



THE KATHMANDU POST

WITHOUT FEAR OR FAVOUR

Nepal's largest selling English daily
Printed simultaneously in Kathmandu, Biratnagar, Bharatpur and Nepalgunj

Vol XXXIV No. 164 | 8 pages | Rs10
Saturday, August 01, 2026 | 16-04-2083
35.5° C 15.5° C
Dhangadi Jomsom

World awaits status of missing climbers, including Nirmal Purja

After recovery of 2 bodies, 7 climbers spotted via drone footage on Broad Peak. Search team yet to confirm if they are still alive.

SURAJ KUNWAR
KATHMANDU, JULY 31

Rescue teams on Pakistan's Broad Peak located six more climbers by drone late Friday, a day after an avalanche swept away a 10-member team including Nirmal Purja, the Nepali mountaineer known as "Nimsdai".



PHOTO: NIMSDAI/FACEBOOK
Nirmal Purja on a mountain.

The discovery brings to nine the number of climbers who have either been found or sighted, more than 30 hours after the Thursday morning avalanche, though Pakistani authorities had not released full identifications by Friday evening. The condition of the tenth climber remained unknown. Three bodies had been recovered earlier Friday by a ground and helicopter operation: Nepal's Pur Bahadur Gurung, Oman's Nadhira Al Harthy, found intact, and a single leg of American climber Mallory Geis.

>> Continued on page 2

PM follows party chief's lead in outreach amid crisis

Lamichhane began consultations with political and community leaders before Shah launched similar effort as Sunsari violence spilled into Madhesh.



JAYA SINGH MAHARA
KATHMANDU, JULY 31

Following the communal unrest in Sunsari on the night of July 26 that later spread to several districts in Madhesh Province, Prime Minister Balendra Shah and Rastriya Swatantra Party Chairman Rabi Lamichhane have stepped up political consultations and outreach efforts. A review of the timeline of their engagements shows that Lamichhane moved first with a series of meetings involving political leaders and other stakeholders, while Shah later initiated similar consultations. Over three days, Lamichhane held at least half a dozen group meetings, while Shah launched comparable outreach efforts over two days. In the immediate aftermath of the Sunsari incident, Shah and Home Minister Sudan Gurung focused primarily on security measures, including the mobilisation of Nepal Police and the Nepali Army. Lamichhane, meanwhile, moved to initiate political discussions and seek a broader response to the tensions. As criticism grew that the government was not showing sufficient political leadership, the prime minister

began adopting a similar approach, engaging political representatives and community stakeholders. On the second day after the incident, Lamichhane issued a public appeal for restraint and began discussions with political and religious figures. Political analyst Bhaskar Gautam said Shah and Lamichhane appeared to be operating on parallel tracks after the Sunsari violence. "Those in power often suffer from the belief that they can solve everything on their own," Gautam said. "The parallel activities of Rabi and Balendra reflect this mindset, the roots of which were visible even before the prime minister took office." Gautam said the current leadership was repeating past shortcomings by failing to strengthen institutions and adequately respond to ground realities. "Prime Minister Shah is reinforcing a tendency where individuals take precedence over institutions, as seen through these parallel initiatives," he said. The unrest began at around 10:00 PM on July 26 in ward 3 of Dewanganj Rural Municipality in Sunsari, when clashes broke out between Hindu and Muslim groups. Security forces opened fire while attempting to con-



PHOTOS: RSS/HANDOUT
Prime Minister Balendra Shah consults political leaders from the Madhesh. (Right) RSP chief Rabi Lamichhane (centre) with faith leaders, Friday.

tain the situation, killing one person at the scene and injuring another who also died later during treatment at a hospital. Nine locals and 13 security personnel were injured. By 5:00pm the following day, Lamichhane had issued a public statement calling for communal harmony. At that time, the government had not issued a public appeal. Nearly 24 hours after the incident, after 10:00pm, Shah posted a message on Facebook, followed by an official statement from the Prime Minister's Office. The statement acknowledged that the incident had threatened social cohesion and created fear among citizens. Shah promised justice, compensation for the deceased and legal action against those responsible. "The government has maintained a presence from the beginning, but it was insufficient," Shah wrote. "Loss of life due to security firing is unacceptable under any circumstances. The government has seriously reviewed the situation, and citizens will see responsible steps taken to prevent a recurrence." Lamichhane, in his statement, stressed the need to preserve Nepal's multi-cultural social fabric.

>> Continued on page 2

Peace push gains ground in Madhesh after days of unrest

Shah met Madhesh leaders, lawmakers after home minister reached agreements with victims' families a day ago.

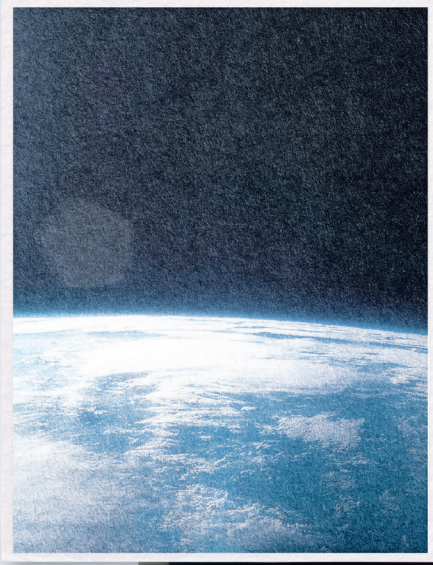
GAURAV POKHAREL
KATHMANDU, JULY 31

Tensions across parts of Madhesh and Koshi provinces have begun to ease following a series of all-party meetings involving senior political leaders, local administrations, civil society representatives, religious leaders and community elders, backed by a heightened security presence in sensitive areas. Security forces remain on alert after several days of unrest triggered by local communal disputes that spread to multiple districts. Curfews remain in force in parts of Sunsari, Siraha, Saptari and Dhanusha, while the District Administration Office has continued restrictions on public gatherings and demonstrations in Parsa. The Nepal Police has been deployed alongside reinforced contingents of the Nepal Police and the Armed Police Force to maintain order. Nepal Police Headquarters has also dispatched senior officers to Koshi and Madhesh provinces to oversee security operations and coordinate the response. Deputy Inspector General Abi Narayan Kafle, central spokesperson of police, noted that the situation across the Tarai is gradually returning to normal following appeals for calm from political leaders and peace initiatives led by local administrations and community groups. "We have taken 38 people into custody from various locations in Koshi

and Madhesh provinces on charges of disturbing public order, spreading inflammatory content and attempting to incite communal discord," said Kafle, who is stationed in Saptari to supervise security operations. He said plainclothes personnel have been deployed in sensitive areas for round-the-clock surveillance, while drones are being used to monitor large gatherings and identify potential security risks. Kafle said the situation improved after Home Minister Sudan Gurung visited Sunsari and Siraha where he held talks with victims' families and community representatives, leading to agreements late on Thursday. Amid the heightened security measures, Prime Minister Balendra Shah on Friday convened a meeting at the Prime Minister's Office with lawmakers from the Rastriya Swatantra Party and other elected representatives from the Tarai-Madhesh region to discuss the government's response. According to participants, the prime minister said the government's immediate priority was to provide relief to affected families, ensure public safety and conduct an impartial investigation into the incidents. "The government has adopted a comprehensive approach to maintain law and order, protect vulnerable communities and prevent any further escalation," Shah told the meeting.

>> Continued on page 2

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FOREX	
US Dollar	152.92
Euro	175.95
Pound Sterling	205.69
Swiss Franc	189.2
Australian Dollar	107.58
Canadian Dollar	109.11
Singapore Dollar	119.16
Japanese Yen (10)	9.56
Chinese Yuan	22.65
Saudi Arab Riyal	40.72
Qatari Riyal	41.96
Thai Bhat	4.58
UAE Dhiram	41.64
Malaysian Ringit	37.42
Korean Won (100)	10.64
Exchange rates fixed by Nepal Rastra Bank	
BULLION	
PRICE PER TOLA	
Fine Gold	Rs 285,000
Silver	Rs 4,360
SOURCE: FENEGOSIDA	

BIZLINE

Myanmar leader says Starlink used by scam centres

YANGON: Myanmar’s leader Min Aung Hlaing publicly called out Elon Musk’s satellite internet firm Starlink on Friday as one of the tools used by the country’s thriving online scam industry. An AFP investigation last year revealed the use of Starlink devices had exploded in the industry, where scammers target internet users with romance and business cons worth tens of billions of dollars annually. In his first major speech to parliament since being made civilian president in April, ex-coup leader Min Aung Hlaing named Starlink as he insisted his government was cracking down on the fraudsters. “Our government considers online fraud and online gambling as serious crimes committed against the public. Therefore, our government will not tolerate them at all and is severely cracking down on and suppressing them,” he said. He claimed foreigners were mostly responsible, saying that “the communication equipment they use, including Starlink, as well as computer accessories, were imported illegally by foreign nationals.” (AFP)

KRISHANA PRASAIN

KATHMANDU, JULY 31

Chandrakala Paudel, a homemaker from Imadol, is worried. She has been unable to get a cooking gas cylinder and has been relying on a half-filled 7.1 kg cylinder that is about to run out. “I have another empty cooking gas cylinder at home. I have been trying to get it refilled for the past few weeks, without success,” she said. “I am really worried.”

Pradeep Mahara, a bachelor’s student from Kirtipur, spent an entire day on Wednesday searching for a cooking gas cylinder.

Nepal Oil resumed the distribution of full 14.2 kg cylinders on July 15.

“I searched from morning to evening at every local grocery shop. Some stores were even asking for extra money to provide a cylinder,” Mahara said.

“The local grocery shops said there was a shortage. They even asked for an extra Rs400,” he said.

After spending the entire day searching, he eventually managed to buy a cylinder at the official price.

Like Paudel and Mahara, consumers across Nepal are struggling to obtain cooking gas cylinders despite the Nepal Oil Corporation (NOC) and the liquefied petroleum gas (LPG) industry insisting that supplies are normal.

Manoj Kumar Thakur, deputy director of the NOC, said that since the market has switched back to full 14.2 kg cylinders, retailers may be hoarding them while selling the remaining stock of half-filled cylinders.

“There is no problem on the supply side,” he said.

The corporation resumed the distribution of full 14.2 kg cylinders on July 15. Earlier, on March 13, it had decided to distribute 7.1 kg cylinders after long queues formed at gas depots because local grocery stores were unable to supply cooking gas across the Kathmandu valley amid panic buying.

According to the state-owned oil



POST PHOTO: DEEPAK KC

Empty cooking gas cylinders are lined up outside a depot in Ghattekulo, Kathmandu, on Friday. Nepal Oil Corporation has resumed distributing full 14.2kg LPG cylinders after supplying half-filled cylinders for several months. The rationing was introduced following supply disruptions that started after the US and Israel launched war on Iran on February 28.

monopoly, Nepal’s monthly consumption of cooking gas is around 45,000 tonnes. However, the corporation received only 38,000 tonnes from mid-March to mid-April, 32,000 tonnes from mid-April to mid-May, 33,000 tonnes from mid-May to mid-June, and 44,544 tonnes from mid-June to mid-July. From July 17 to July 30, another 24,000 tonnes of LPG entered the market.

“When 7.1 kg cylinders were being distributed, monthly consumption was around 32,000 to 33,000 tonnes. Now, even 45,000 tonnes is not enough after the return to 14.2 kg cylinders. This shows there is unnecessary

hoarding,” Thakur said.

“Cooking gas is being supplied by LPG companies and dealers, but it is being sold immediately.”

He said many consumers had postponed refilling their cylinders while the 7.1 kg distribution system was in place. Once the corporation announced the resumption of 14.2 kg cylinders, a large number of empty cylinders entered the market simultaneously, sharply increasing demand.

“Once consumers receive 14.2 kg cylinders, the supply situation will return to normal. It may take a week to 10 days for the market to stabilise,” Thakur said.

Industry Minister Gauri Kumari Yadav on Tuesday said current LPG supply and stocks are sufficient, adding that panic buying has put pressure on the supply chain. The ministry warned that action would be taken against anyone found creating artificial shortages or engaging in black marketing.

The corporation said the Department of Commerce, Supplies and Consumer Protection has begun market inspections, while the Kathmandu District Administration Office also started inspections on Friday. The inspections are expected to identify why consumers continue to

struggle to obtain cylinders despite claims of adequate supply.

The price of a cooking gas cylinder had risen by 13 percent to Rs2,160 before declining to Rs2,060 following a fall in global fuel prices.

While the Nepal Oil Corporation expects the situation to improve within seven to 10 days, the LPG industry says it may take longer for supplies to normalise.

“During the parliamentary committee meeting held on July 15 with the industry minister, the secretary and officials from the corporation, we informed them that it would take time for supplies to normalise after shifting from 7.1 kg to 14.2 kg cylinders, even if supplies from the Indian Oil Corporation continue at the current level,” said Diwan Bahadur Chand, president of the Nepal LP Gas Industry Association.

“The impact of distributing half-filled cylinders for the past four months will continue to affect supplies for some time,” he said. “We need more LPG than under normal circumstances to stabilise supplies for consumers.”

Chand also said the LPG industry had incurred losses because of the government’s decision to distribute half-filled cylinders.

According to the association, more than 100 LPG bullets enter Nepal through southern border points every day. Each LPG bullet can fill about 1,250 cylinders, meaning around 120,000 cooking gas cylinders are currently being supplied to the market daily. Consumer rights activists, however, allege that dealers are creating an artificial shortage to exploit consumers.

“Shopkeepers are creating an artificial shortage of cooking gas. Such shortages force consumers to pay extra to obtain cylinders,” said Bishnu Prasad Timilsina, general secretary of the Forum for Protection of Consumer Rights-Nepal.

“Creating an artificial shortage of an essential commodity like cooking gas is a crime, and the government should take strict action against anyone found responsible if it truly stands with consumers,” he said, adding that ensuring an uninterrupted supply of essential goods is the government’s responsibility.

NEPSE This Week

2,685.54▼-49.06 -1.79%

TRENDING STOCKS

Indices performance for the week

Trade distribution

Of all transactions in the week, 20% increased prices while 79% decreased prices. 200.9K transactions decreased prices between 0.0% and -20.4%

20%

49.0K

0.0 - 20.4%

71

20.4 - 40.8%

76

40.8 - 61.2%

262

61.2 - 81.6%

1.3K

81.6 - 102.0%

79%

200.9K

0.0 - 20.4%

2.9K

20.4 - 40.8%

248

40.8 - 61.2%

27

61.2 - 81.6%

1

81.6 - 102.0%

Price change distribution

Prices of 248 companies decreased between 0.0% and 20.2% this week.

1

-101.2% - 80.9%

248

-60.7% - 40.4%

27

-20.2% 20.2%

1

40.4% 60.7%

1

80.9% 101.1%

Turnover

Rs. 21.19 Billion

Shares Traded

45.89 Million

Gainers

28 Stocks

Losers

246 Stocks

Data provided by npstocks.com

Banking

Finance

Others

Investment

Trading

Microfinance

Life Insurance

Hotels And Tourism

Non Life Insurance

HydroPower

Development Bank

Manu.& Pro.

1,491.29

2,436.71

1,966.42

98.44

3,379.60

4,610.43

12,042.14

7,369.43

10,749.96

3,715.96

5,676.15

10,659.55

0.15%

-1.17%

-1.83%

-2.01%

-2.01%

-2.24%

-2.25%

-2.29%

-2.35%

-2.63%

-2.82%

-3.53%

3,482.6M

1,577.6M

515.1M

968.7M

40.2M

580.9M

432.7M

526.3M

236.4M

8,726.0M

1,587.4M

2,514.2M

Top gainers

At Close (Rs.)

% Chg

52wk High (Rs.)

Everest Colour Limited

1,309.30

101.09%

1,309.30

Saptakoshi Development Bank

858.90

6.56%

1,065.70

Global Ime Bank

262.00

5.01%

267.80

Joshi Hydropower

283.00

4.81%

388.60

Khanikhola Hydropower Co.

291.40

3.22%

340.50

Gurkhas Finance

572.00

2.69%

644.00

Asha Laghubitta

1,114.80

2.56%

1,334.00

Super Madi Hydropower

498.90

1.82%

1,086.29

Prime Commercial Bank

247.00

1.65%

275.90

Universal Power Company

362.00

1.40%

430.40

Top losers

At Close (Rs.)

% Chg

52wk Low (Rs.)

Corporate Development Bank

1,120.00

-27.70%

1,050.00

Aatmanirbhar Laghubitta

5,649.00

-15.17%

4,900.95

Reliance Spinning Mills Limited

2,999.00

-14.17%

300.00

Kalinchock Hydropower

870.00

-12.12%

300.00

Salapa Bikas Bank Limited

1,045.00

-9.91%

300.00

Kalanga Hydro Limited

544.00

-9.51%

295.40

Suryakunda Hydro Electric

978.00

-9.27%

284.30

Kutheli Bukhari Small Hydropower

956.00

-8.95%

888.70

Ridge Line Energy Limited

885.70

-8.69%

300.00

Bhujung Hydropower Limited

731.30

-7.78%

270.10

Top turnover

Turnover (Rs.)

At Close (Rs.)

% Chg

Reliance Spinning Mills Limited

1,038.6M

2,999.00

-14.17%

Ridi Power

858.3M

370.00

0.00%

Central Finance

834.2M

662.00

0.73%

Global Ime Bank

773.0M

262.00

5.01%

Corporate Development Bank

623.4M

1,120.00

-27.70%

NRN Infrastructure and Dev.

537.1M

1,420.00

-2.94%

Ankhu Khola Jalvidhyut Company

527.2M

366.00

-3.43%

Himalayan Power Partner

513.6M

383.00

0.79%

Khanikhola Hydropower Co.

482.0M

291.40

3.22%

Solu Hydropower Limited

479.4M

583.90

-3.49%

Most active

Stocks Traded

At Close (Rs.)

% Chg

Global Ime Bank

2.988M

262.00

5.01%

Ridi Power

2.328M

370.00

0.00%

Kumari Bank

1.940M

225.00

-1.40%

Khanikhola Hydropower Co.

1.649M

291.40

3.22%

Ankhu Khola Jalvidhyut Company

1.438M

366.00

-3.43%

Himalayan Power Partner

1.332M

383.00

0.79%

Central Finance

1.267M

662.00

0.73%

Liberty Energy

1.039M

225.90

0.85%

National Hydro Power

1.014M

269.40

-3.92%

Nepal Investment Bank

0.936M

199.70

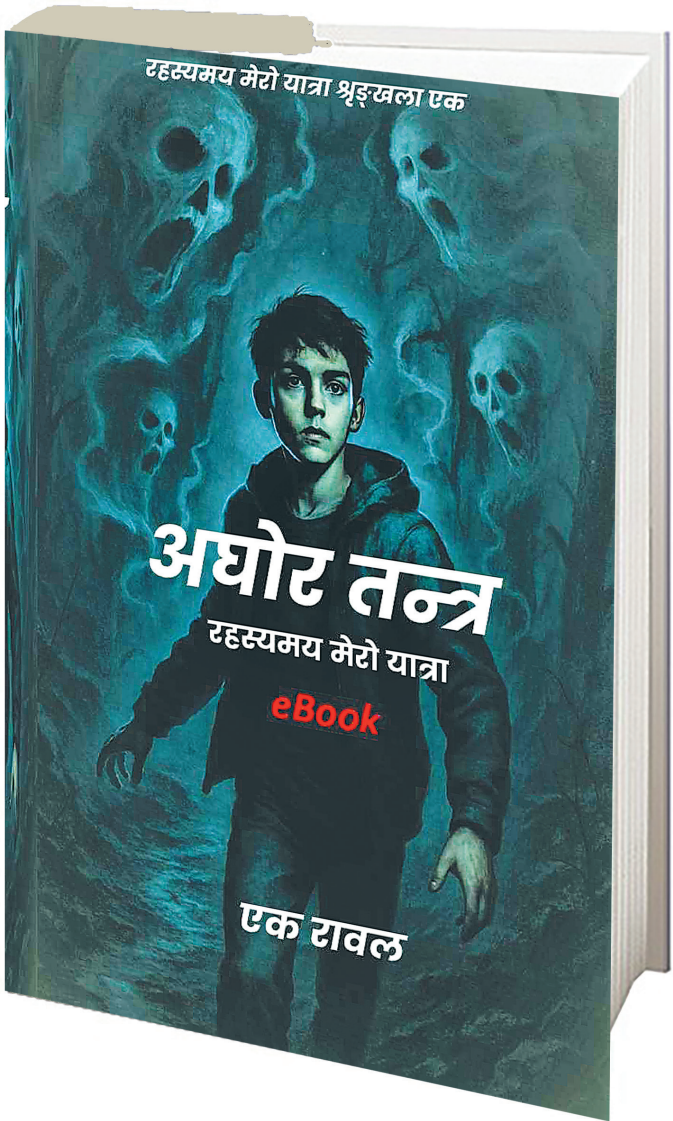
-2.20%

When folklore becomes fear

Yekendra Bahadur Rawal’s ‘Aghortantra’ proves that Nepal’s own myths and rituals can be as haunting as any gothic horror.

SHRINKHALA CHAND THAKURI
KATHMANDU

Nepali horror has often found itself caught between two impulses: imitating familiar western supernatural fiction or leaning so heavily on folklore that it becomes little more than a catalogue of ghosts and legends. ‘Aghortantra’ attempts something more ambitious. It borrows from oral traditions, Tantric mysticism, village myths and psychological suspense to create a horror novel that feels unmistakably rooted in Nepal. While the novel occasionally loses momentum under the weight of its own mythology, it succeeds in proving that local landscapes and belief systems can be just as unsettling as any haunted castle or Gothic mansion. The novel follows an unnamed narrator struggling with fragmented memories and recurring nightmares. Accompanying his friend Muskan to a remote village in Rukum, he expects little more than a visit to the countryside. Instead, he stumbles into a place haunted not merely by spirits but by its own forgotten history. Strange dreams, abandoned caves, unexplained disappearances and stories passed down through generations slowly reveal a web of ancient rituals and curses that binds the village to forces far older than its inhabitants. What makes ‘Aghortantra’ compelling is that it never rushes towards its monsters. The novel understands that fear grows best through anticipation. Long before anything overtly supernatural appears, the landscape itself begins to feel hostile. Forests seem to remember forgotten tragedies. Rivers separate more than villages. Caves cease to be geological formations and become living repositories of secrets. Animals react to unseen



presences before humans do. By allowing atmosphere to carry much of the horror, the novel recalls the rhythms of oral ghost stories told in Nepali villages, where silence and suggestion

often prove more frightening than revelation. The book’s greatest strength lies in its mythology. Rather than importing vampires, demons or other well-worn horror figures, it

builds its supernatural world from local belief systems. Dhamis, ritual purification, sacred ash, village legends and Tantric practices are woven into the narrative not as exotic decoration but as living traditions that shape how the characters understand danger. The supernatural never feels detached from everyday life because, for the villagers, these beliefs are everyday life. Their understanding of the world is informed by inherited stories as much as by observable reality. This cultural grounding gives ‘Aghortantra’ an identity that distinguishes it from much contemporary horror. Even readers familiar with the genre will find themselves navigating unfamiliar terrain. The horror emerges not simply from what lurks in the forest, but from the possibility that the stories dismissed as superstition may contain uncomfortable truths. The novel also avoids reducing its characters to victims waiting for supernatural punishment. The friendship between the narrator and Muskan provides the emotional centre of the story. Their bond develops naturally through shared danger rather than melodramatic declarations, lending emotional weight to the increasingly bizarre events around them. Muskan, in

Aghortantra
Author: Yekendra Bahadur Rawal
Publisher: Yek Rawal
Published Year: 2026

particular, acts as the novel’s moral compass: brave without being reckless, compassionate without becoming sentimental. Their relationship keeps the narrative grounded when the mythology threatens to become overwhelming. Equally effective is the way the novel treats memory. The narrator’s forgotten past mirrors the village’s suppressed history. As

buried legends resurface, so do fragments of his own identity. This parallel transforms the novel from a simple ghost story into something more reflective. The real horror is not merely that evil exists, but that communities and individuals alike cannot escape what they choose to forget. Ancient mistakes continue to shape the present, suggesting that the past is never truly buried.



BOOK REVIEW

What makes the novel compelling is that it never rushes towards its monsters. It understands that fear grows best through anticipation.

Yet ‘Aghortantra’ is also a novel that asks for patience. Its fascination with mythology occasionally works against its storytelling. Lengthy explanations of village legends and ritual histories interrupt scenes just as they begin to gather momentum. There are moments when readers understand the implications of a legend before the narrative has finished explaining it. Repetition, too, becomes noticeable. Characters frequently respond to danger in similar ways, and descriptions of fear sometimes echo one another closely. A firmer editorial hand could have tightened these sections without

sacrificing the richness of world-building. The supporting character, while colourful, rarely develops beyond their narrative function. Characters such as Kiran, Dorje and several villagers primarily exist to guide the protagonists through successive mysteries or supply pieces of folklore. Although this helps sustain the atmosphere, it occasionally leaves emotional investment concentrated almost entirely on the central friendship. Perhaps the novel’s boldest decision is its refusal to provide complete closure. While the immediate supernatural threat appears contained, the ending suggests that deeper mysteries remain unresolved. Instead of presenting evil as something permanently defeated, ‘Aghortantra’ portrays it as cyclical, waiting for history to repeat itself. The final pages imply that the protagonist’s journey has only begun, resisting the temptation to explain every mystery. For some readers this ambiguity may prove frustrating; for others it will be precisely what lingers after the final page. In recent years, Nepali genre fiction has steadily expanded beyond romance and social realism, and ‘Aghortantra’ demonstrates how horror can contribute meaningfully to that growth. Its greatest achievement is not that it frightens readers—though it often does—but that it trusts Nepali folklore to sustain an entire fictional universe. Rather than borrowing its fears from elsewhere, it discovers them in the country’s own forests, rivers, rituals and oral traditions. ‘Aghortantra’ is an uneven novel, but it is also an imaginative and culturally confident one. It shows that horror need not abandon local identity to become compelling. By turning inherited myths into living nightmares, it opens intriguing possibilities for the future of Nepali speculative fiction.



The Craft of Writing



‘The Craft of Writing’ is an immersive creative writing workshop for anyone looking to deepen their practice, find their voice, and become part of a community of writers.

When: August 6th to 7th
Where: Quixote’s Cove, Jawalakhel
Time: 2 pm to 5 pm
Entry: Registration

The Friendship Playground

The Friendship Playground is a guided

social event featuring icebreakers, games and conversation prompts designed to help participants meet new people and build meaningful connections.

When: August 1
Where: Winston’s Speakeasy, Sanepa
Time: 4:30 pm
Entry: Rs215 (Registration required)

Become a Sushi Chef



Bagaicha Fine Dining is hosting a hands-on Japanese culinary workshop where participants can learn to prepare, roll

and plate their own sushi under expert guidance.

When: August 1
Where: Bagaicha Fine Dining, Baluwatar
Time: 1:00 pm to 4:00 pm
Entry: Paid (Registration required)

LEGO Exhibition & Workshop

A two-day LEGO exhibition and workshop will showcase rare and limited-edition



LEGO collections alongside building activities, games and competitions for visitors of all ages.

When: August 1–2
Where: Kathmandu Guest House, Thamel
Time: 10:00 am onwards
Entry: Free

Linocut Workshop

A two-day hands-on workshop exploring and learning linocut printmaking techniques, where participants create their own artwork to keep. All materials will be provided.

When: August 1–2
Where: Kalaa Laya, Shree Gha, Thamel
Time: 3:00 pm – 5:00 pm
Entry: Rs2,400

Pancha Tara Dance

A workshop that centers on the profound philosophy of dance as a sacred form, which focuses on deep spiritual significance and storytelling elements.

When: August 3rd to 7th
Where: Sky Apartments, Arubari
Time: 5 pm to 7 pm
Entry: Free

Women’s Game Morning

Girls Walk Nepal is hosting a morning filled with team games, friendly competition, and networking opportunities.

When: August 1st

Where: Naxal, Naraynchaur
Time: 7 am to 9 am
Entry: Free

Interactive Storytelling

Part two of a three-part interactive storytelling series featuring props, imagination, play, and creativity, followed by hands-on art activities is being organised at Nriya Aagan, Jhamsikhel

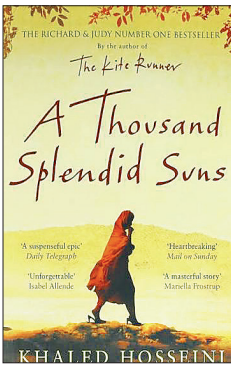
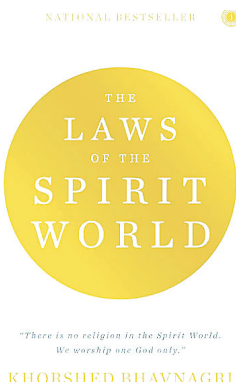
When: Saturday, August 1
Where: Nriya Aagan, Gyanmandala, Jhamsikhel
Time: 3:45 pm – 5:50 pm
Entry: Rs 500 per person



BEST-SELLERS | NEW RELEASES

Fiction

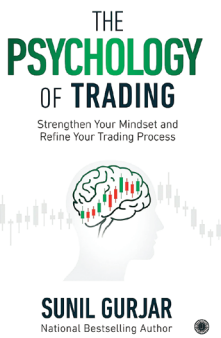
- The Laws of the Spirit World - Khorshed Bhavnagri
- The Body Language of Love - Allan & Barbara Pease
- Beating the Street - Peter Lynch
- The Art of Reading Minds - Henrik Fexeus
- The Power of Now - Eckhart Tolle



Non-Fiction

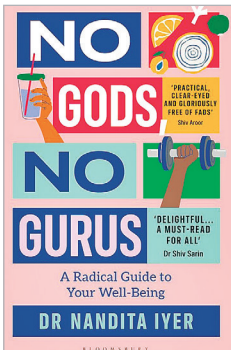
- A Thousand Splendid Suns - Khaled Hosseini
- Red, White & Royal Blue - Casey McQuiston
- Order to Kill - Vince Flynn
- A Good Hanging and Other Stories - Ian Rankin
- The Cat Who Saved the Library - Sosuke Natsukawa

Source: Ekta Books



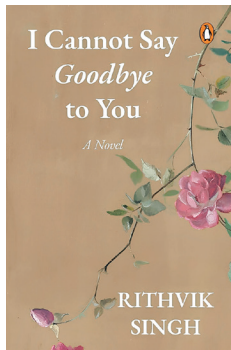
The Psychology of Trading
Author: Sunil Gurjar
Price: Rs. 638.40
Publication: Jaico Books

In ‘The Psychology of Trading’, Sunil Gurjar presents a practical guide to mastering the mental and emotional challenges that often shape outcomes in the financial markets. Drawing on his experience as a trader and mentor, Gurjar explores the psychological barriers that hinder performance, including fear, impatience, overconfidence, and self-doubt, while offering strategies to cultivate discipline and emotional resilience. Blending real-world insights, behavioral principles, and actionable techniques, he demonstrates how mindset, risk management, and consistent decision-making can influence long-term growth and performance.



No Gods, No Gurus
Author: Dr. Nandita Iyer
Price: Rs. 638.40
Publication: Bloomsbury

In ‘No Gods, No Gurus’, Nandita Iyer presents a practical and science-based approach to health and wellbeing, challenging the myths, fads, and one-size-fits-all advice that often dominate modern wellness culture. Drawing on her experience as a medical doctor and wellness educator, Iyer explores topics ranging from nutrition, fitness, and sleep to stress management and mental resilience, encouraging readers to make informed choices tailored to their individual needs. Blending scientific research, everyday wisdom, and actionable guidance, she demonstrates how small, sustainable habits can have a lasting impact on overall health.



I Cannot Say Goodbye to You
Author: Rithvik Singh
Price: Rs. 638.40
Publication: Penguin Books

Rithvik Singh presents a heartfelt exploration of love, loss, and emotional healing, revealing that moving forward is rarely a straightforward journey in the book. Through the story of Aashna, a young woman shaped by her parents’ emotional distance and the challenges of growing up away from home, the novel traces how unresolved pain can resurface even in moments of connection and hope. Blending intimate storytelling, emotional insight, and relatable experiences, Singh explores how grief, self-discovery, and resilience influence the way we understand ourselves and others.

