is such a collaborative process, and that shared enthusiasm often shapes the entire experience.

Family values have always been a quiet but constant influence in my life. I think they naturally find their way into both my work and the way I navigate the world. Whenever I feel uncertain or face an important decision, my family is often the first place I turn for perspective. They've been my most trusted advisors, offering honesty, balance, and unwavering support. That said, I've also learned the importance of forming my own opinions. I value their guidance deeply, but I don't let it override my own instincts. For me, it's about finding a balance between listening to those who know me best and staying true to my own voice.

Awards, recognition, or box office numbers often measure success. Personally, what moment made you feel that you had truly grown, not just as an actor, but as a human being?

The moment I truly felt I had grown was when I became able to genuinely connect and communicate

QUICK Q&A

• **What's something people assume about you that's completely wrong?**

People assume I am a very serious person, but that's not entirely true; I'm actually quite funny most of the time.

• **How would your family describe you?**

My family would probably describe me as "akal katey", meaning a person who prefers being on their own and would likely avoid social mixing.

• **What's the most "Surakshya" thing you've done on a film set?**

No doubt taking naps; whenever I get a little break, I'm off taking my naps wherever possible.

• **Which family member is your biggest critic?**

Definitely my sisters. They give brutally honest reactions and criticizes me the most when they don't like my performances.

• **If you could swap lives with any Nepalese actress for a day, who would it be?**

It would definitely be Mithila Sharma!

• **Your favourite movie of yourself**

The first is National Film Awards winner, 'Aama', and the next has to be the movie that took me to Cannes, 'The Eight Mountains'.

with people from different walks of life, especially those working behind the camera and in communities far from the spotlight. Listening to their stories, understanding their realities, and carrying those experiences with me changed the way I see the world.

As an actor, I can bring those stories to the screen, but I also feel a responsibility to speak about them beyond cinema. Being able to use my voice to acknowledge and amplify experiences that often go unheard has been one of the most meaningful parts of my journey. More than any accolade, that has made me feel like I've grown, not just as an artist, but as a human being.

Which role has left the biggest mark on your real personality?

The role that has left the deepest mark on me is Asmi from the Italian film *The Eight Mountains*. She is a solo traveller who embraces uncertainty with courage and curiosity, and as I portrayed her, I didn't realise how much of her spirit I was absorbing.

Interestingly, life ended up imitating art. Around the same time, I received

an invitation to attend the Cannes Film Festival. For the first time in my life, I gathered the courage to travel alone, all the way to France. It was a leap that once felt intimidating, but playing Asmi had quietly prepared me for it.

That experience made me realize that some characters don't just stay on screen; they stay with you. Asmi didn't simply become someone I portrayed; she became someone who helped me discover a more fearless, independent version of myself.

You've portrayed women from very different walks of life. How do you prepare to become someone whose experiences are far removed from your own?

No matter how different a character's life may be from my own, I believe that the emotions at the core of being human are universal. Those emotions are the foundations that help me connect with every character, regardless of their background or circumstances.

My priority is to fully understand the story, the script, and, most

importantly, the character as the director and writer envision them, rather than imposing my own interpretation too early. I trust their vision and allow myself to become part of that creative process. Once I have that emotional and narrative clarity, I work on the technical aspects of acting through different exercises and rehearsals that help me embody the character in a truthful and believable way.

What new things can your fans expect in the upcoming days?

There are quite a few exciting things in the pipeline. My next film, *Chameli Ko Poi*, directed by Everest Surya Bohora, is set to release on Ashoj 16 (October 2), and I'm really looking forward to sharing it with the audience.

Another project, *Captain Saab*, directed by Dipendra K. Khanal, is currently in post-production. I'm also preparing for a television reality show, which is in its pre-production phase, so that's a completely new and exciting experience for me.

Beyond acting, I'm investing more time in storytelling from behind the scenes as well. Under my production house, Alternative Production, I'm developing a few film scripts that we hope to bring to life soon. It's an exciting phase because I'm not just exploring new characters as an actor, but also creating stories that I truly believe in. I can't wait for audiences to see what's coming next.

→ "My next film, *Chameli Ko Poi*, directed by Everest Surya Bohora, is set to release on Ashoj 16 (October 2), and I'm really looking forward to sharing it with the audience."



PARENTING.

Joy

BEFORE THE
FESTIVAL BEGINS!

As Nepal prepares for the festive season, this thoughtful piece reminds us that children remember not the grandeur of celebrations but the love, belonging, and togetherness they experience. It explores how everyday moments during festivals quietly shape lifelong memories, future relationships, and the adults children eventually become.

By Reet Kafle

I have stopped asking children, 'Which festival is your favourite?' Instead, I ask them, 'What do you remember about festivals?' Their answers have changed the way I think about childhood. Not one child has ever told me about expensive clothes or elaborate decorations. They tell me about sleeping beside cousins, making sel roti with grandmother, sneaking extra prasad, or watching adults laugh together. Children don't remember events. They remember feelings.

Every year around this time, Nepal begins to change.

Markets become busier. Homes are cleaned with renewed energy. Shopping lists grow longer. Calendars slowly fill with Janai Purnima, Krishna Janmashtami, Gai Jatra, Teej, and family gatherings that many of us wait for all year.

We say we are preparing for the festive season.

But I often wonder if we are preparing for something much greater.

What if the real preparation isn't for the festival at all? What if it's for the memories our children will carry for the rest of their lives?

This thought has stayed with me for years.

➔ I have met families from different walks of life, some with abundance, others with very little. Yet the happiest childhood memories rarely begin with, "We had the most expensive celebration."

Where adults notice decorations, children notice expressions. Where adults plan events, children collect emotions. That is the remarkable thing about childhood.

Children don't measure celebrations by how grand they were. They measure them by how they felt.

I have met families from different walks of life, some with abundance, others with very little. Yet the happiest childhood memories rarely begin with, "We had the most expensive celebration."

Childhood has a beautiful way of turning ordinary moments into lifelong treasures.

Instead of asking, "How do we make this festival perfect?" Maybe we should ask, "How do we make every child feel that they belong?"

Because belonging is where joy begins.

Our festivals already carry this wisdom.

Krishna Janmashtami reminds us that wisdom and play can exist together. The stories of young Krishna are filled with curiosity, mischief, courage, and compassion, the very qualities we hope to nurture in every child.

Gai Jatra quietly teaches another profound lesson. It tells us that even grief is not meant to be carried alone. A community walks together. It is a reminder that strength is found not in hiding emotions but in sharing them.

Janai Purnima speaks of connection and responsibility, while Teej celebrates relationships that endure through love, sacrifice, and hope.

Joy has never been an individual achievement. It has always been a shared experience. Yet somewhere along the way, many of us became busy creating beautiful celebrations instead of meaningful ones. We chase the perfect photograph while missing the conversation happening beside us. We organise every detail but postpone the story our child wanted to tell. We capture memories with our cameras but forget to create them with our presence.

Children notice this.

Not because they are judging us, but because they are learning from us. They are learning what matters.

This August, as Nepal also observes International Youth Day, we will celebrate young people breaking records, leading communities, representing the nation, and inspiring others. Whether in classrooms, businesses, sports arenas, or on international stages, we applaud their achievements.

But extraordinary young people do not suddenly appear. Their stories begin much earlier.

They begin in homes where questions were welcomed. In communities where traditions carried meaning instead of obligation. In families where children felt safe enough to dream.

As we step into the months ahead, I hope our homes will certainly be filled with lights, colours, traditions, music, and laughter. But even more than that, I hope they will be filled with presence. Because one day the flowers will fade, the decorations will come down, and the festivals will become memories.

The question is, when today's children look back years from now, will they remember how beautiful the celebration looked, or how deeply they felt loved within it?

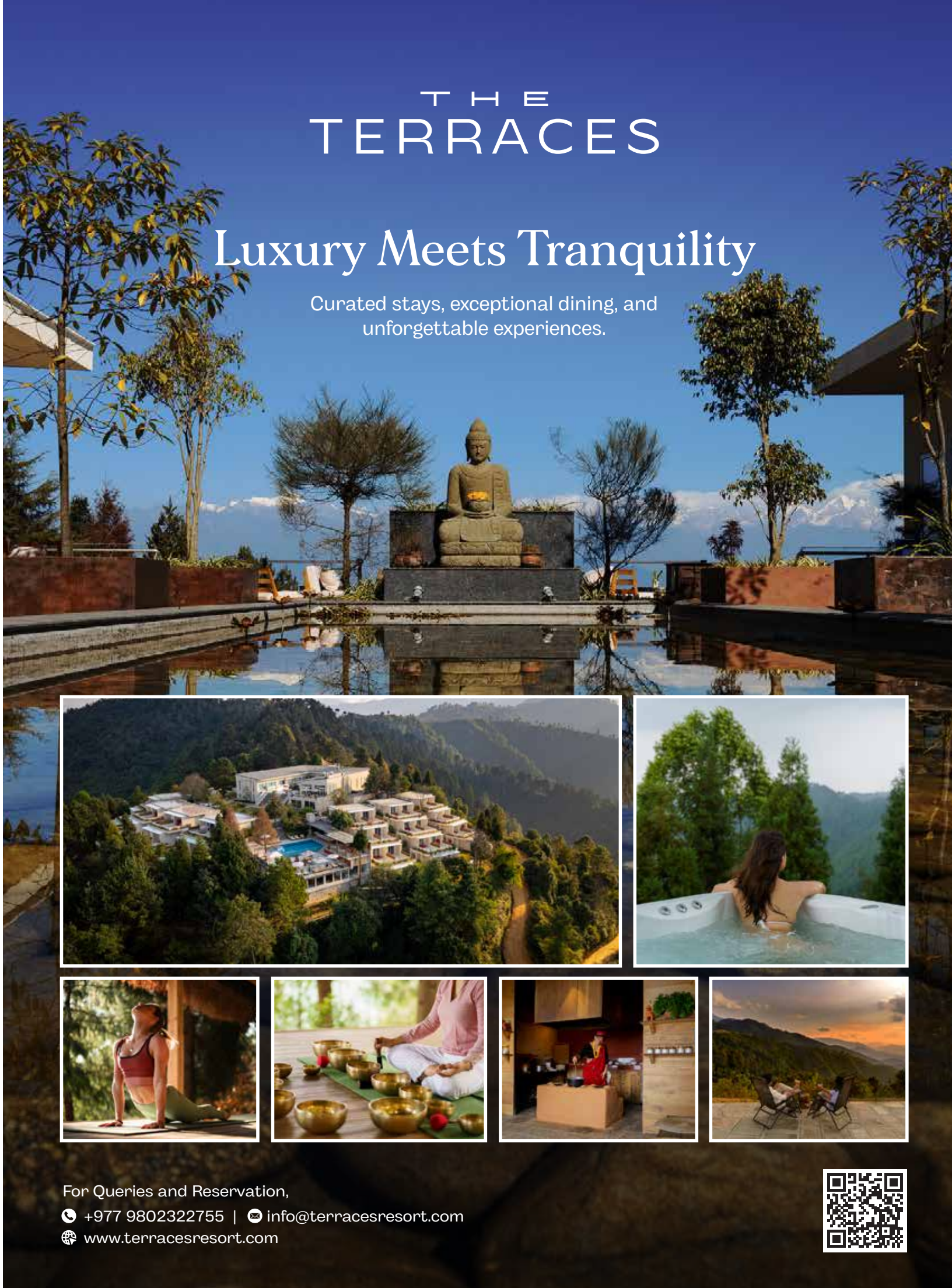
I believe that answer will shape not only their childhood, but the kind of adults and the kind of Nepal they will one day build.

After all, we are not merely preparing for another festival.

We are preparing the memories that will prepare the future.



Reet Kafle
Reet Kafle is an internationally recognized, award-winning young Early Childhood Education Leader, Child Development Specialist, educator, trainer, speaker, and parenting advocate from Nepal. Passionate about transforming early childhood education, she works with schools, educators, and families to foster meaningful change through leadership, advocacy, innovation, and child-centred practices. She is also a valuable member of Smart Parenting Nepal.



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EMOTIONAL REGULATION & POSITIVE HANDLING IN EARLY YEARS

This article highlights that emotional regulation in children begins with emotionally aware adults. Through neuroscience, practical strategies like the TEA Routine, and real-life parenting experiences, it shows how calm, empathetic responses help children develop resilience, emotional intelligence, and lifelong self-regulation skills.

By Priyanka Chaguthi

One of the participants in my recent workshop on “Emotional Regulation and Positive Handling in Early Years” was a doctor who had chosen to take a career break so she could dedicate her time to raising her baby. During one of our reflective activities, she shared something that touched everyone in the room.

She said that becoming a mother had made her realize something she had never fully acknowledged before. While she was constantly trying to help her baby manage big emotions, she herself was struggling to regulate her own emotions. She realized that the greatest challenge was not her baby's behaviour, it was learning to regulate herself while responding to the younger version of herself standing right in front of her.

The following day, she sent me a message that stayed with me:

"It was an insightful and interactive session. I am trying to implement yesterday's TEA method on myself and on my child. A regulated adult can raise a regulated child'. Thank you for this eye-opening session."

Her reflection beautifully summarizes what emotional regulation is truly about.

As parents, teachers, caregivers, and professionals, we often spend countless hours searching for ways to "fix" children's behaviours. We look for techniques to stop tantrums, reduce aggression, improve listening, or encourage cooperation. However, what if the first place we need to

look is not at the child, but at ourselves?

The Child Doesn't Need a Perfect Adult

Parenting is often described as raising a child. Yet in reality, parenting also raises us.

Children have an incredible ability to bring our own emotions, childhood experiences, beliefs, and triggers to the surface. A child refusing to listen, crying uncontrollably, or having a public meltdown can evoke frustration, helplessness, embarrassment, or even anger. These emotions are natural. What matters is how we respond to them.

Children do not learn emotional regulation because we tell them to "calm down." They learn emotional regulation by experiencing calm through us.

This is why I often remind parents and educators:

"A regulated adult can raise a regulated child."

Our nervous system becomes the child's safe place. Before children

borrow our words, they borrow our emotional state.

Understanding the Child's Brain

One of the biggest shifts that happens during my workshops is when participants begin to understand the developing brain.

Many adults assume that children intentionally misbehave. We often hear statements like:

"She is being stubborn."

"He is doing this to get attention."

"She knows exactly what she's doing."

But neuroscience tells a different story.

In the early years, especially before the age of seven, the emotional parts of the brain develop much faster than the thinking and reasoning parts. Children experience emotions intensely, but they do not yet have the neurological capacity to consistently regulate those emotions.

Imagine having overwhelming feelings but

lacking the words, impulse control, or self-awareness to express them appropriately. That is the reality for many young children. When emotions become too big, logical thinking temporarily goes offline. In those moments, children are not choosing to misbehave; they are struggling to cope. Behaviour is communication. Every behaviour is trying to tell us something.

Instead of asking,

"How do I stop this behaviour?"

we can begin asking,

"What is this behaviour trying to communicate?"

That single question changes everything.

Looking Beyond the Tantrum

Tantrums are often one of the greatest concerns for parents. However, a tantrum is not a sign of poor parenting or a "bad" child. Tantrums are a normal developmental milestone. They occur because the emotional brain is fully active while the thinking brain is still developing. During these moments, children are not asking us for punishment; they are asking us for support.

I often tell parents, "Your child is not giving you a hard time. Your child is having a hard time."

This small shift in perspective transforms our response. When we view tantrums as communication instead of manipulation, we become more curious and compassionate. A



Similarly, social stories help children understand routines, expectations, friendships, and emotional situations before they encounter them. Often, behaviour improves not because we corrected it, but because the child finally felt understood.

broken crayon, the wrong coloured cup, or a toy that won't fit may seem small to us but to a developing brain, those experiences can feel enormous. What children need most during these moments is not another lecture but another regulated human being.

The Power of the TEA Routine

During the workshop, I introduced a simple strategy that participants found easy to remember and apply in daily life.

I call it the TEA Routine.

T – Tune In

Notice what your child is feeling before focusing on what they are doing.

Instead of immediately correcting behaviour, observe their facial expression, body language, breathing, and emotional state.

E – Empathize

Help children feel understood.

Simple statements such as,

"I can see you're really upset."

"That looks disappointing."

"You're finding this difficult."

communicate safety rather than judgment. Feeling understood does not mean agreeing with every behaviour. It simply means acknowledging the emotion behind it.

A – Act Together

Once the child begins to feel calm and connected, we can guide them toward solutions.



As parents, teachers, caregivers, and professionals, we often spend countless hours searching for ways to "fix" children's behaviours. However, what if the first place we need to look is not at the child, but at ourselves?

Problem-solving works best after emotional regulation, not before.

Many parents later shared that they had begun using the TEA Routine not only with their children but also with themselves. That is perhaps the most powerful lesson of all.

Positive Handling Starts with Positive Language

Another important concept we explored was positive handling. Children learn far more from what we model than from what we instruct. Sometimes changing just a few words can completely change a child's response.

Instead of,

"Don't shout!"

we can say,

"Let's use our calm voice."

Instead of constantly telling children what not to do, we guide them toward what we would like them to do. Positive language provides direction. Negative language often creates resistance. Children's brains respond much better when they clearly understand the expected behaviour.

Stories That Build Emotional Strength

One of my favourite tools for emotional regulation is storytelling. Children do not always have the vocabulary to explain complex emotions. Books and stories help them recognise feelings in a safe and indirect way. Sometimes a child who cannot say, "I feel angry," can point to a character in a story and quietly whisper, "That's me."

Stories validate emotions without demanding explanations. Similarly, social stories help children understand routines, expectations, friendships, and emotional situations before they encounter them. Often, behaviour improves not because we corrected it, but because the child finally felt understood.

Raising Emotionally Healthy Children

As adults, we often focus on teaching children academic skills, good manners, and discipline. These are undoubtedly important. However, emotional regulation is one of the greatest life skills we can ever teach.

Children who learn to recognise emotions, manage frustration, recover from disappointment, communicate their needs, and seek support grow into adults who build healthier relationships and demonstrate greater resilience.

And this learning does not happen through punishment. It happens through connection. It happens through repeated experiences of feeling safe, seen, and supported. As caregivers, our goal is not to eliminate every emotional outburst. Our goal is to become the calm presence children return to while learning how to regulate themselves.

The journey is not about becoming a perfect parent or teacher. It is about becoming a more aware one.

Because every time we pause before reacting, every time we choose empathy over anger, and every time we connect before correcting, we are shaping not only a child's behaviour but also the developing brain that will guide them for the rest of their lives.



Priyanka Chaguthi
Priyanka Chaguthi is the Founder and Consultant of Vygotsky Child Parent Consulting and Learning Center, where she specializes in child psychology, emotional regulation, and brain-based parenting approaches. Her signature course, Know Your Child's Brain, has emerged as one of the most impactful learning platforms for parents and educators, with multiple successful batches conducted both online and offline. For consultations, trainings, or collaborations, she can be reached at: pchaguthi@gmail.com



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FOOD.

Is your Food really Food?

This article uncovers the hidden impact of ultra-processed foods on appetite, metabolism, and long-term health. It explains how to identify these foods, make smarter grocery choices, and gradually shift toward a diet centered on whole, minimally processed foods without striving for perfection.

By Sonal Talegaonkar

The hidden world of ultra-processed foods and how they may be reshaping our appetite, metabolism and long-term health.

A packet of biscuits with morning tea. Instant noodles on a busy evening. A “healthy” breakfast cereal before work. A packaged fruit drink in a child’s lunchbox. None of these choices feels particularly alarming on its own, and that is precisely why ultra-processed foods have become so deeply woven into modern life.

They are convenient, affordable, aggressively marketed and engineered to taste exceptionally good. Some even arrive dressed in the language of health: “high protein,” “multigrain,” “low fat” or “no added sugar”

Processed, Ultra-Processed... What’s the Difference Anyway?

Minimally processed: Milk, Eggs, Fruit, Vegetables, Dal, Rice

Processed: Plain Yoghurt, Cheese, Canned Beans, Traditional Breads

Ultra-processed: Instant Noodles, Soft Drinks,

Packaged Cakes, Many Confectionery products

First things first, does “processed” automatically mean unhealthy?

Not at all. Almost all food undergoes some form of processing. Milk is pasteurized, vegetables are frozen, lentils are dried, and curd is fermented. These are examples of minimal processing that can make food safer, more convenient or easier to store without fundamentally changing its nutritional quality.

Ultra-processed foods, or UPFs, are different. They are typically industrial formulations made with multiple ingredients, including substances rarely used in a home kitchen such as modified starches, protein isolates, emulsifiers, artificial flavours, colours and certain sweeteners.

In Nepalese household or supermarket, examples may include instant noodles, doughnuts, packaged chips, cream biscuits, sugary breakfast cereals, soft drinks, packaged cakes, confectionery and some highly formulated ready-to-eat foods. But context matters: a food is not ultra-

processed simply because it comes in a packet. Plain yoghurt, frozen vegetables or traditionally prepared foods can still be minimally processed.

If someone is slim, do ultra-processed foods really matter?

Yes. A healthy weight does not always mean a healthy metabolism.

Regularly consuming a diet high in ultra-processed foods has been associated with a higher risk of type 2 diabetes, cardiovascular disease and other adverse health outcomes. These foods can also displace more nutrient-dense options, leaving a person consuming plenty of calories but too little fibre, protein and essential micronutrients.

Over time, the impact may appear as poor blood-sugar control, elevated cholesterol, fatty liver, digestive problems or low energy even before there is a significant change on the weighing scale.

Why is it so hard to stop at just one biscuit or a handful of chips?

Because many ultra-processed foods are designed to be extremely easy and rewarding to eat. Combinations of refined carbohydrates, fat, salt, flavourings and soft or crunchy textures can make foods highly palatable. They are often easy to chew quickly and may deliver a large amount of energy before the body’s fullness signals have had enough time to catch up.

A landmark 2019 study conducted by researchers at the U.S. National Institutes of Health (NIH) found that participants eating an ultra-processed diet consumed around 500 more calories per day than when they ate a minimally processed diet. They also ate faster and gained weight during the ultra-processed phase of the study. The findings suggest that our tendency to overeat these foods may involve more than willpower alone; the way food is processed, formulated and consumed can influence how much we eat.

Do we need to empty our kitchen and start from scratch?

Thankfully, no. An all-or-nothing approach usually makes healthy eating more stressful and less sustainable.

Start by identifying the ultra-processed foods you eat most frequently, rather than trying to eliminate everything at once. If instant noodles are a regular dinner, reduce the frequency and add eggs and vegetables when you do eat them. If biscuits are your default snack, alternate them with fruit, yoghurt, roasted chana or nuts.

➔ Look for products containing long lists of industrial ingredients that you would rarely use in your own kitchen, such as certain emulsifiers, artificial colours and flavours, modified starches, protein isolates or multiple forms of added sugar.

Think “add before you subtract.” Add protein to breakfast. Add a fruit to the day. Add vegetables to lunch. Add one home-cooked meal where convenience food previously took over.

The goal is not a perfectly “clean” diet. It is to make whole and minimally processed foods the default, while allowing convenience foods to remain occasional rather than foundational.

Can an ingredient label reveal whether a food is ultra-processed?

It can offer useful clues. Start by reading the ingredient list, not just the claims on the front of the package.

Look for products containing long lists of industrial ingredients that you would rarely use in your own kitchen, such as certain emulsifiers, artificial colours and flavours, modified starches, protein isolates or multiple forms of added sugar.

Also check:

- How high added sugars appear on the ingredient list
- Sodium content

- Fibre and protein content
- Whether the product is mainly made from recognisable foods or a formulation of refined ingredients and additives

However, avoid turning label reading into fear of every unfamiliar ingredient. One additive does not automatically make a food harmful. The bigger question is how often the product is eaten and what proportion of the overall diet comes from ultra-processed foods.

After years of eating ultra-processed foods, can the body recover?

In many cases, meaningful improvements in metabolic health are possible. The body is remarkably responsive when the overall dietary pattern changes.

A practical transition can look like this:

Week 1: Observe
Notice where ultra-processed foods appear most often in your day.

Week 2: Replace
Replace one daily staple. Swap one frequently eaten UPF for a simpler alternative.

Week 3: Rebuilding
Build balanced meals. Include protein, fibre and healthy fats to improve fullness and reduce reactive cravings.

Week 4: Change
Change the food environment. Keep

convenient whole-food options visible and accessible.

Going forward: Aim for progress, not purity. A packet of chips at a celebration is very different from a diet built predominantly around packaged foods.

Before putting a packaged food into your trolley, ask yourself:

What is the main ingredient? Is it a recognisable food?

How often will I eat this? Daily staple or occasional convenience?

What does it provide? Protein, fibre and nutrients or mostly refined energy?

Is the front-of-pack claim distracting me from the ingredient list?

Could I choose a simpler version of the same food?

And one important reminder: “organic,” “vegan,” “gluten-free,” “multigrain” and “high-protein” do not automatically mean minimally processed



Ms. Sonal Talegaonkar
Sonal's Nutrofit
Clinical Nutritionist
Whatsapp:
+91 9967707376
+977 9861556858
(Post-graduation in Clinical Nutrition, Mumbai University, India)
Find us on Instagram & Facebook (sonalsnutrofit)



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➔ A5 Steak with Garlic Rice

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



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Eat Celebrate Flourish

A COMPREHENSIVE GUIDE TO HEALTHY TEEJ

This article explores how women can celebrate Teej while protecting their health, combining cultural traditions with evidence-based nutrition. It explains how to prepare for fasting, break the fast safely, and rethink month-long Dar Khane Din feasting to promote long-term wellbeing without compromising the spirit of the festival.

By Rubina Karki

Haritalika Teej or Teej is a festival celebrated among the Nepali women where they wear red saris and sing songs, dance and observe fasts for the wellbeing of their husband and family. This festival bears great importance to the Hindu women of the Terai, Kathmandu valley and Hilly regions as it brings out the elements of faith, sisterhood and cultural identity. On the contrary, as Nepal modernizes, it has changed the month-long feasting or 'Dar Khane Din' activities before this festival into a nutritious challenge that needs a broad

attention from public health perspective.

Understanding Nepali Teej Fasting: Faith and Physiology

Nepali Teej ceremony is considered as traditional Nirjala brata (fast) which requires women to fast without eating or drinking from sunrise till next morning. This fast can typically last from 12 to 24 hours. In the context of Nepal, where women constitute a significant portion of anemic population (34% of women at reproductive age as per Nepal Demographic and Health Surveys are anemic)

and also is one where there is low dietary diversity especially in the rural areas, such fasting can really be a physiologic concern.

This gets compounded by the fact that Nepali women start with low nutritional reserves. The typical diet of dal-bhat (with less fruits, vegetables and a good quality and quantity of protein sources) is low in bioavailable iron, vitamin B12, and high-quality protein. In the extended fasting state, blood glucose drops, and body releases stress hormones. Women with anemia, and hypothyroidism or doing strenuous physical activity,

can experience dizziness, headaches and extreme fatigue.

Strategic Preparation Before the Fast

Before commencing the Teej fast, the evening meal should deliberately be nourishing. Cooking healthy Nepali cuisines is an excellent option as rice consists of complex carbohydrates, dal gives the body plant proteins and fiber, tarkari (vegetable curry) consist of micronutrients necessary for good health and achar (pickle) and curd aids digestion. A moderate



amount of ghee also provides fat-soluble vitamins and long-lasting energy. Hydration matters profoundly. Therefore, coconut water or simply plain water intake helps hydration.

But to prepare the body well for prolonged fasting, it is important to include a good quality protein. Protein sources such as paneer (fresh cottage cheese), soya chunks or tofu, eggs, chicken, goat meat (khasi ko masu), and fish play a critical role in fasting preparation. The body shifts from using glucose to break down glycogen stored in the liver and muscles to using protein from muscles for energy during prolonged fasting.

Therefore, consuming 20-30g of a good quality protein at the pre fasting dinner helps maintain muscle mass in the body, maintain blood sugar levels due to slower digestion and keeps fuller for longer duration. For the average Nepali women who do a lot of physical work, this becomes very important.

Paneer contains especially slow digesting type of protein called casein which releases the amino acids into the blood slowly over the night. Egg is a complete protein which means it contains all the essential amino acids and also contains choline known to be important for brain function. Soya is another great option for most vegetarian households. It is a plant protein but comparable quality to animal based proteins.

Meat and fish are also important because they contribute heme iron along with the protein. They prepare the body for the metabolic stress of fasting.



Before commencing the Teej fast, the evening meal should deliberately be nourishing. Cooking healthy Nepali dal-bhat is an excellent option it consists of complex carbohydrates, plant proteins, fiber, micronutrients and achar (pickle) and curd to aid digestion.

Incorporating these proteins into dal-bhat yields a complementary amino acid profile, thereby optimizing protein utilization.

Breaking the Fast Mindfully

The morning following Teej, the fast can be broken according to the Nepali tradition with sattv along with water/milk and fresh fruits. This is a very good option as carbohydrates are rapidly absorbed and they restore the blood sugar levels immediately. Sattu also has some proteins and many other minerals to replenish the nutrients that have been depleted.

However, the next course of the sel roti, kheer, jeri swari, yomari and multiple fried items becomes too much of a burden on the body, especially to consume after the fasting. Consuming these rapidly after 15+ hours of deprivation, spikes blood sugar dangerously and creates metabolic stress.

A more subtle way would be to begin with dates or a fruit that is available in the season say a mango or a banana. After half an hour, then follow it up with a wholesome course of dal-bhat and seasonal vegetables.

This honors both tradition and physiology.

The "Dar Khane Din" Dilemma

The primary concern associated with Teej celebration centers around "Dar Khane Din", the traditional feasting ritual, which has increasingly extended from a single pre-festival meal to celebrations extending for up to a month prior to the festival.

Nepalese Dar dinner today may consist of momo (dumplings), pulao, alu dum, chicken roast, selroti, kheer or rasbari, and khasi ko masu (rich goat curry) with sweet lassi or soft drinks. One feeding could easily exceed more than 1,500-2,000 calories, 65 percent of which are from saturated fats and "refined" carbohydrates. Fiber is negligible, protein sources come with too much of fat, and while total calories may abound, micronutrient diversity is negligible.

When women participate in Dar feasting twice or thrice weekly for a month, the cumulative impact is substantial, roughly 12,000–15,000 surplus calories, sufficient for 1.5–2 kg of weight gain. More

critically, this pattern disrupts gut microbiome balance, promotes insulin resistance, and creates inflammatory markers that persist well beyond the festival.

The Paradox of "Cultivating Strength"

The logic behind the month-long Dar feasting in preparation for the fasting period is supposedly to "build energy" for the fasting day. This explanation is incorrect nutritionally. A month of excess saturated fat, refined sugar, and sodium damages metabolic flexibility, further stresses already compromised micronutrient status, and reduces insulin sensitivity. The body is, therefore, ill-equipped at the Teej fast day.

What does equip a Nepali woman who has feasted for a month with both the physical and spiritual readiness for fasting? The answer is actually a month of consistent, balanced meals with decent protein sources such as eggs, pulses, nuts, dairy and iron-containing options such as spinach, raayo ko saag, organ meats, paired with vitamin C-containing fruits or vegetables with whole sources (preferably not too refined) and water intake to account for the dry heat in the month of Bhadra.



Rubina Karki
Dietitian, lecturer, and PhD scholar in Nutrition. She holds a Master of Science degree in Nutrition and Dietetics and currently pursuing PhD in Nutrition. Founder: NutriFyNinja.

Feed Your Brain

Get Rewarded



Kwati, Masu ko Rasa & Veg Stew

How Traditional Monsoon Foods Wake Up Your Brain's Natural Happiness Chemicals

This article explores how traditional Nepali monsoon foods, guided by Ayurvedic wisdom, nourish both the body and mind by supporting the gut-brain connection and promoting natural "feel-good" chemicals like dopamine and serotonin. From Kwati and meat broth to everyday kitchen spices, it highlights how seasonal eating can boost digestion, mood, and overall well-being while preparing families for the festive season.

By Chef Sandeep KC



Momo in Spicy Kwati ko Jhol

Traditional Nepalese monsoon foods, such as nutrient-dense Kwati soup and freshly churned Butter masterfully designed to combat the dampness of Varsha Ritu, a season that naturally weakens our digestive fire (Agni) and lowers the production of essential brain chemicals like dopamine that keep us happy. By integrating these warming, protein-rich foods with Ayurvedic principles like balancing Prana Vayu (anticipation) and Sadhaka Pitta (achievement), we can naturally support our nervous system, protect our gut health, and create a lasting state of mindful bliss just in time for the upcoming festive season.

The Happiness Ingredients

Sprouted Beans

What you get: Heavy dose of plant proteins and amino acids.

Why it works: It provides the raw fuel your brain needs to build dopamine, which clears away rainy-day brain fog and gives you mental energy.

Carom Seeds (Jwano)

What you get: Warm, pungent digestive spice.

Why it works: It wakes up your sleepy monsoon stomach fire (Agni) so your body can actually absorb the happiness nutrients from your food.

Fresh White Butter (Makhan)

What you get: Healthy, fast-absorbing brain fats.

Why it works: It directly nourishes your nervous system (Majja Dhatu) to calm anxiety and prevent sudden emotional mood crashes.

Rock Sugar (Mishri)

What you get: Pure, unrefined cooling energy.

Why it works: It satisfies your sweet cravings safely without causing the harsh sugar crashes that leave you feeling tired and irritated.

Dry Ginger & Black Pepper

What you get: Natural toxin-destroying heat.

Why it works: They stop damp monsoon stickiness from building up in your gut, which is exactly where most of your body's feel-good chemicals are made.

Meat Broth / Stew (Masu ko Rasa)

What you get: Highly bioavailable iron, zinc, and warming proteins.

Why it works: Boosting physical strength (Bala) and rebuilding tissues while instantly lifting your mood.

Traditional Yoghurt (Dahi)

What you get: Live probiotics and cooling, gut-friendly bacteria.

Why it works: Directing your gut-brain axis to produce serotonin, keeping you emotionally stable.

Beaten Rice (Chiura)

What you get: Dry, easily digestible carbohydrates.

Why it works: Absorbing excess dampness in the stomach while providing steady, slow-release energy.

Fresh White Butter (Makhan)

What you get: Fast-absorbing, healthy brain fats.

Why it works: Lubricating the nervous system (Majja Dhatu) to naturally calm anxiety and stress.

Dry Ginger & Black Pepper

What you get: Natural heat that destroys metabolic toxins.

Why it works: Clearing away gut congestion, where a majority of your body's feel-good chemicals live.

The Hidden Gems in Your Nepali Kitchen

Nepalese kitchen cabinet is an ancient Ayurvedic pharmacy. The daily herbs and spices we use are powerful healing tools,



but they only work if they are pure. Mass-produced, factory-packaged powders are often stale or altered with cheap fillers by profit-driven shopkeepers and manufacturers. To experience real physical and mental healing, we must protect the integrity of our food. Trust your local farmer, buy whole ingredients, and visit a traditional local spice mill (mill or paani ghatta) to grind them fresh.

Here is what those hidden kitchen gems can truly do for your brain and body when kept pure:

Beshar (Turmeric / Haldi)
What it does: Acts as a powerful anti-inflammatory shield that cleanses the blood, heals tissue, and sharpens memory.

The hidden power: Pure turmeric stimulates brain function and clears out the toxic dampness and congestion caused by the monsoon season.

Jeera (Cumin Seeds)
What it does: Instantly ignites a sluggish digestive fire (Agni) and stops gas and bloating before it starts.

The hidden power: A happy gut means a happy mind; pure cumin ensures your stomach can properly signal your brain to release peace-inducing chemicals.

Dhaniya (Coriander Seeds)
What it does: Perfectly balances internal heat (Pitta) while gently flushing

out deep-seated bodily toxins.

The hidden power: It cools down erratic emotions and mental irritation, keeping your mood steady and grounded during chaotic festival preparations.

Methi (Fenugreek Seeds)
What it does: Stabilizes blood sugar levels, cleanses the liver, and lubricates dry, aching joints during rainy weather.

The hidden power: It balances Vata dosha, clearing away the subtle anxiety, restlessness, and mental fatigue that cloudy days bring.

Timmur (Sichuan Pepper)
What it does: Delivers a uniquely warming, electric buzz that instantly jumpstarts slow blood circulation and fights stomach dampness.

The hidden power: It clears heavy head congestion and opens up the sensory pathways, boosting mental alertness and giving you a natural surge of vital energy.

Tejpatta (Bay Leaves)
What it does: Breaks down heavy proteins, improves insulin sensitivity, and clears mucus from the respiratory tract.

The hidden power: It acts as a deep metabolic cleanser, ensuring that heavy festival stews and soups do not create sluggishness in your mind and body.

Dalchini (Cinnamon Stick)
What it does: Warms the core of the body, thins out stagnant blood flow, and acts as a natural antimicrobial agent.

The hidden power: It naturally triggers serotonin receptors in the brain, satisfying your emotional need for comfort and sweetness without a sugar crash.

Chuk Amilo (Concentrated Lime Juice)
What it does: Delivers an intense, alkaline-forming sour punch that cleanses the throat, cuts through grease, and sharpens taste buds.

The hidden power: It activates deep cellular metabolism, immediately melting away seasonal laziness and firing up the brain's focus centers.

Sukmel (Cardamom)
What it does: Cools down acid reflux, freshens the breath, and relaxes tight muscles in the digestive tract.

The hidden power: Known in Ayurveda for its Sattvic (pure) qualities, it reduces stress and clears the mind, leaving you feeling light, refreshed, and peaceful.

Marich (Black Pepper)
What it does: Burns away accumulated toxic waste (Ama) in the gut and opens up micro-channels throughout the body.

The hidden power: It acts as a powerful bio-enhancer, meaning it unlocks and multiplies the absorption of nutrients from all your other spices, ensuring your brain gets the ultimate chemical reward.

Festivity in a Bowl (Kwati, Masu ko Rasa & Veg Stew)
This rich, comforting stew combines the muscle-

building protein of sprouted festive beans, the grounding strength of slow-cooked meat, and the vitamin-rich crunch of fresh monsoon vegetables.

- The Ingredients
- 2 cups of sprouted Kwati beans
 - 500g of bone-in meat (local mutton or chicken)
 - 1 cup of thick-cut radish (mula) and carrots
 - 1 tablespoon of pure Ghee
 - 1 teaspoon each of fresh Beshar (turmeric) and Jeera (cumin)
 - 1 bay leaf (Tejpatta)
 - 1 cinnamon stick (Dalchini)
 - A pinch of Jwano (carom seeds)
 - A splash of Chuk Amilo (concentrated lime juice).

- How to Make It
- Heat your pure ghee in a pressure cooker and fry the Tejpatta, Dalchini, and Jwano until fragrant.
 - Add the meat, Beshar, and a pinch of salt, searing it to lock in the rich juices.
 - Next, toss in your sprouted beans and vegetables, stirring everything together for 5 minutes so the pure spices coat the ingredients.
 - Pour in 4 cups of water, close the lid, and pressure cook on medium heat for 4 to 5 whistles until the beans are buttery soft.
 - Finish with a quick squeeze of Chuk Amilo

and serve hot with Chiura (beaten rice).

Why It Works: The plant and animal proteins supply the essential amino acids your brain needs to manufacture dopamine, wiping out seasonal fatigue, while the Jwano and Ghee kindle your sluggish monsoon digestion.

Recipe 2: Momo in Spicy Kwati ko Jhol
Nothing triggers a healthy dopamine rush faster than a steaming plate of Momo. By floating juicy, handmade dumplings inside a fiery, spice-infused Kwati broth, you turn a favorite comfort meal into an Ayurvedic health tonic that clears your head and energizes your spirit.

- The Ingredients:
- 15 freshly steamed dumplings (Momo)
 - 1 cup of boiled and mashed Kwati beans (to naturally thicken the soup)
 - 2 tomatoes roasted on an open flame, 1 tablespoon of toasted sesame seeds (Til)
 - 1 teaspoon of freshly crushed Timmur (Sichuan pepper)
 - 1/2 teaspoon of Dhaniya (coriander) powder
 - 1 tablespoon of fresh ginger-garlic paste.

- How to Make It
- Blend your open-flame roasted tomatoes, toasted sesame seeds, and mashed Kwati beans into a smooth, thick paste.
 - In a deep pan, warm a small splash of oil or ghee, add your

- ginger-garlic paste and Dhaniya powder, and fry until fragrant.
- Pour in the blended tomato-bean paste along with 3 cups of hot water, bringing the soup to a rolling boil.
 - Lower the heat, stir in your electric, freshly crushed Timmur, and let it simmer for 10 minutes.
 - Arrange your hot momos in a deep bowl, ladle the bubbling soup directly over them, and enjoy immediately.

Why It Works: The warm broth immediately nourishes your nervous system to calm anxiety, while the electric buzz of pure Timmur opens up your sensory pathways, boosting mental alertness and giving you a natural surge of vital energy.



Chef Sandeep Khatri
A Gilon-educated culinary expert, integrates psychology and food technology, champions Raithane Food, minimizing post-harvest losses, and advocates zero waste.

BODY.

DECODING IVF

Why Does IVF Fail Even When Everything Looks Normal?



Dr. Sanjita Malla
MBBS, MD (OBS/GYN)
Fellowship in Advance ART and Repro-
ductive Medicine
NMC No: 12876

One of the most common questions couples ask is, “If all our reports are normal and we have good-quality embryos, why did IVF still fail?”

The reality is that successful implantation depends on a series of complex biological events. Even when everything appears perfect, there are factors beyond what current medical technology can detect.

The embryo and the uterus must communicate perfectly at exactly the right time. Sometimes an embryo that looks excellent under the microscope may still have genetic or developmental abnormalities that cannot

be identified by routine assessment. Similarly, the uterus may appear completely normal on ultrasound, yet there may be subtle issues affecting endometrial receptivity that are not detectable with standard investigations like ultrasound

Other hidden factors, such as immune mechanisms, inflammation, hormonal variations, or chance biological events, may also influence implantation. Despite advances in reproductive medicine, not every aspect of implantation is fully understood.

IVF improves the chances of pregnancy, but it cannot guarantee success in every treatment cycle. A failed IVF cycle should not be viewed as the end of the journey. Instead, it provides valuable information that helps doctors reassess the treatment plan, identify any correctable factors, and optimize the approach for future cycles.

Patience, individualized treatment, and open communication between the patient and the fertility specialist remain essential for achieving the best possible outcome.



Dr. Nikita Dhakal
Sr. IVF & Fertility Specialist
Alka IVF & Fertility Center

In Nepali society, when a couple cannot have a child, it is almost always the woman who is blamed. This has become a deeply rooted tradition. But what do medical facts actually say?

Scientific studies show that infertility is equally a man's issue. About 30% of infertility cases are caused solely by male factors. In another 20% of cases, both men and women contribute to the problem.

This means that in roughly half of all infertility cases, the man plays a significant role. A couple's inability to have a child is as much the husband's responsibility as it is the wife's. It is time for our society to correct this false belief that women are always the primary cause.

The consequences of this misunderstanding are severe. Many couples face family pressure, separation, or even the husband marrying a second wife. Women suffer extreme mental stress and emotional torture. In our clinic, we have seen many wives cry and share that their husbands threaten to marry again if they cannot have a child. This is heartbreaking and completely unfair.

So why are men so often overlooked when it comes to infertility?

First reason, social stigma and shyness, in Nepali culture, men find it very difficult to accept that their "manhood" might be weak. Not being able to father a child feels like a blow to their self-respect. Many men hesitate to get their fertility checked. Because they avoid testing, the blame unfairly falls on the woman.

Second reason, focus on female health. Many general hospitals and clinics focus more on women's reproductive health. Testing a woman's hormones, uterus, and ovaries is common and easy. But for men, the test is often just a simple "sperm test." While this test tells if there is a problem, it rarely tells why there is a problem. Doctors often ignore more detailed male health checks, which means the root cause remains unknown.

Third reason, lack of proper guidance: Many couples are not given the right advice about treatment options. Without proper information, they continue to blame the woman without understanding the full patient history.

In Nepal, especially in rural areas, infertility is still seen as a woman's problem. But both health workers and society must understand; infertility is a shared problem of both partners. The first step towards proper treatment is to get both husband and wife tested together.

The Role of Men in Infertility: Why Are They Often Overlooked?

STRONG BONES STRONG WOMEN

This Teej special encourages women to celebrate the festival by investing in their long-term health through strength training. It explains how simple weight-bearing and plyometric exercises can improve bone density, reduce the risk of osteoporosis, and help women stay strong and independent at every stage of life.

By Sukadev Karki



Teej is one of the most beautiful and powerful festivals for women in Nepal. It is a time of fasting, prayer, dancing, and sisterhood. While you celebrate it, this Teej can also become the beginning of a lifelong gift to yourself: stronger bones, better health, and greater confidence for the years ahead.

As women, most face a silent challenge that becomes more serious after menopause. Estrogen levels drop, and with them comes faster loss of bone density.

This increases the risk of osteoporosis, where bones become weak and brittle.

Osteoporosis significantly shortens life expectancy in women. Hip fractures, the most serious consequence of the condition, carry a 20-33% mortality rate within the first year, with women facing up to a 47% increased overall risk of death compared to those without osteoporosis.

The good news? You can start protecting yourself today, no matter your age.

The Power of Load Training and Plyometrics

➔ Research shows that just two well-designed sessions per week are enough to induce positive bone adaptations over time. You do not need to train every day. Consistency and proper form matter far more than long hours in the gym.

Weight-bearing exercises (load training) and plyometrics (explosive movements like jumping) are among the most effective ways to build and maintain strong bones. When you put controlled stress on your bones through these movements, your body responds by making them denser and stronger. This process is called bone remodelling.

Research shows that just two well-designed sessions per week are enough to induce positive bone adaptations over time. You do not need to train every day. Consistency and proper form matter far more than long hours in the gym.

A Simple 2-Day Program You Can Start This Teej

Here is a practical, beginner-friendly program you can follow at home or in the gym. Perform Day 1 and Day 2 on two non-consecutive days each week.

DAY 1: STRENGTH & LOAD TRAINING

- Squats: 3 sets of 15 reps
- Standing Shoulder Press: 3 sets of 15 reps
- Rows: 3 sets of 15 reps
- Walking Lunges: 2 sets of 15 reps each leg

- Landmine Rotational Press: 2 sets of 8 reps each side

DAY 2: PLYOMETRICS & POWER

- Linear Hops: 4 sets of 15 meters
- Jump Squats: 4 sets of 8 reps
- Push Press: 4 sets of 8 reps
- Kettlebell Swing: 3 sets of 15 reps
- Dumbbell Clean: 3 sets of 5 reps

Start with lighter weights or bodyweight versions. Focus on learning good technique. As you get stronger, gradually increase the challenge. Always warm up properly and consult a doctor before starting if you have any existing health conditions.

You Can Begin at Any Age

Whether you are in your 20s, 30s, 40s, or beyond, it is never too late. Building bone density early gives you protection for later life, but even starting after menopause can slow bone loss and reduce fracture risk. Every session is an investment in your future independence and vitality.

During Teej, while you fast and pray for long, happy lives with your families, add this intention: pray for your own strength and health too. Because a strong, healthy woman brings more joy, energy, and care to everyone around her.

This Teej, give yourself the gift of movement that lasts. Your bones will thank you, your future self will thank you, and your loved ones

will benefit from the vibrant, active woman you continue to be.

Wishing every woman a wonderful, joyful, and blessed Teej. May this festival mark the beginning of greater strength in every form.



Sukadev Karki
NSCA-CSCS, CPT, CF-L1,
Sports Nutrition Specialist
Faculty Head- National
Youth Fitness Academy
Founding President -
Nepali Youth Fitness &
Callisthenics

Attachment Styles & How We Behave

Our earliest relationships shape the way we trust, communicate, and connect throughout life. This insightful article explores the four attachment styles, explains how they influence our adult relationships and parenting, and offers practical ways to cultivate healthier, more secure emotional bonds.

By Sneha Agrawal



Many people have heard the term "attachment style," but may not fully understand it. Could you explain what attachment styles are, how they develop in childhood, and why they continue to influence our relationships well into adulthood?

Have you ever wondered why some people find it easy to trust and connect with others, while others struggle with fear of rejection or emotional closeness? The answer may lie in their attachment style, the emotional blueprint formed during early childhood.

Attachment styles develop through how our caregivers respond to us early in life. When caregivers are loving, consistent, and emotionally available, children usually grow up with a secure attachment style, feeling confident and safe in relationships. But when caregiving is unpredictable, distant, or inconsistent, children may develop anxious, avoidant, or fearful-avoidant patterns instead.

These early patterns don't disappear when we grow up. They quietly shape how we communicate, handle conflict, and connect with others as adults.

This idea comes from attachment theory, first developed by psychologist John Bowlby and later expanded by Mary Ainsworth through her research on how children respond to their caregivers.

The good news? Attachment styles aren't set in stone. With self-awareness, supportive relationships, and sometimes therapy,

Have you ever wondered why some people find it easy to trust and connect with others, while others struggle with fear of rejection or emotional closeness? The answer may lie in their attachment style.

we can build healthier, more secure ways of connecting. Understanding attachment styles isn't about blaming the past; it's about understanding ourselves better, so we can build stronger relationships going forward.

How do the four main attachment styles (secure, anxious, avoidant, and disorganized) typically show up in everyday life? What are some common behaviours, communication patterns, or emotional reactions that people may recognize in themselves or their loved ones?

Attachment styles aren't just psychology terms; they shape how we talk, feel, and act in relationships every day. No one fits perfectly into one box, but recognizing these patterns can help us understand ourselves and the people we love.

Here's how each style might show up in a simple, everyday moment: "Your partner says they're busy and won't be able to talk all day."

Secure Attachment
People with a secure attachment style feel comfortable with

both closeness and independence. They communicate openly, trust others, and handle conflict without feeling threatened. In this moment, they'd likely think, "No worries, we'll talk when you're free" — trusting the relationship instead of assuming the worst.

Anxious Attachment
People with an anxious attachment style often crave closeness and reassurance. They may worry about rejection, overthink conversations, or feel distressed when a message goes unanswered. Here, they might think, "Did I do something wrong? Why haven't they replied?" - needing reassurance, especially in uncertain moments.

Avoidant Attachment
People with an avoidant attachment style value independence and can feel uneasy with emotional closeness. They tend to keep their feelings to themselves and pull back during conflict, even though they may care deeply. They'd likely think, "That's okay, I'll keep myself busy" — quietly avoiding the discomfort of depending on someone else.

Disorganized (Fearful-Avoidant) Attachment
People with this style want closeness but fear getting hurt. They can swing between wanting intimacy and pulling away, which can look unpredictable to others. They might think, "I miss you... maybe I shouldn't text anymore" — caught between longing for connection and protecting themselves from it.

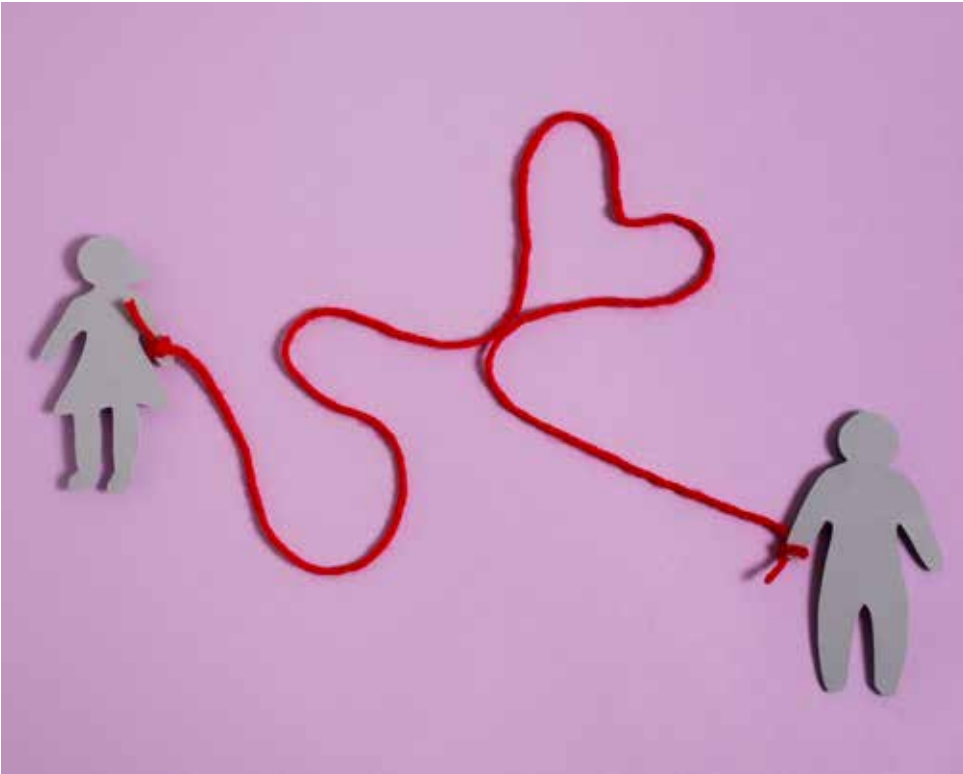
Attachment styles can even look different across relationships, and with self-awareness and support, they can shift toward a more secure style over time.

A quick check-in:
Which reaction sounds most like you? Noticing your own pattern, without judgment, is often the first step toward understanding it.

People often believe their attachment style is simply 'who they are.' Can attachment styles change over time? If someone recognizes unhealthy relationship patterns in themselves, what practical steps can they take to develop a more secure way of connecting with others?

Many of us believe our attachment style is just "who we are." But attachment styles are shaped by experience, not fixed by nature. Our brains keep learning throughout life, so with awareness and the right experiences, we really can grow into a more secure way of relating to others.

If you notice unhealthy patterns in yourself, a few steps can help:



- Build self-awareness: Notice your emotional triggers and repeating patterns without judging yourself too harshly.
- Communicate openly: Share your feelings honestly instead of expecting others to guess them.
- Challenge old beliefs: Swap thoughts like “I’ll always be abandoned” for more balanced ones.
- Practice healthy boundaries: Respect your own needs as much as others’.
- Seek secure relationships: Spending time with steady, trustworthy

people can slowly reshape your patterns.

- Consider therapy: A professional can help you understand where these patterns come from and build healthier ones.

What everyday parenting practices help foster secure attachment, and what are some common misconceptions parents should avoid when trying to build emotional closeness?

Secure attachment isn’t about being a perfect parent. It’s about showing up consistently, warmly, and emotionally present. Small,

everyday moments shape a child’s sense of safety more than any single big gesture.

A few simple habits that help:

- Responding calmly and consistently when your child is upset.
- Listening to their feelings instead of brushing them off or rushing to fix them.
- Spending a few minutes of real, quality time together each day.
- Showing affection through hugs, kind words, and encouragement.
- Setting clear, loving boundaries that help children feel safe.

A couple of myths are worth clearing up, too. Secure attachment doesn’t mean saying yes to everything; healthy limits and age-appropriate independence matter just as much. And responding to a child’s

emotions won’t “spoil” them; kids who feel heard often grow up more confident and resilient. At the end of the day, children need caregivers who stay connected, repair mistakes, and show up with love and consistency.

In Closing

Our earliest relationships shape how we connect with others, but they don’t define our future. Whether you’re a parent shaping a child’s emotional world, or an adult understanding your own patterns, growth is always possible.

With self-awareness, empathy, and consistent care, we can build stronger, more secure relationships, one honest conversation at a time.

“The greatest gift we can give ourselves and those we love is not perfection, but the safety of knowing we are seen, heard, and accepted.”

Which attachment style did you relate to most? Understanding your own pattern is the first step toward building the kind of connection you truly want. We’d love to hear your thoughts.



SNEHA AGRAWAL CHAUDHARY is an Experienced licensed psychologist Holding a Master’s Degree in Applied Psychology from the esteemed University of Delhi, Sneha specializes in Cognitive Behavioral Therapy. Currently practicing at Norvic International Hospital.

➔ Our earliest relationships shape how we connect with others, but they don’t define our future. Whether you’re a parent or an adult understanding your own patterns, growth is always possible.



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Understanding the Seven Chakras

A JOURNEY FROM CROWN TO ROOT

This article introduces the seven chakras, from the Crown to the Root, explaining how each energy centre influences our physical, emotional, mental, and spiritual wellbeing. It also recommends simple yoga postures to help activate and balance each chakra, offering readers a practical guide to cultivating inner harmony.

By Vijay Vaidya

The chakra system is an ancient concept rooted in Indian spiritual traditions, describing seven primary energy centres that run along the spine. The word chakra comes from the Sanskrit word for “wheel,” symbolising the continuous flow of energy throughout the body. These energy centres are believed to influence our physical, emotional, mental, and spiritual wellbeing. When they are in harmony, energy flows freely, allowing us to feel balanced, grounded, and connected.

Below is a guide to the seven chakras, beginning with the highest energy centre and moving down to the foundation of the body.

Crown Chakra (Sahasrara)

Location: Crown of the head

Theme: Spiritual connection, wisdom, higher consciousness

The Crown Chakra represents our connection to something

greater than ourselves. It is associated with inner peace, spiritual awareness, and a deeper understanding of life. When this chakra is balanced, we often feel connected, calm, and open to new perspectives. When it is out of balance, we may experience a sense of disconnection, confusion, or a lack of purpose.

YOGA ASANAS

- Lotus Pose (Padmasana)
- Headstand (Sirsasana) (for experienced practitioners only)
- Supported Legs-Up-the-Wall (Viparita Karani)
- Child’s Pose (Balasana) with meditation

Third Eye Chakra (Ajna)

Location: Between the eyebrows

Theme: Intuition, insight, clarity

The Third Eye Chakra is linked to intuition, perception, and inner wisdom. It encourages us to trust our instincts, see

situations with clarity, and cultivate self-awareness. When balanced, it supports sound judgement and a clear mind. When blocked, it may lead to indecision, mental fog, or difficulty trusting oneself.

YOGA ASANAS

- Child’s Pose (Balasana)
- Dolphin Pose
- Standing Forward Fold (Uttanasana)
- Easy Seated Meditation (Sukhasana)

Throat Chakra (Vishuddha)

Location: Throat

Theme: Communication, truth, self-expression

The Throat Chakra governs our ability to communicate openly and honestly. It encourages authentic self-expression and compassionate listening. A balanced Throat Chakra allows us to speak with confidence while remaining receptive to others. When

imbalanced, we may struggle to express ourselves or hold back our true feelings.

YOGA ASANAS

- Fish Pose (Matsyasana)
- Shoulder Stand (Sarvangasana)
- Plow Pose (Halasana)
- Cat-Cow Stretch (Marjaryasana-Bitilasana)

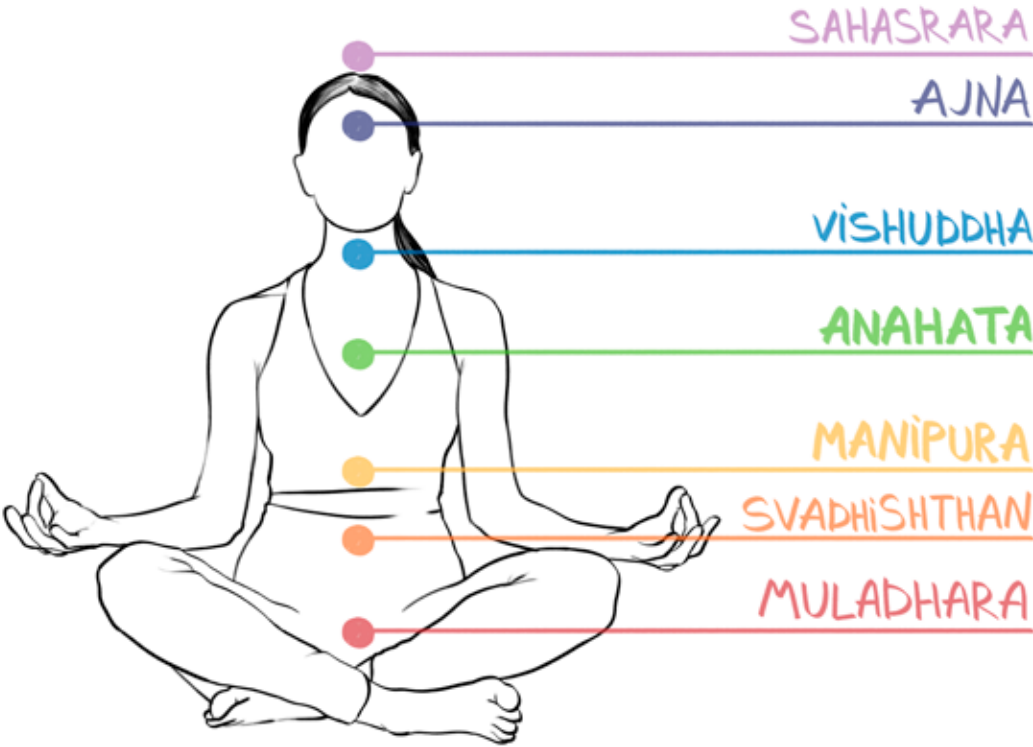
Heart Chakra (Anahata)

Location: Centre of the chest

Theme: Love, compassion, forgiveness

The Heart Chakra is the centre of love and emotional balance. It encourages kindness, empathy, gratitude, and meaningful connections with others. When balanced, it allows us to give and receive love freely. When out of balance, feelings of grief, resentment, or emotional distance may become more noticeable.

YOGA ASANAS



- Camel Pose (Ustrasana)
- Cobra Pose (Bhujangasana)
- Bridge Pose (Setu Bandha Sarvangasana)
- Upward-Facing Dog (Urdhva Mukha Svanasana)

Solar Plexus Chakra (Manipura)

Location: Upper abdomen

Theme: Confidence, personal power, motivation

The Solar Plexus Chakra is associated with self-confidence, inner strength, and determination. It supports our ability to make decisions, pursue our goals, and believe in ourselves. When balanced,

it nurtures resilience and self-belief. When imbalanced, self-doubt or a lack of motivation may arise.

YOGA ASANAS

- Boat Pose (Navasana)
- Warrior I (Virabhadrasana I)
- Warrior III (Virabhadrasana III)
- Plank Pose
- Chair Pose (Utkatasana)

Sacral Chakra (Svadhithana)

Location: Lower abdomen, just below the navel

Theme: Creativity, emotions, pleasure

The Sacral Chakra is the centre of creativity, emotional wellbeing, and joy. It encourages flexibility, healthy relationships, and the ability to embrace life’s experiences. When balanced, we feel inspired, emotionally connected, and open to change. When out of balance, creativity and emotional expression may feel restricted.

YOGA ASANAS

- Bound Angle Pose (Baddha Konasana)
- Pigeon Pose (Eka Pada Rajakapotasana)
- Garland Pose (Malasana)
- Low Lunge (Anjaneyasana)

Root Chakra (Muladhara)

Location: Base of the spine

Theme: Stability, security, grounding

The Root Chakra forms the foundation of the chakra system. It represents our sense of safety, stability, and connection to the physical

world. A balanced Root Chakra helps us feel grounded, resilient, and secure, providing a strong foundation from which the other chakras can flourish.

YOGA ASANAS

- Mountain Pose (Tadasana)
- Tree Pose (Vrksasana)
- Garland Pose (Malasana)
- Warrior II (Virabhadrasana II)
- Standing Forward Fold (Uttanasana)

Finding Balance Through Practice

Working with the chakras is a deeply personal journey. Through yoga, meditation, breathwork, and mindful living, we can cultivate greater awareness of ourselves and create space for balance, growth, and inner harmony. Whether you are new to the chakra system or looking to deepen your practice, these ancient teachings offer a meaningful path towards greater wellbeing and a more conscious way of living.



VIJAY VAIDYA, is a yoga teacher with over a decade of experience. Originally from Nepal, he moved to Bali in 2019, where he continues to live and host immersive yoga retreats. Vijay completed his yoga teacher training and certification in Mysore, India, the birthplace of Ashtanga Yoga, and is certified in Ashtanga Yoga (Level 1) as well as Postnatal and Prenatal Yoga.

HOME.

The Smart Kitchen Sink

Organize, Simplify, and Save Time

The kitchen sink is one of the busiest spots in our home. From washing vegetables and preparing meals to cleaning dishes, it is occupied much of the time. Yet it is often the most cluttered. A crowded sink area doesn't just look untidy; it also slows down daily routines and creates unnecessary stress. Fortunately, a few smart changes can transform this everyday workspace into

one that is clean, efficient, and family-friendly.

Start by decluttering the countertop around the sink. Keep only the essentials within easy reach, such as hand soap, dishwashing liquid, and a sponge. Store rarely used items like extra scrubbers, cleaning sprays, and backup supplies elsewhere. If multiple bottles are taking up counter space, consider transferring soap into matching

dispensers or using a sink caddy to keep everything neatly in one place. Wiping the area dry at the end of each day also helps prevent water stains and keeps the space looking fresh.

The right sink accessories can make everyday chores much easier. A roll-up drying rack placed over the sink provides extra space for rinsing fruits, draining pasta, or drying dishes without taking up valuable counter space. A divided sink organizer keeps brushes, scrubbers, and cloths separated and allows them to dry properly, reducing unpleasant odours. Microfiber dish mats, sink strainers, and hands-free soap dispensers are small additions that improve both convenience and hygiene.

Don't overlook the cabinet beneath the sink. It often becomes a catch-all for cleaning supplies, making it difficult to find what you need. Maximize this space with stackable bins, pull-out

drawers, or tension rods that can hold spray bottles. Clear containers make supplies easy to identify, while labelled baskets help separate dishwashing products, household cleaners, and spare sponges. Keeping chemicals on higher shelves or inside child-safe containers is especially important for families with young children.

For busy households, an ideal sink setup supports efficiency. Place frequently used items within arm's reach, keep towels hanging nearby, and ensure everyone in the family knows where things belong. A simple routine of returning items to their designated place after use can prevent clutter from building up.

A well-organized kitchen sink may seem like a small detail, but it can make meal preparation, cleanup, and family life noticeably smoother. Sometimes, the smartest home upgrades are the simplest ones.



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Finish



August Rush

By Mamta Khatri

If you look closely at the garden, you will see that August is a season of quiet, vibrant anticipation. This is the month when the golden Marigolds (Sayapatri), the resilient Globe Amaranth (Makhamali) and the majestic Chrysanthemums (Godawari) are given the biggest priority simply because without these flowers, our celebrations would have no meaning.

And just like that, we are into the month of August.

Greetings from the Green Owl Family.

As August rolls in, so does our cultural and religious activities.

The monsoons should be receding soon and light winds will soon carry the heavy clouds away to reveal clear blue skies. The changing of the season, the awareness of Autumn slowly arriving.

This period is also known as the pre-harvest season in Nepal. The rice in the paddy fields are not ready yet but it is time to prepare, to celebrate, to give gratitude back to land and to the people who worked on it.

These upcoming traditional festivities help to heal us from grief, recharge our bodies and weave stronger community bonds.

The vibrant festival cycle kicks off with Janai Purnima, a day deeply rooted in physical rejuvenation and

agricultural appreciation. It is a time for honoring the protective bond between brothers and sisters and also to celebrate delicious comfort food like the highly nutritious Kwati.

Shortly after Janai Purney we shift our focus to one of the most unique festivals on our calendar, Gai Jatra (The Festival of Cows). The sacred cow is worshipped and we as a community are taught that grieving the loss of loved ones is painful but this pain can be transformed when we gather to celebrate the departed soul.

Next up is Krishna Janmashtami, honoring the birth of Lord Krishna who is the ultimate protector of fields, cows and rural life. It is such a beautiful sight to see galleys and

squares flooded with a sea of children in yellow silk and elaborate peacock feathers.

Finally, as this magnificent pre-harvest cycle concludes, the focus shifts entirely to the women of Nepal during Teej. This vibrant, multi-day festival literally paints the entire country red.

Women, the backbone of our society, take a well-deserved pause from all of their daily chores. Married daughters are invited to their homes for rest, for a feast and celebrations. To me, Teej has always been a beautiful celebration of female solidarity.

Amidst these joyous August celebrations, a quieter, deeply symbolic preparation is also taking place in household gardens and local nurseries. The month



of August is also the critical window for giving our full attention to the headliners for our upcoming Dashain and Tihar festival. The Marigolds (Sayapatri), the Globe Amaranth (Makhamali) and Chrysanthemums (Godawari). If you are able to nurture the plants now, you will truly be rewarded with the most stunning blooms in Autumn. To start

with, this is the time you pinch back the Marigolds and Chrysanthem stalks. This is a garden hack followed by most gardeners to disrupt the plant's hormonal balance so as to prevent the plant from growing taller and redirect its energy to producing more branches. More branches mean more healthier flowers.

If your Globe Amaranth is already in full bloom, it is time to harvest them and

keep them out of the rain in the shade. Doing this will preserve the beautiful purple color as you prepare them for garlands for Bhai Tika.

It is truly beautiful how time and season helps us prepare for all of these auspicious celebrations, and how connected our culture is to the land.

I hope you have a beautiful memorable experience as we gather to share our love, our

culture and our deep respect for the hands that have worked tirelessly to grow the food, to tend the blooms, to harvest and provide.

We have a culture that is so rich and we should all find ways to preserve it and celebrate it the right way.



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MARKET.



📍 Dusit Thani Himalayan Resort Dhulikhel, Nepal Appoints Ankit Sharma as General Manager

Dusit Thani Himalayan Resort Dhulikhel has appointed Ankit Sharma as its new General Manager, following his successful tenure as Hotel Manager. With over 18 years of hospitality experience across Nepal and India, Sharma has held leadership roles with global brands including Hilton, Marriott International, and Starwood. In his new role, he will focus on enhancing guest experiences, developing talent, and strengthening the resort's position as one of Nepal's

leading luxury destinations through Dusit's signature hospitality. Sharma expressed his commitment to building on the resort's strong foundation and elevating its offerings. Located near the sacred Namo Buddha Monastery, the resort features 72 rooms and suites, including 18 private villas, alongside wellness facilities, diverse dining options, and premium event spaces for weddings, corporate gatherings, and retreats.



📍 Aloft by Marriott Kathmandu Thamel Brings Hope Through CSR Initiative at Om Disabled Child Care Home

As part of its 7th anniversary celebrations, Aloft by Marriott Kathmandu Thamel organized a Corporate Social Responsibility (CSR) initiative at Om Disabled Child Care Home in Syuchatar, Kathmandu, on 13 July 2026. The home, which provides care for 35 children and young adults with disabilities, received donations of essential food supplies, hygiene products, and medical care items to support its daily operations. Hotel associates also contributed clothing, groceries, toys, books, and other necessities, showcasing a strong spirit of teamwork and compassion. General Manager Vikram Singh emphasized that true hospitality extends beyond serving guests to creating meaningful change within the community. The initiative reflects the hotel's ongoing commitment to social responsibility and aligns with Marriott International's Serve 360 philosophy of making a positive and lasting impact through community engagement.



📍 The Soaltee Kathmandu, Autograph Collection Concludes a Celebrated Kashmiri Wazwan Culinary Promotion

The Soaltee Kathmandu, Autograph Collection successfully concluded its Kashmiri Wazwan Promotion, held from July 22 to August 1, 2026, at Kakori, its North Indian specialty restaurant. The limited-time culinary festival introduced guests to the rich heritage of Kashmir's royal cuisine through an authentic à la carte menu featuring signature Wazwan delicacies prepared with traditional slow-cooking techniques and aromatic spices. The event celebrated the artistry, culture, and hospitality of one of South Asia's most treasured culinary traditions. According to General Manager Avinash Deshmukh, the promotion reflected the hotel's commitment to delivering distinctive dining experiences inspired by global gastronomy. The enthusiastic response from diners reinforced the hotel's reputation as one of Kathmandu's leading culinary destinations, with more curated food festivals and cultural dining experiences planned in the future.



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🔴 **Leapmotor B03X Pro Max - Premium SUV Officially Launched the in Nepal at NPR. 44.99 Lakhs for First 100 customers**

Shangrila Motors Pvt. Ltd. has officially launched the all-new **Leapmotor B03X Pro Max Premium SUV** in Nepal, unveiled at a grand event at The Plaza, Lalitpur, on August 7. **Priced at NPR 44.99** lakh for the first 100 customers and NPR 46.99 lakh thereafter, showroom previews and bookings are now open nationwide. Designed for Nepal's diverse road conditions, the B03X features a 145-kW electric motor, 53-kWh battery, 505 km CLTC range and 185 mm ground clearance. Its premium cabin includes a 14.6-inch 2.5K HD

touchscreen, 12-speaker surround sound system and Level 2 ADAS safety technology.

According to Shangrila Motors Director Hemant Golchha, the launch marks an important step in advancing smart and sustainable mobility in Nepal. Backed by global automotive giant Stellantis, Leapmotor has sold over 1.6 million vehicles worldwide and operates more than 1,700 sales and service points across 40+ countries.



🔴 **Nepali Singer Ashra Kunwar Bags Top Honour at 13th MusicKhabar Music Awards**

Nepali singer Ashra Kunwar has won the Best Female Pop Singer award at the 13th MusicKhabar Music Awards 2082 for her hit song Itihaas Timro Mero, adding another milestone to her musical career. She triumphed over a competitive lineup of nominees, including Durga Kharel, Samikshya Adhikari, Babina Kiranti, and Elina Chauhan. Held in Kathmandu, the awards celebrated excellence in Nepali music under the theme "Honoring the Seniors, Encouraging the Juniors." Ashra expressed gratitude to her supporters, calling the recognition a motivating achievement. Alongside her successful music career, she is pursuing a Ph.D. in wildlife conservation at the University of Florida and was recently invited to deliver a TED Talk, reflecting her growing international presence in both academia and the arts.



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Decorating by the Element

Have you ever walked into a room that instantly made you feel calm, energized, or inspired? While color palettes and furniture certainly influence the mood of a space, astrology suggests that our connection to the five natural elements can also shape how comfortable we feel at home. Decorating by your dominant element helps us create a home that reflects your natural energy and supports your everyday life.

Fire Signs (Aries, Leo, Sagittarius) thrive in

spaces that feel vibrant and full of life. Their homes should encourage creativity, confidence, and movement. Warm colors such as terracotta, crimson, mustard, and gold work beautifully alongside statement lighting and bold artwork. Fire signs enjoy entertaining, so an inviting living room or a cozy conversation corner can become the heart of the home. However, balancing these energetic elements with softer textures prevents the space from feeling overwhelming.

Earth Signs (Taurus, Virgo, Capricorn) seek comfort, stability, and timeless beauty. They are drawn to natural materials like wood, stone, linen, and clay, creating interiors that feel grounded and welcoming. Neutral shades, indoor plants, handcrafted décor, and practical furniture help establish a sense of peace. Earth-inspired homes prioritize quality over quantity, with every item serving both a functional and aesthetic purpose.

Air Signs (Gemini, Libra, Aquarius) flourish in bright, open spaces that stimulate conversation and ideas. They appreciate uncluttered layouts, large windows, bookshelves, artistic accents, and flexible furniture arrangements. Soft whites, light blues, and pastel tones enhance their sense of openness, while mirrors and glass elements add lightness. Air signs often enjoy refreshing their décor regularly, keeping their surroundings dynamic and inspiring.

Water Signs (Cancer, Scorpio, Pisces) create homes that feel like personal sanctuaries. Soft lighting, flowing fabrics, soothing blues, greens, and gentle neutrals help build an atmosphere of emotional comfort. Candles, meaningful photographs, calming artwork, and water-inspired décor foster relaxation and reflection. Cozy reading corners or meditation spaces are especially beneficial for these deeply intuitive signs.

Ultimately, decorating by the elements isn't about limiting your style to your zodiac sign. Instead, it offers inspiration to design a home that feels emotionally aligned with who you are.



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