

# PRODUCT CATALOGUE



**By Nepali Women Entrepreneurs**  
Federation of Woman Entrepreneurs' Associations of Nepal (FWEAN)

“स्वदेशी खाओँ, स्वदेशी लगाओँ, स्वदेशी उद्यमशिलतालाई प्रोत्साहन गर्ना”



# President's Message

It gives me immense pleasure to present the FWEAN Product Catalogue, a significant initiative of the Federation of Women Entrepreneurs' Associations of Nepal (FWEAN). This catalogue stands as a vital platform to showcase the creativity, resilience, and innovation of women entrepreneurs across the country, highlighting their diverse products and services to a wider national and international audience.

At FWEAN, our mission has always been to strengthen women-led enterprises, from micro and cottage industries to small, medium, and large businesses. By promoting "Made in Nepal" products and encouraging greater market access, we aim to inspire confidence in the entrepreneurial spirit of Nepali women while supporting national goals of employment generation, economic empowerment, import substitution, and export promotion. Guided by the slogan "Eat Local, Wear Local & Develop Local Entrepreneurship," we continue to champion the value of locally produced goods and foster sustainable economic growth.

Over the years, FWEAN has actively worked to take Nepali products from local markets to the global stage. Under my leadership, we have successfully showcased the talents of Nepali women entrepreneurs at international platforms, including FWEAN's first-ever exhibition at the Made in Nepal Expo 2024 in Melbourne, Australia. Through strategic collaborations, participation in international trade fairs, and engagement with global business networks, we are opening new avenues for export opportunities and global recognition of Nepali women-led enterprises.

Alongside these international initiatives, we have engaged in policy advocacy to create an enabling environment for women entrepreneurs. The government's recognition of domestic products and the commitment to establish industrial villages in all seven provinces are promising steps forward. At the same time, FWEAN has prioritized capacity-building through entrepreneurship training, financial literacy, and digital empowerment, ensuring that women entrepreneurs are well-prepared to compete in evolving markets.

This catalogue reflects not only the strength of women entrepreneurs but also the power of collective growth. Each product featured here tells a story of hard work, creativity, and determination, representing both individual achievement and Nepal's rich entrepreneurial potential. We are confident that this publication will serve as a bridge between producers and markets, connecting women entrepreneurs with buyers, partners, and collaborators locally and globally.

On behalf of FWEAN, I extend my heartfelt gratitude to all our members, partners, and supporters whose contributions have made this catalogue possible. Together, let us continue to uplift and celebrate women entrepreneurs, building a stronger, self-reliant, and prosperous Nepal.



**Shova Gyawali**  
President  
Federation of Woman Entrepreneurs' Associations of Nepal (FWEAN)



**MS. SHOVA GYAWALI**  
President

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# Editorial

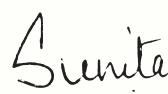
The Federation of Woman Entrepreneurs' Associations of Nepal (FWEAN) proudly presents the FWEAN Product Catalogue—a special initiative aimed at promoting the diverse range of products and services created by women entrepreneurs across Nepal. This catalogue not only highlights the quality and creativity of their offerings but also tells the stories behind them—stories of resilience, innovation, and determination.

The idea for this publication emerged from international events like the Made in Nepal Expo 2024 in Melbourne, where we witnessed growing interest in products crafted by Nepali women. Yet, the absence of a professional and comprehensive catalogue was deeply felt. This edition is our effort to fill that gap—a tool that connects our women entrepreneurs to buyers, donors, partners, and stakeholders both at home and abroad.

This is more than a showcase of products; it is a reflection of our mission to economically empower women through entrepreneurship. Each entry in this catalogue represents a dream pursued, a challenge overcome, and a contribution made to the national economy.

I extend heartfelt thanks to all the entrepreneurs featured, our team members who worked tirelessly, and the entire FWEAN Secretariat. Your dedication has turned this vision into reality.

As we continue to advocate regenerative process, "Eat local, Wear local, Encourage Local entrepreneurship," we hope this catalogue will serve as a valuable resource for networking, partnership, and growth. Let us keep supporting and celebrating women entrepreneurs who are shaping Nepal's future—one product at a time.



**Sunita Vaidya Shrestha**  
2nd Vice President  
Publication, Social Media and Communication Coordinator



**SUNITA VAIDYA SHRESTHA**  
2ND VICE PRESIDENT  
PUBLICATION, SOCIAL MEDIA AND  
COMMUNICATION COORDINATOR

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An initiative by FWEAN

## Introduction

The Federation of Woman Entrepreneurs Associations of Nepal (FWEAN), established in 2003, is a non-profit organization committed to representing the collective efforts of women entrepreneurs in driving the country's economic development and influencing decision-making at both national and international levels. It serves as the central body of the Woman Entrepreneurs Association of Nepal (WEAN), which was first established in Lalitpur in 1989. Currently, FWEAN includes 76 WEAN Chapters across Nepal, including its central office in Kathmandu along with 7 FWEAN Provincial Committee. As a national focal point, FWEAN facilitates collaboration with the government and engages with various national and international women's organizations and stakeholders.



WEAN in 1989  
FWEAN in 2003



Over 18,500  
Women Supported



Over 5,500  
Active Members



Over 1,100  
New Businesses



### MISSION

Catalyzing the entrepreneurial ecosystem to build enabling environments for potential and existing women entrepreneurs



### VISION

Building the nation through socio-economic empowerment of Nepali women



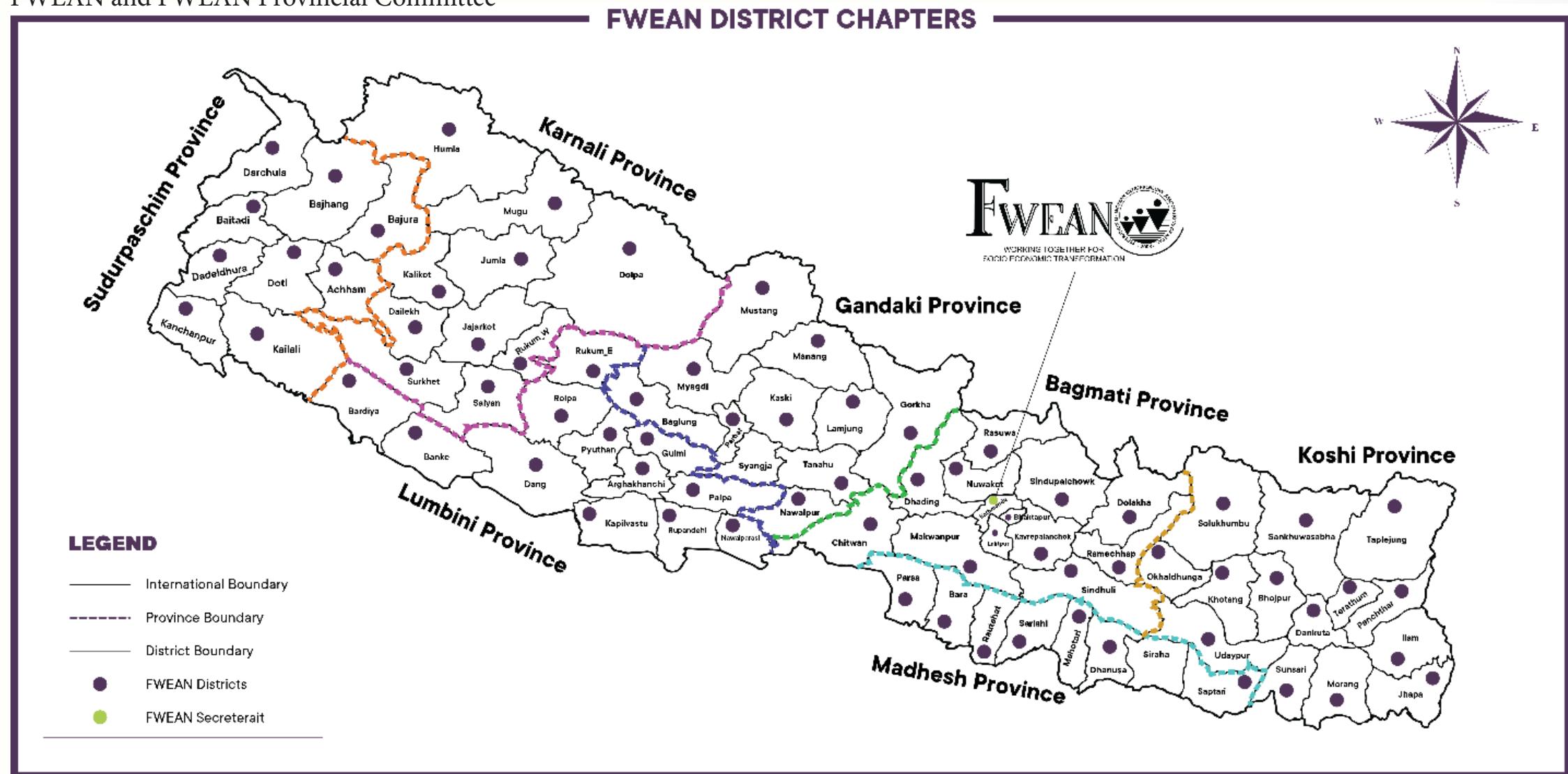
### GOAL

Transform the socio-economic status of women and empower them through entrepreneurship

## Our Objectives

- 1. Advocacy:** To advocate on issues related to women's economic empowerment, FWEAN yearly organizes national consultation workshop to identify such issues, bringing together its members from all over Nepal under one platform. It then takes up those agendas with relevant government stakeholders
- 2. Capacity Building:** To enhance capacity of women entrepreneurs namely its members as well as aspiring and potential women entrepreneurs, several capacity building and skilled based trainings and workshops are designed and organized annually.
- 3. Business Support:** To support businesses of women entrepreneurs FWEAN has been providing services like business counselling; ideas for new business creation; business expansion strengthening. Likewise, services for marketing and promotion for women entrepreneurs are extended through Winbiz e-portal ([www.winbiz.com.np](http://www.winbiz.com.np)) and by providing opportunities to participate in national and international expos.
- 4. Networking & Outreach Engagement:** To increase outreach of FWEAN to new and potential members, districts and partners, it works in collaboration with its members, partner networks and stakeholders. FWEAN includes 76 WEAN Chapters across Nepal, including its central office in Kathmandu.

FWEAN and FWEAN Provincial Committee



### INTRODUCTION

FWEAN's Product Catalogue is a special publication by the Federation of Woman Entrepreneurs' Associations of Nepal (FWEAN) to highlight and promote the diverse range of products and services created by women entrepreneurs from all over Nepal. This catalogue brings together not only quality products but also inspiring stories of women who are working hard to build their own businesses, create jobs, and contribute to the local and national economy.

The idea for this catalogue came during international programs like the Made in Nepal Expo 2024 in Melbourne, Australia, where international stakeholders and visitors showed great interest in products made by Nepali women. However, we felt the absence of a well-organized and professional document to showcase these entrepreneurs. That is why FWEAN has prepared this catalogue—to create a single platform where their stories, products, and contact details can be easily accessed and promoted.

### SIGNIFICANCE

This catalogue is more than just a listing of products. It is a platform to give recognition to women entrepreneurs and to support their growth. It documents their journey, shares their passion, and connects them with new markets, both inside Nepal and internationally. Each page carries the voice of a woman who has worked through challenges and brought something valuable to the market. This publication also reflects FWEAN's commitment to supporting women in business and promoting economic empowerment through entrepreneurship. We believe that when women grow, the whole community grows with them.

### OBJECTIVES

- To document the stories and business journey of women entrepreneurs from different parts of Nepal
- To give national and international visibility to women-led products and services
- To provide a reliable resource for donors, buyers, and partners
- To support branding, networking, and collaboration opportunities
- To create a long-term platform for promoting women-led businesses in Nepal

### TARGET AUDIENCE:

This catalogue is useful for many groups:

- International donors and development agencies who want to support women-led businesses
- Buyers, retailers, and traders looking for unique and quality Nepali products
- Government offices and policymakers working on entrepreneurship and economic development
- Private companies and institutions interested in business partnerships
- NGOs, trade fair organizers, and chambers of commerce
- General public who want to learn more and support women entrepreneurs



An initiative by FWEAN

# HER STORY HER PRODUCTS



## **SHOVA GYAWALI**

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**PRESIDENT (FWEAN) AND  
DIRECTOR  
NEPAL REPUBLIC MEDIA LTD**

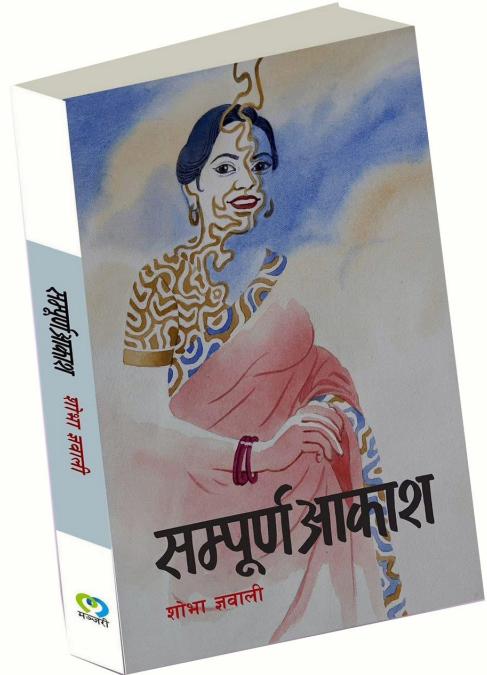
### **SHOVA GYAWALI**

President, Federation of Woman Entrepreneurs' Associations of Nepal (FWEAN)  
Director, Nepal Republic Media Limited  
Phone: +977-9851083281  
Email: aakriti72@gmail.com

**S**hova Gyawali is a distinguished Nepali entrepreneur, author, and media leader, celebrated for her transformative contributions to women's entrepreneurship, economic diplomacy, and literature. As the President of the Federation of Women Entrepreneurs' Associations of Nepal (FWEAN), she has expanded the organization's reach across all seven provinces, establishing robust networks that empower women entrepreneurs at the grassroots level while advocating for gender-responsive policies at the national stage. Under her leadership, FWEAN achieved historic milestones, including its first-ever international exhibition at the Made in Nepal Expo 2024 in Melbourne, Australia, and the signing of a key Memorandum of Understanding during the Asia-Pacific Regional Network of Business Women's Organizations (RNBWO), with FWEAN serving as Vice Chair of the Steering Committee.

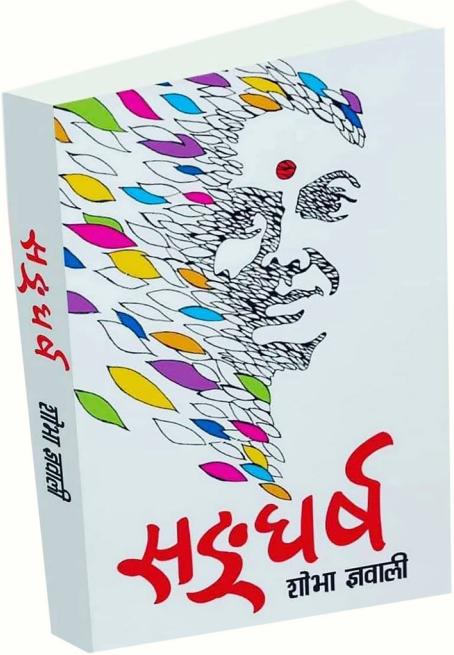
Gyawali's influence extends beyond entrepreneurship. She holds key positions in multiple chambers and organizations, including Immediate Past President of the Nepal-Philippines Chamber of Commerce and Industry and executive roles in the Nepal-Australia and Nepal-Brazil India Chambers of Commerce and Industry, as well as life membership and executive committee responsibilities at the SAARC Chamber of Commerce and Industry. She also serves as a Director at Nepal Republic Media Pvt. Ltd., shaping strategic governance and promoting the representation of women's issues in national discourse.

Complementing her leadership in business and media, Gyawali is an accomplished author. Her literary works, including Sampurna Aakash and Sangarsha, delve into human resilience, societal challenges, and the triumph of the human spirit. Through her writing, she explores the complex realities of contemporary Nepali society, particularly the struggles and achievements of women, giving voice to stories that inspire, empower, and resonate deeply with readers. Her contributions to literature not only enrich Nepali literary discourse but also reinforce her broader mission of advocacy, empowerment, and social transformation.



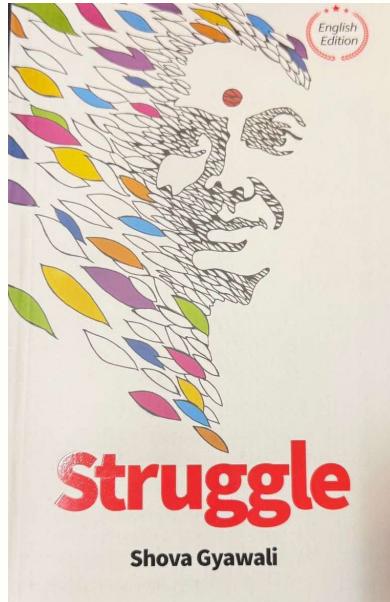
## SAMPURNA AKASH (A WHOLE SKY)

A compelling collection of short stories that explores human emotions, societal challenges, and the resilience of individuals navigating life's complexities. Sampurna Akash reflects Shoba Gyawali's insightful storytelling and her ability to capture the nuances of contemporary Nepali society.



## SANGHARSH (STRUGGLE)

A poignant anthology that delves into the struggles and triumphs of women, highlighting courage, perseverance, and empowerment. Through Sangharsh, Gyawali celebrates the strength of women who rise above adversity, inspiring readers to embrace resilience and hope.





## DARSHANA SHRESTHA

NATURE NEPAL

### NATURE NEPAL

Bhaisepati, Lalitpur

Email: nnherbals@gmail.com

Mob. No.: 977 9851005853

Facebook: Nature Nepal

Instagram: naturenepalherbals

**H**ave you ever experienced the luxury of Yak Milk Soap, crafted to give your skin the richest moisturizing touch? Or would you love to indulge in Newar traditional Scrubs that leave you soothed and silky soft? Do you really want to relax yourself with Body Oils carefully prepared by the beautiful hands of women after your long and hectic days? Or perhaps pamper yourself with our all-natural, hand-blended body Body Balms that keep your skin smooth, fresh, and rejuvenated all day. At Nature Nepal, every creation carries a story of culture, care, and nature at its purest-Bringing you happiness every time you use it.

Nature Nepal was founded in 2006 by Darshana Shrestha, a sociologist who turned into an entrepreneur with a dream to create both impact and beauty. Nature Nepal was born from a vision to promote natural skincare. From the very beginning, we have tapped into Nepal's rich biodiversity, herbs, plants, and natural resources to craft high-quality products that are not only effective but also environmentally responsible. By offering livelihood opportunities, we proudly blend social responsibility with sustainable business practices.

Today, we offer more than 15 product ranges and over 50 unique varieties, from aromatic handmade soaps to body oils, scrubs, balms, lip care, bath salts, and pain-relief oils. Each product is thoughtfully formulated, weaving together traditional wisdom and modern practices to deliver purity, effectiveness, and authenticity.

Beyond our own brand, we also partner with businesses to create customized formulations and private-label solutions, building strong collaborations that reflect client preferences while upholding our uncompromising quality.

With Nature Nepal, you don't just choose skincare, you embrace wellness, empowerment, and tradition, beautifully blended into every drop, every touch and every use.



## HANDMADE NATURAL SCRUBS

Inspired by Tradition • Enriched with Herbs • Gentle on Skin  
Every bar of Nature Nepal soap is a symbol of nature, tradition, and wellness. Handmade with care from locally sourced plants, herbs, and essential oils, each soap carries the purity of nature and the stories of the communities behind them. Infused with botanicals that enrich and protect the skin, our variants include the cooling Fresh Mint, soothing Aloe Vera, healing Neem, bright Papaya, golden Turmeric, alluring Rose, zesty Orange, and calming Divine Blend—leaving your skin soft, nourished, and radiant..



## HANDMADE BODY BALMS

Hand-Stirred • Nourishing • Aromatic Care  
Crafted in small batches, Nature Nepal's body balms are hand-stirred with natural base oils and pure essential oils to deeply nourish, soothe, and protect the skin. Unlike lotions, they are rich and long-lasting, forming a protective layer that locks in moisture while allowing the skin to breathe. Perfect for dry patches, roughness, or daily hydration, each variant—Orange, Geranium, Vanilla, Lavender, Rosemary, Lemongrass, and more—brings unique benefits, turning everyday skincare into a ritual of comfort, nourishment, and aromatherapy.



## HANDMADE NATURAL SOAPS

Locally Sourced • Purely Natural • Enriched with Care  
Every bar of Nature Nepal soap is a symbol of nature, tradition, and wellness. Handmade with care from locally sourced plants, herbs, and essential oils, each soap carries the purity of nature and the stories of the communities behind them. Infused with botanicals that enrich and protect the skin, our variants include the cooling Fresh Mint, soothing Aloe Vera, healing Neem, bright Papaya, golden Turmeric, alluring Rose, zesty Orange, and calming Divine Blend—leaving your skin soft, nourished, and radiant..



## NATURAL BODY OILS

Pure • Restorative • Perfect for Massage & Daily Care

Blended with nourishing olive oils, pure essential oils, and Himalayan herbs, Nature Nepal's body oils are designed to restore balance, relaxation, and radiance. Light in texture yet deeply moisturizing, they absorb easily without greasiness, making them perfect for massage, daily hydration, or self-care rituals. Each variant brings a unique touch—Orange uplifts, Lavender soothes, Geranium balances, Lemongrass refreshes, Rosemary strengthens, Vanilla comforts, and more. Every bottle unites the purity of nature with the art of wellness, nurturing body, mind, and spirit.



## YAK MILK SOAP

Deep Moisturizing Care  
Handmade • Natural • Ideal for Dry & Sensitive Skin

Indulge your skin with the richness of the Himalayas. Nature Nepal's Yak Milk Soap is carefully handcrafted with creamy yak milk sourced directly from the high Himalayan pastures, ensuring every bar supports local herders and their communities.

Blended with pure honey, this soap deeply hydrates and locks in moisture, making it especially soothing for dry and sensitive skin. The natural red clay gently exfoliates, removing dead skin cells and revealing a fresh, healthy glow.

Every bar is more than a skincare—it is a combination of tradition, wellness, and community livelihood.



## SUNITA VAIDYA SHRESTHA

CANDLES AND CRAFTS |  
PRAKRITI NEPAL

### CANDLES AND CRAFTS | PRAKRITI NEPAL

Lazimpat, Kathmandu  
+977-9851084246  
sunitavaidya932@gmail.com

**S**unita Vaidya Shrestha is a visionary entrepreneur and social leader dedicated to women's empowerment, sustainable business, and community development. She holds a Master's degree in Economics from Tribhuvan University and began her career as a Program Officer at Search Nepal, uplifting rural women through micro-enterprise development and entrepreneurship training.

In 1998, she founded Candles and Crafts, reviving the traditional art of candle-making with modern innovation. The venture produces more than 100 varieties, including ceramic, perfumed, floating, and traditional candles. In 2005, she launched Sunita's Enterprises, blending heritage and modern elegance in premium garments crafted from both international fabrics and Nepal's bamboo silk, cotton, silk, Dhaka, linen, and Lokta. Her collections include sarees, kurtas, shirts, and suits, all reflecting a unique fusion of culture and style.

Following the Covid-19 pandemic, she expanded into the agro sector with Prakriti Nepal, a brand promoting organic and value-added agricultural products. From strawberry and peach jams to hemp seed oil, mustard oil, gundruk, and herbal teas. The enterprise champions sustainable farming, supports local producers, and promotes healthier consumer choices.

Beyond her ventures, Sunita is widely recognized as a social entrepreneur. She is the 2nd Vice President of the Federation of Women Entrepreneurs Association of Nepal (FWEAN) and an Executive Member of the SAARC Chamber Women Entrepreneurs Council (SCWEC), Nepal Chapter. A respected mentor in entrepreneurship and leadership, she has been honored with the Entrepreneurship Award (2012/2069 B.S.) and the Rastriya Nari Samman Award (2016/2073 B.S.).

She has proudly represented Nepal at exhibitions, conferences, and promotional events worldwide, with professional visits to India, China, Bangladesh, Pakistan, Singapore, Malaysia, Thailand, Finland, Italy, Germany, Switzerland, Austria, Belgium, the Netherlands, and Australia.



## CERAMIC POTS

Handcrafted ceramic pots that combine traditional pottery techniques with modern designs. Perfect for home decor, planters, or storage, they are durable, eco-friendly, and add an aesthetic appeal to any space.



## JAM

Organic Peach & Strawberry Jam made from fresh, locally sourced organic strawberries & Peach by Prakriti Nepal, this jam is naturally sweetened and preserves the authentic fruity flavor. Free from artificial additives, it's perfect for spreading bread, pairing with desserts, or enhancing breakfast dishes.



## HERBAL TEA

A soothing blend of natural herbs; Tulsi, Gurjo, Brahmi, Shankpusipi, Arjuna Bark, Asswagandha, Jaiphal, Licorice, Bay Leaf, Fennel Seed, Cinnamon, Green Peeper, Dry-Rose, Dry Ginger; selected for flavor and wellness benefits. Helps in relaxation, digestion, and immunity, offering a refreshing and healthy and warm beverage option.



## HEMP SEED OIL

A pure, 100% cold-pressed oil made from locally grown hemp seeds. Rich in Omega-3, Omega-6, and essential fatty acids, it promotes brain health, heart health, skin nourishment, inflation and overall wellness. Chemical-free and nutrient-packed, for dressing or skincare, salad



## **BASANTI PRADHAN**

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### BATIKA NEPAL PVT. LTD

#### **BATIKA NEPAL PVT. LTD**

9843195837, 9841229857, 9808083146

Batikanpalpvtltd@gmail.com

Sanepa-2, Lalitpur

**B**asanti Pradhan's journey in floriculture began in 1991 with a 2000 sq. ft greenhouse in her parent's place, driven by a deep passion and a dream rooted in soil and sunshine. Her early experiences traveling to rural Nepal exposed her to both hardship and resilience, fueling her commitment to bring change through socially driven entrepreneurship.

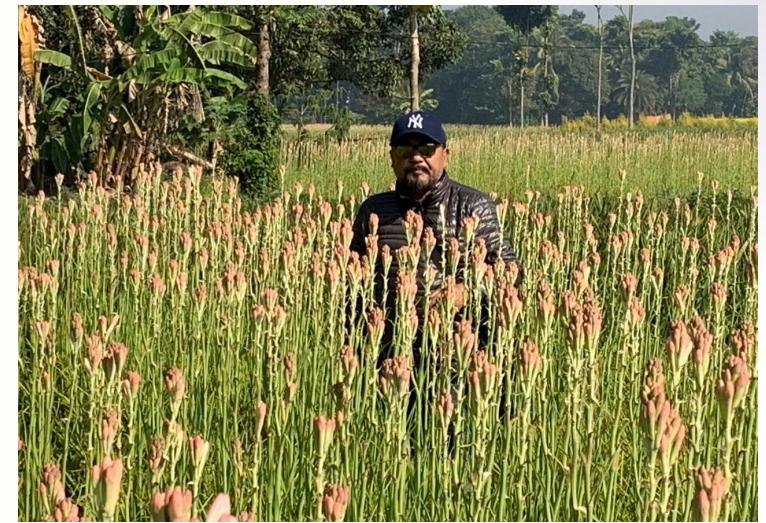
Starting as a small nursery, her venture has since blossomed into a group of companies, including a global enterprise that exports high-quality bulbs, tubers, and rhizomes to international markets. She has built lasting connections with growers, garden centers, and floral enthusiasts worldwide, while also growing as a seasoned investor.

Through the years, she embraced challenges-weathered setbacks, shifting markets, and evolving industry demands but with patience and love for plants, each bloom marked a success and each setback a lesson. She expanded into landscaping and floral decor, transforming spaces into living expressions of natural beauty. From grand weddings to serene gardens, she has had the privilege of bringing nature's elegance into people's most cherished moments.

Guided by innovation and sustainability, she experiments with new varieties, supports biodiversity, and promotes eco-friendly practices. Her motivation lies not just in business, but in the joy of growing and sharing beauty.

Her work has earned numerous awards for best landscape, flower arrangement, and exporter. She also received the prestigious Best Floriculture Entrepreneur Award from Zonta.

For Basanti, floriculture is more than a profession-it's a lifelong journey of purpose, determination, action and petals.



### CALADIUM BULBS

Experience the magic of Caladiums . We have many unique varieties and assortment of colors available for wholesale.

### CANNA VAR. BULBS

Canna praetoria var and other colored varieties of Canna tubers available for wholesale.

### POLIANTHES TUBEROSA BULBS

Polianthes tuberosa bulbs for wholesale.



### ZEPHYRANTHES BULBS

Zephyranthes balesh, rosea, sulphuria and candida- white, pink, yellow flowers . Available for wholesale market



### CURCUMA BULBS

Curcuma alismatifolia and other varieties of Curcuma rhizomes available for wholesale.



## MAHALAXMI SHRESTHA

### BEEKEEPING AND RESEARCH CENTRE

#### THE BEEKEEPING SHOP

Beekeeping and Research Centre  
Manbhawan 265, Lalitpur-5, Kathmandu, Nepal.  
Tel: +977-1-5447278  
WhatsApp/Viber +977-9851092780  
WeChat: smahalaxmi  
e-mail: [TBSnepal@gmail.com](mailto:TBSnepal@gmail.com) / [smahalaxmi@hotmail.com](mailto:smahalaxmi@hotmail.com)  
Web: [www.beekeepingshop.weebly.com](http://www.beekeepingshop.weebly.com)

I'm Mahalaxmi Shrestha, founder and CEO of The Beekeeping Shop. For over 25 years, I have worked to empower women and smallholder farmers across rural Nepal through sustainable beekeeping.

My journey began in the early 1990s with a beekeeping project in Godawari. With a background in Botany and Sociology, I quickly realized the vital role bees play—not only in ecosystems but also in supporting rural economies. This led me to pursue advanced training in honey quality and bee health, both in Nepal and abroad, including the Netherlands.

In 1996, I launched The Beekeeping Shop with limited resources but a clear vision. At a time when beekeeping was rarely viewed as a viable enterprise—especially for women—I was determined to change that narrative. Step by step, I built a strong network of beekeepers, farmers, and partners who shared my commitment.

Today, we produce pure, natural varietal honeys such as mustard, chiuri (butter tree), rudilo (*Pogostemon benghalensis*), litchi, and buckwheat under the TBS and KASTI brands. Our honey is enjoyed locally and exported to Japan, China, the U.S.A., and Europe.

Beyond honey, we train farmers, improve honey quality, support pollinator health, and connect communities to reliable markets. For me, beekeeping is more than a business—it's a way to nurture biodiversity, strengthen communities, and inspire future generations to live in harmony with nature.



## TBS PURE HONEY

The Goodness of Nepalese Nature

Natural honey from Nepal's pristine hills and mountains, available in raw and minimally processed varietals—Mustard, Chiuri (Butter Tree), Buckwheat, Rudilo (Pogostemon benghalensis), Litchi, and Multi-floral. Sustainably harvested with smallholder farmers, each jar preserves authentic taste, aroma, nutrients, and health benefits.



## KASTI HIMALAYAN HONEY

Himalayan Excellence

Harvested sustainably from Nepal's Himalayan highlands, KASTI Honey offers rich flavors from varietals such as Mustard, Chiuri (Butter Tree), Buckwheat, Rudilo (Pogostemon benghalensis), Litchi, and Multi-floral. Sealed in premium, leak-proof packaging, it preserves freshness, making it ideal for discerning consumers, gifting, and export—while supporting local farmers and sustainable beekeeping practices.



## BEESWAX CREAM

Nature's Skin Nourisher

Beeswax cream combines pure beeswax with virgin coconut and olive oils, enriched with natural essential oils like chamomile, French basil, and mentha. It deeply moisturizes, soothes dryness, reduces irritation, and helps heal cracked skin, while locking in moisture naturally for soft, healthy skin.



## KUNNAM POKHAREL

### KUNJ ARTISTIC BEAD WORKS

#### KUNJ ARTISTIC BEAD WORKS

Kathmandu, Nepal  
+977-9851224490, 9841554077,  
01-4312490  
kunnam.pokharel@gmail.com

**K**unj Artistic Bead Works (KABW), a handicraft workshop was established in 1991 by my mother Kunjana Mishra with the core concept to provide an income source for deprived women who lack formal education or training to get employment anywhere else. Nepalese women have been weaving beads traditionally for centuries. KABW utilizes this traditional bead weaving skill as an income-generating source for women.

The products are made from glass beads which are hand woven jewelry, accessories and decorative items that range from a small earring piece to belts, necklaces, coasters etc. There are more than 200 different product code designs.

From its establishment, I was always helping my mother in her business, though I was a Masters student back then. I went to Japan in 1994, joined the Kobe University there, as a Masters student in the department of Biological and Environmental Science. While I was studying in Japan, I participated in different International fairs and explored the Market. After coming back, I joined one of the Agricultural Colleges (HICAST) as an assistant professor. Since 2005, I became fully involved, and in 2015, my mother handed over the business to me and I became the owner.

KABW has become a brand name in national and international market. It has its own identity and has received several awards and recognition. Before Corona, Our Products were exported to Europe, USA, Canada, Japan, Hongkong etc. It has contributed a lot in the National economy as well as women's economic empowerment. Because of the Corona and world economic recession, our export has declined, but still we are doing our best to resume our old market.



### BALL NECKLACE AND EARRINGS

This beautiful Shiny hand-woven seed bead ball Necklaces and earrings adds extra glamour as fashion accessory on all occasions and can be used as gift items to share with your loved ones.



### FROSTED NECKLACE AND EARRING SET

This beautiful hand-woven seed bead Necklace and earring could be used as party wear in different festivals and occasions as well as could be used as gift item.



### LOOM BRACELETS

This hand-woven seed bead loom bracelets are widely used by young fellows as friendship bands, easy and light to wear all year round and also used as a gift item to share with your loved ones.



### EARRINGS

These stylish hand-woven seed bead earrings are mostly used by young girls and ladies in different occasions and can be used as gift items to share with your loved ones.



### LOOM CHOKER

This hand woven, wide choker with pattern is very useful for causal as well as party wear and gifts. This is popular among fashion conscious populations.



## **SUMITRA PALANCHOKE**

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### KOHINOOR HANDICRAFT

#### **KOHINOOR HANDICRAFT**

Mangalbazar, Lalitpur  
+977-9841342962. 9851054062  
Sumitrashrestha005@gmail.com

**S**umitra Palanchoke has been an active member of the Federation of Woman Entrepreneurs' Associations of Nepal (FWEAN) since 2012 and currently serves as its Secretary. A passionate advocate for women's economic empowerment, she has been contributing her leadership and experience to strengthen and promote growth of women entrepreneurship in Nepal.

Her entrepreneurial journey began in 2000 with Kohinoor Handicraft, a venture dedicated to producing and promoting high-quality Pashmina wool products—also known as cashmere wool. It is a fine, soft wool obtained from the undercoat of Himalayan mountain goats (Changra goats). It's prized for its exceptional warmth, softness, and lightweight nature. Pashmina wool is the raw material for the famous Nepali shawls, traditionally handwoven into luxurious garments.

## PASHMINA SHAWL



Size: 70 cm x 200 cm  
Weight: 225 gm  
100% pure pashmina

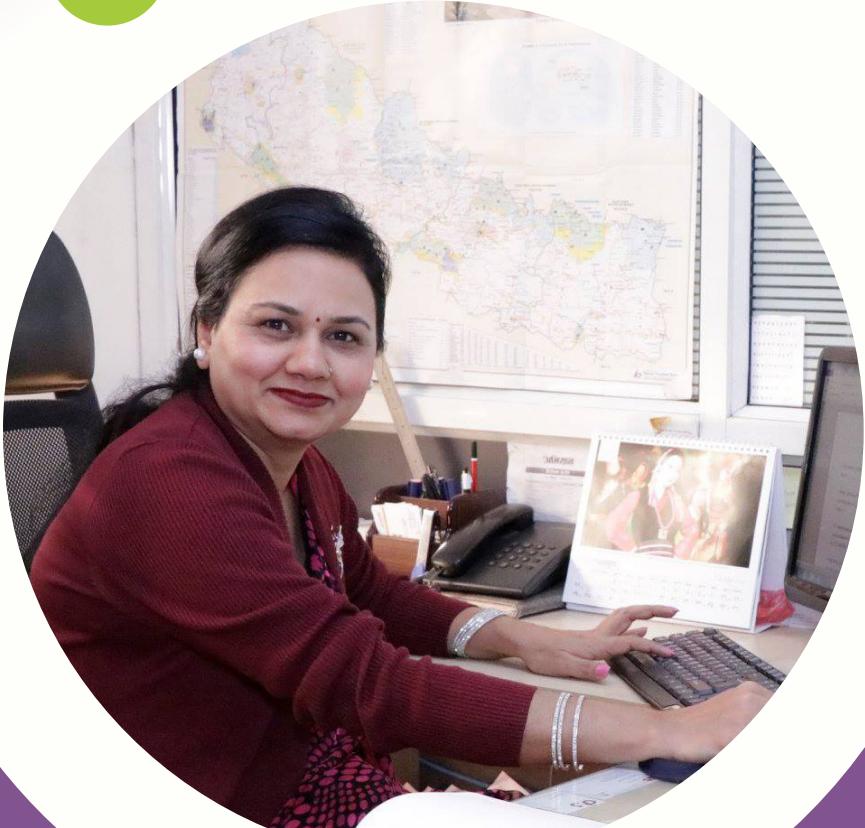


Size: 70cm x 200cm  
Weight: 200gm  
100% pure pashmina



Size: 70cm x 200cm  
Weight: 200gm  
100% pure pashmina





## SABITA SUBEDI

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### NEW BUSINESS AGE LTD.

### NEW BUSINESS AGE LTD.

Thapathali, Kathmandu, Nepal  
9851019038

New Business Age Ltd. is Nepal's leading business media house, publishing two flagship titles: New Business Age—an English monthly business magazine, and Arthik Abhiyan—the country's only Nepali-language national business daily.

Since its inception, the company has been at the forefront of business journalism, delivering trusted news, sharp analysis, and in-depth features that inform, inspire, and empower Nepal's businesses, professionals, and investors.

#### Our Journey

- 2001 – Publication of the first issue of New Business Age magazine.
- 2005 – Launch of Aajako Abhiyan (later upgraded as Arthik Abhiyan) as a weekly.
- 2010 – Upgrade of Arthik Abhiyan into a full-fledged national daily (Sept 3, 2010).

With this proud legacy, New Business Age stands as Nepal's longest-serving and most respected institution in business journalism.

#### Vision, Mission & Values

We aspire to be Nepal's most trusted media house by:

- Driving sustainable growth through ethical and professional practices.
- Creating a workplace that attracts and nurtures Nepal's best talent.
- Delivering accurate, timely, and insightful journalism that fuels business growth.
- Upholding global standards of ethics, credibility, and responsibility.

#### Affiliates

- Minds Nepal Pvt. Ltd. – A wholly-owned subsidiary offering consultancy, research, and training services.

## ARTHIK ABHIYAN

- Nepal's only Nepali-language business daily, published Sunday to Friday.
- In-depth sectoral coverage on Capital Markets, Technology, Transport, Jobs, Education, Development, and Real Estate.
- A signature "Product" section that delivers 360-degree insights into one business, product, or service each day.

# NEW BUSINESS AGE

A premier English-language monthly magazine, offering exclusive interviews, expert features, sectoral studies, and market intelligence for entrepreneurs, professionals, and decision-makers.



## BEYOND PUBLICATIONS

New Business Age goes beyond print to create platforms that celebrate entrepreneurship and corporate leadership. Through initiatives such as the Business Women Summit & Awards and the NewBiz Conclave & Business Excellence Awards, the company connects Nepal's entrepreneurial community with national and international opportunities for collaboration, innovation, and recognition.



## KRITI SHRESTHA UPADHYAYA

### KRITI'S KRITEE

#### KRITI'S KRITEE

Sahid Marg 7  
Morang Biratnagar Koshi Province  
Contact Number: 9804056599

**A**s an Interior Designer, Artist, and Entrepreneur, I take immense pride in promoting my signature creative brand — KRITI'S KRITEE. This initiative is a reflection of my passion for design, sustainability, and artistic expression. Under KRITI'S KRITEE, I have committed myself to the revival of handcrafted art with a modern sensibility, focusing on eco-friendly and locally made products that are both functional and aesthetically soulful.

One of the core elements of my signature work is the use of handcrafted jute, a sustainable and versatile material. I creatively transform this humble fiber into exquisite lifestyle and décor pieces such as table mats, floor mats, coasters, jute earrings, round decorative jute mirrors, and various home accessories. Every piece is thoughtfully hand-designed, often incorporating delicate hand-painted details that give the product a unique personality and charm.

Through KRITI'S KRITEE, I aim to promote art on utility products, blending creativity with purpose. These handcrafted jute items not only enhance interiors but also tell stories of resilience, nature, and conscious living. Each item is designed to reflect a perfect balance of functionality and artistic elegance.

As an entrepreneur, I also see this as a platform to empower local artisans, especially women, by encouraging them to participate in sustainable production and creative entrepreneurship. My vision for KRITI'S KRITEE goes beyond products—it's about nurturing a lifestyle rooted in beauty, tradition, and mindfulness.

With every creation, KRITI'S KRITEE continues to celebrate originality, artistic value, and a deeper connection to our environment.



## HANDCRAFTED JUTE EARRINGS

Elegant and eco-conscious, our handcrafted jute earrings are lightweight, natural, and uniquely stylish. Made from sustainable jute fibers, each pair showcases intricate design, artisanal charm, and a rustic aesthetic. Perfect for everyday wear or special occasions, these earrings reflect a blend of tradition, creativity, and nature-inspired fashion.



## HANDCRAFTED JUTE MATS

Beautifully woven with love and care, our handcrafted jute mats are eco-friendly, durable, and stylish additions to any space. Made from natural jute fibers, these mats reflect traditional craftsmanship with a modern touch. Ideal for both indoor and outdoor use, they bring earthy charm, warmth, and sustainability to your home décor. Perfect for tables, floors, or decorative layering.



## JUTE FABRIC TABLE MAT & COASTER

Elevate your dining experience with our handcrafted jute fabric table mats and coasters, available in various sizes as per your requirements. Made from natural, eco-friendly jute, each piece adds a touch of earthy elegance to your table setting. Durable, stylish, and easy to maintain, they perfectly blend functionality with handcrafted charm for everyday use or special occasions.

## JUTE FABRIC BAGS WITH SIGNATURE ART

Our handcrafted jute fabric bags are a perfect fusion of sustainability and creativity. Each bag is uniquely designed with signature hand-painted art, making it not just a utility item but a piece of wearable art. Durable, eco-friendly, and stylish, these bags reflect individuality, tradition, and artistic expression—ideal for conscious consumers who value both fashion and the environment.



## ROUND MIRROR WITH JUTE THREAD DECORATIVE FRAMES

Add a touch of rustic elegance to your space with our round mirrors framed in beautifully crafted jute thread. These mirrors are available in various sizes and can be customized to suit your décor needs. The natural texture of jute brings warmth and charm, making them perfect for both modern and traditional interiors. A stylish blend of functionality and handcrafted beauty.



## SARITA TULADHAR

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### SWONIGA DESIGN BOUTIQUE

**SWONIGA DESIGN BOUTIQUE**

+9779851004683

swonigadesign@gmail.com

For over 30 years, Sarita Tuladhar has been shaping the Nepali fashion industry through Swoniga Design Boutique, which she founded in 1993 to create clothes that honor tradition while fitting into modern life. At a time when fashion boutiques were rare in Kathmandu, she built Swoniga Design as a place where people could find outfits that felt both familiar and new, designed with care, quality, and individuality.

Over these three decades, Swoniga Design has become a trusted destination for detailed, handcrafted clothing in Nepal. The boutique is especially known for its draped dresses and gowns, and tailored coats, which combine elegance with versatility for any occasion. Alongside these signature pieces, Swoniga Design also offers custom designs, ensuring clients have clothing made just for them.

Sarita's work has reached audiences beyond her boutique. She has showcased her collections at Kathmandu Fashion Week and other national fashion shows, and at international shows, highlighting the richness of Nepali textiles and craftsmanship. Sarita currently serves as Vice President of the Fashion Design Center (FDC) Nepal. She is also a board member of Mahaguthi: Craft with Conscience, FWEAN, and T-HELP Nepal, organizations that promote fair trade, women's leadership, and social development in Nepal.

For Sarita, Swoniga Design is more than a business, it is her legacy, built on persistence, creativity, and a belief in clothing that reflects both tradition and individuality. Her focus remains on creating timeless pieces that inspire confidence and comfort.



Miss Earth Nepal 2024



3rd Thai Silk Fashion Week, Bangkok



Miss Nepal World 2023 Srichchha Pradhan



Kathmandu Fashion Week 2024



Miss Nepal International 2024 Karuna Rawat



## SONI JOSHI

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### THE SOLITAIRE & NYANO HANDICRAFTS

#### THE SOLITAIRE & NYANO HANDICRAFTS

Contact no.: 9851106893

Email: soni.joshi365@gmail.com

**A**s a jewelry business entrepreneur, my journey to women's empowerment began by empowering myself first. I started my own business specializing in customized jewelry and have been managing operations for over 15 years. This experience taught me how to run a business, overcome challenges, and seize opportunities.

Through my entrepreneurial path, I connected with like-minded women working with local Nepali products such as ceramics, bamboo, and organic foods. My involvement with the Federation of Woman Entrepreneurs' Nepal (FWEAN) broadened my perspective, helping me value grassroots women's initiatives and the potential of local resources. Visiting rural communities, I witnessed women collectively producing and marketing goods, inspiring me to provide trainings that helped them adapt products like jewelry boxes and antiques to modern market demands.

With FWEAN's support, I showcased these products internationally, from Russia and Poland to China and Myanmar, where my proudest achievement was presenting Nepali handicrafts to a global audience. Inspired by this, I founded Nyano Handicrafts, a social enterprise promoting artisanal products made by women. "Nyano" means warmth, and I strive to bring that warmth to the world through these creations. I also work closely with local women in Thimi, training them in product development and helping them achieve financial independence.

In 2019, I was honored with the FWEAN Best Entrepreneur Member Award. My mission continues in line with the United Nations' Sustainable Development Goal 5, supporting women's economic empowerment as a key to poverty reduction, health improvement, and community growth. When women lead, entire communities benefit, and I remain grateful to FWEAN for enabling me to see the world through my own eyes and through theirs.



### CHAFING DISH

If you're planning a versatile, elegant dinner with your family this Tihar, this visually appealing chafing dish is a must. The silver and gold coating on brass is a perfect choice for our festivals - the ethnic look making it centerpiece serveware for Nepalese food. Brass as a metal is also known for its ayurvedic properties and used to be a common choice in the past.



### DAALO

Vintage brass "Daalo", or basket that is normally used to store dry food (rice, beaten rice, maize, pulses). Use this as a decorative bowl or fetch your family and guests with chiura in it during auspicious occasions.



### TISSUE BOX

Bring an entirely different vibe to your home by blending modern with classical through these antiques. Crafted with intricate motifs, this tissue box is really the star that will make your room shine brighter!



### KOTA

If you've been thinking or upgrading your home decor, do consider this exquisite "Kota", a simple yet sophisticated vase for decorating flower petals. Kota, traditionally used in Newari pujas (rituals), can now make your home come to life.



### MAANA & PAATHI

Bringing our exclusive selection of vintage antiques - Maana and Pathi embossed with exquisite designs and some silver-coated twists to cherish your Tihar. Handcrafted by skilled artisans from Bhaktapur, Nepal, this Pathi represents the traditional Nepali wisdom meant for measurement of paddy or rice. 1 Pathi is roughly equivalent to 4 kgs (8 manas).



## HIMA BISTA

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### ACHAAR GHAR

#### ACHAAR GHAR

Kamalpokhari, Kathmandu and Kupondole, Lalitpur  
Phone: 01-5916968 (Kamalpokhari) / 01-5912440 (Kupondole)

Hima Bista is a pioneering social entrepreneur and feminist leader dedicated to advancing women's economic empowerment and gender equality in Nepal. She is the co-founder of two women-led enterprises—Achaar Ghar and Hajuri Khadya Udyog—which generate sustainable livelihoods for women through innovative food production and value-added local goods. As a member of the Executive Board of the Federation of Women Entrepreneurs Association of Nepal (FWEAN), she actively champions policies and platforms that promote women-led businesses and inclusive economic growth across the country.

In parallel with her entrepreneurial work, Hima serves as the Executive Director of Women LEAD Nepal, where she designs and leads transformative leadership programs that empower adolescent girls and young women to become politically aware, socially conscious changemakers. With over two decades of experience in the development sector, her expertise spans gender and social inclusion (GESI), feminist leadership, youth political education, and strategic human resource development.

Hima is currently pursuing a PhD in Women in Leadership at Kathmandu University School of Management and holds an MBA in HR & Marketing as well as an MPhil in English. A sought-after speaker, mentor, and lecturer, she is widely recognized for her advocacy on dignified menstruation, gender-based violence, and social justice.



At Achaar Ghar, we bring you the flavors of authentic, home-style Nepali food, rooted in tradition and made with love. Established in 2016, our mission is to preserve and celebrate the diverse culinary heritage of Nepal by offering meals that feel like home — comforting, flavorful, and deeply nostalgic.

*Our menu features a carefully curated variety of regional Nepali dal bhat sets, including:*

- Thakali Dal Bhat – balanced, wholesome, and influenced by the flavors of the Himalayas
- Kantipuri Dal Bhat – a reflection of the rich, spiced flavors from the Kathmandu Valley
- Terai Dal Bhat – hearty and vibrant, representing the warmth of Nepal's southern plains

Each set comes with traditional sides and accompaniments that honor the ingredients, methods, and flavors passed down through generations.

**The Heart of Every Meal is Our Pickles:** to complete the experience, every meal is served with a selection of house-made premium pickles, handcrafted by Hajuri Khadya Udyog (Nepali Pickle Manufacturing Company) — a family-run pickle factory started 25 years ago by Ms. Hajuri Bista, lovingly known as The Pickle Lady of Nepal. Made using locally sourced spices and traditional recipes, our pickles are more than just condiments — they are essential elements of the Nepali plate, elevating every bite with bold, tangy, and spicy flavors.

In today's fast-paced lifestyle, it's easy to lose touch with the home-cooked meals we grew up with. Hence at Achaar Ghar, we are Honoring Tradition in a Modern World, we are here to reconnect you with those familiar tastes — the comfort of dal bhat, the kick of homemade achaar and the feeling of sharing a meal that tells a story. We ensure that there is something for everybody when you step inside Achaar Ghar. If you are in a mood to deviate from the traditional items, you can always find pasta, pizza and many more.



## DIKILA LAMA

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### HIMALAYAN OUTDOOR GEARS PVT. LTD.

### HIMALAYAN OUTDOOR GEARS PVT. LTD

(Distributor for Columbia Brand in Nepa)

Tridevi Marga, Thamel

Tel: +977-1- 4513888

Website: <https://columbiasportswear.com.np/>

Himalayan Outdoor Gears Pvt. Ltd. is the exclusive distributor of premium outdoor international brand such as Columbia Sportswear in Nepal. Founded in 2018 under my leadership, the company was built on the foundation of over two decades of experience in the retail sector, representing global outdoor brands like The North Face and Timberland in Nepal. This background enabled me to introduce Columbia to the Nepali market, a brand that seamlessly bridges both lifestyle and adventure needs.

Today, Himalayan Outdoor Gears has established a strong presence through its physical retail stores in Pokhara and Namche Bazaar, two of the most iconic destinations for trekkers and mountaineers. Notably, our Namche outlet holds the distinction of being the highest altitude outdoor brand retail store in the world, strategically located on the route to Everest. This unique positioning reinforces the brand's identity and commitment to serving customers at the very heart of the Himalayas.

Beyond brick and mortar, Himalayan Outdoor Gears has successfully expanded its digital footprint, operating through its own official e-commerce site <https://columbiasportswear.com.np/> and major platforms like Daraz, Muncha.com and Jeevee. The Namche store has not only become a landmark in high altitude retailing but has also significantly elevated the brand visibility, showcasing the company's innovative approach in the outdoor retail space.

As a pioneer in Nepal's outdoor international brand business, I remain committed to my core mission to make technically advanced, authentic outdoor products accessible in Nepal to trekkers, climbers, and adventure seekers from around the world. By offering gear that meets international standards at fair prices, Himalayan Outdoor Gears ensures that those venturing into the world's highest peaks are well equipped with reliable and performance driven products.

Through vision, leadership, and a deep connection to the mountains my company continues to redefine the outdoor retail landscape in Nepal anchored in quality, integrity, and purpose.



### WOMEN'S HIKEBOUND PRINTED™ JACKET:

- Omni-Tech™ fully seam sealed prevents moisture from seeping into every seam while using waterproof-breathable fabric, so you stay completely dry in the rain
- Mesh lined for breathability
- Drawcord- Adjustable hood and hem seal out the elements
- Front closure with flap cover keeps wet out
- Zippered hand pockets secure valuables
- Adjustable cuffs for a versatile fit
- Hidden chest pocket for small item storage
- Center Back Length: 25.0 in / 63.5 cm
- Uses: Hiking



### MEN'S AMPLI-DRY™ II SHELL

- Crafted with our best fit, features, and tech, Titanium gear is made for high-performance outdoor activity in the worst conditions
- Omni-Tech™ fully seam sealed prevents moisture from seeping into every seam using waterproof-breathable fabric, so you stay completely dry in the rain
- Crafted with 100% recycled polyester
- Comfort stretches for ease of movement



### MEN'S ARCTIC CREST™ DOWN JACKET:

- This Columbia Titanium style is made for high-performance outdoor activity in the worst conditions with our best fit, features, and tech
- Omni-Heat™ Arctic uses a solar-capture insulation system inspired by arctic wildlife to deliver lightweight, high-efficiency warmth boosted by solar power
- Omni-Shield™ repels moisture and resists stains by preventing liquids from absorbing into fast-drying yarns, so you stay clean and dry in damp, messy conditions
- RDS certified down ensures ethical manufacturing practices
- Packable into one of the pockets for quick and easy storage
- 700 fill power goose down insulation traps more heat so you stay comfortable in cold conditions
- Chin guard prevents chafing
- Zippered chest and hand pockets secure valuables
- Binding on cuffs for a finished look
- Drawcord-adjustable hem seals out the elements
- Center Back Length: 28.0 in / 71.1 cm
- Uses: Hiking



### WOMEN'S ARCADIA™ TWO JACKET:

- Omni-Tech™ fully seam sealed prevents moisture from seeping into every seam using waterproof-breathable fabric, so you stay completely dry in the rain
- Attached, adjustable storm hood seals out the elements
- Drawcord adjustable hem for a custom fit
- Zippered hand pockets secure valuables
- Packs into its own hand pocket
- Breathable mesh lining
- Adjustable cuffs for custom fit
- Center Back Length: 26.0 in / 66.0 cm
- Uses: Hiking, Everyday Outdoor



### WOMEN'S NEWTON WANDER™

- Waterproof suede upper with durable metal hardware
- Omni-Tech™ sheds water and releases excess heat with multi-layered breathable materials, so your feet stay dry and comfortable in the rain
- Omni-MAX™ delivers nonstop underfoot energy by combining adaptive cushioning, enhanced stability, and increased traction for fusion performance on variable terrain
- TechLite™ midsole provides sustained cushioning and impact absorption using lightweight responsive foam, keeping you comfortable on any terrain
- TechLite™ Eco insole with 20% recycled content for long lasting comfort
- Omni-Grip™ outsole provides all-terrain stability and traction with non-marking rubber and a tread pattern that adapts to varied surfaces, so you stay sure-footed in wet or dry conditions
- Weight: 12.9 oz / 365 g (Per shoe, Women's size 7)
- Uses: Hiking



## SHOVA SHRESTHA

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### VERSATILE BOUTIQUE

#### VERSATILE BOUTIQUE

shova.versatile@gmail.com

+977-9841245579

Dillibazar, Kathmandu

**S**hova Shrestha is the Founder and CEO of Versatile Boutique, a reputed fashion house renowned for its craftsmanship, creative designs, and attention to detail in bridal gowns, party wear, formal attire, blouses, and tailored coats. Established in 2009, the boutique has grown from a small home-based tailoring shop serving close friends and family into a respected brand that sets high standards in Nepali fashion.

A diploma graduate of the Contemporary Fashion Design Institute, Shrestha has enriched her expertise through numerous professional trainings, blending creativity with entrepreneurial vision. Her journey reflects persistence, hard work, and purpose, turning challenges into opportunities for growth.

Beyond building a brand, Shrestha has created a platform to empower women. She is an active member of FWEAN, WEAN Association, and WEAN Multipurpose Cooperative, and was honored as Active General Member during FWEAN's 15th AGM. In 2019, she collaborated with NRN communities in Europe to train Nepali women in tailoring, enabling them to gain confidence, skills, and financial independence. In 2024, she further advanced her advocacy by joining FWEAN as an Executive Board Member.

Her achievements include the Successful Entrepreneur Award from Nepal's Ministry of Industry, the Best Design Award at the Miss Teen Beauty Pageant (2005), and representing Nepal at the Miss World International Beauty Pageant in China (2010).

Most recently, in April 2025, Versatile Boutique showcased its designs at the FWEAN Fashion Show, promoting Nepali-made products and supporting local artisans.

Shrestha's story is one of artistry, resilience, and impact—redefining Nepali fashion while empowering women entrepreneurs to thrive.



Korean Material Coat and Skirt



Pure two-tone silk formal top



Nepali Bamboo casual top



Dhaka Coat and Formal Tops



Silk and Nepali Dhaka mix  
Formal wear Feminine looks



## ANGIRA PRADHAN

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### SPICY HOME SPICES PVT. LTD.

#### SPICY HOME SPICES PVT. LTD.

Thapathali, Kathmandu - 11, Nepal,  
Tel No: +977 - 1- 5360936, +977 - 9851058300  
E-mail: [sitara@shs.com.np](mailto:sitara@shs.com.np), [sitararajbhandari@hotmail.com](mailto:sitararajbhandari@hotmail.com)  
URL: <http://www.shs.com.np/>

Spicy Home Spices (SHS), established in 2000 by my mother, Sitara Rajbhandari, specializes in crafting a diverse range of spices essential for everyday cooking. Her journey from a homemaker to an entrepreneur involved various ventures, including exporting hand-knitted sweaters and processing local wools, before she founded SHS.

I have always been a part of her journey, supporting her in any way I could. Among four siblings, I was the one most connected to her work, often accompanying her to deliver sweaters or participate in exhibitions. Perhaps this is why I am still involved in SHS today. Despite holding a degree in engineering and pursuing a professional career in technical sales and marketing with a multinational company for 15 years, I always found time for some responsibilities at SHS.

In recent years, my mother's health has limited her mobility, leading her to ask me to take on more responsibilities at SHS. This required me to shift my focus from my usual work to our family business, an opportunity I welcomed as I have always been more fascinated with business than regular jobs.

With the support of my family, particularly my mother, father, and brother, SHS has persevered through challenges, including the impact of Covid-19. Despite setbacks, we at SHS remain resilient and are poised for growth. This is evidenced by our recent enrollment as a grantee under the USAID trade and competitive program, positioning us to expand our presence both domestically and internationally.



### SHS GARAM MASALA

Mixture of 12 Spices: Jaifal (Nutmeg), Marich (Black Pepper), Tejpat (Bayleaf), Lwang (Clove), Alaichi (Cardamom), Jeera (Cumin), Sukmel (Green Cardamom), Jaipatri (Mase), Dhaniya (Coriander), Aduwa (Ginger), Pipla (Long Pepper) & Dalchini (Cinnamon)



### SHS PANCHA FURNA

Mixture of 5 Spices: Methi (Fenugreek), Jwano (Ajwain), Saunf (Fennel), Jeera (Cumin) & Mugrelo



### SHS TEA MASALA

Mixture of 4 Spices: Alaichi (Cardamom), Dalchini (Cinnamon), Aduwa (Ginger) & Tejpat (Bayleaf)



### SHS BLACK PEPPER POWDER

Add a pinch of bold flavour and aromatic taste with SHS Black Pepper (marich)

### SHS MASALA MIX

Mixture of 25 Spices: Sarso (Yellow Mustard), Dhaniya (Coriander), Methi (Fenugreek), Jwano (Ajwain), Alaichi (Cardamom), Sukmel (Green Cardamom), Lwang (Clove), Besaar (Turmeric), Marich (Black Pepper), Dalchini (Cinnamon), Aduwa (Ginger), Pop Dana, Rayo (Mustard), Timur, Khursani (Chilli), Sudo Noon (Pink Salt), Saunf (Fennel), Jeera (Cumin), Tejpat (Bayleaf), Jaipatri (Mase), Nepali Saunf, Pipla (Long Pepper), Jaifal (Nutmeg), Hing (Asfoetida) & Lasoon (Garlic)





## DR. MALA KHAREL

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### BETTER NEPAL (RAMRO NEPAL)

#### BETTER NEPAL ( RAMRO NEPAL )

Email : [betternepal19@gmail.com](mailto:betternepal19@gmail.com)

Phone : 9841321857 , 01-4586531

Guheshori, Kathmandu Nepal

**B**etter Nepal is a grassroots initiative dedicated to empowering underprivileged women and men through skill development and sustainable income opportunities. Founded with a vision to uplift marginalized communities around Pashupati and Guheshori, where many families struggle with poverty and social exclusion, Better Nepal works to bring dignity, education, and hope into the lives of those often left behind.

In these areas, many parents cannot afford to send their children to school due to extreme financial hardship. Better Nepal aims to break this cycle by focusing on empowerment through entrepreneurship. Our program provides hands-on training in practical skills such as incense-making from recycled temple flowers and creating beautiful felt products like souvenirs, keychains, purses, and home décor items.

What makes Better Nepal unique is our use of eco-friendly and locally available materials. By transforming waste flowers into incense and crafting handmade felt products, we are not only creating income opportunities but also promoting sustainability and preserving traditional skills.

The finished products are marketed locally and through exhibitions, helping participants earn a regular income and gain confidence. Many of the women involved in the program are now contributing to their households and supporting their children's education.

Better Nepal believes that empowering women is key to building a better society. By turning adversity into opportunity, we aim to create a ripple effect of change—one woman, one family, and one community at a time.

Empowered women empower nations—and we are proud to be part of that journey.



### NEPALI ORGANIC DHUP (ROPE INCENSE)

Made from the mixture of different types of flowers, sandalwood, camphor, Gokul Dhup (Incense) and herbs



### SAGUN KO SAMAGRI HARU (SAGUN OFFERINGS)

A traditional set of auspicious items presented during Nepali weddings and cultural events as a symbol of blessings, prosperity, and good fortune for the couple.



### BAGGAGE

Different types of bags and purses



## RITA BHANDARY, SAROJANI SHERCHAN AND ARATI NEPAL

MAHI ENTERPRISES PVT. LTD.

### MAHI ENTERPRISES PVT. LTD.

Dillibazar, Kathmandu, Nepal  
Email: ritaniwas@gmail.com  
Contact No: 01-4515947

**W**hat started as an entrepreneurial venture some twenty-six years ago, by three housewives Rita, Sarojani and Arati, with no knowledge of business or any skill training; has evolved from just a handmade paper company, making stationary products, bags and boxes, to a specialized producer of Lokta Paper Cloth. Which is washable, printable and can be embroidered. Paper produced in remote villages of Nepal, by women from the marginalized community is made into paper thread and woven by the skillful hands of women in Kathmandu.

#### Our value added products:-

Cushions, place mats, runners and more.

Our confidence led us to a second venture. Manufacturing and Marketing of nutritious food products, using locally produced highland super grains. We inspire people to choose a healthier lifestyle with our value added products. Energy bars, Multigrain Energy laddu, Salted snacks, millets and more.

Along this journey, Rita has led many institutions. Has been Founder and past president of FWEAN. Has been recognized as a Commercially Important Person (CIP) by the government amongst 34 business organizations and individuals for their contribution in trade and commerce. Has led many organizations and is also founder member of several organizations.

Sarojani is also leading an education institution, which has been awarded the Top 10 Business School' of Nepal. She has also been recognized as the best Women Entrepreneur 2020 by FWEAN. She introduced the enduring slogan "Work Together, Win Together". Is the Vice Chair of SAARC Chamber Women Entrepreneurs Council. Has served in many organization's board and is also a social worker.

Arati , President of Women Entrepreneurs Association of Nepal, is a designer and a trainer. Her quiet , unassuming appearance belies her strength in converting any of our thoughts into tangible products. She has conducted many trainings in remote places of Nepal as well as attended many trade fairs both National and International. Is also involved in many organizations.



## ENERGY BALLS AND ENERGY BAR

Boost your immunity

These energy balls and energy bars contain a bunch of little seeds and grains, sourced from the highlands of Nepal. Amaranth, Buckwheat, Perilla seeds, Flax seeds etc together with the dry fruits. They boost a variety of nutrients.



## MILLETS

Millets grains are high in protein, fibre, calcium, vitamins and minerals. It is gluten free, ideal for gluten intolerant people. They include sorghum, foxtail millet, , Proso millet, Amaranth etc



## PLACEMATS

Paper cloth, runners, placemats and more, made from threads of "Lokta" paper in combination with cotton, silk, entirely handmade with paper produced in remote villages of Nepal, by women from the marginalized community.

Then made into paper thread and woven by the skillful hands of women in Kathmandu. This cloth can be dyed (colored), embroidered, printed and even washed. We transform the materials into a range of products retaining the art and essence of Nepal.



## MALIKA SHRESTHA

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### CRAFT PALACE PVT LTD

#### CRAFT PALACE PVT LTD

Phone Number : 985-1094474

Email: [crafpalace@gmail.com](mailto:crafpalace@gmail.com)

Sector: Handicrafts (Cotton, Dhaka, Silk, Natural Fibers)

Ownership: Women-led

Location: Sitapaila, Kathmandu Nepal

I am Malika Shrestha, founder of Craft Palace (P) Ltd, a women-led enterprise I started in 2004 with the belief that "Skill and creative mind can change the whole life." With support from my family, I turned challenges into opportunities and built a business dedicated to preserving Nepal's handicraft heritage.

At Craft Palace, we work with natural fibers like Dhaka, silk, hemp, nettle, and jute, employing rural women artisans with fair wages.

My vision is to empower women through economic participation and create sustainable growth in our communities.

Over the years, we have showcased our work in international exhibitions across Asia, Europe, the USA, and Australia. For this journey, I have been honored with national and international awards, while also serving in leadership roles in women's and handicraft associations.

Our products range from bags, décor, and kitchen accessories to wall hangings, footwear, and traditional khadas—all designed to blend sustainability, culture, and modern style.



### **FOOTWEAR CRAFTED FROM NATURAL FIBERS**

Our natural footwear is handcrafted locally using eco-friendly fibers. Each pair can be custom-designed to match size, comfort, and style preferences, with quality ranges that suit everyday wear to premium finishes.



### **ECO-FRIENDLY KITCHEN AND HOUSEHOLD ACCESSORIES**

Handcrafted from eco-friendly natural fibers, our kitchen and household accessories are durable, safe, and practical for daily use. Blending cultural aesthetics with modern design, they support local artisans and appeal to growing eco-conscious markets worldwide.



### **BAGS, WALLETS, AND OFFICE ACCESSORIES BLENDING ELEGANCE AND DURABILITY.**

Our bags, wallets, and office accessories are handmade from natural fibers, blending elegance with durability. Designed for daily use, each piece showcases Nepalese craftsmanship and can be customized for style, size, and purpose. Locally crafted by skilled artisans, they reflect cultural heritage while meeting modern design needs, appealing to both local and global markets.



### **HANDWOVEN FABRICS CUSHION COVERS**

Our handwoven fabrics and cushion covers blend traditional weaving with contemporary design. Crafted from natural fibers, they are durable, eco-friendly, and culturally rich, appealing to both local and global markets.



### **TRADITIONAL WALL HANGINGS**

Inspired by Nepalese heritage, crafted with natural fibers and cultural motifs. Custom-designed to reflect local identity, they create community value while appealing to global markets for authentic cultural art.



## SHYAM BADAN SHRESTHA

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### NEPAL KNOTCRAFT CENTRE

#### NEPAL KNOTCRAFT CENTER

Phone: 015440667

Email: [info@nepalknotcraft.com](mailto:info@nepalknotcraft.com)

Website: [www.nepalknotcraft.com](http://www.nepalknotcraft.com)

**N**epal Knotcraft Centre (NKC) is a social enterprise dedicated to weaving nature into women's livelihood by transforming Nepal's rich natural fibers into beautiful, sustainable products. Founded by Mrs. Shyam Badan Shrestha in 1984, NKC has grown to work with hundreds of women from marginalized communities, empowering them through training, skill development, and financial independence. Our handcrafted macramé, recycled wood, and natural fiber items celebrate both the cultural heritage and biodiversity of Nepal. Guided by a mission of research, innovation, and sustainability, we preserve indigenous weaving traditions while promoting eco-friendly practices, building artisan enterprises, and creating market opportunities. We ensure that every product carries not only a story of craft but also a vision of empowerment and community growth.



### MUDHA (STOOL)

A traditional handwoven stool crafted by women artisans using cattail fiber, locally known as pater. Strong, lightweight, and sustainable, the Mudha remains a timeless piece of functional art for homes.



### TATTO BASKET

Coiled by Tharu women, the Tatto basket transforms their keen observation of nature into artistry. Using thatch grass (khar) and moonj, it features a distinct triangular motif — a traditional design now beautifully adapted into contemporary basketry.



### FLOWER OF THE BUDDHA

A symbolic craft coiled with thatch grass (khar) and moonj by Tharu women. Inspired by the sacred Flower of the Buddha, this piece embodies cultural heritage and spiritual reflection woven into natural fibers.



### MACRAMÉ EARRINGS

Delicately knotted by women artisans, these earrings combine silk yarn with silver beads to create a modern yet timeless accessory. Lightweight and stylish, they showcase the elegance of handcrafted macramé jewelry.



### CHRISTMAS ORNAMENTS

Handcrafted with natural corn husk and recycled wood, these ornaments celebrate sustainability and festive charm. Each piece carries a rustic elegance, making them perfect for eco-friendly holiday décor.



## REETA SIMHA

AAMA NEPAL

### AAMA NEPAL

263, Joggi Pakko Marg, GPO. Box 257, Kaldhara -16, Nepal

Contact: Reeta Simha, [reeta.simha@gmail.com](mailto:reeta.simha@gmail.com). Website: [aamacraft.com](http://aamacraft.com)

Tel: +9779851025629

Aama Impex is a privately owned company, established in 1985 and registered under the Ministry of Commerce, Government of Nepal.

#### Main line of Business

Manufacturer, Exporter and Retailer

#### Main product lines

Dhaka hand –woven cloth  
Pashmina (Cashmere) with silk base.  
Pashmina Knitwears  
Allo natural fibre

#### Export Experience

The company started exporting all kinds of Nepalese Handicrafts from 1989.

#### The Main Aim of the company

To carry out profitable operations by means of  
(a) Exports (b) Retail (c) Wholesale

To encourage production of high quality  
Nepalese Handicrafts.

To advise and control the quality of the product,  
so that the buyers are satisfied with the quality,  
time of delivery and competitive price.

Since its inception the priority of the company  
is to employ local women to make them self –  
sufficient contributing to the overall development  
of the country.

### Mission

To revive the rich Himalayan natural fibers.

### Vision

Going deep into the roots of Himalayan hand-woven textiles and crafts to find its relevance in the present context.

At Aama, quality is not a mere word but is a parameter on which our success depends. Our well-equipped manufacturing unit is the driving force behind our success story. We only use best quality raw material that has helped in getting a wide acceptance in domestic as well as international markets. We have highly skilled and competent team who make substantial contribution in the basic quality of materials as well as the innovative products we offer.

We compete effectively in today's global business environment by constantly delivering cost competitive and high quality products and services that meet or exceed customer's expectations.

Aama was received several awards over the years. In 1993 was rewarded as the best decorated stall at the 2nd Handicraft Trade Fair. In 2000, Aama was recognized as one of the top four exporters of Pashmina goods by Handicraft Association of Nepal (HAN). The company was also selected many times to participate in International Trade Fairs.



#### DHAKA SCARF

- Handwoven
- 100% Dhaka



#### DIAMOND DESIGN SCARF

- 70 x 200 cm
- 100% Cashmere



#### DOUBLE PLY SCARF:

- 70 x 200 cm
- 100% Cashmere



#### KNITTED POUNCHO

- Free Sized
- 100% Cashmere



#### SHADED STOLE

- 70 x 200 cm
- 100% Cashmere



## HAJURI BISTA

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### WOMAN ENTREPRENEUR

#### HAJURI KHADYA UDYOG PVT. LTD.

Lalitpur, Nepal  
01-5915293  
e-mail: hkunepal@gmail.com  
www.kitchenrecipe.com.np

Hajuri Bista, a high school graduate, homemaker turned entrepreneur at the age of 39, is a prominent name in the Nepali pickle market all because of her desire to do something productive in her free time. Her initial venture was delivery of dairy milk to the households. Despite business being productive, she had to pull out due to various problems so she decided to start a business venture of her own.

While searching for training programs, she had the opportunity to participate in a training for women regarding food processing and preserving promoted by WEAN Multipurpose Co-Operative. The idea of starting a pickle business was initiated by the discussions during the training and she decided to start producing pickles and condiments under the brand name "Navaras" marketed by WEAN Multipurpose Co-operative. More than 30 years ago, she started operations as "Hajuri Khadya Udyog Pvt. Ltd." furthermore, the increasing success of her products, she slowly started expanding her business. She has now introduced her own brand "Kitchen Recipe" in the Nepali and International market. When people get acquainted with the good taste, they do not forget it so easily and because of this Hajuri Bista strives hard to maintain the quality of her products.

#### Awards Won:

- "Women Management Recognition Award 2003" from Management Association of Nepal (MAN).
- Laxmi Award for "Women Entrepreneur of the Year" (2003).
- Recognized jointly by the Ministry of Industry and FNCCI as one of the 101 outstanding women entrepreneurs of Nepal and also for playing an outstanding role for the industrial development of the country.



### CHICKEN PICKLE

Chicken cut into small pieces, deep fried and mixed with onion, ginger, garlic and spices to create a taste that lingers.



### C-SAUCE

Chili Sauce which can be consumed as chutney or used as chili paste while preparing food.



### AKABARE PICKLE

Pickle made of Akabare chilies. Akabare chilies are known for their hotness and considered to be the King of Chilies in Nepal.



### SUNDRIED RADISH

An age-old tradition of using Sun as a natural preservative where Radishes are Sun-dried and mixed with traditional spices. A favorite of every household in Nepal.



### HOT AND SWEET MANGO PICKLE

Mango pulp cut into small pieces and cooked with sugar, red chili powder and spices to create a hot and sweet flavor.



## DR. ISHA POUDEL KOIRALA

### AESTHETIC AURA SKIN & HAIR CLINIC

**D**r. Isha Poudel Koirala, founder and consultant dermatologist at Aesthetic Aura Skin & Hair Clinic, brings over a decade of experience in dermatology and aesthetic medicine. After completing her MBBS from Kathmandu Medical College, she pursued a three-year residency in dermatology at Jose R. Reyes Memorial Medical Center in Manila, Philippines, followed by a fellowship in Cutaneous and Laser Surgery in Bangkok.

Before founding Aesthetic Aura in 2023, Dr. Isha worked as a consultant dermatologist at the Kathmandu Clinic of Cosmetic Surgery from 2015 to 2023. Her vision was clear—to offer advanced, personalized skin and hair solutions rooted in science and delivered with care.

Dr. Isha's expertise spans a wide range of services including chemical peels, laser treatments, PRP and GFC for hair loss, injectables like Botox and Fillers, and personalized skincare regimens. She holds international certifications, including from the American Academy of Aesthetic Medicine, and is frequently invited as a speaker in national and international dermatology conferences.

Her work is backed by multiple publications, awards, and recognitions—making her one of Nepal's most trusted names in skincare. Through Aesthetic Aura, she aims to create a safe and empowering space for clients seeking long-term results in skin and hair health.

“True aesthetics is about feeling confident in your skin. At Aesthetic Aura, we combine expertise and empathy to help you achieve just that.”

## AESTHETIC AURA PVT. LTD.

New Baneshwor, Shankhamul marga,  
B&S building – 2nd Floor, Kathmandu  
Contact No. : +977-9766453850  
Email: [dr.ishapoudel@gmail.com](mailto:dr.ishapoudel@gmail.com), [aestheticaura.np@gmail.com](mailto:aestheticaura.np@gmail.com)  
Website: [www.aestheticauraclinic.com](http://www.aestheticauraclinic.com)



## SERVICES

Skin Treatments: Chemical Peels – Brightening, pigmentation & acne care  
Microneedling & Derma Pen – Skin rejuvenation & collagen boost  
Microneedling Radiofrequency – Scar & pore treatment  
Vampire Facial (PRP Therapy) – Natural skin glow & repair  
Laser Toning – Pigmentation, melasma & uneven tone  
Wart, Mole, Skin Tag Removal – Safe & precise  
Acne & Acne Scar Treatment – Tailored plans for all skin types  
Under-eye Treatment & Dark Circle Care – Targeted care for brighter eyes  
Skin Whitening Drips (IV Glutathione) – Safe brightening therapy



## ANTI-AGING & AESTHETICS

Botox & Fillers – Wrinkle softening & facial contouring  
Mesotherapy – Nutrient infusion for glow & repair  
HIFU (High-Intensity Focused Ultrasound) – Non-surgical skin tightening & lifting  
Threadlifting – Instant facial lifting with dissolvable threads  
Skin Rejuvenation by Microneedling Radiofrequency – Deep collagen stimulation for firm, youthful skin.  
Rejuran & Polynucleotide Therapy – Salmon DNA-based skin healing  
Skin Boosters – Hydration & elasticity enhancement



## HAIR TREATMENTS:

Hair Transplant (DHT & FUE Method) – Natural hairline restoration  
GFC (Growth Factor Concentrate) – Latest hair regrowth therapy  
PRP Therapy – Classic hair fall control & regrowth  
Mesotherapy for Hair – Targeted scalp nutrition  
Dandruff & Scalp Issues Treatment – Medical solutions



## ADVANCED FACIAL ULTRASOUND SERVICES

Facial Ultrasound Imaging – For detailed facial anatomy assessment  
Ultrasound-Guided Filler Injections – Ensures safer filler placement with real-time visualization  
Ultrasound-Guided Filler Dissolving – Accurate hyaluronidase delivery for dissolving undesired fillers  
Ultrasound Facial Anatomy Mapping – Personalized treatment planning  
Collaboration with Aesthetic Dermatologists & Plastic Surgeons

## BEAUTY SERVICES

- Microblading & Brow Shaping
- Permanent Lip Tint
- Laser Hair Removal/Reduction (Face & Body)
- Laser Tattoo Removal
- HydraFacial
- Charcoal Facial



## **BINI BAJRACHARYA**

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### **ABiR DESIGNERS HUB**

#### **ABiR DESIGNERS HUB**

Lalitpur, Nepal

9841283630

bini.abirnp@gmail.com

**A**BiR Designers Hub is a prominent Nepali brand focused on environmentally and ethically conscious clothing and accessories. Our core is Sustainability and Ethics, actively working with natural and sustainable materials in our clothing and accessories. We incorporate upcycled materials in our designs and encourage, repair, reuse and repurpose. ABiR Designers Hub collaborates with local Nepali artisans, including women working from home, to support economic dignity within the community. We commit to minimizing environmental impact and promoting sustainable development, the adoption of eco-friendly merchandise spawned in Nepal, including knitting and crochet crafted by Nepali women are part of our brand identity. ABiR emphasizes on Clothing and accessories, that are comfortable and shuttle using minimal-shine, natural fabrics like cotton, bamboo, hemp, silks and their blends.

#### **Co-founded by**

Anisa Maharjan; Bini Bajracharya and Rashmi Tanduka, ABiR stands for strength, dignity and compassion. Cultural symbol in Nepal, ABiR is Tika (Red Vermillion) that is applied to forehead by elders as a blessing for prosperity and good fortune.



Men's short sleeved quarter buttoned T-shirt. This Woven Bamboo/ Cotton T-shirt is inspired with traditional wood carving skill, hence traditional wood carving print design. Fabric is breathable and comfortable on skin. This unique design is one of ABiR's best seller.



Men's quilted Long sleeved quilted Shirt- Jacket. This Men's Jacket is again and inspiration of traditional cotton quilted clothing, which keeps it warm and cozy for winter days, these limited edition pieces can be worn as a warm shirt in the winter or can be layered on top of a thermal t-shirt as a jacket. The chic design with traditional touch is loved for its versatility.



Ladies quilted Cotton Jacket with coordinated pant and top is from FW24 collection of ABiR. This jacket design is inspired from the tradition cotton quilted clothes, to keep you warm and cozy. This set is made out of Nepali cotton, using design features as hand pockets, cording and quilting.



Quarter sleeved Multi colored tunic dress from ABiR SS 2025 collection is one of the best seller of ABiR, this is a smart and comfortable go to daily wear tunic dress, that is cool and breathable for summer and just right for spring and beginning of fall. 100% cotton that is durable and, Made in Nepal fabrics adds to our story of sustainability.



## ANSHU PRADHAN

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### MOMMY AND GEMMY

#### MOMMY AND GEMMY

Phone: 9861865345 Email: [mummyandgemmy5@gmail.com](mailto:mummyandgemmy5@gmail.com)  
Location: Bansbari, Maharajgunj

**A**nshu Pradhan As a mother of a spirited three-and-a-half-year-old daughter, I've personally experienced the joys and challenges of motherhood—and the importance of clothing that offers both comfort and care. With a Master's in Business Studies and a Diploma in Fashion Designing, I founded Mommy and Gemmy to bring that understanding into a brand that supports mothers, babies and family bonding through thoughtfully designed, family twining and sustainable fashion. Mommy and Gemmy is more than a clothing label—it's a community of mothers. Every woman in our company is a mom herself, bringing invaluable real-life experience to the design and production of our garments. This deep empathy allows us to create clothing that's not only stylish but also practical, gentle, and nourishing to wear. We are proudly rooted in sustainable values. Our products are made from premium, eco-friendly fabrics like organic cotton, 100% pure cotton, bamboo, and linen—materials that are kind to sensitive baby skin, safe for new mothers, and gentle on the planet. As the Founder and CEO, I've built this brand to reflect what I wish existed when I became a mother: beautiful, breathable, skin-friendly clothing made by mothers, for mothers and their little gems. Today, as Mommy and Gemmy steps into the international market, we carry forward a story of empowerment, care, and conscious living—crafted with love from Nepal.



## ECO-FRIENDLY MATERNITY WEAR CATEGORY:

Maternity / Sustainable Fashion  
Product Description:

Designed for mindful motherhood, our Eco-friendly Maternity Wear offers a perfect blend of comfort, style, and sustainability. Crafted from organic cotton, bamboo fabric, or other low-impact natural fibers, each piece supports your changing body through pregnancy and beyond. With thoughtful features like adjustable fits and nursing-friendly designs, our garments are gentle on both your skin and the planet. Ideal for conscious mothers who care about what they wear and where it comes from.



## ADJUSTABLE MATERNITY OFFICIAL WEAR/PANTS CATEGORY:

Maternity Wear  
Product Description:

Designed for comfort and adaptability, our Adjustable Maternity Pants grow with you through every stage of pregnancy and beyond. Made from a soft, stretchable fabric blend with a breathable waistband, these pants feature a discreet adjustable panel or drawstring to ensure a secure yet flexible fit. Whether for casual wear, work, or lounging, they offer the perfect balance of support and style for expecting and new mothers.



## FAMILY TWINNING OUTFITS – PAJAMA SETS TO OCCASION WEAR CATEGORY:

Family Matching Wear  
Product Description:

Celebrate family bonds in style with our curated collection of Family Twinning Outfits, designed for Daddy, Mommy, Baby, and Siblings. From cozy pajama sets perfect for bedtime and festive mornings to coordinated occasional wear for holidays, birthdays, and family photoshoots – our twinning sets combine comfort, quality, and charm. Each piece is crafted with soft, breathable fabrics and attention to detail, offering inclusive sizing and thoughtful designs for every family member.



## NURSING & POSTPARTUM CLOTHING CATEGORY:

Maternity / Nursing Wear  
Nursing & Postpartum Clothing  
Category: Maternity / Nursing Wear  
Product Description:

Designed to support mothers beyond childbirth, our Nursing & Postpartum Clothing combines functionality, comfort, and discreet style. Each piece features thoughtfully placed nursing access—like hidden zippers, button-down fronts, designs with breastfeeding access or wrap designs—allowing for hassle-free breastfeeding. Crafted from breathable, stretchable fabrics such as organic cotton, cambric, or bamboo, these garments accommodate changing body shapes and ensure maximum comfort and usability during and after recovery, ensuring long-lasting proper utilization of clothes and sustainable living. From relaxed loungewear to chic everyday outfits, this collection helps new mothers feel confident and cared for.



## SUSTAINABLE FASHION FOR KIDS CATEGORY:

Product Description:  
Our Sustainable Kidswear Collection brings together comfort, safety, and eco-conscious design for the little ones who matter most. Made from certified organic cotton, bamboo fabric, and natural dyes, each piece is gentle on delicate skin and kind to the planet. From everyday basics to playful occasion wear, the collection combines durability with softness—designed to withstand active play while supporting a greener future. Thoughtfully created in small batches by skilled artisans, our pieces reflect care, quality, and sustainability.



## SHRADHA JOSHI KARMACHARYA

### A.N.T HOLIDAYS PVT. LTD.

#### A.N.T HOLIDAYS PVT. LTD.

Phone: 01-5369802 | +977 – 9841234869

Mail: [antholiday@gmail.com](mailto:antholiday@gmail.com)

Location: Teku Road, Kathmandu

Website: [www.antholidays.com](http://www.antholidays.com)

Founded in 2012, A.N.T Holidays Pvt. Ltd. emerged as one of the prime service providers offering expert knowledge and managing comprehensive travel packages & tourist services for groups, individuals or corporates for both inbound and outbound tour packages. We provide information and facilitate arrangements by Air, Sea and Land to any part of the place across the globe.

Our Service include; Tour Packages, Hotel and Cruise Accommodation, Visa Assistance, Airport Meet/Assist, Transfers, Vehicle Rental, Excursions, as well as organizing special events, thereby making your trip a unique and memorable experience. We have extensive experience in organizing prestigious incentive programs, executive meetings, conference and special events in Nepal and Worldwide

Moreover, services with a strong, enthusiastic and dedicated team of hard-core tourism professionals who are committed to provide the best services and hospitality. Our clients are our highest priority and as being a trusted travel advisor, we always act in your best interests and caters according to your specific requirements. Whether you are adventure seekers, culture enthusiasts or simply need holiday to relax, we can help you to create mesmerizing memories that last a lifetime.



#### THAILAND 4N5D TOUR PACKAGE

- Day 1 BANGKOK ARRIVAL, TRANSFER TO PATTAYA
- Day 2 SIGHTSEEING & ACTIVITIES IN PATTAYA
- Day 3 PATTAYA – BANGKOK HALF DAY BANGKOK SIGHTSEEING
- Day 4 SAFARI WORLD
- Day 5 TOUR ENDS



## VIETNAM

Explore the charm of Vietnam with our adventurous trips and experience the wonders of its unforgettable culture!

Book Now



#### SINGAPORE 3NIGHTS & KUALA LUMPUR 3NIGHTS

- 6N/7D TOUR PACKAGE
- Day 1 SINGAPORE ARRIVAL
- Day 2 SIGHTSEEING & ACTIVITIES IN SINGAPORE
- Day 3 FREE DAY IN SINGAPORE
- Day 4 SINGAPORE – KUALA LUMPUR BY COACH BUS
- Day 5 SIGHTSEEING IN KUALA LUMPUR
- Day 6 ACTIVITIES IN KUALA LUMPUR
- Day 7 TOUR ENDS

#### VIETNAM TOUR PACKAGE

##### 06 NIGHTS 07DAYS

- 01 HO CHI MINH ARRIVAL
- 02 CU CHI TUNNEL – HALF DAY CITY TOUR SIC
- 03 MEKONG DELTA SIC
- 04 HO CHI MINH – DA NANG BY FLIGHT
- 05 BA NA HILL – GOLDEN BRIDGE SIC
- 06 MARBLE MOUNTAIN – HOI AN SIC
- 07 HANOI DEPARTURE



## TREKKING

"Chasing sunrises and conquering peaks.  
The best views come after the hardest climbs!"

BOOK NOW



#### KTM-PKR-CHITWAN 7N/8D TOUR PACKAGE

- Day 1 Arrive Kathmandu
- Day 2 Kathmandu - Pokhara
- Day 3 Pokhara Sightseeing
- Day 4 Pokhara – Chitwan
- Day 5 Whole Day Jungle safari and other activities
- Day 6 Drive to Kathmandu
- Day 7 Kathmandu Sightseeing
- Day 8 Return back to Kathmandu and fly back home

#### TREKKING TO ANnapurna BASE CAMP AND MACHAPUCHARE BASE CAMP

- Day 1 Kathmandu Arrival
- Day 2 Kathmandu to Pokhara
- Day 3 Pokhara - Nayapul- Ghandruk (1,951m)
- Day 4 Ghandrung – Chomrung (2,170m)
- Day 5 Chomrong - Doban (2,500m).
- Day 6 Doban - Deurali (3,250m)
- Day 7 Deurali - M.B.C. (3,700) - Annapurna B. C. (4,130m).
- Day 8 Annapurna B. C. – Bamboo (2,310m)
- Day 9 Bamboo - Jhinu Danda (1,750m)
- Day 10 Jhinu Danda & drive to Pokhara
- Day 11 Pokhara - Kathmandu
- Day 12 Free day in Kathmandu
- Day 13 Departure



## SUNITA SHRESTHA

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### NEPHAND FELT

#### NEPHAND FELT

Phone: 9841204465 Email: [nephandfelt@gmail.com](mailto:nephandfelt@gmail.com)  
Location: Sanepa, Lalitpur

Sunita Shrestha is the proprietor of Nephand Felt and a dedicated artisan with over 33 years of experience in Nepal's handicraft industry. Her interest in handicrafts began early, during her student years, when she actively participated in various training programs and displayed her handmade creations in decorating lounges. Following her SLC, she joined the family-run Bagmati Paper Industry and simultaneously began producing and exporting hand-knitted goods to Japan and the United States.

As the knitting market declined, Sunita established Rewas Handloom in Kupondole, where she received her first inquiry about felt products. At a time when felt producers were few, she managed to source samples through persistent effort and presented them to a buyer -resulting in immediate and growing orders. Recognizing the potential of felt, she transitioned from outsourcing to in-house production.

Repurposing her father-in-law's declining leather shoe factory, she founded Nephand Felt, initially engaging 150 women. Today, the factory produces a wide range of felt-based products, including shoes, bags, purses, and home décor items. Under her leadership, Nephand Felt has developed and launched tens of thousands of original designs and continues to innovate with each passing year.

Sunita views felt as a limitless medium—malleable, enduring, and capable of bringing even the most imaginative concepts to life. She believes its relevance, dating back to the 16th century, will persist as long as human creativity endures. Through her work, she continues to empower women and elevate Nepali craftsmanship on the global stage.



### DOLL FAMILY

- Sheep Wool, Wire and Beads
  - Size (In Cm):
    - o Small: 10 x 8 cm
    - o Big 13 x 8 cm

### FELT GNOME:

- Size: 23 x 8 (in cm)
- 100% Sheep Wool

### FELT VASES

- 100% Sheep Wool
  - Size (In cm):



### LAAMA FAMILY

- Size (In Cm):
  - o Small: 11 x 11 cm
  - o Medium: 18 x 13 cm
  - o Big: 20 x 15 cm

### SHEEP FAMILY

- 100% Sheep Wool
  - Size (In Cm):
    - o Small: 7 x 7 cm
    - o Medium: 8 x 8 cm
    - o Big: 12 x 10 cm



## PALINA RAI BOJU STORE

### BOJU STORE

Phone: +977 9864997529

Email: storeboju@gmail.com

Instagram: @boju.store

Facebook: Boju Store Nepal

Website: <https://bojustore.com/>

Palina Rai is a social entrepreneur from Jhapa, currently based in Kathmandu. In 2020, she founded Boju Store, a social enterprise that promotes and sells indigenous Nepali food and wellness products directly sourced from farmers, foragers, and small producers—without middlemen.

The idea for Boju Store was born during her solo travels across remote regions of Eastern Nepal, where she discovered the richness of local food traditions and the untapped potential of rural communities. Inspired by her Kirati heritage and the wisdom of elders, she started with just a few products and a strong purpose—to preserve traditional knowledge and support local livelihoods.

Today, Boju Store offers over 60 products, from wild herbal teas and fermented foods to Himalayan honey, ghee, and shilajit. Palina also engages in community work, supporting women—including female inmates—and sharing indigenous food knowledge through workshops.

Boju Store reflects her deep commitment to sustainability, cultural preservation, and empowering communities through mindful entrepreneurship.

Boju Store is a women-led Nepali brand offering natural food and wellness products sourced directly from Himalayan farmers, foragers, and small producers. Rooted in ancestral wisdom, Boju Store curates handmade items that are nourishing, ethical, and authentic.

Our product range includes wild herbal teas, mad honey, traditional spices, pure ghee, fermented foods like kinema, shilajit, and wellness blends inspired by local healing traditions.

Boju Store aims to recreate the feeling of a local haat (bazaar)—where every product is personal, soulful, and connected to the land. We focus on sustainability, cultural preservation, and rural empowerment through every item we share.



## COW GHEE

Our Tapplejung Ghee is a treasure sourced directly from the serene villages of Tapplejung, where the local indigenous cows graze freely on lush pastures. The ghee is lovingly crafted in the Bilouna style by the skilled Bojus of Tapplejung, preserving the time-honored traditions that have been passed down through generations. We believe in keeping it simple and pure. Our ghee has no additives, ensuring a natural and wholesome product that won't harm your health. To maintain its freshness, we only offer freshly made ghee.



## BOJU STORES GIFT BOX

Boju Store Gift Box is a thoughtfully curated selection of our finest natural and handmade products—perfect for sharing love, tradition, and wellness. Each box features a blend of indigenous flavors and remedies, sourced directly from farmers and artisans across Nepal. Ideal for festive gifting, special occasions, or simply to show someone you care, the Boju Store Gift Box brings the essence of the Himalayas to every home.



## GOLDEN TIPS TEA

Boju Store Golden Tips Tea is a premium blend sourced from the organic tea gardens of Ilam, Nepal. Handpicked and carefully processed, these golden buds offer a smooth, aromatic brew rich in antioxidants and natural flavor. A gentle and nourishing tea for moments of calm and clarity.



## SHILAJIT

is a powerful Himalayan resin sourced directly from the highlands of Jumla. Known for its centuries-old healing legacy, this natural elixir supports energy, clarity, and vitality. Rich in minerals and fulvic acid, it strengthens immunity and promotes overall wellness—one dose at a time.



## YANGBEN

Yangben is a rare and flavorful wild edible lichen, traditionally foraged from the forests of Eastern Nepal. A prized ingredient in Rai and Limbu cuisines, Yangben is known for its unique texture and earthy aroma. Naturally rich in minerals, it is often cooked with meat or used in pickles, adding depth and cultural richness to every dish. At Boju Store, we bring you hand-harvested Yangben—cleaned, sun-dried, and packed with care to preserve its authentic taste and heritage.



## SWETA TULADHAR

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### TRIKAYAKNIT WEAR

#### TRIKAYAKNIT WEAR

Factory outlets:

KATHMANDU:

Gairidhara below Everest Bank. At  
Ground floor visible from road.

9818310747,

9851064988

014526886

[www.trikayanepal.com](http://www.trikayanepal.com)

Instagram and Facebook id : @trikayaknitwear

DHARAN:

Putali Line below Prabhu Bank. At  
Ground floor visible from road.  
9841422347

POKHARA:

Lakeside, center point,  
Ansuvara square, inside  
Makkuse bakery, MANDALA  
COLLECTIVES  
Visible from road  
+977 9829125550

**T**rikayaknitwear was founded by the second generation of the pioneers of knitwear manufacturing in Nepal. A skill passed down since generations, Trikaya has been serving timeless handcrafted knitwear to Nepal and the World since 1986. Initially, started as Divies woolen knitwear, rebranded as Trikaya in 2017.

The brand is committed to deliver a wholesome fashion experience by creating handcrafted, world class apparel using the highest quality of sustainably produced natural fibers. The essence of our product is in the age-old art of knitting and weaving, hence building value for the families involved in its creation



Style: women's quarter zip ribbed polo sweater  
Material: 80% lambswool, 20% nylon  
Size : small to 3xl



Style: women double breasted rib-knit poncho  
Material: 80% lambswool, 20% nylon  
Free size  
Gloves : 100% cashmere



Style : men's classic cardigan  
Material : 80% lambswool, 20% nylon  
Size : small to 3xl  
Inner : men's raglan sleeve 2 toned pullover  
Material : 80% lambswool, 20% nylon  
Size : small to 3xl



Style: basket weave 8ply stole with fringe  
Material: 100% sheep wool  
Size : 28 inches \* 80 inches  
Unisex



Style : men's quarter zip polo sweater in plain knit  
Material : 80% lambswool, 20% nylon  
Size : small to 3xl



## AVA SHAH

### SILVER MOUNTAIN SCHOOL OF HOTEL MANAGEMENT

## SILVER MOUNTAIN SCHOOL OF HOTEL MANAGEMENT

Pakhalati Marg, Iainchour, Kathmandu, Nepal.

Tel: 977 14515038, 977 9851097479

Email: [avathapashah1@gmail.com](mailto:avathapashah1@gmail.com), [ava@silvermountain.com.np](mailto:ava@silvermountain.com.np)

Ava Shah is an academician who has been in the field of education for over three decades. She is the Founder and Managing Director of Silver Mountain School Of Hotel Management, a leading hospitality education provider which has been successfully producing talented graduates for twenty-four years now. She is an entrepreneur, MBA graduate, who believes education is a corner stone for a Nation's development. She is a charter member and immediate past president of Zonta Club of Kathmandu which works for women empowerment and advocates for a society free of violence against women. She also led ASMAN as the president and is associated with various other organizations as Federation of Women Entrepreneurs Association Nepal, Hotel Association Nepal, Asia-Pacific Council on Hotel, Restaurant and Institutional Education and SOS Children's Village Nepal.

Silver Mountain School of Hotel Management (SMSH) is affiliated to Queen Margaret University Edinburgh. SMSH offers Bachelors in Arts In International Hospitality and Tourism Management and another Bachelors degree in International Culinary Arts to the students here in their hometown. This prepares the students to enter the vast world of hospitality and tourism, managers and entrepreneurs and leaders with a strategic approach to business.

SMSH plays an active role in CSR events in uplifting, developing local skills by partnering with the government and non-government bodies and have steered several pilot projects to uplift the livelihood of locals with skill development programs.

Today SMSH is the fond memories of their alumnus, it is a school whose graduates are successful hoteliers and entrepreneurs not only in Nepal but all around the world. Silver Mountain is proud to be the first International Officiated Hotel Management College with the concept of in-house Teaching Hotel School along with the facilities of oenology lab and barista academy.

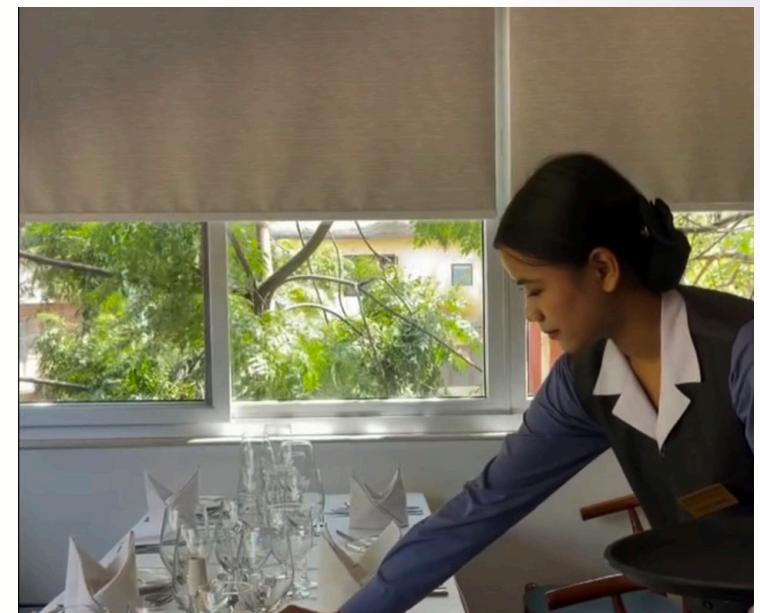
At SMSH students get added value to their whole learning experience.



Students enjoying their coffee training at our state-of-the-art coffee lab.



Graduating Class of 2025.



F&B practical at our French Fine Dining restaurant



Students participating in wine appreciation session at our Wine Lab



Our students with Chef Thomas A. Gugler - President of World Chef Association.



## **SHOVA RAYAMAJHI**

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**FARMERS MART**

### **FARMERS MART**

Bishal Nagar, Kathmandu & Jhamsikhel, Lalitpur  
9851088478

“Farmers Mart” is a community based social enterprise, created by consumers demand and entrepreneur’s extra drive to serve the community and support the sustainable farming.

After successfully running the Farmers Market for more than 12 years, it propelled me to launch a less toxic and “farm to consumers” environment outlet, hence, Farmers Mart.

Farmers Mart has passionately opened its gates to make sure that clients get daily food supplies from a hygienic and safe source. The shop mostly carries “whole food”, which means less processed and refined, and raw food that are mostly natural and organic from many parts of Nepal. All our goods will not only be fresh naturally grown & organic but we also vouch that our prices fall below the ones you see in big grocery stores.

Farmers Mart also advocates the “GREEN” concept, which means healthy environment, strong community, buying local & fair- trading, clean energy, and recycling.

Our aim is to win customer trust by providing healthy food solutions, value for money and creating convenience and harmony. Farmers Mart is not just a store it is a “promise”.



## KOMBUCHA

Kombucha is a cultured beverage fermented, fizzy, effervescent drink typically made with organic black or green tea, & has tangy taste similar to apple cider vinegar. To make the drink, bacteria and yeast must grow together to form a culture, called SCOBY. Benefit: Contains probiotic supplements. No preservatives added.



## BASIL PESTO

Basil pesto is a blend of fresh basil from our local farm, walnuts, garlic, pink salt, cheese, olive oil, little lemon juice. It can be used on crackers, bread, pasta etc. Benefit: Basil is a good source of essential nutrients such as vitamin K, manganese, calcium and magnesium. These nutrients play roles in bone health, blood clotting and overall well-being. No preservatives added.



## PEANUT BUTTER

Peanut butter is made of Nepal grown roasted peanuts grinded with honey and pink salt, but without honey is available for our vegan customers. Benefit: Peanut butter contains soluble and insoluble fiber, both of which can help heart health, diabetes and digestion. No preservatives added.



## KIWI JAM

Kiwi jam is made of fresh kiwi from local farm in Budhanilkanta, blended with German pectin, sugar & pink salt. Benefit: Kiwis are a powerhouse of vitamins that can help keep our heart and digestive system healthy. No preservatives added.



## APPLE CIDER VINEGAR

Apple cider vinegar is made of crushed fresh apples from Nepal and India, fermented well with jaggery, sold with the "mother". Benefits: Apple cider vinegar is a popular home remedy. People have used it for centuries in cooking and natural medicine. It is acetic acid, anti- bacterial, lowers blood sugar, supports weight loss, skin health & heart health. No preservatives added.



## **BINITA BASNET**

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### **BB COLLECTION**

#### **BB COLLECTION**

Email: [claycraftsandmore77@gmail.com](mailto:claycraftsandmore77@gmail.com)  
Phone: +977-9851013922

**B** Collection is the reflection of Binita Basnet's wearable art with the medium of nature's finest silk. Her repertoire of art in silk beautifully woven into taffeta, georgette, chiffon, crepe and dupion. The exquisiteness of Binita's painting on silk is extremely intimate and nature identical in motive and color depiction. Floral illustration well blended with stern individuality and a contemporary outlook makes Binita's Work unarguably sharp.

BB Collection presents Binita's wearable art mediums namely scarves, which are available in hand printed, hand printed and fixed by stream which is more permanent kind of fixing. The dyes employed for the painting are fixed by both irons (pressed from reverse side) and stream. Colored dyes that are used for her paintings are azo free with beautiful luster in a fusion of unique composition and color combination.

Since the paintings are all done in the finest silk, the colors used are of the best quality. To have the same brilliance after repeated use, one has to exercise extra caution in terms of care after use. With dry- cleaning go for dry wash dry clean discourage use of very strong chemicals. At home, use mild detergent in cold water. Avoid washing silk attached pashminas at home.



- Hand painted wearable art in form of jackets, stoles and sarees.
- The paintings are all one-piece design exclusively painted and are termed as wearable art under the brand of Binita Basnet collection.



## **SANJENA MAHARJAN**

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### EVEREST HIMALAYAN HANDICRAFT INDUSTRY

### **EVEREST HIMALAYAN HANDICRAFT INDUSTRY**

Cell: +977 9801098060

Email: [info@everesthimalayan.com](mailto:info@everesthimalayan.com)/[everesthimalayan@gmail.com](mailto:everesthimalayan@gmail.com) Website: [www.everesthimalayan.com](http://www.everesthimalayan.com)

Instagram: [www.instagram.com/everesthimalayanhandicraft](https://www.instagram.com/everesthimalayanhandicraft)

**W**e are manufacturer and exporter of various handmade fabrics and designer garments made out of our own handcrafted fabrics which are made from selected natural fibers; working since 2016.

We are specialized in producing fabrics made out of different natural sustainable fibers –Nettle (Allo) yarn, banana yarn, linen, cotton, Hemp, and bamboo yarn and also from mulberry Silk yarn. Besides textile manufacturing, we have a team of fashion designers and garment workers who seek to produce sustainable wearable custom made outfits for both men/women as per any design of clients requirement out of these sustainable fabrics. We also produce curtains, bedsheets, tablemat, cushion-cover etc, out of these natural fabrics for various purposes in hotels/restaurant/hospitality industry.



### HEMP COAT

Handmade with Natural Fabrics



### HEMP GOWN DRESS

Handmade with Natural Fabrics



### SCARFS

- o All-natural fiber made scarfs like linen, hemp, cashmere, silk, bamboo and nettle
- o Handmade



### NETTLE HAND KNITTED DRESS AND BAG

- o 100 percent nettle
- o Handmade



### RUMAL

- o Natural fiber made fabrics like hemp, nettle, bamboo, silk, linen, organic cotton
- o Handmade



## BASU MAYA TAMANG

### NEPALI MANN UDHYOG

#### NEPALI MANN UDHYOG PRIVATE LIMITED

Tarkeshwor-9, Manamaiju, Kathmandu, Nepal  
9840413268  
basutamang95@gmail.com

**N**amaste and Warm Greetings to All,  
I am Ms. Basu Maya Tamang, the proud owner  
of Nepali Mann Udyog Private Limited. My  
journey as an entrepreneur began more than 25 years ago.  
After completing my SLC, I moved to Kathmandu with big  
dreams, only to be met with the harsh realities of life. With  
no connections or support, things were difficult. As the eldest  
child in my family, the responsibility of taking care of my  
siblings also fell on my shoulders.

I tried various jobs to make ends meet, but nothing seemed  
to work out. Eventually, I started selling momos and other fast  
food on the streets. However, the growing competition and  
unhealthy market practices made it hard to sustain. During  
that time, I was reminded of Timur Chhop—a traditional  
delicacy we enjoyed during our childhood in the village. That  
memory sparked an idea.

With that inspiration, I started selling momos with Timur  
Chhop. Eventually I quit it and started experimenting with it.  
I started small—producing just 1–2 kg batches and packaging  
them in simple, unlabelled plastic pouches. To my surprise,  
my previous customers came looking for me, asking to buy  
more. Their interest gave me hope and courage.

Through word of mouth, I began receiving orders from  
people who were traveling abroad and wanted to take a taste of  
Nepal with them. That was the turning point for me. I made it  
my vision to bring the authentic taste of Nepali food to every  
Nepali, no matter where in the world they might be—so they  
would never have to miss the flavors of home again.

The road was not easy. I had no knowledge of legal  
requirements, food licensing, accounting, or how to run a  
formal business. But step by step, challenge by challenge, I  
overcame those hurdles. Today, my products are exported  
to more than 25 countries and are available on the shelves of  
major retailers in Nepal.

Nepali Mann Udyog has not just grown as a brand—it  
has become a symbol of women vision, inspiration and  
perseverance for many women who aspire to start their own  
businesses.

Thank you all for being a part of this journey.



### TIMUR KO CHHOP WITH BUFF

Ingredients: Buff, Chilly, Szechuan Pepper, Garlic, Salt, Mustard Oil and E621(MSG)



### TIMUR KO CHHOP WITH CHICKEN

Ingredients: Chicken, Chilly, Szechuan Pepper, Garlic, Salt, Mustard Oil and E621(MSG)



### DALLE ROUND

Ingredients: Dalle, Szechuan Pepper, Garlic, Salt, and E621(MSG)



### TIMUR KO CHHOP WITH FISH

Ingredients: Fish, Chilly, Szechuan Pepper, Garlic, Salt, Mustard Oil and E621(MSG)



### TIMUR KO CHHOP

Ingredients: Chilly, Szechuan Pepper, Garlic, Salt, Mustard Oil and E621(MSG)



## KALPANA SHRESTHA

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### LAJGA HANDICRAFT & REAL CLASSIC JEWELLERY

### LAJGA HANDICRAFT & REAL CLASSIC JEWELLERY

Chabahil Chowk, Kathmandu, Nepal  
9851000070  
kalpanastha@gmail.com

**K**alpana Shrestha is a visionary social entrepreneur and designer with over 22 years of experience in the jewelry and handicraft industry. As the managing director of a leading jewelry enterprise and the founder of the online platform Lajga.com, she has become a driving force in empowering Nepali girls and women through the creation of handmade ornaments and jewelry. Her career reflects unwavering dedication to entrepreneurship and the preservation of Nepal's traditional and cultural heritage.

Kalpana has led numerous training and workshop programs in collaboration with local governments and communities, focusing on enabling women and youth to develop sustainable livelihood skills. She is passionate and views jewelry making and other handmade creations not only as a business but also as an empowering force and a channel for expressing cultural identity. Her commitment to social causes is evident in her leadership roles, including serving on the board of the Women Entrepreneurs Association of Nepal (WEAN) and Idea Cooperative and acting as the South Asia Coordinator for the Selfie with Daughter campaign in Nepal.

Her journey has been deeply inspired by Nepal's rich cultural diversity and traditional ornamentation, which form the foundation of Lajga's identity. Over 50+ women from diverse ethnic communities engage with Lajga.com today, crafting pieces that celebrate their unique cultural heritage and tell stories through adornment.

Kalpana believes that her work serves as a bridge between generations, traditions, and the global step. By launching Lajga.com, she is not only establishing a brand but also preserving culture and heritage, fostering inclusivity, and paving the way for future generations of girls and women entrepreneurs.

Kalpana Shrestha – Crafting Traditions, Empowering Women, Connecting Cultures.



### RANG REKHA

Nine stones. Nine emotions. A spectrum of color that dances from ear to shoulder, paired with a golden cuff etched in flowing calligraphic curves. Together, they merge heritage artistry with contemporary drama, an expressive celebration of spirit and style. Perfect for: Festive gathering, artistic statements and unforgettable entrances.



### SURYAKANTI FLARE

Choker & Earrings Set  
Golden discs like miniature sun, layered, hammered and radiant. A choker that commands attention with bold, sculptural flair. Perfect for: Fashion events, festive nights and statement moments.



### SHAANTI MOON

Necklace & Earrings Set  
Calm, luminous, divine. White pearls and moonlit tones reflect serene beauty and inner stillness. Perfect for: Bridal rituals, soulful ceremonies and pastel elegance.



### RANG REKHA

Nine stones. Nine emotions. A spectrum of color that dances from ear to shoulder, paired with a golden cuff etched in flowing calligraphic curves. Together, they merge heritage artistry with contemporary drama, an expressive celebration of spirit and style. Perfect for: Festive gathering, artistic statements and unforgettable entrances.



### DEVAGYA

Traditional Scroll Holder  
A capsule of culture-engraved with artistic symbols, this piece carries tradition, protection, and timeless Newari tradition. Perfect for: Heirloom gifting and spiritual keepsakes.



## KUMARI KARKI DANGOL

### MUSKAN ENTERPRISES

#### MUSKAN ENTERPRISES

Sankamul, New Baneshwor, Kathmandu, Nepal  
9843299666, 9841535981  
muskanent@gmail.com

Muskan Enterprises was founded in 2007 by Mrs. Kumari Karki Dangol. At a time when societal expectations often limited women to the role of housewife, she aspired to achieve financial independence and create an income of her own. Determined to pursue her vision, she trained herself in tailoring at a local shop, learning to stitch with skill and precision.

She began her journey by making baby clothes, which she sold to local stores with the support of her brother. Soon after, she hired another woman from the same tailoring shop to assist her, marking the beginning of her entrepreneurial venture. Over time, she gradually transitioned from clothing production to bedding, steadily expanding her product range and market reach.

Today, Muskan Enterprises proudly supplies products to leading department stores such as Bhatbhateni, as well as to customers through online platforms.

#### Our Product Range:

- Pillows & Pillow Covers
- Cushions & Bolsters (with covers)
- Summer and Winter Fiber Quilts
- Bedsheet Sets for Summer and Winter
- Dorset
- Pasni Sets (Traditional Feeding Ceremony Sets)



Hotel Cotton bedsheets set 180tc starting



Dhaka woven cotton joint Bedsheet



Khasto malmal 3 layer set



Pon pon bag aka thaili bag  
Nepali handloom dhaka bag



Nepali handloom Cotton bags  
(Made from Artisans through leprosy rehabilitation center)



## AMIRA GHIMIRE

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### AMISHA CREATION

#### AMISHA CREATION

9841526211

amiraghimire7@gmail.com

Address: Midbaneshwor, Kathmandu

The journey of Amisha Creation began in 2070 BS with an investment of Rs 5,000. With a dream in her eyes, Amira Ghimire started this business on her own, initially producing Nepali masks. As the business grew, she began providing employment to 12-15 women.

However, as the demand for Nepali masks declined in the market, she shifted her focus to producing garments such as t-shirts, jackets, hoodies, track suits, and various other types of clothing. She also discovered that the leftover fabric from making t-shirts was sufficient to create face masks, thus utilizing every material available to her.

After the COVID-19 pandemic hit the world, she had to close her business due to personal reasons. Now that she is back in the market, she is resuming her previous operation but is primarily focusing on Nepali garments, including hemp products, Dhaka fabric, and more. In addition to her business, she provides training to Nepali women in two areas: basic garment training and master training.

Amira is now expanding her business on a large scale with the mission of entering the international market. She encourages young people, emphasizing the importance of contributing to their own country. She believes that it is possible to achieve success in Nepal; she herself raised both of her daughters alone, by building the business from the ground up. Amira believes that having a certain skill, whether it's cooking or sewing, along with the will, drive, and determination to create something is essential for success.



## SHIRTS

These shirts, tailored from authentic Rewan fabric, combines traditional craftsmanship with contemporary style. Comfortable, breathable, and durable, it's perfect for everyday elegance or special occasions.

## PASHMINA SHAWL

Handwoven from the finest cashmere wool, Pashmina Shawls are timeless pieces of luxury, known for their unmatched softness, warmth, and delicate elegance. Lightweight yet cozy, they are the perfect blend of tradition and sophistication.



## MILU THAPA

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### WOMEN'S CREATION CENTRE

#### WOMEN'S CREATION CENTRE

Lazimpat-2, Kathmandu  
9801062933, 01-4425898  
milu.thapa@gmail.com

Women's Creation Centre is a National Community based non-profit organization working for the empowerment of women in Nepal. Women's Creation through training and development program provides skill to the underprivileged groups of Nepali society so that they can be independent and earn for their own living. Women's Creation was founded in 2054 B.S. with the aim

to empower women in Nepal. It has helped improve socio-economic status of women by providing social support, trainings with the purpose of income generation. Milu Thapa is a president of Women's Creation Centre and Women's Creation Private Limited. She has been working for the welfare of women ever since the organization was founded. To help women uplift their lifestyle and become independent through one's skill and work has been her major role in the organization.

Women's Creation prepares various kinds of three layer Damber Kumari Dhaka malmal fabric items such as new born baby sets, maternity gown, blankets, khastos and many more varieties of everyday necessities of suitable fabric for every seasons.



Damber Kumari Dhaka Scarf



Damber Kumari Dhaka three layer Night suits and pajama



Nepali Damber Kumari Dhaka Khastos



Damber Kumar Dhaka Three layer Frock



Nepali Damber Kumari Dhaka three layer daura suruwal set



## JYOTSNA SAINJU

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### MOUNT PRINCES HOTEL

#### MOUNT PRINCES HOTEL

+977-011-490616, +977-011-490627/9851064792

Email: jsainju@gmail.com

Web: <http://www.mountprincess.com/>

Jyotsna Sainju, President of the Women Entrepreneur Association's Kavre Chapter and CEO of Mount Princess Hotel, is a prominent and results-oriented entrepreneur with over a decade of experience in the hospitality industry. She is known for her innovative leadership, strategic vision, and a proven track record of successfully conceptualizing and managing hotels.

Despite holding a degree in Computer Engineering from Kathmandu University, Sainju has always been driven to run her own business rather than working for others. While many of her peers chose to go abroad, she remained steadfast in her desire to contribute to her home country, Nepal, even when presented with numerous opportunities as a Software Engineer overseas.

Sainju has experience in all aspects of business formation, finance, effective communication, and motivation. She has a strong interest in women's empowerment and promotes Nepalese handmade products in her hotel.

The key responsibilities of Mount Princess Hotel include MICE Business, Tourism, and Weekend retreats. The hotel has spearheaded the development and launch of a budget tourist standard hotel featuring 20 rooms and two halls for meetings, seminars, and conferences.

Sainju and her hotel have been recognized with several awards, including SATA 2023, Best Women Entrepreneur 2017, Prativa Guthi 2023, and Dhulikhel Tara 2020.



## GARDEN

This garden from Mount Princess Hotel Dhulikhel showcases a breathtaking panoramic view of the Himalayas under a perfectly clear blue sky.

Beyond the garden, a layer of clouds fills the valley like a soft white blanket, with dark green hills peeking through. The backdrop is dominated by a spectacular, uninterrupted range of snow-capped Himalayan region of Langtang, Gaurishankhar and Everest Region stretching across the horizon — sharp, majestic and glowing under the morning sun.

The entire scene radiates peace and grandeur, making it an ideal spot for guests to relax while soaking in Nepal's natural beauty.



## GROUP & FAMILY

We have group rooms as well we can accommodate 6-8 people in a room with all the facilities like Barbeque, Camp fire and sound system.

## MOUNT PRINCESS HOTEL DHULIKHEL

The Mount Princess Hotel in Dhulikhel is in the vicinity of Dhulikhel town, 30 km east of Kathmandu. This place is ideal for weekend retreat, Seminar, meeting venue, picnic and family gathering. The hotel features panoramic views of the Himalayan ranges and surrounding valleys. Its elevated position and open terraces provide guests to enjoy both comfort and uninterrupted mountain views in a peaceful natural setting.



## ROOM

Mount Princess Hotel has 20 Rooms with Single, twin or Triple sharing accommodation. All rooms have attached bathrooms, cabled TV, WIFI and basic amenities.



## HALL

Dhulikhel is the ideal place for Meeting, Incentive, picnic and Seminar. We can accommodate 150-200 pax in Theatre style arrangement, 70-90 pax in U shaped setting and table setting arrangement. For retreat one can opt for hiking to Deviyan, Namobuddha, Panauti and Balthali. Bird watching and cycling at Batase Dada. Stopover to Sanga Mahadev, Bhaktapur and Banepa is also worth visiting.



## DEVAKA SHRESTHA

### CHAMPAK PAUN UDHYOG

#### CHAMPAK PAUN UDHYOG

Changunarayan-4, Bhaktapur

champakpaun@gmail.com

9841133876, 9860233236

Facebook/ Instagram/ TikTok: @champakpaun

Established in 2069 B.S. (2012 A.D.), Champak Paun Udyog began with a simple vision—transforming the overlooked lapsi fruit of Changunarayan village into opportunity. Lapsi (Nepalese hog plum, *Choerospondias axillaris*) is native to Nepal, and we aim to make it a signature taste of our nation.

Founded by Mrs. Devaka Shrestha, a passionate advocate of women's empowerment, the enterprise is built on the belief that economic independence is the foundation of true empowerment. What started as a small initiative has grown into a women-led enterprise employing 9 local women year-round and 15–20 seasonally during the lapsi harvest.

We produce healthy, hygienic, and flavorful paun—Nepal's beloved sweet-and-sour treat. Our range includes 11 varieties of Lapsi paun and 2 varieties of Amala (Gooseberry) paun, crafted to preserve authentic taste and tradition.

Serving both wholesale and direct customers, our products are available online via our social media platforms and daraz.com. We are continuously innovating in packaging to enhance quality and appeal. Eco-friendly options such as Jhol paun in reusable glass jars and Koselee gift box made from Nepali handmade paper reflect our commitment to sustainability.

Our vision is to establish lapsi paun as a distinctive taste of Nepal, recognized both nationally and internationally. By producing export-ready products, we strive to share Nepal's rich culinary heritage with the world. From reducing food waste to creating dignified jobs, Champak Paun Udyog is more than a business—it is a story of empowerment, sustainability, and the irresistible taste of Nepal in every bite.



### CHAMPAK MIX PACK

From tangy lapsi to refreshing amala, enjoy 10 delightful paun varieties in a single pack. Available in multiple packaging options: ziplock bag, bamboo basket, and simple plastic pouch.



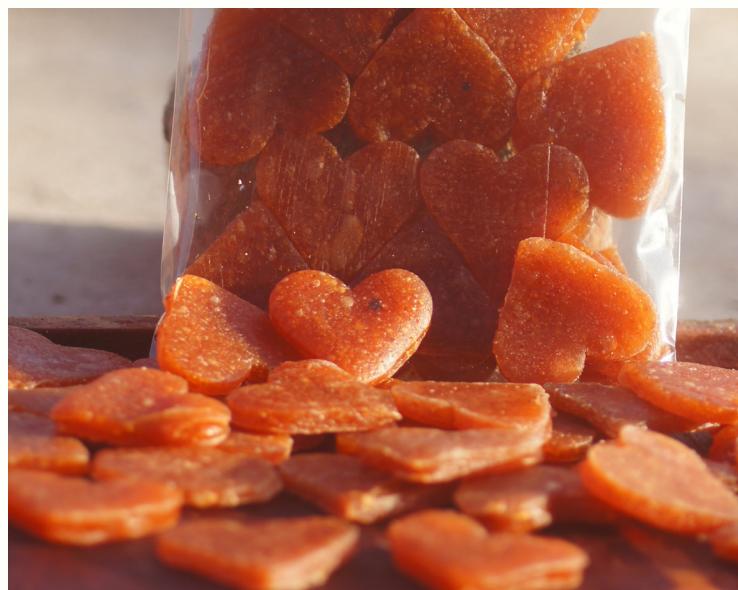
### CHAMPAK JHOL PAUN

A sweet and spicy lapsi treat that's mouth-watering and irresistible! Packed in a reusable glass jar for taste you love and sustainability you support.



### CHAMPAK SPICY COMBO

A flavor-packed treat for spice lovers. Fiery Spicy Chhoila Paun, sweet-and-spicy Chatpat Paun, and mouth-watering Jhol Paun — the perfect mix for those who crave bold, zesty flavored titaura.



### CHAMPAK SWEETHEART CANDY

Delight in heart-shaped candies that are sweet with a tangy twist of lapsi. Bursting with flavor, they make the perfect gift for birthdays, anniversaries, or to simply brighten someone's day.



### CHAMPAK KOSELEE BOX

A celebration of flavors; from tangy, sweet, and sour to bold and spicy lapsi varieties along with Jhol Paun in a reusable glass jar. Packed in an eco-friendly box made from traditional Nepali handmade paper, it's the perfect gift of taste and tradition.



## KRISHNA KUMARI POUDEL

### ANUGRAHA HANDICRAFT

#### ANUGRAHA HANDICRAFT

Tikhedewal, Lalitpur Nepal

+977-9849124491

Email: [anugrahabhandicraft@gmail.com](mailto:anugrahabhandicraft@gmail.com)

Website: <https://shopanugraha.vercel.app/>

**A**nugraha Handicraft began as a small, dedicated effort in 2003 with two Dhaka weaving machines and an initial investment of NPR 5,000. What started as a personal journey to support a sister's education evolved into a mission to empower women and promote traditional craftsmanship. With perseverance and dedication, we expanded from a humble beginning to a thriving business, training women from disadvantaged backgrounds and providing them with skills for financial independence. Officially registered in 2014, Anugraha Handicraft now has 38 members, including 35 women, and has earned the trust of national and international markets through our commitment to quality and craftsmanship. Our story is one of resilience, trust, and the belief that hard work can create lasting change.



### HANDLOOM DHAKA SHAWL

Materials: 100% cotton.  
Size can be customized



### HANDLOOM DHAKA HALF COAT

Materials: 100% Cotton



### HANDLOOM DHAKA SAREE

Materials: Silk and Cotton  
6.50 cm with Blouse



### HANDLOOM DHAKA SAREE & COAT SET



### HANDLOOM DHAKA BLOUSE

Material: 100% cotton



## SAROJANI SHERCHAN & PRATICHHYA SHERCHAN

---

### HOUSE OF THAKALI

#### HOUSE OF THAKALI

Battisputali, Kathmandu

Tel. No.: 9801192624

[www.houseofthakali.com](http://www.houseofthakali.com)

In our home, the door was never locked, the kitchen never cold, and the table never empty. Our family was among the first Thakalis to migrate from Thak Khola to Kathmandu. In those days, hotels were scarce, but there was an unspoken cultural understanding: you stayed with family, friends, or acquaintances.

Our home soon became a haven for relatives and visitors. Some came for a few days, others for months, yet all were welcomed instantly. In our culture, we do not ask what to do when a guest arrives; we simply serve.

Food was the heartbeat of our household, carrying the aromas of steaming rice, slow-cooked daal, and tangy pickles. My father-in-law believed feeding others was more than hospitality; it was joy, duty, and the way to keep relationships alive. Over time, our home came to feel like an open-house restaurant, alive with conversation, laughter, and the flavors of Thakali cuisine.

That legacy inspired us to create House of Thakali, established in 2024 by Ms. Sarojani Sherchan & Pratichhya Sherchan. More than a restaurant, it is a way to honor our heritage and celebrate timeless culinary traditions.

With decades of knowledge in masala blends and recipes carefully preserved, we bring flavors that are memories, rituals, and reflections of identity, presented in a space where tradition meets modern dining.

House of Thakali is family, tradition, and a promise: food that comforts, delights, and connects, because sharing food is sharing life itself.



### CHICKEN THAKALI KHANA

A true representation of Thakali home-cooked flavors, this dish combines succulent chicken with traditional spices and aromatic herbs. Served with rice, lentils, and seasonal accompaniments, it is comfort on a plate and a taste of our heritage.



### CRISPY LAMB

Tender lamb coated in a golden, crunchy crust, bursting with rich flavors. A delightful balance of texture and taste that makes every bite memorable.



### MUSTANG ALOO

Potatoes sautéed with Himalayan spices, garlic, and Timur pepper, finished with ghee and fresh herbs. A fragrant and flavorful dish that brings the taste of the mountains to your plate.



### MUTTON MO:MO

Handcrafted dumplings filled with finely spiced minced mutton, onions, and herbs, steamed to perfection. Each bite offers a delicate balance of juicy flavors and soft wrappers, paired with our signature dipping sauce for an authentic experience.



### TOFU PEANUTS WITH CHILLI IN WINE

A vibrant fusion of textures and tastes, this dish pairs soft, delicate tofu with crunchy peanuts, tossed in a mildly spiced chili wine sauce. Bold, aromatic, and satisfying, it is a vegetarian delight that offers a modern twist on traditional flavors.



## SABNAM SHRESTHA

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### WOMEN IN FLORICULTURE

#### WOMEN IN FLORICULTURE

Kathmanu Plaza, Kamladi  
9841252439

In 1996, Nepal's very first flower shop opened its doors, marking the beginning of a quiet revolution in the country's urban landscape. More than just a retail space, the shop introduced a new culture of floral artistry while creating meaningful employment opportunities, particularly for women.

From its earliest days, the shop set itself apart. Every bouquet, arrangement, and decorative piece is handcrafted with meticulous care by skilled artisans, many of whom received their training within the shop itself. With years of experience and dedication, these florists transform each order into a unique expression of beauty and emotion.

The shop offers a full spectrum of floral services: custom-designed bouquets, intricate event decorations, ceremonial arrangements, and personalized floral gifting. Whether for weddings, corporate events, or moments of personal significance, each creation carries both elegance and heartfelt intention.

Beyond its visual charm, the shop played a pivotal role in shaping Nepal's floral industry. Its success inspired a wave of similar ventures across the country, fueling creative entrepreneurship, generating jobs, and uplifting communities. What began as a small initiative has since blossomed into a thriving ecosystem, redefining how flowers are celebrated in Nepal.

Today, this pioneering flower shop in Kamaladi's Apex Building remains a symbol of beauty, innovation, and purpose — a place where petals not only decorate life's moments but also empower the people behind them.



Dobo & jadi mala



Tubrse /zipshi & Rose mala Rs. 4000



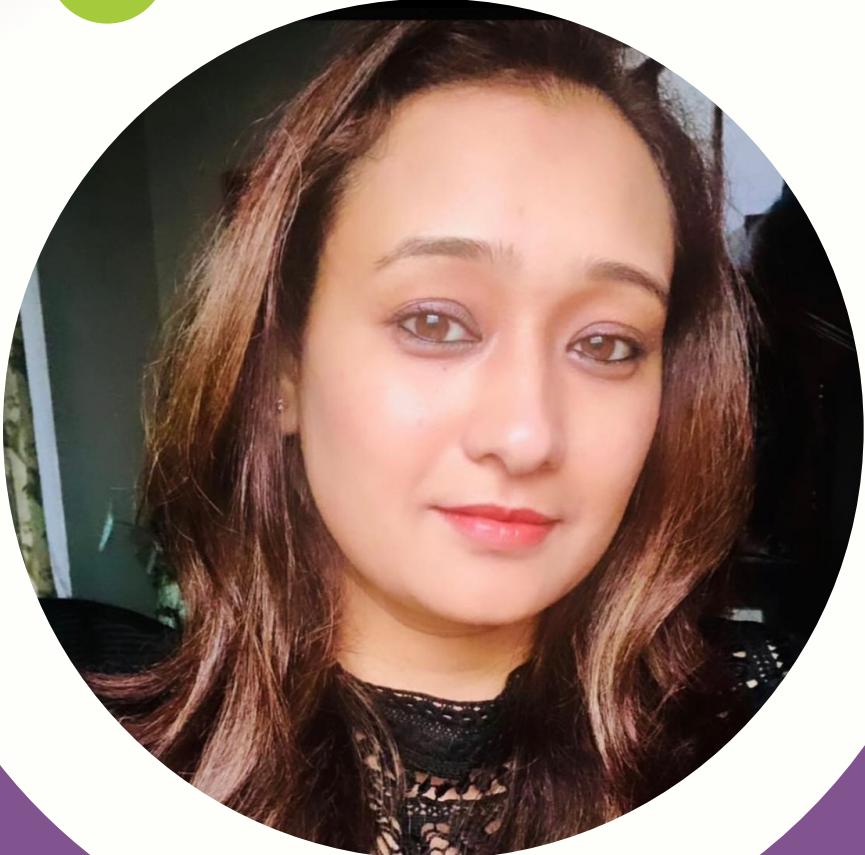
Red rose/zipshi bunch Rs 1500



Lili/ zipshi bunch Rs 2500



Rose /zipshi baskt Rs 7000



## ANUJA RAJBHANDARI

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### EKADESHMA

#### EKADESHMA

Showroom: Thamel, Kupondole, Nepal & Seattle (USA)  
Nakhipot (factory)  
9841779785  
ekadeshmanepal@gmail.com  
www.ekadeshma.com

**E**kadesma is a pioneering brand that celebrates home grown textile embracing sustainability and innovation, a name chosen to tell stories of Nepal and its craft .

Founded with a vision to preserve and promote traditional craftsmanship .Ekadesma specializes in creating contemporary fashion and lifestyle products using Locally Sourced natural fibers.

It all started in 2011, when two sisters came together to found a brand that weaves together their passion for eco-fashion and social good. Ekadesma's decade-old journey has paid homage to Nepal's traditional textile craftsmanship, fusing cultural elements with a timeless aesthetic that follows the universal sensibilities of comfort and style.

Ekadesma embraces the slow fashion philosophy, crafting sustainable collections from their workshop in Kathmandu ethically, mindfully, and consciously. Ekadesma work towards reviving indigenous textile techniques and integrating them with modern design sensibilities, ensuring the continuity of Nepals' artistic legacy.

Our timeless collections transcend seasonal trends, with classic silhouettes and inventive cuts to create utterly comfortable and durable clothes that you will want to wear year after year, season after season.

From the fabrics to the accessories to packaging, we only use natural, biodegradable materials for our collections. Fabrics like cotton, hemp, bamboo and linen are dyed and screen printed with low impact azo-free dyes and the buttons and other accessories are hand carved from horn or bones.

Nepal's social cultural norms and gender roles dictates the lives of many women, who are often left financially and economically vulnerable when the men in their lives stop being the breadwinners. As a women-led enterprise, we strongly feel the responsibility to empower the women in our country with a skill and jobs so that they can earn a living wage and be financially independent.



Bamboo/Cotton Top



Cotton White Boxy Shirt and Black Pant



Cotton Dress and Stich Detailing



Cotton Flayerd Jacket and Black Jumpsuit



Tiered Cotton Top and Black Cotton Skirt



## JULIA CHITRAKAR

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### CRAFT YALA PVT. LTD

#### CRAFT YALA PVT. LTD

Mahapal, Lalitpur-16, Nepal  
9851083498  
[admin@craftyala.com](mailto:admin@craftyala.com)

**J**ulia Chitrakar is the founding director and Chief Executive Officer of Craft Yala, a company dedicated to the manufacture and export of handcrafted jewelry, knitwear, home décor, accessories, and paper products.

Born in Patan, Chitrakar brings a diverse academic background. She trained as an architectural draftsperson at Tribhuvan University, earned her MBA there, and later completed an MSc in Gender Studies at Birkbeck, University of London. Her professional path spans roles as a gender and development analyst, action researcher, trainer, and women's rights activist, with both national and international experience.

Since resuming full-time leadership of Craft Yala in 2013, she has integrated gender equity, women's economic empowerment, and environmental sustainability into the company's operations, while adapting traditional Newari handicrafts for modern markets. In a business sector where women leaders remain underrepresented, she champions workplace inclusion and women's leadership.

Beyond Craft Yala, Chitrakar contributes to Nepal's entrepreneurial and development ecosystem. She serves as Gender Advisor and research reviewer for the Institutional Review Committee of the Tilganga Institute of Ophthalmology (TIO). She is also an executive member of the SAARC Chamber Women Entrepreneurs Council (SCWEC) Nepal, chairs the Policy Advocacy Committee of the Women Leadership Forum (CNI), and holds advisory and membership roles with several leading women's business associations."



## JEWELRY

Our jewelry is handcrafted using time-honored metalworking techniques passed down through generations of Patan artisans. Drawing inspiration from the city's golden era, we reinterpret classical forms and motifs into designs that feel relevant today. Each piece balances the precision of tradition with the clarity of contemporary aesthetics, creating jewelry that connects heritage to modern life.



## KNITWEAR

Our knitwear is handwoven or handmade from natural fibers including yak, camel, and Sartuul wool. Designed with a focus on timeless minimalism, each piece adapts traditional skills to create contemporary, versatile garments. The result is knitwear that is both rooted in craft and refined for modern wardrobes.



## SAHANSHILA NYACHHYON & BIDYA JOSHI

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### SALUNA CREATION

#### SALUNA CREATION

Phone: +977-9841231692  
Gabahal- 18, Lalitpur

**S**aluna Creation was established in 2056/57 B.S. For over 26 years and has been producing and marketing her renowned brand Tasty Pickle, while also creating six varieties of pickles for Navaras, marketed through WEAN Cooperative.

Our journey is a testament to how sisterhood, passion, and bold dreams can transform a simple idea into a thriving reality. It began in 2078 B.S., when we four sisters, filled with ideas and hope, decided to weave our shared vision into a thriving enterprise. What started with basic training and a single jar of pickle has blossomed into a journey we could have never imagined.

Step by step, we nurtured our business with dedication. Our homemade pickles, rooted in cherished family recipes and love for traditional Nepali cuisine, quickly gained popularity in Nepal and soon entered the international market in India.

Today, our pickles come in 24 different flavours, including vegetarian, non-vegetarian, and fish options, among many others.

Moreover, my own path was shaped by a lifelong passion for the culinary arts. I pursued specialized training in every detail, from food preparation and packaging to sealing and design, laying a firm foundation for our entrepreneurial journey. This expertise, combined with my earlier experiences in tailoring, knitting, and handicrafts, instilled in me an unwavering attention to quality and craftsmanship.

Our mission extends beyond creating delicious pickles. Through creativity and unwavering dedication, we are committed to enriching Nepal's local food industry while supporting women-led enterprises and cooperatives.



Lemon Pickle



Methi Tusa Pickle



Garlic Pickle



Face Wash/Fack Pack



Methi Masala Pickle



## POONAM KARKI

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### MANARAM GROUP PVT LTD

#### MANARAM GROUP PVT LTD

Baluwatar-4, Kathmandu, Nepal

Corporate Address: Suite 105,529 Bansidhar Marg, Kathmandu, Nepal

Phone: +977-01-4533047 / +977-01-4515407

Email: [info@manaram.group](mailto:info@manaram.group)

Website: <https://manaram.group/>

Founded in 2003 AD with a vision to promote and export Nepal's rich cultural heritage and agricultural products, Manaram Group has evolved into a leading manufacturer and exporter of goods and services from Nepal. Starting modestly by exporting dog chews (Churpi) and handicrafts to the United States, we now proudly employ over 350 individuals across 8 companies. Our focus on agriculture-based products has made significant contributions to Nepal's export industry.

We believe in creating innovative, high-quality products using local ingredients, adhering to ethical business practices, and maintaining the highest standards of quality and integrity. Our goal is to promote Nepalese goods and services globally, thereby helping to reduce Nepal's trade deficit.

#### Vision

- To Promote Nepalese goods on the global stage with the highest ethical standards and uncompromising quality, driving economic growth and reducing Nepal's trade deficit.

#### Mission

- To create equal opportunities for people to thrive in a competitive environment, improving their quality of life.
- To support local producers, farmers, and entrepreneurs by sharing expertise and expanding market reach.
- To deliver products and services of uncompromising quality, upholding the Manaram brand and values.
- To offer affordable products rooted in Nepali culture, preserving ecological balance.
- To focus on education and well-being in rural communities, empowering women in production through leadership and decision-making.



### MANA KO BUTTER

Mana Ko Pure Cow Butter – Rich, creamy, and 100% natural, made from fresh cow's milk with no added preservatives.

Perfect for spreading, cooking, or baking, it brings the authentic homemade taste to every dish. Available in 100 gm, 250 gm, and 500 gm packs.



### CHHURRA CHHURPI

Our Chhurra Chhurpi is Crunchy, flavorful, and naturally made that comes in 4 exciting flavors (The Original, Meetho, Peanut Butter & Josh). High in protein and calcium, these traditional Himalayan treats are perfect for both snacking and chewing.

Available in 100 gm



### MANA KO GHEE

Mana Ko Pure Cow Ghee is a natural source of healthy fats that supports digestion, immunity, and overall well-being. Made from fresh cow's milk with no preservatives brings you rich aroma, smooth texture, and authentic homemade taste. Packed with goodness, it's perfect for everyday cooking and traditional recipes.



### CHIURA GRANOLA

Our Chiura Granola is a delicious fusion of tradition and nutrition, made by blending traditional Nepali chiura (beaten rice) with wholesome nuts, seeds, and dried fruits without any refined sugar or preservatives. Rich in fibre and energy, this granola is perfect for breakfast, a midday snack, or an on-the-go energy boost. Whether enjoyed with milk, yogurt, or as it is, Mana Ko Chiura Granola offers a healthy and tasty option for all age groups. Available in 500 gm & 200 gm.



### HEALTHY SNACKS

Sahi Sukuti : Our Sahi Sukuti is Smoky, tender, and full of bold flavour made from premium water buffalo meat that comes in 4 delicious Flavors (The original, Tikka masala, Momo & Sandheko). Naturally dried and hygienically packed, it's the perfect protein-rich snack for every sukuti lover. Available in 100 gm.



## SARASWATI THAPA

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### WOMEN'S EXPRESSIONS

#### WOMEN'S EXPRESSIONS

Budanilkantha, Rudreshwor, Kathmandu, Nepal  
+977- 9841704586 / 00917207803631

**M**y story is a testament to the unexpected turns life can take. Armed with a Master's in Finance from Symbiosis, I was on a conventional path until my lifelong love for artistic creation and experimentation decided otherwise. Destiny took a dramatic U-turn, and my hobbies blossomed into my true profession.

This launched me into a wonderful journey across the world. I immersed myself in different cultures, learning their stories and aesthetics. I worked with myriad mediums, honing my craft to customize, design, and source jewelry that resonates with and empowers people from all walks of life.

Women's expressions @spillthebeads Instagram page. Trusted by celebrities and championed by South Indian actresses and models, Spillthebead has become a symbol of style and quality.

We are proud to serve a dedicated international client base in Italy, China, Korea, and the United States as well. Building Women's expressions was first about empowering myself. But with that growth came a profound sense of pride and a new purpose: to empower others. This ethos of lifting others up naturally expanded beyond business into the realm of social work, where I have focused on providing support and relief during natural calamities.

My most recent and passionate chapter is dedicated to being a voice for the voiceless. I am committed to using my skills, experience, and platform to advocate for those who cannot, ensuring that help and compassion reach where they are needed most. This is my way of giving back to the universe.



**Handmade Long Necklace of Pearls, Agates, and Gold:** This handmade necklace blends the timeless shimmer of pearls with the natural charm of agates and the warm glow of gold. Crafted as an opera-length piece (30-32 inches), it can be worn as a single dramatic strand or doubled for a luxurious two-tiered look, making it perfect for both casual and formal occasions.



As seen on Avika Gor, these earrings embody a powerful style statement. Designed as drop or dangling pieces, they move gracefully, catching the light with every step. Styled with a tailored pantsuit, they add a modern, intellectual edge, while paired with an elegant saree, they create a mesmerizing blend of traditional charm and contemporary sophistication.



**Bold Brass Statement Earrings** adorned with glittering semi-precious stones, reflecting Sree Leela's vibrant and captivating energy, perfectly embodying the charm of India's national crush.



Ketki Sharma's handmade earrings showcase delicate wires, expertly twisted to cradle sparkling crystals and form ethereal dangles. The matching necklace is a stunning masterpiece of hand-crocheted crystals, radiating exquisite craftsmanship and refined elegance.



The earrings come alive with iridescent mother-of-pearl petals and sparkling crystals, perfectly complementing the hand-beaded choker—a sleek, geometric collar that rests gracefully against Eugenia's neck.



## NITIMA BHANDARI

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### BAJEKO MASALA

#### BAJEKO MASALA BUSINESS

Location: Sorakhutte, Kathmandu  
+977 9801102128  
masalabajeko@gmail.com

Bajeko Masala, established in 2016, is a sister company of Bajeko Sekuwa, which is a Nepali restaurant chain that has made a name in Nepal as well as countries like the USA, Australia, and soon Japan. Founded by my father-in-law, Dinanath Bhandari, Bajeko Sekuwa has always been a family business that welcomed me warmly after my marriage. Wanting to extend that legacy while creating something of my own, I established Bajeko Masala. This company thus became my baby, an outlet for my love for Nepali flavors and creativity with food.

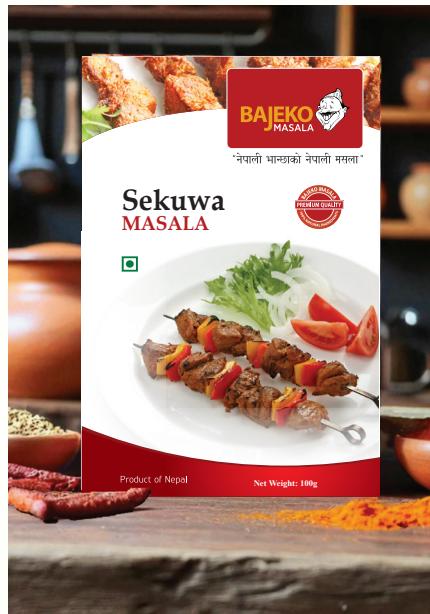
Bajeko Masala combines high-quality ingredients with Nepali flavors and techniques to help any kitchen recreate the magic of Bajeko Sekuwa. This idea originated from our central kitchen, where we prepared and distributed ingredients to Bajeko Sekuwa outlets to maintain a distinct, consistent, and delicious experience across the board. There, I realized the potential of creating a masala brand not only for our restaurants but also for households, inspired by the techniques my father-in-law had introduced me to.

Today, Bajeko Masala employs many women in its factory and packaging processes, reflecting our commitment to community empowerment. Recently, we have also begun sourcing elaichi (cardamom) directly from farmers in Ilam, supporting local producers while ensuring freshness and Nepali authenticity in our blends.



### MEAT MASALA

A blend of traditional herbs and spices that come together to give meat dishes a distinctly Nepali flavor.



### SEKUWA MASALA

A mix of Nepali herbs grown in the high altitudes and mid-hills, crafted to create the flavorful barbecue that is a signature of the Bajecko Sekuwa brand.



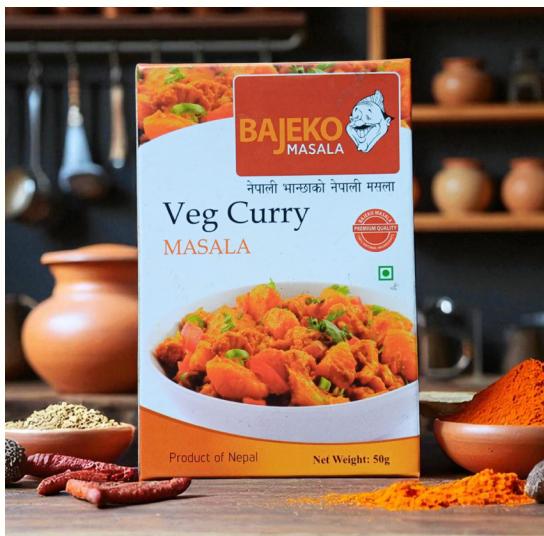
### BARAH MASALA

Barah Masala, as its name suggests, is a mix of 12 classic spices and herbs essential to every Nepali kitchen.



### BONE SOUP MASALA

This delicious blend elevates the flavours of any bone broth or soup, giving it a distinct and comforting Nepali flavour.



### CURRY POWDER

A mix that suits recipes for flavourful vegetarian curries. This masala is prepared with the goal of making easy, home-friendly recipes accessible.



## NIKITA ACHARYA

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### UG CAKES

#### UG CAKES

Surya Bikram Marg, Kathmandu 44600

Sales Viber (7AM - 11PM): +977 9803727485

Sales WhatsApp (7AM - 11PM): +977 9803727485

Aftersales Phone (Office Time): +977 9801097506

Website: [www.ugcakes.com](http://www.ugcakes.com)

Instagram: [ugcakes](#)

**U**G Cakes is proud to be Nepal's first online bakery, changing the way people celebrate life's special moments. What started as an online cake delivery service has grown into a trusted brand known for its unique taste, creative designs, and reliable service from small birthdays to big weddings.

At UG Cakes, everything we do is rooted in creativity and care. Whether it's a personalized cake or a thoughtful gift combo, our goal is to make every celebration easier and more joyful. While cakes remain our core product, we also partner with companies across the Valley to offer curated gift combos for office events, celebrations, and special occasions making UG Cakes a trusted choice for both personal and professional gifting.

But UG Cakes is about more than just cakes.

We believe in using our business to create real impact. Today, over 90% of our team are women many from diverse backgrounds who have found not just jobs, but a supportive place to grow. We're creating opportunities where women can build careers, learn new skills, and take steps toward financial independence.

Through our College Brand Ambassador Program, we also support young students (especially women) who are interested in business and leadership. They get hands-on experience with branding and marketing while learning what it takes to become confident, future-ready entrepreneurs.

We're also passionate about training the next generation of bakers. So far, we've trained over 100 women in professional baking, helping them build skills and confidence to start their own baking journeys

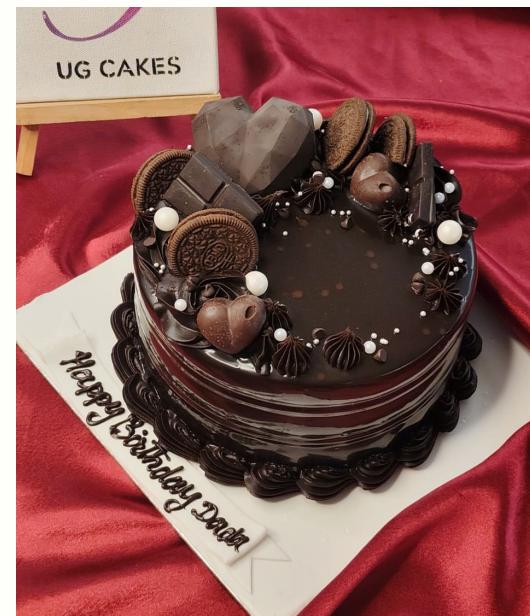
UG Cakes is more than a bakery, it's a community. A place where celebration meets purpose, and where women are supported to rise, lead, and thrive.

For us, success is not just about how many cakes we sell it's about how many lives we can inspire along the way.



## CUSTOM CELEBRATION CAKES

Personalized cakes designed for birthdays, weddings, and special occasions.



## CLASSIC FLAVORED CAKES

Chocolate Truffle, Black Forest, Red Velvet, and more customer favorites.



## CUPCAKES & BROWNIES

Small, delightful treats perfect for snacking and gifting



## DESIGNER & THEME CAKES

Creative and artistic cakes that bring themes to life.



## BAKERY TRAINING CLASSES

Hands-on courses empowering women and aspiring bakers with professional skills.



**DIPRINA SHAKYA**

ROYAL TULIP KATHMANDU

## **DIPRINA SHAKYA**

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### ROYAL TULIP KATHMANDU

## **ROYAL TULIP KATHMANDU (THE MASSIF HOTEL PVT. LTD.)**

Email: [info@royaltulipkathmandugwarko.com](mailto:info@royaltulipkathmandugwarko.com)

Phone: +977-1-5254300

Location: South Pako Mahadev Tole House, 5736 Ring Rd, Lalitpur 23199, Nepal

Royal Tulip Kathmandu, operated under the Louvre Hotels Group and registered as The Massif Hotel Pvt. Ltd., was founded by my father Mr. Rajendra Shakya with the vision of creating one of Nepal's largest and most iconic hospitality landmarks. Located in Gwarko, Lalitpur, Royal Tulip Kathmandu stands as a landmark destination where modern luxury harmoniously blends with Nepal's timeless heritage.

As Director, I am honored to carry forward his vision and contribute to the continued growth and success of the hotel. Royal Tulip Kathmandu is designed to deliver exceptional guest experiences where culture, comfort, and elegance meet at an international standard.

With 308 rooms and suites, expansive banquet facilities with a capacity of up to 3,200 guests, signature dining venues such as Lalitpur Café and Alpine Lounge & Bar, and comprehensive wellness amenities including Tranquility Spa, a fitness center, and a heated swimming pool, the hotel sets a new benchmark in Nepal's hospitality sector.

Carrying forward my father's legacy, our commitment remains focused on positioning Royal Tulip Kathmandu as a premier hub of world-class hospitality while showcasing the warmth, artistry, and resilience of Nepal on the global stage.



### ALPINE LOUNGE & BAR

A stylish, contemporary venue for elevated socializing and entertainment. Guests can indulge in handcrafted cocktails, premium spirits, and fine wines while enjoying live music in an intimate and vibrant atmosphere.



### BANQUETING & CONFERENCING

With 10 versatile halls, including the grand Sagarmatha Hall spanning 11,000 sq. ft. and accommodating up to 1,500 guests, Royal Tulip Kathmandu stands as one of Nepal's premier venues for conferences, weddings, and social events. State-of-the-art facilities, exceptional service, and expansive spaces make it the preferred destination for both business and celebrations.



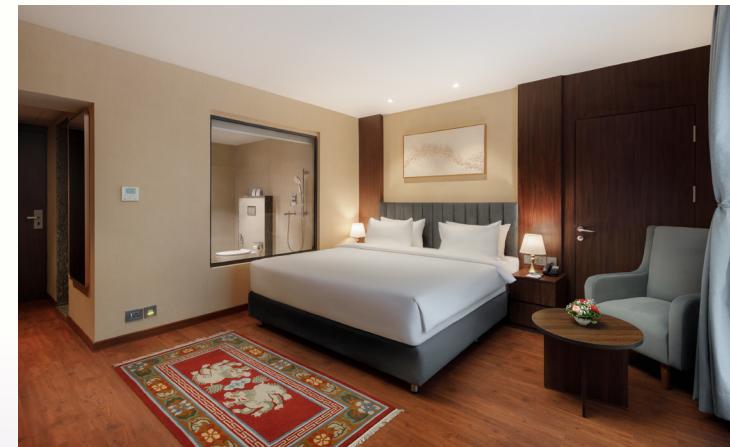
### LALITPUR CAFÉ – ALL-DAY DINING

An inviting all-day dining destination with seating for up to 150 guests, Lalitpur Café serves authentic Nepali delicacies alongside international favorites. Bathed in natural light, the restaurant combines refined hospitality with a warm and elegant setting, creating memorable dining experiences.



### LUXURY ACCOMMODATION

Royal Tulip Kathmandu features 308 elegantly designed rooms and suites across Deluxe, Premium, Royal Club, and Presidential categories. Each space is thoughtfully appointed with curated amenities and offers breathtaking views of either the majestic Himalayas or the vibrant city skyline, ensuring an unparalleled stay experience.



### TRANQUILITY SPA & WELLNESS

A sanctuary of peace and rejuvenation, Tranquility Spa offers a selection of holistic therapies and modern wellness treatments. Complemented by a fully equipped fitness center and a heated swimming pool overlooking the serene Kathmandu Valley, guests enjoy complete relaxation and renewal.



## RACHANA SHRESTHA

### FASHION DESIGN, TAILORING AND TRAINING

#### FASHION DESIGN, TAILORING AND TRAINING

Instagram: @redorchidfashion

Facebook: @rachanashrestha11 / @RedOrchidFashionDesign

Email: shrestha.rach@gmail.com

Rachana Shrestha is a dynamic fashion designer and community based entrepreneur reshaping Nepal's fashion industry. With a passion for design and a keen eye for detail, she has built a career in tailoring and fashion. Her designs celebrate Nepal's rich cultural heritage while incorporating contemporary trends. She has always focused on women empowerment and believes that empowering women will in long run help build a secure future for the whole family. She is dedicated to promoting authentic Nepali handmade garments manufactured from traditional handlooms which have been rare globally.

#### Early Beginning

Starting with different leadership and practical training during college life, and being associated with the social sector had helped shape her career in fashion design. After many years of experience and a zeal to do something different in the Nepalese fashion industry, Red Orchid Fashion was born.

#### Entrepreneurial Journey

After graduating in fashion design, Rachana started her own fashion design and training in Kathmandu, specializing in custom-made clothing and sustainable fashion. Through her brand, she aims to empower local artisans and promote ethical fashion. Her collections have been featured in various exhibitions within Nepal as well as in Australia too. She has gained a loyal customer base for her elegant and innovative designs.

#### Training & Empowerment Initiatives

Beyond her entrepreneurial success, Rachana is dedicated to skill development for mainly community based women groups. She has been conducting different tailoring and fashion design workshops in different regions of Nepal, particularly in rural areas, to help aspiring designers and women entrepreneurs gain financial independence. By training women in sewing, pattern-making, and business skills, she is fostering a new generation of fashion professionals in Nepal. Her professional and business skill as well as her charming personality has been a decisive factor in her career growth.



## TRADITIONAL DRESS



### Vision & Future Goals

Rachana aims to expand her training programs nationwide and launch an eco-friendly clothing line that promotes sustainable fashion and using locally made fabrics local human resources. She has envisioned a future where Nepalese fashion is globally recognized while remaining rooted in traditional craftsmanship. She has been involved in promoting local Nepali products in Australia for few years now and plans to go global in the future.



## **PALPASA SHRESTHA**

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### **THE PASA NATURE OF BUSINESS**

#### **THE PASA NATURE OF BUSINESS**

thepasastore@gmail.com  
+977 9851060319  
Thaiba, Godawari  
[www.thepasastore.com](http://www.thepasastore.com)

**T**he Pasa," located in Bagmati province is a burgeoning export-oriented company with a primary focus on empowering women and men both as The Pasa believes men require more opportunity for contributing significantly to the national economy. Specializing in handmade products such as tote bags, tissues boxes, pouches, transparent bag etc., the company distinguishes itself through a commitment to traditional craftsmanship, fostering an authentic and culturally rich product line.

#### **Company Vision**

To become a globally recognized brand that celebrates traditional craftsmanship while seamlessly integrating modern technology, thereby offering high-quality, sustainable products that cater to diverse customer preferences and contribute significantly to the empowerment of women and men and the country's economy.

#### **Company Mission**

The Pasa is committed to producing handcrafted products that reflect our cultural heritage and uphold the values of traditional craftsmanship. We aim to achieve this mission by embracing modern technology to enhance efficiency and competitiveness, conducting market research to align with contemporary consumer demands, and fostering a culture of innovation. Our ultimate goal is to provide employment opportunities to women/men both and to become a leading export-oriented company, contributing to the growth of our nation's economy.



Dhaka Cloth Storage Pouch



Dhaka Pouch



Dhaka Tissue Box Holder



File bag and pencil case



Ladies bag made of Allo (sishnu) & pure buffalo leather



## **HASANA MAHARJAN**

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### **COTTON CARE HOME**

#### **COTTON CARE HOME**

Phone: 9841810071/9851211937

Email: hasanamaharjan2@gmail.com

**C**otton Care Home started to promote the Nepali cotton products in 2022. Though the brand is very new but we are the manufacturing company producing varieties of fabrics since more than 30 years. Hence, our products hundred percent cotton made from locally woven fabric. The cotton fabric quality is warm in winter and cool in summer and its skin friendly as well. In addition, our product Azo-Free dyed fabrics are free of any compound that could prove toxic or allergic to humans or the environment. Unlike Azo dyes, they are Bio-Degradable and Eco-Friendly. We believe in promoting sustainable eco-friendly healthy life style

Everyday cotton essentials, each cotton product creation is a reflection of artisanal skill, conscious design, and passion for preserving traditional techniques.

since past few years in Nepali market, Nepali cotton home furnishings are known for their durability, comfort, and vibrant design but still price is not affordable for all the local people. Based on this Nepali market study, we developed our home furnishing products which are premium quality (100% cotton) with affordable price and varieties on vibrant patterns and sizes.



## CURTAINS

Essential details

- Material: 100% Fine Cotton
- Known by: Curtains
- Pattern: Customized
- APC
- Screen print, Block Print
- Supply Type: Make-to-Order
- Color: Customized/ APC
- Use: home décor/furnishing
- Size: Customized



## BEDSHEET

Essential details

- Material: 100% Fine Cotton
- Known by: Bed sheets
- Pattern: Customized
- APC
- Screen print, Block Print
- Supply Type: Make-to-Order
- Color: Customized/ APC
- Use: Bedding
- Size: Customized (available for all bed sizes)  
Usual sizes of Bedsheet- 108x110, 90x108, 72x100, 60x90 inches
- Pillow cover size 18x28 inches



## DURRY (FLOOR MAT)

Essential Details:

- Material: 100% Heavy Cotton
- Known by: Durry
- Pattern: Customized
- APC
- Screen print, Block Print
- Supply Type: Make-to-Order
- Color: Customized/ APC
- Use: home décor/furnishing
- Size: Customized  
Usual size of Durry 6ft/8ft



## CUSHION COVER

Essential details

- Material: 100% Fine Cotton
- Known by: Cushion Cover
- Pattern: Customized
- APC
- Screen print, Block Print
- Supply Type: Make-to-Order
- Color: Customized/ APC
- Use: Bedding
- Size: Customized  
Usual size of Cushion covers  
16\*16, 18\*18 and 24\*24 inches



## SUMMER QUILT (BLANKET)

Essential Details:

- Material: 100% fine cotton with malmal cotton (3 layers fabric)
- Known by: Summer Quilt
- Pattern: Customized
- APC
- Screen print, Block Print
- Supply Type: Make-to-Order
- Color: Customized/ APC
- Use: Bedding
- Size: customized; usual sizes 84x90 inches



## SARITA DEVI MANDAL

### MITHILA NARI HASTAKALA CENTER

#### MITHILA NARI HASTAKALA CENTER

Owner: Sarita Devi Mandal  
Contact: 9869862488, 9844100678  
Email: [mithilahandicraft1@gmail.com](mailto:mithilahandicraft1@gmail.com)  
Google map: Mithila Art Center

**S**arita Devi Mandal is a passionate Mithila artist from Janakpur, Nepal, who began learning the art at a young age. Inspired by her mother and the women in her village, she joined them in decorating walls and floors during festivals like Chhath, Diwali, and weddings—traditional occasions deeply tied to Mithila art.

Mithila painting, believed to have originated during the marriage of Lord Ram and Goddess Sita, has been a cultural heritage of the region for centuries. Traditionally, women used natural dyes from flowers, leaves, and mud to create intricate artworks depicting deities, animals, nature, and scenes from the Ramayana and Mahabharata. Each line and color carried deep symbolic meaning.

As the Proprietor of Mithila Nari Hastakala Center, Ms. Mandal now leads a collective of women artists who produce hand-painted items like Mithila paintings, decorative boxes, mirrors, and pen stands. Every creation reflects their commitment to preserving tradition and expressing cultural identity.

Through her work, Sarita not only promotes the timeless beauty of Mithila art but also uplifts women by providing them with skills, income, and dignity. Her mission is to share the soul of Mithila with the world—through the hands and dreams of its women artists.



### MITHILA PEN STAND

Useful for keeping pen and pencil. All hand made using Nepali Paper.



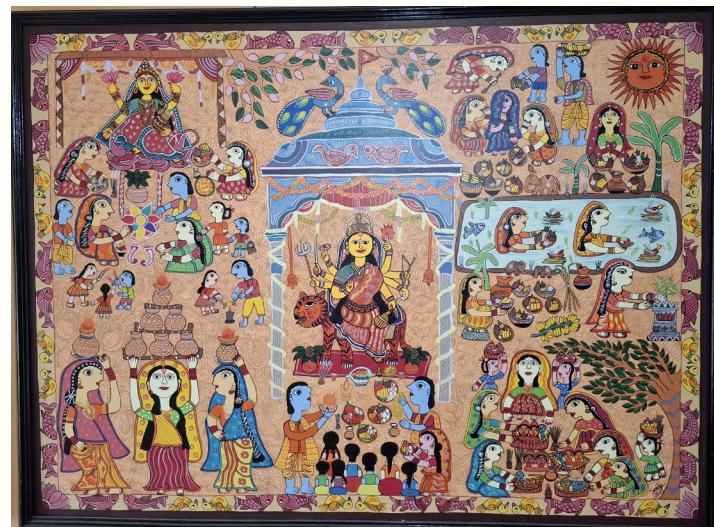
### MITHILA TRAY

Useful for serving Tea and coffee. Can be used as a Decorative Item as well.



### ELEPHANT MIRROR

All made using nepali paper with hand-painted designs.



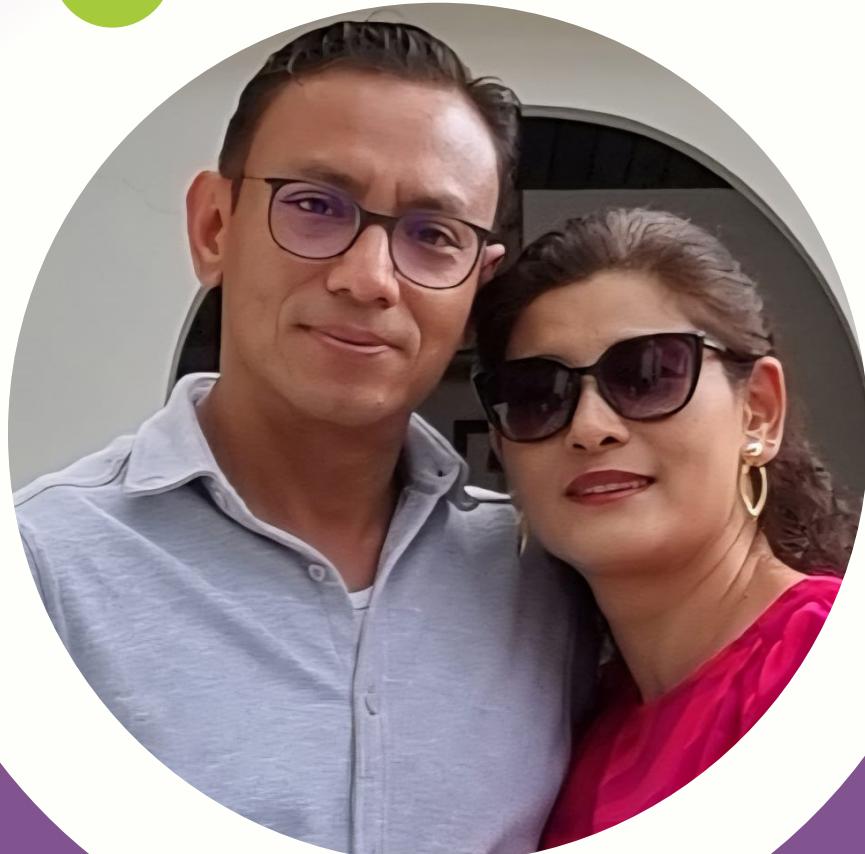
### MITHILA PAINTING

This painting shows the beauty of Nepali festival celebrated in mithila region. All the activities done from the start of dashain till the end of Chatth puja.



### MITHILA ROUND

Mirror made from nepali paper and high-quality mirror which is waterproof and hand-painted designs



## TEJITA VAIDYA AMATYA

### CONCEPTION INTERIOR PVT. LTD.

#### TEJITA VAIDYA AMATYA

Interior Designer  
Co-Founder, Conception Interior Pvt. Ltd.  
Cell: +977-9851236912 / 9803974054  
Location: Kupondol, Lalitpur, Nepal  
Email: [conception\\_interior@yahoo.com](mailto:conception_interior@yahoo.com)

With a positive mindset and a passion for meaningful design, Tejita Vaidya Amatya has been shaping beautiful, functional, and user-focused spaces for over two decades. Alongside her husband, Mr. Kundal Shekhar Amatya, an experienced electrical engineer, she co-founded Conception Interior Pvt. Ltd., a design-driven firm dedicated to creating interiors that inspire and endure.

What began as a shared dream has grown into a journey of crafting spaces that tell unique stories. Over the years, their work has spanned diverse sectors across Nepal, including offices for corporate houses, international organizations, embassies, financial institutions, and non-profits; hospitality projects such as hotels, restaurants, spas, and resorts; educational spaces; residential interiors for homes, farmhouses, and apartments; and retail showrooms.

Guided by the philosophy that "Less is More," Conception Interior focuses on creating designs that balance beauty with purpose. Their approach is rooted in sustainability, ensuring earth-friendly practices; biophilic designs, user-focused solutions that reflect each client's lifestyle; and openness to technology and innovation, customization to cater to individual clients' palates. Offering holistic, end-to-end interior solutions, the firm ensures that every project becomes more than a design — it becomes an experience.

Beyond interiors, Tejita and her team extend their vision into curated living solutions. In collaboration with like-minded partners, through Homeberry Furniture Pvt. Ltd., their showroom brings a collection of hand-picked, imported furniture that blends functionality with style. Each piece is chosen to suit diverse tastes, adding value and character to every space.

At Conception Interior, design is not just about creating interiors — it's about shaping meaningful, lasting experiences.



Timeless Roots, Modern Living RESIDENCE interior DESIGN



Luxury Neoclassical Residence Interior DESIGN



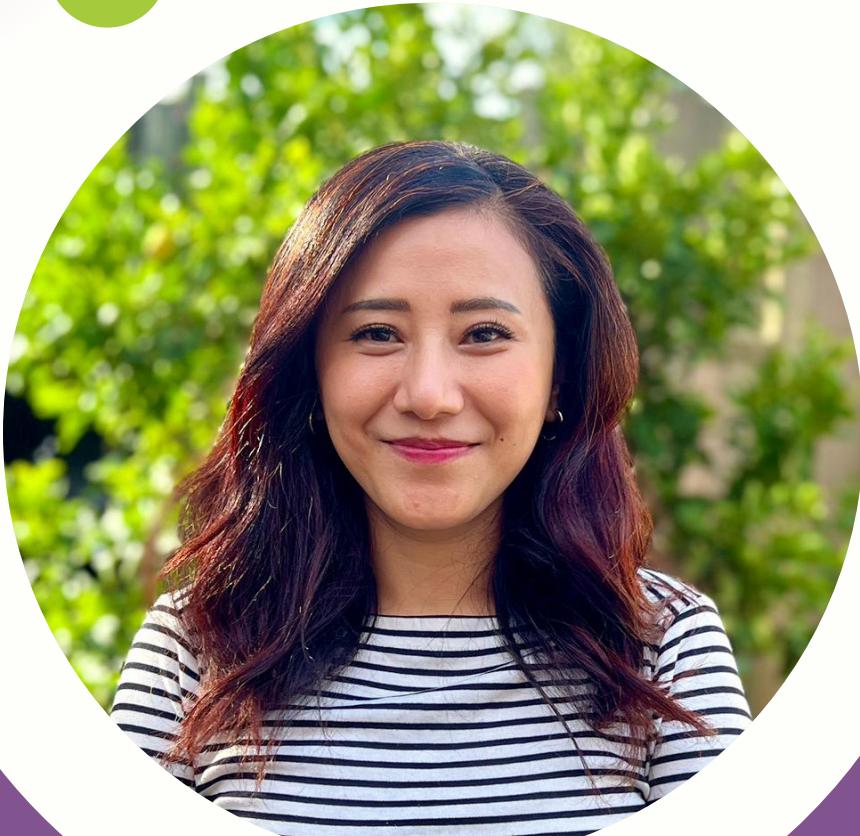
Workspace design integrating branding with biophilic design ERGONOMIC OFFICE INTERIOR DESIGN



Reception that Welcomes Sophistication, HOSPITALITY DESIGN



Contemporary office interior with clean aesthetics, OFFICE INTERIOR DESIGN



## SEWA GURUNG

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### ABSG GROUP PTY LTD (AUSTRALIA)

#### SEWA GURUNG

Product Development Manager at Batika Nepal  
Co-founder/Director at ABSG Group Pty Ltd (Australia)

**A**s someone who embraces a holistic lifestyle, I have always been fascinated by ancient traditions and practices. One such practice is using Palo Santo, a sacred wood I love for its purifying and healing properties. When I ran out of my personal supply in Nepal, I could not find it anywhere. Every time I shared its story, people were fascinated and grateful to learn about it. That's when I decided to bring this ancient gift of Mother Earth to my fellow Nepalese - a product that not only offers immense benefits but also aligns with Nepal's rich spiritual culture. Many household rituals, including my own, were often performed using toxic chemical incense, and I realized I could introduce Palo Santo as a healthier, more sustainable alternative.

I sourced Palo Santo ethically from sustainable harvesters in Peru and launched it in Nepal through Batika Nepal. I am deeply grateful to Basanti Pradhan for providing the avenue to bring this product to market. I partnered with Batika Nepal, a subsidiary of the company we registered in Australia focused on manufacturing in Nepal and bringing authentic Nepalese goods to the Australian market. This partnership strengthens local businesses and allows me to develop products that reflect holistic living, sustainability, and ancient wisdom - creating meaningful value for customers both in Nepal and abroad. This is just the beginning of my entrepreneurial journey, the start of a larger vision, and I am excited to see where it will take me and all of us next.



## PALO SANTO

Discover the essence of Palo Santo, a sacred wood cherished for centuries by indigenous cultures. Palo Santo is revered for its cleansing and purifying properties. Traditionally used in rituals and ceremonies to clear negative energy and invite in blessings, Palo Santo has also found its place in modern wellness practices. Ignite a stick and let its sweet, woodsy aroma fill your space promoting relaxation and peace. Whether stress relief, or simply a natural air freshener, Palo Santo offers a holistic solution for harmonizing mind, body and spirit.



## GEETA DANGOL

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### KRITINATI LAGHU UDHYOG TATHA

#### KRITINATI LAGHU UDHYOG TATHA

Kirtipur, Kathmandu, Nepal  
+977-9706098081  
Email: [kritinari@gmail.com](mailto:kritinari@gmail.com)

**T**alim Kendra –Passionate about creating meaningful change, I bring over seven years of expertise in the development sector, specializing in project leadership, mentorship, and social entrepreneurship. My work has consistently driven empowerment, innovation, and sustainable community impact.

As a founding member of Kritinari Laghu Udyogh Tatha Talim Kendra, I am dedicated to transforming the lives of women by providing sustainable jobs in handicrafts, with a special focus on banana fiber innovation. Through Kritinari, we empower marginalized and Indigenous women with dignified livelihoods, equipping them with skills that not only generate income but also promote climate-friendly practices and sustainable fashion. This journey reflects my deep commitment to combining women's economic empowerment with environmental stewardship.

Beyond Kritinari, my experience mentoring youth changemakers with Aakar Nepal showcases my passion for nurturing leadership and innovation in underserved communities. Recognized as a Global Changemaker Summit Awardee (2023) and a Goldman Sachs 10,000 Women Fellow, I continue to champion gender equality and social impact at both local and global levels.

With expertise in fundraising, resource mobilization, and communications, I have a proven track record of turning ideas into impactful initiatives. My international training in entrepreneurship and leadership further strengthens my ability to bridge grassroots efforts with systemic change.

Resilient, adaptable, and results-driven, I thrive on building pathways for inclusive growth, sustainable innovation, and empowering the next generation of leaders.



## COASTER BAG

### Product details

This coaster bag is a uniquely designed small shoulder bag made from natural banana fiber. With a height of 16 cm and width of 24 cm, it weighs just around 160 grams. Featuring a single spacious compartment with a secure zipper closure, it's perfect for light, everyday use with a touch of natural charm.



## ROUND MAT

### Product details

This eco-friendly mat is handcrafted from durable banana fiber, offering a natural and rustic charm. With a 60 cm diameter, it's perfect for adding texture and warmth to any space. Its unique woven pattern showcases skilled artisan craftsmanship. Sustainable, stylish, and biodegradable a beautiful choice for conscious living.



## STEEL HANDLE BAG

### Product details

This stylish cotton handbag is designed for both comfort and functionality. It features a spacious main compartment with three inner pockets for effortless organization. Lightweight and easy to carry, it's perfect for casual outings and daily use. Made from washable 100% cotton with a charming patterned design for a timeless appeal.



## BACKPACK

### Product details

This casual cotton backpack blends practicality with a stylish patterned design. It features a roomy main compartment, three inner pockets, and an outer pocket for easy organization. Made from washable 100% cotton, it's lightweight and comfortable for daily use. The adjustable straps ensure a perfect fit for all-day carrying.



## LAPTOP BAGS

### Product details

Crafted with care by women artisans, this stylish Dhaka fabric laptop bag blends tradition with utility. Featuring a spacious main compartment and thoughtfully designed pockets, it's perfect for professionals, students, and anyone who values both culture and convenience. With sturdy handles and a detachable, adjustable sling strap, this bag offers flexible carrying options. While not water-resistant, its durable build and cultural charm make it a standout choice for everyday use.



## NURA SHRESTHA

### KALEEN BY SOORYA CARPET INDUSTRIES

#### KALEEN BY SOORYA CARPET INDUSTRIES

9801062326

sooryacarpets@gmail.com

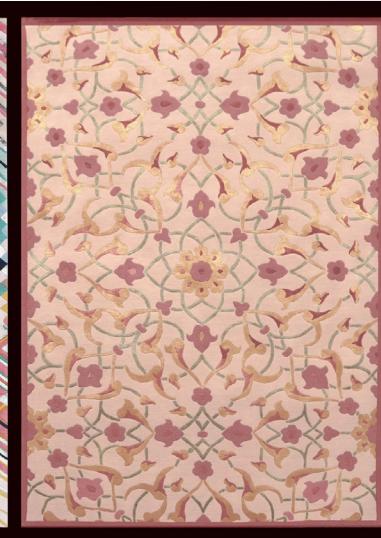
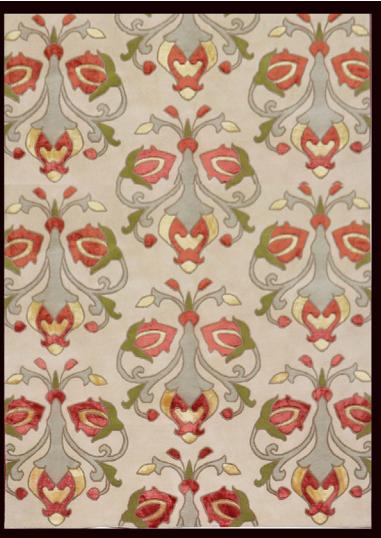
The story of Soorya Carpet Industries begins in the early 1970s, when Mr. Laxman and Mrs. Renuka Shrestha left their village in Dolakha and moved to Kathmandu with the ambition of building something meaningful. What started as a small rug-weaving initiative in a single room eventually grew into one of Nepal's largest carpet manufacturing enterprises. For over 2 decades, Soorya Carpet Industries earned international recognition, particularly in Germany, for exporting high-quality, hand-knotted carpets.

By the late 1990s, however, Nepal's carpet industry suffered severe setbacks owing to child labour controversies and political instability. Like many others, our company was forced to scale down and eventually suspend production.

The industry never quite returned to its early-1990s mass-scale export peak, yet it found ways to reinvent itself. Recognizing this shift, we transitioned from large-scale production to a boutique model, focusing on the niche luxury segment with custom-made, limited-edition rugs. Being their daughter in law and someone passionate about artistic designs, I chose to step into the business as a second-generation entrepreneur. Guided by my aspiration to create premium, ethical and artistic carpets, I launched our exclusive designer brand Kaleen.

Kaleen celebrates craftsmanship, artistry, and ethics. We create bespoke, limited-edition rugs that range from traditional designs to bold, innovative forms, all crafted to complement modern interiors and aesthetics. Our ambition is to build a strong brand identity, uphold ethical credibility, and expand into discerning global markets.

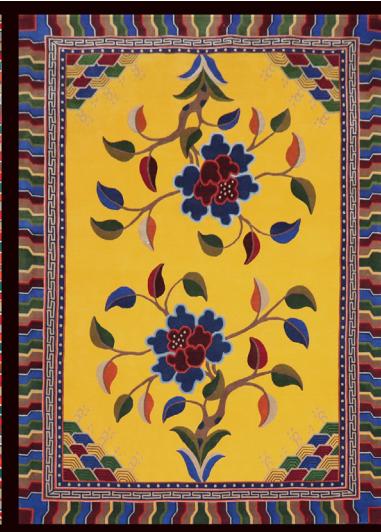
Handmade carpets have long been central to interior design—a tradition that remains timeless. At Kaleen, we are proud to carry this heritage forward with integrity and creativity.



**Floral pattern:** These designs inspired by roses are vibrant, contemporary and artistic. They symbolize passion, desire, true love, and romance. Beautifully made in 100 knots with 100% pure New Zealand wool and high quality Chinese silk

**Floral Abstract:** These designs are inspired from Lalupate (Red Poinsettia) in unconventional color and images of lotus floating in a Pond. They exude purity and serenity. Exquisitely crafted in 100 knots using 100% pure New Zealand wool and a hint of silk.

**Bohemian and Floral Pattern:** These carpets are characterized by free-spirited, eclectic, and unconventional patterns with strong artistic expression and individuality. Expertly interlaced in 100 knots with 100% pure New Zealand wool and high quality Chinese silk



**Floral Medallion:** These ornate Persian/Oriental style carpets have fine floral arabesque patterns radiating from a central medallion. Delicately knitted in 150 knots with 100% pure New Zealand wool.

**Traditional Tibetan:** These traditional designs combine the rich history of Tibetan carpet-weaving with modern color aesthetics. Skillfully woven in 100 knots with 100% pure New Zealand wool and high quality Chinese silk.



## **SARALA MAHARJAN, SUJATA SHRESTHA, DR. NAMITA MAHARJAN**

**SAKAL BIOENZYME PVT. LTD**

### **SAKAL BIOENZYME PVT. LTD**

Harisiddhi-28, Lalitpur Metropolitan City, Nepal  
sakalbioenzyme@gmail.com, saralams345@gmail.com  
+977-9849103132 (Sarala); 9841323154 (Sujata)

**S**akal Bioenzyme Pvt. Ltd. is a women-led socio-eco enterprise creating safe, bioenzyme-based green cleaning products free from toxic chemicals, offering sustainable home and personal care solutions. The journey began after founder Sarala Maharjan faced profound personal losses to cancer and her own diagnosis with an inoperable brain tumor. This life-altering moment inspired her to research natural alternatives, revealing the dangers of toxic chemicals in daily products. Encouraged by effective results and community support, she partnered with Dr. Namita Maharjan and Sujata Shrestha to establish Sakal Bioenzyme, a purposeful venture dedicated to health, sustainability, and environmental well-being.

At Sakal Bioenzyme, Sarala Maharjan, holding a Master's Degree in Environmental Science with a specialization in water resource management, leads the production unit and serves as the lead formulator of Sakal products. Sujata Shrestha, recipient of the prestigious Bidhyabhusan Award Kha and a Master's graduate in Human and Natural Resources Studies, brings her expertise in academia, development, and sustainability as the Communication and Sustainability Expert. Dr. Namita Maharjan, Co-founder and Head of R&D, is the enterprise's technical backbone; an Assistant Professor at NIT, Nagaoka College, Japan, she specializes in sustainable wastewater treatment and bio-coagulation.

With this strong team, Sakal Bioenzyme has been recognized for its innovation and impact, receiving awards from Lalitpur Metropolitan City, KUSOM, and Start Up Discovery Asia as the Most Impactful Business Idea. The enterprise has secured seed funding from the Coca-Cola Young Women Accelerator Program, The British College, ICIMOD-NBS-KGS-IEDI, and Impact Hub ROC, which has strengthened its growth and sustainability. Additionally, it has received technical and machinery support from Lalitpur Metropolitan City and Higher Ground Community Development. Sakal Bioenzyme actively engaged as an incubatee in the Nabil SSE Fellowship Program, Aarohi, and Idea Studio Nepal, further enhancing its entrepreneurial journey.



### NATURAL HAND WASH

A gentle yet powerful blend of lemon, pineapple, aloe vera, and soapnut bioenzymes, infused with citronella and vitamin E, this plant-based hand wash cleanses hands, and keeps them soft, nourished, and protected with a soothing, everyday natural touch.



### NATURAL DISH WASH

A mild, plant-based dishwashing liquid with soapnut and herbal ingredients, removes grease and stains effectively, leaving dishes clean while being gentle on hands, safe for kids, non-toxic, and eco-friendly.



### NATURAL SURFACE CLEANER

Formulated through natural fermentation, our non-toxic, biodegradable bio-enzyme surface cleaner, effectively removes dirt, grease, odours, and grime, disinfects surfaces, breaks down organic residues, and ensures a safe, eco-friendly, toxin-free home.



### FLOOR CLEANER:

Enriched with natural soapnuts and bioenzymes, it combines the antibacterial power of lemongrass with the insect-repelling properties of camphor, leaving behind a refreshing citronella fragrance for a naturally fresh home.



### NATURAL MOSQUITO REPELLENT

Made from a unique blend of herbs and spices, its natural fragrance is unpleasant to mosquitoes but safe for humans. Free from harmful chemicals, it provides effective protection while ensuring a healthier, toxin-free living environment.



## **SWETA UPADHYAY**

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**TIRUPATI PAINTS PVT. LTD.**

### **TIRUPATI PAINTS PVT. LTD.**

Email: [info@tirupatipaints.com](mailto:info@tirupatipaints.com)

Phone: +977-56-561003 / +977 980-1307708

Location: Ratnanagar - 1, Chitwan, Nepal

**S**weta Upadhyay is a dynamic entrepreneur and social leader whose life reflects courage, resilience, and transformation. Born in 1981 in Biratnagar to an educated family, she grew up inspired by her parents' dedication to education. From an early age, Sweta aspired to be independent and devoted herself to social service, becoming actively involved in Junior Jaycees and community initiatives.

Her journey took a decisive turn when she married Subashim Ghosh, a Chartered Accountant from India. Choosing love across borders brought immense challenges, but Sweta embraced them with determination. Starting life anew in Chitwan with little capital, she and her husband began a paint business from a single room with two machines.

Through relentless hard work—often filling paint buckets herself—she overcame failures and hardships to establish Tirupati Paints Pvt. Ltd., now employing more than 40 staff.

She rose as the youngest Managing Director in Nepal's paint industry.

Her struggles extended beyond business. When her sons were denied Nepali citizenship, she fought tirelessly for five years until justice prevailed, marking a milestone for women in inter-country marriages.

Beyond entrepreneurship, Sweta has dedicated herself to empowering women and children. As a founding member of Women's Initiative Nepal (WIN) and a long-time Rotarian, she has led skill-based trainings and social programs that have enabled many women to achieve self-reliance.

Today, Sweta stands as a symbol of women's empowerment—an entrepreneur, social worker, and role model whose story of perseverance continues to inspire.



### ULTRA RAINCOAT (EXTERIOR EMULSION – 10 YEARS PROTECTION)

A premium exterior emulsion specially formulated for long-lasting durability with high sheen. Ultra Raincoat provides superior protection against harsh weather conditions, ensuring your walls remain vibrant and crack-free for up to 10 years. Its advanced waterproofing technology shields surfaces from rain, moisture, and fungal growth.



### ULTRA WALL MAGIC (EXTERIOR EMULSION – 7 YEARS PROTECTION)

Designed for stylish and reliable wall finishes, Ultra Wall Magic enhances the beauty of exteriors while providing robust protection for up to 7 years. With excellent coverage and a smooth finish, it resists peeling and fading, making it an ideal choice for cost-effective durability.



### GLARE (INTERIOR EMULSION – 10 YEARS PROTECTION)

Glare is a luxury interior emulsion designed for long-lasting brilliance with brilliant sheen. With a lifespan of up to 10 years, it delivers a rich, smooth finish that resists stains,



### FLORA (INTERIOR EMULSION – 7 YEARS PROTECTION)

Flora Interior Emulsion is crafted to bring elegance and sophistication to living spaces. Its smooth application, wide color range, and stain-resistant properties make it a reliable choice for homes and offices, offering beauty and protection that lasts up to 7 years.



### ROLEX HI-GLOSS PREMIUM ENAMEL

A superior enamel paint that delivers a mirror-like, glossy finish with exceptional durability. Rolex Hi-Gloss Premium Enamel is resistant to stains, scratches, and moisture



## **SANGAM GOLE**

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### **A.K DOLL CUSAN & PANDA HOUSE PVT. LTD**

#### **A.K DOLL CUSAN & PANDA HOUSE PVT. LTD**

Bardibas – 1, Mahottari  
Madhes Province, Nepal  
Cell No : 9860072123 / 9814866366  
Email : golesangam8@gmail.com  
Phuyalpramila113@gmail.com

**M**y dear sister established AK Doll Cusan and Panda House on May 10, 2018. At first, she worked alone, but later she trained many women and hired them for jobs.

She established not only the shop but also a training center & wholesaler. After that, I joined the organization in the field of training management and started giving training.

I've always been a companion in her life. I feel that my sister will always be my idol. I'm now a certified trainer myself, and my sister always encourages me. She also motivates other women who are training, encouraging them to become trainers and to run their own businesses as women.

We've been preparing entrepreneurs by providing vocational training to women in villages. We coordinate with local organizations and governments to provide this training. We've given every woman the opportunity to work from home. For six years, we've been participating in local fairs and festivals, showcasing our products and the work of women entrepreneurs.

I've been providing training in my municipality and others for a long time, especially to single and economically disadvantaged women. I've helped them become trainers in their own and other districts. Seeing these women, once unable, now empowered and earning a living, fills me with joy and a sense of accomplishment. It motivates me to reach even more women across Nepal.



### 4FT LONG LEG (MONKEY TEDI)

Draft , Pin, Dhago , Pen , Paper , scissor , 1.75Cm Cipher , Black, white & Printed Felt 25Cm , Fiber 2.5kg , 40mm eyes



### LONG FOR DOG ( JHYAPLE DOG )

Draft , Pin, Dhago , Pen , scissor, Paper, Long for 25cm , 20cm felt , 26mm eyes, 26mm nose, fiber 500g.



### SILK PILLOW (LADDU CUSAN)

Draft, Pin, Dhago, chalkw, Paper, scissor, Silk 70cm, Stone 2 pc., no.7 big & small pin, fiber 500g.



### TEDDY (3 SIZE TEDDY )

Draft , Pin, Dhago , Pen , Paper, scissor, 25cm mini far , 18mm eyes & Nose , red felt 10cm , white felt 5cm , fiber 300g.



### FROCK DOLL

Draft , Pin, Dhago , Pen , scissor, Paper , 35/35cm cefer , white felt 5cm, 22mm eye & nose , Riban , fiber 500g



## **SUSHAMA SHARMA**

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### **PHOOL PRASADH**

#### **PHOOL PRASADH**

Website: <https://phoolprasad.com>

Mail: [info@phoolprasad.com](mailto:info@phoolprasad.com)

Phone: +977 98513 21480

Location: Bishalnagar, Kathmandu

**S**ushama Sharma — a first-generation entrepreneur whose inspiring journey spans over 35 years across different sectors. With leadership experience at a leading commercial bank, she eventually chose a path rooted in purpose — blending sustainability with enterprise. She is the founder of Phool Prasad, a social enterprise that transforms temple floral waste into eco-friendly incense, educate students to value the heritage preservation. She is the Managing Director of Himalayan Tranquility a premium wellness tea brand. Both ventures reflect her deep commitment to environmental stewardship, cultural & heritage preservation, and women's empowerment. Sushama also leads Women CAN, an NGO championing women-led entrepreneurship and capacity-building at the grassroots level. Her journey marked by resilience, empathy, and unwavering purpose continues to inspire those striving to create meaningful, sustainable impact in their communities. A resilient entrepreneur turning floral waste into sustainable products and brewing premium teas. With decades of experience, she's empowering women and championing eco-conscious innovation.



## GIFT BOX

Type: Rectangular gift boxes, Radiant Gift Box

### Unveiling Ingredients:

- Experience the radiance of tradition with 16 rolls of rope incense with different herbs and floral fragrance, each containing 25 ropes, offering a rich tapestry of fragrances.
- Elevate your aromatic ritual with the Earthen Essence Rope Pod (without mesh), meticulously crafted to enhance the burning experience, accompanied by an aromatic candle for added ambiance.
- Elevate Your Gifting Experience with Our Eco-Friendly Gift Hampers
- It gives you positive vibes at your home and business



## CONE INCENSE

### Cone Dhup (Cone Incense)

Unveiling Ingredients: Experience the art of fragrance with our Cone Incense, sculpted from unused floral residues and enriched with premium essential oils. Carved with precision and care, each cone emanates a harmonious blend of scents, spreading love and positivity wherever it burns.

#### Included delights:

- i. Enjoy 32 cones of aromatic bliss.
- ii. A clay incense holder/stand for convenient use.
- iii. Receive a special handwritten note from our team, conveying their passion for crafting your incense.



## STICK INCENSE

### Sinke Dhup (Stick Incense)

Unveiling Ingredients: Embark on a journey of aroma and tradition with our Stick Incense, fashioned from recycled floral residues and delicately placed on a thin wooden stick. Infused with the finest essential oils, each incense stick is an architectural marvel, crafted with love and dedication to ignite your senses.

#### Included delights:

- i. Receive 32 fragrant sticks to invigorate your space.
- ii. A wooden incense holder/stand for easy placement.
- iii. Embrace the personal touch with a handwritten note from our team, sharing their dedication with you.



## AROMA PODS

### Round Auro Pod

Unveiling Ingredients: Expertly crafted from premium pine wood, this sleek and functional incense burner combines elegance with practicality. Its smooth round design enhances visual appeal while complementing any decor. With a metal base incense holder, this burner provides stability and security for burning cone incense. Let the warm fragrances of our Cone Incense fill your space, embraced by the timeless beauty of our round pod.



## ROPE INCENSE

### Bateko Dhup (Rope Incense | Multi-coloured/ Multi-flavoured)

Unveiling Ingredients: Immerse yourself in the essence of sustainability with our Bateko Dhup, crafted from recycled floral residues and infused with the finest essential oils. Each delicate strand is meticulously woven into Lokhta Paper (Nepali Kagaz) by skilled artisans, creating a symphony of fragrances that fills your space with love and devotion.

#### Included delights:

- i. Experience 25 multi flavored rope incenses bundle, each fragranced with Marigold Flower, Stone Apple, Sandalwood, and Mug-wort, Anthropagan, Astasugandha, Mugword & Juniper with saldhoop
- ii. A clay incense holder/stand to enhance your aromatic experience.
- iii. A heartfelt handwritten note from women entrepreneur sharing their personal touch with you.



## MEERA MANANDHAR

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### NLG JEWELLERS

#### NLG JEWELLERS

New Road, Kathmandu-22, Nepal  
01-5319051  
[info@nlgjewellers.com](mailto:info@nlgjewellers.com)

**M**eera Manandhar, the esteemed Proprietor of NLG Jewellers, stands as a pioneering figure in Nepal's fine jewelry landscape. Leading the legacy brand for over three decades, she has upheld and evolved a heritage that began in 1971, transforming NLG into a name synonymous with expert craftsmanship, luxury design, and world-class gemstones.

Under her stewardship, NLG Jewellers has carved a niche catering to a discerning clientele who seek one-of-a-kind pieces, high-quality diamonds, and rare gemstones sourced from across the globe. In recent years, she has directed the brand's vision toward embracing Nepal's own natural treasures, investing in Nepali gemstones and advocating their global recognition.

A strong, independent woman with a sharp eye for timeless design, Meera travels extensively to curate unique gemstones, constantly learning and evolving with global jewelry trends. Her unwavering commitment to quality, authenticity, and heritage has elevated NLG to a hallmark of excellence in Nepal's luxury market.

Beyond business, Meera is deeply involved in Nepal's social and entrepreneurial communities. She is an active member of FWEAN (Federation of Women Entrepreneurs Association of Nepal), Inner Wheel, and Lions Club, reflecting her passion for social impact and women's empowerment.

Her most distinguished role is as an Executive Board Member of NEGJA (Nepal Gem and Jewelry Association), an apex body representing the country's premier jewelry brands. Through this, she champions industry standards, innovation, and the international promotion of Nepali gemstones.

Meera Manandhar is not just a jeweler—she's a visionary shaping Nepal's jewelry future.



### DANPHE BROOCH

This exquisite danphe-inspired masterpiece, crafted in luxurious white gold, showcases the opulence of high-quality diamonds, vivid red rubies, lush emeralds, and royal blue sapphires. Each gemstone is meticulously set, creating a radiant interplay of colors and brilliance. The dazzling diamonds enhance the vibrancy of the rubies, emeralds, and sapphires, giving the piece an aura of regal sophistication.

Designed with impeccable craftsmanship and attention to detail, this danphe jewel exudes timeless elegance and extraordinary value, making it a true symbol of prestige and luxury.



### EMERALD NECKLACE

An opulent masterpiece of elegance and craftsmanship — this statement necklace dazzles with a cascade of brilliant diamonds and a breathtaking central emerald that radiates with timeless grace. Meticulously set in a V-shaped design to accentuate the neckline, each gem sparkles with unmatched clarity and luxury. A true embodiment of regal allure, made for moments that deserve nothing less than extraordinary.



### RUBY NECKLACE

A symphony of elegance and passion — this exquisitely crafted necklace features handpicked rubies embraced by high quality diamonds. Designed to illuminate, destined to endure. It's more than a necklace; it's an emblem of grace, power, and timeless beauty.



### NEPALI STONE

These exquisitely crafted jasper earrings, featuring rare jasper sourced from the serene landscapes of Jajarkot, Nepal, embody timeless elegance and artisanal mastery. The natural stone, with its earthy tones and captivating patterns, reflects the raw beauty of Nepal's untouched Himalayan terrain.



### DIAMOND NECKLACE

Radiating elegance in every curve. A timeless masterpiece by NLG Jewellers — where tradition meets brilliance. Crafted with expert craftsmanship and adorned with high quality diamonds, this showstopper redefines luxury in every facet.



## NITI JOSHI

DHUKU

### DHUKU

Uttardhoka, Kathmandu

+977 9801916111

dhukuhandmadestore@gmail.com

<https://www.dhuku.co/>

Instagram: @dhuku\_store

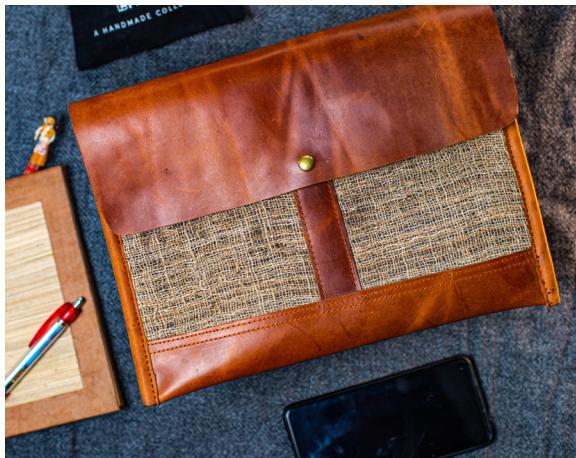
**D**huku: A Handmade Collective, is a concept store based in Nepal that focuses on offering locally made, handcrafted items created by women entrepreneurs and artisans. Our core mission is to empower women and champion their leadership in the craft sector. We provide a platform for women to showcase their handmade, locally sourced creations while also supporting women-led ventures and initiatives.

The name “Dhuku” comes from a Newari term that symbolizes a traditional treasure box used to store valuables. This name symbolizes our dedication to preserving cultural heritage and honouring the timeless skills passed down through generations.

Each item at Dhuku is carefully curated and crafted with love, using sustainable, locally sourced materials. Our collection features a range of items, from practical daily essentials to unique artistic pieces, each showcasing the skill, spirit and cultural heritage of the women who craft them.

Shopping at Dhuku is more than just buying a product, it's a conscious choice to support sustainable practices, honour traditional craftsmanship and empower women throughout Nepal. Our goal is to nurture a community where women artisans are seen, valued and celebrated for their work.

By supporting Dhuku, you become part of a larger movement dedicated to preserving cultural heritage, strengthening local economies and empowering women to take the lead with confidence, creativity and a renewed sense of purpose in the world of traditional crafts and entrepreneurship.



## ALLO+ LEATHER LAPTOP BAG

Where tradition meets utility. The Allo plus Leather Bag, combines the strength of handwoven allo (nettle fiber) with the timeless elegance of genuine leather. Thoughtfully designed to keep your laptop and work essentials secure, it's a sturdy, eco-conscious choice for professionals who value craftsmanship and culture.



## CERAMIC TEA SET

This Ceramic Tea Set brings simplicity and elegance to your tea moments. Handcrafted with care, each piece is shaped and glazed by skilled artisans, giving it a unique character and smooth finish. Perfect for everyday tea rituals or special gatherings, this set blends functionality with timeless design, making every sip feel serene.



## MITHILA ART COPPER WATER BOTTLE

Copper has antimicrobial, antioxidant and anti-inflammatory properties, which help eliminate bacteria and improve overall health, making it a beneficial addition to your daily hydration routine. Each bottle is unique; hand painted with the colorful designs that epitomize Mithila art.



## MITHILA ART TOTE BAG

Carry culture with you. This Mithila Art Tote Bag is adorned with hand painted traditional Mithila art, celebrating the vibrant stories and symbolism of Nepal's rich heritage. Spacious, sturdy and made with love by local women artisans, this tote is perfect for everyday use, while adding a bold splash of culture to your style.



## MITHILA ART TEA SET

Steep in tradition with the Mithila Art Tea Set, beautifully hand-painted tea set featuring the intricate motifs of Mithila art. Each cup and teapot tell a tale of culture, femininity and nature, brought to life by women artisans with generations of skill. Perfect for those who sip with intention and collect with heart.



## SADIKSHA THAPA

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### NYADHA HOUSE BED AND BREAKFAST

### NYADHA HOUSE BED AND BREAKFAST

Email: [nyadhahouse@gmail.com](mailto:nyadhahouse@gmail.com) / [hello@nyadhahouse.com](mailto:hello@nyadhahouse.com)

Phone Number: 9761699777/ 9840018470

Business Location: Patan Dhoka, Lalitpur

**S**adiksha Thapa is the Managing Director of Nyadha House Bed and Breakfast and The Nyadha Collective, both nestled in the historic heart of Patan. With an MBA from King's College and a Master's in Training and Development from KUSOED, she brings a strong foundation in HR systems and training design, having built people-centered frameworks for social enterprises and tech companies.

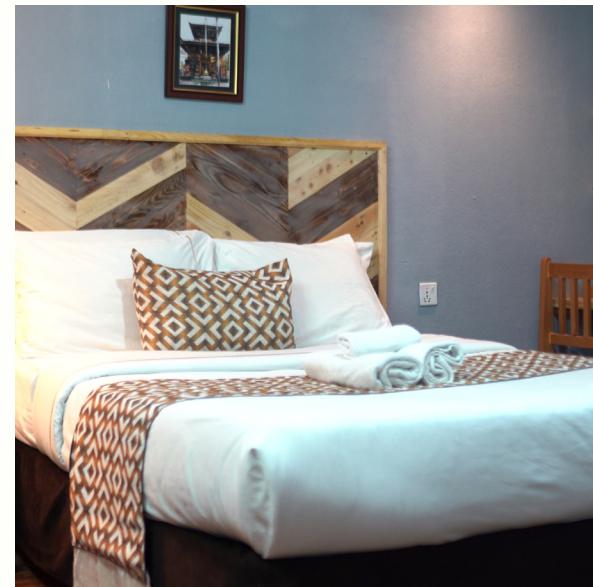
Nyadha House, established in 2023, is more than a bed and breakfast - it is a living tribute to Newa culture and a model of sustainable, slow-paced tourism. Designed as a "Legacy Space," it immerses guests in Patan's heritage through curated displays, storytelling sessions, heritage walks, and local experiences. From learning the art of a traditional feast to understanding temple symbology, visitors engage with the city's spiritual and social rhythms. Every corridor and courtyard tell a story, making Nyadha House a living museum, heritage classroom, and cultural experience center in one. In doing so, the house becomes more than a resting place - it becomes an open, evolving museum of culture, a bridge between past and present, and a heartfelt tribute to the heritage that still pulses through the alleyways of Patan.

The Nyadha Collective, an in-house curated concept store, extends this mission by celebrating and supporting women entrepreneurs from across Nepal. It provides a trusted platform for handcrafted, authentic products from textiles and wellness items to jewelry and local treats offering travelers meaningful souvenirs with stories.

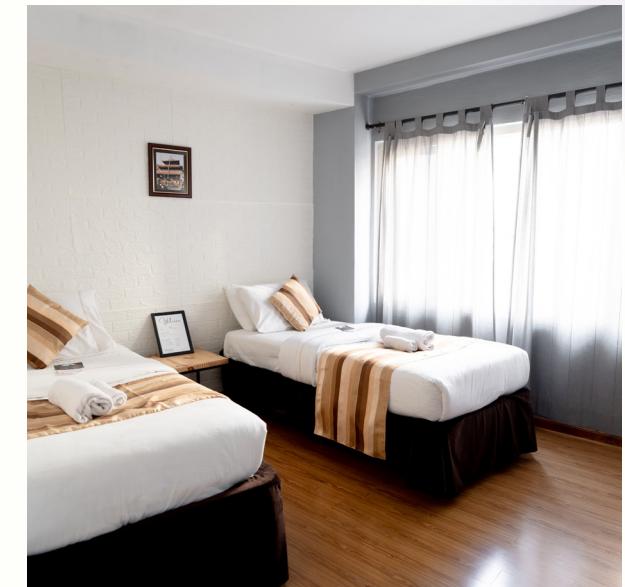
Sadiksha is passionate about combating cultural erosion, promoting eco-conscious travel, and using tourism as a bridge between past and present. Through Nyadha House and The Nyadha Collective, she fosters heritage preservation, community livelihoods, and authentic connections, inviting travelers not just to observe Patan's legacy, but to become part of it.



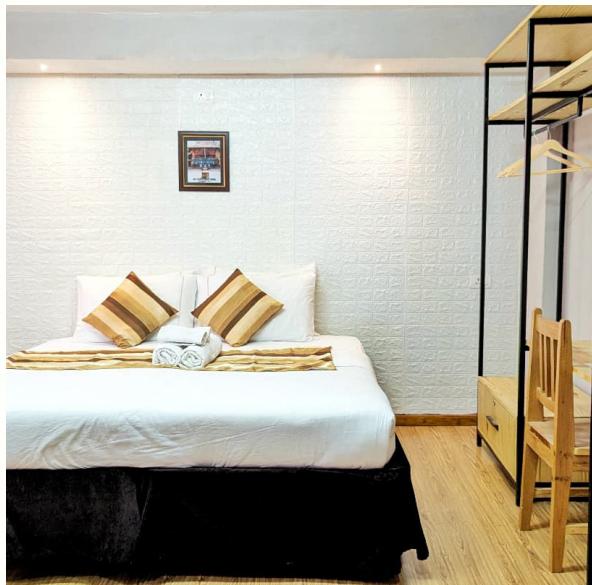
**BREAKFAST**



**DELUXE DOUBLE ROOM**



**STANDARD TWIN ROOM**



**STUDIO APARTMENT**



**TRIPPLE ROOM**



## MRIDULA (JOLLY) RAJBHANDARI

### TARA ORIENTAL

#### TARA ORIENTAL

LAZIMPAT: Above Lazimpat Cold Store Kathmandu, Nepal

+977-4536315 +977-9851156288

BOUDHA: Inside The Kora, Kathmandu, Nepal.

+977-14914845 / +977-9860838183

Premium, sustainable, and authentic cashmere knitwear and accessories. Designed in New York & London. Handmade by Nepalese artisans.

Tara Oriental is an inter-generational family design house, started in the late 90s when cashmere first boomed. We pioneer in creating intricate designs with a touch of luxury and pride ourselves on creating the finest products mastering cashmere fibers. Precision and attention to detail are present in our craft. Our collections embrace the delicacy of hand-craftsmanship by Nepalese artisans, with the beauty that lies in meticulousness and accuracy. Each purchase empowers women and children in rural villages of Nepal. We work with local organizations to build educational and infrastructural programs for a brighter future. When you buy, you give. 10% of our profit goes towards empowering our community.



## DOUBLE LAYERED SCARF

Soft, luxe, high-quality Printed scarfs 70x200cm & 60x200cm  
100% Baby wool.



## CAPE

Beautiful flowing cape, with light weight, modest warmth, and a luxurious, O/S Size 70% silk / 20% wool /10% cashmere.



## EMBROIDERY SCARF

70x200cm 100% cashmere scarf  
with hand work  
embellishment



## BLANKETS (CRAPE WEAVE)

These blankets offer exceptional insulation while remaining surprisingly light and drapery - ideal for both cool and moderate climates. Size: 225x275 cm 100% cashmere.



## HAT & GLOVES

O/S size, 100% cashmere.



विन बहुउद्देशीय सहकारी संस्था लिमिटेड  
WEAN MULTIPURPOSE CO-OPERATIVE LTD.  
A Women Producers' Marketing Cooperative

## WEAN MULTIPURPOSE COOPERATIVE LTD.

Lagankhel, Mahalaxmishan-15, Lalitpur  
977-1-5444981 / 5427829  
weancop.marketing@gmail.com  
www.weancoop.com

## WEAN MULTIPURPOSE COOPERATIVE LTD. (WEAN COOP)

**I**t is a women initiated multipurpose cooperative registered under the Nepalese Cooperative Act 2047. It is a non-governmental community based organization having a vision of “a trustworthy leading organization engaged in the business of goods and services for the economic empowerment of women.” It is funded on the principles of trust, unity, self-help, and mutual responsibility, we strive to uplift our members by offering tailored services that meet their diverse needs.

### Mission:

Providing timely financial and non-financial services equipped with modern technology for economic, social and professional development of women members.

### Objectives:

- Develop and upgrade skills of women entrepreneurs according to market needs,
- Enhance business skills of potential and existing women entrepreneurs,
- Increase economic opportunities and create awareness among women entrepreneurs, and
- Advocate the roles and right of women entrepreneurs in nation-building.

### Why became a member?

It is open to all Nepalese women from the different food and handicraft sectors. Today, WEAN Coop has 385 women members associated with us and continues to grow, driven by its motto: “Realizing Dreams Together”. Through innovation and collective effort, we promote members' products and services for economic empowerment, transforming lives and communities.

### Products and Services:

- Marketing member's food and handicraft products in local and international market,
- Providing access to savings and easy loans for financial stability and growth,
- Supporting business growth through small loans and entrepreneurial guidance,
- Enhancing skills and knowledge to empower individuals and communities,
- Strengthening local groups to drive positive change and sustainable development.

## ASTHAMANDAL

Asthamandal is formulated using a recipe of highly nutritious indigenous Newari food “Bulu” a traditional healthy soup. It is made from a combination of eight cereals, pulses and nuts, hence the name “Astaha” meaning Eight and “Mandal” meaning Configuration at one place. It has a balanced proportion of carbohydrate, proteins and minerals. It is not fatty and rich in fiber suitable for all ages.

### Navaras Products:

WEAN Coop Food Products:

It includes variety of pickles, chutneys, Lapsi candy, Lapsi titaura, Kwaati, traditional snacks (Furandana), dehydrated health food such as maseura, mungi titaura.



### WEAN Coop Handicraft Products:

It includes hand & machine knit –wears, Dhaka products, Lokta paper products, Wooden products, Felt, Cotton, Pashmina, Silk products, Silver, White metal & Glass bead products, Natural fiber (Allo, Hemp) products etc.





## PREM KUMARI PUN

### CHINARI MAHILA SAJHEDHARI SAMUHA

#### CHINARI MAHILA SAJHEDHARI SAMUHA

9847826498 9849304839

Ghorahi, Dang, Lumbini Province

Prem Kumari Pun, a determined rural entrepreneur from Dang District, owns and operates Chinari Mahila Sajhedhari Samuha, a business rooted in the traditional craft of Allo (Himalayan Nettle) processing. Originally practiced in Rolpa and Rukum as a customary occupation, the craft was on the brink of disappearing. With skills inherited from her mother, Prem Kumari began working with Allo in 2060 B.S. (2003 A.D.) to help preserve and revitalize this valuable indigenous knowledge.

Her business emerged not just from cultural pride, but also from a sense of social responsibility. Witnessing high levels of unemployment in her community—particularly among single women, landless individuals, and conflict survivors—she saw the potential of Allo as a means to create economic opportunities. Each year, Allo grows abundantly in forests only to wither unused. Prem Kumari sought to change that by turning this underutilized resource into organic yarn and sustainable products.

Today, through her enterprise, she not only generates income for herself but also contributes to the local economy and environment. The products are exported abroad, supporting Nepal's foreign exchange earnings while promoting eco-friendly practices. More importantly, her work exemplifies how traditional skills can be harnessed for self-reliance, employment generation, and community empowerment.

Prem Kumari Pun's journey is a testament to how rural women can lead change by honoring their heritage and turning challenges into opportunities.



### ALLO FABRIC

Fabric made from allo (Himalayan nettle). All items are crafted from 100% pure allo fiber, known for its durability, breathability, and sustainable origin rooted in traditional Nepali textiles.



### DHAKA TOPI

Dhaka topi made from a blend of allo, wool, and cotton fabric. This unique combination offers durability, warmth, and a traditional look, showcasing Nepal's rich textile heritage and craftsmanship.



### HAT

A hat (Ravan Cap) made from hemp thread. Handwoven using traditional techniques, it is eco-friendly, breathable, and a unique example of sustainable Nepali craftsmanship.



### WALLET

A wallet (purse) made from hemp thread. It is lightweight, eco-friendly, and showcases traditional, sustainable Nepali craftsmanship.



### SCHOOL BAG

A Ruksa-style bag, also known as a school bag, traditionally handcrafted from allo (Himalayan nettle) fiber. Durable and eco-friendly, it reflects Nepal's rich cultural heritage and sustainable craftsmanship.



## SUNAINA THAKUR

### SUNAINA ART

#### SUNAINA ART

Address: Janakpur Janaki Mandir, Dhanusha

Email: sunainathakur36@gmail.com

Phone (also available on whatsapp): +977-9819812174

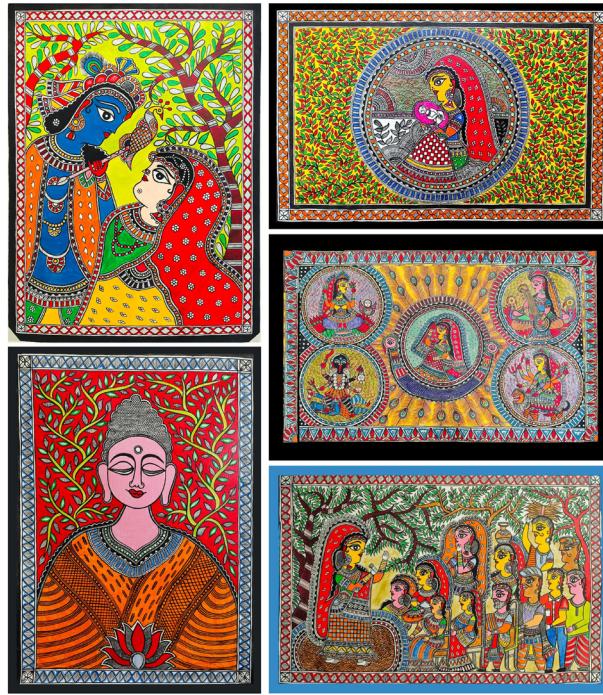
**S**unaina Thakur is a distinguished Mithila artist from a remote village in Nepal, whose passion for art began at the age of 12. Inspired by the traditional paintings on the mud walls of her village, she began competing in school art contests, which sparked a lifelong commitment to Mithila art.

Over the past 25 years, she has emerged as a key figure in preserving and promoting this ancient art form. She has founded two art galleries in Kathmandu and Janakpur (near Janaki Mandir), trained over 300 students across various age groups, and created employment opportunities for 20 staff members through her artistic initiatives.

Her dedication has earned her numerous national and international accolades—including recognition from the USA, Japan, Sri Lanka, India, and Nepal. A recipient of the national art award, she has also judged state-level competitions and conducted international workshops, sharing her expertise on global platforms.

Ms. Thakur's efforts highlight the transformation of Mithila painting from traditional home décor to a celebrated cultural symbol. She emphasizes its narrative depth—rooted in mythology yet evolving with modern expression—and promotes its accessibility through canvas and paper mediums. Janakpur, the former capital of the Mithila Kingdom, remains central to her mission of cultural preservation and innovation.

Through her work, Sunaina Thakur champions the resilience, creativity, and global relevance of Mithila art, ensuring this rich heritage continues to inspire future generations.



Mithila Paintings  
(Name: Krishna Radha, Janani, Buddha, Nari Shakti, women empowerment, leadership)



### PURSE:

This purse is made of jute cloth fabric and decorated with Mithila painting. Color, brush medium used to make it. The fish in the Mithila painting is considered a symbol of good luck. Our housewives, women, school student make with brush by her hand.



### SAREE:

This saree is in paper silk fabric. On this saree, using color medium and brush, I and the women and girls of the village have created auspicious signs in Mithila painting by hand. Mithila painting is especially decorated with fish, peacock, tortoise, lotus, betel leaf and conch shell. All these shapes are considered auspicious.



### KHADI COTTON DUPATTA:

This khadi cotton dupatta is decorated with Mithila painting. Color brush medium is used to make it. Our rural women sisters work on it! They make this picture with their hands in various stories and symbols. The picture made in it is made of fish, peacock, elephant, tree, flower etc. It is a symbol of good luck



## ANJANI CHAUDHARY

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### UPAHAR HANDICRAFTS

#### UPAHAR HANDICRAFTS

Nepalgunj Sub-metropolitan City-1, Banke  
+977-9848029246  
upaharhastakala2079@gmail.com

**U**pahar Handicrafts was established in BS 2079 BS. I am a housewife from the Tharu community. The main objective of establishing this is to introduce the society to the art and craft of our culture by making new art from unused agricultural products from the village and to generate income and develop entrepreneurship among women.

Initially, BS 2076 BS, I received a thatch bag from an organization in Kathmandu that was imported from abroad. I borrowed that bag and learned how it was made. The materials used in that bag were from a wild thatch leaf found in our village. Later, I practiced making new bags from thatch leaves and was successful. When I sent the bag I made back to the same organization, the organization gave me the role of co-trainer to conduct basic training and I learned how to make hats, flower pots and other items from thatch leaves.

After the training, I got more motivated when I made and sold some items myself. Later, I started making and selling flowers from corn husks, banana bark bags, and garlic stalk bags. The FWEAN/WEAN has also helped me a lot in marketing the products I have produced. These organizations have played a very important role in showcasing their products.

With the help of various local government and organizations, I have been teaching women skills to make them self-reliant and helping them to purchase the products they have prepared and market them. Currently, 10 women entrepreneurs are associated with my firm.



### FLOWER

These handcrafted flowers are made from Corn Husks, available in different types



### HOT CASE

Hotcase made from bamboo grass (muj) and wild thatch leaves (kas).



### BANANA BARK BAGS

These beautiful, crafted bags are made from the banana fibers extracted from the barks of banana tree.



### BATCH

Beautiful handmade batch using corn husk

### THAKAL BAG

Thakal bag made from thakal leaves, available in different variations



## NIRU CHAUDHARY

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### THARU HANDICRAFT INDUSTRY

**NIRU CHAUDHARY**

tharu.handycraft@gmail.com

+977-9848178246

**T**haru Handicraft Industry is an enterprise based on the traditional handicrafts of the Tharu community. Operating from Shantinagar, Ward No. 9 of Nepalgunj Sub-Metropolitan City, Banke district in Lumbini Province, this industry primarily focuses on the production of items based on Dhakiya weaving, a traditional Tharu craft. As the products made by this industry are environmentally friendly, their demand has been increasing in recent times.

Utilizing materials like khar (wild grass) and kaas (reed grass) that would otherwise go to waste, the industry produces various items such as roti containers (hot case), pen holders, dustbins, laundry baskets, flower vases, tissue boxes, roti covers, fruit covers, tea mats, plate mats, table mats, plant pot covers, and jewelry boxes. Due to their biodegradable and decomposable nature, these products have gained popularity, and the number of users has also been increasing.

By modifying traditional Tharu crafts and producing them in a commercial way, it has not only promoted Tharu art but also contributed to income generation. Tharu handicrafts have also played a role in reducing the use of plastic products in daily life, thus helping to maintain a cleaner environment.

Products based on Tharu handicrafts are popular not only within Nepal but also among people from various countries around the world.



### LAUNDRY BASKET

Crafted using traditional Tharu skills, the laundry basket is mainly used for storing dirty clothes and other household items. Though similar in shape to a dustbin, it comes with a lid to prevent dust and dirt from entering. Being biodegradable and easily decomposable, it is considered environmentally friendly. For aesthetic appeal, muj and kaas are dyed in different colors and designed with patterns.



### HOT CASE

A modern adaptation of traditional Tharu craft, the hot case is made from muj and kaas to store roti (flatbread). It is crafted in round, oval, or rectangular shapes. A cotton cloth is placed inside to retain heat and softness, and a lid is provided to keep the rotis warm for a longer time.



### COASTER SET



### JEWELRY BOX



### PEN HOLDER

Similar in design to the plastic and fiber pen holders found in the market, this eco-friendly pen holder made from muj and kaas is used to hold pens and pencils. These are decorated with colored and patterned weaves to enhance their visual appeal. They not only help maintain a clean environment but also add beauty to homes, offices, and shops.



## CHANDRA LAXMI PRAJAPATI

### LAXMI HANDICRAFTS

#### LAXMI HANDICRAFTS

+977-9841134052

Laxmi Handicrafts,  
Dekocha, Bhaktapur, Nepal.

Chandra Laxmi's journey began over two decades ago with a simple bag of wool, 2,000 rupees, and an unshakeable passion for stitching, hosiery, and handloom crafts. Growing up in Nepal, Laxmi's love for the craft started in school, where she learned the intricacies of textile arts. What began as a hobby soon blossomed into a thriving business—Laxmi Handicrafts.

With the unwavering support of her husband, Laxmi expanded her business from humble beginnings into a small factory, employing skilled artisans and equipping them with the tools to succeed. Over the years, she has trained more than 500 students, offering them the skills needed to build better futures. For Laxmi, success isn't measured by profits, but by the lives she's helped transform through skillbuilding and empowerment.

Her philosophy is clear: Hard work, passion, and skills are the true foundations of success. Laxmi doesn't believe in donations; she believes in giving people the power to create their own opportunities. Through her involvement with the Federation of Woman Entrepreneurs' Associations of Nepal (FWEAN), she herself got mentors and be able to mentored countless women, showing them that with the right skills, they too can change their lives. Currently, she is working her best to showcase the local Nepali products to the world by exporting her products to different parts of world via their sister project 'Threaded in Nepal'.

Today, Laxmi Handicrafts is more than a business—it's a movement of empowerment and innovation, a testament to the strength of women entrepreneurs. Laxmi's story is proof that with determination and vision, dreams can truly become a reality.

Laxmi Handicrafts: Crafting a Better Future, One Stitch at a Time.



## TRADITIONAL NEWARI ATTIRE WITH JEWELLERIES AND ACCESSORIES

Group of individuals in traditional Nepali and Newari-inspired attire.

- Nepali Dhaka-inspired Makeup Pouch: Intricate Patterns reflecting Nepali Craftsmanship
- Newari Dress-inspired Box: Bold Design with red and Black accents
- Elegant hair accessories with golden pins, enhancing cultural heritage
- Vibrant red and black fabrics complementing the accessories



## HANDMADE LOKTA BOX AND NOTEBOOK

Store with Style and Tradition – our handmade Nepali Lokta Paper Box, Notebook and Many other Creative Items.

Features:

- Crafted from Lokta Paper: A sustainable and eco-friendly choice.
- Handmade Design: Showcasing authentic Nepali Craftsmanship
- Sustainably Sourced: Supports local artisans and the environment

A timeless piece of Nepali Heritage for your home

## NEPALI APRON:

Elevate your culinary with our culturally inspired apron!

Features:

- Fabric Design: Showcasing the rich heritage of Nepal
- Waterproof Material: Keeps you clean and dry while cooking or crafting
- Functional Pockets: Perfect for holding your kitchen tools or essentials
- Adjustable straps: Ensures a comfortable fit for everyone

A blend of traditional and functionality for your everyday tasks!



## MAKEUP/TRAVEL/COIN POUCH

Keep it all together with our spacious Nepali-inspired essential pouch!

Feature:

- Authentic Nepali Fabric: Adds a vibrant cultural touch to your essentials.
- Extra-Large Capacity: Perfect for makeup, toiletries, or travel must-haves
- Water-resistant lining: Keeps your items safe from spills
- Handmade with love: Supporting skilled local artisans

A stylish blend of tradition and functionality for your everyday needs!



## MULTIPURPOSE THROW/WRAP/BLANKET

Wrap Yourself in comfort and culture with our multipurpose Nepali throw!

Features:

- Inspired by Nepali Heritage: Unique patterns for a touch of tradition
- Versatile Use: Perfect as a blanket, sofa throw, or decorative piece
- Soft and durable: handwoven by skilled artisans for long lasting comfort

The perfect blend of style, function, and tradition for any space!



## MAYA GURUNG

### CHANDAN (CARDAMOM) FIBER INDUSTRY

#### CHANDAN – CARDAMOM FIBER INDUSTRY, TAPLEJUNG

Phungling Municipality, Ward No. 2  
Proprietor: Prof. Maya Gurung

**C**handan (Cardamom) Fiber Industry was registered at the Office of the Cottage and Small Industries Development Committee in the remote and far-flung district of Taplejung, the easternmost district of Nepal, on 2068/10/22 B.S., and later registered at the Chamber of Commerce and Industry on 2076/05/12 B.S.

In the initial years after registration, it was difficult for me to make people recognize that these were handmade products woven from cardamom fiber. But now, many people have started using them and have understood their value. People have realized that products woven from cardamom fiber are very good, beautiful, strong, durable, and resistant to sun and rain.

There are about 50–60 items made from cardamom husk. Among them, the products we have successfully produced include: gents' and ladies' purses, bags, door mats, room mats, yoga mats, tea mats, hot mats, baskets, place mats, table mats, bed runners, round mats, menu covers, bill covers, etc. In Taplejung district, this is the only industry producing such items, established by Proprietor Maya Gurung.

Cardamom fiber is stronger and healthier than other natural fibers, making products durable, weather-resistant, easy to clean, non-toxic, and colorfast. Ideal for household and kitchen use, it also offers health benefits when used in mats for sitting or sleeping.

We provide, handmade products made from cardamom fiber. We also provide orientation programs and skill development training based on cardamom. Your small purchase will help contribute to the economic upliftment of rural women.



### HANDBAG

made from cardamom husk, leather, cloth, and thread.



### PEN HOLDER

made from cardamom husk with babiyo inside.



### ROUND MAT

made from cardamom husk weaving, with babiyo (a local grass) inside.



### LADIES' PURSE & GENTS' PURSE

made from cardamom husk, thread, leather, and handwoven Nepali cloth.



### PLACE MAT

woven with thread and cardamom husk.



## ROMI POUDEL KOIRALA

WEAN ILAM

### ROMI POUDEL KOIRALA,

Romi Poudel Koirala,  
President of WEAN ILAM  
Deurali Tourist Information & Tea Tasting Centre,  
Shuva Varities (Kosheli Ghar ),  
Contact: 9817034386/9763505612

I began my journey with a simple idea and a determined heart, guided by the belief: "Work Together, Win Together." With the support of FWEAN, I've been able to turn that belief into reality.

I was born on 18 December 1981 in Rangeli, a small village in Biratnagar, Nepal. Growing up near the Indian border, I witnessed how easily available and affordable Indian goods were compared to our own. That visual sparked a question in me:

"What if we produced here in Nepal and turned it into an import-export opportunity?" We had resources, manpower, and raw materials — we just needed the right promotion.

At 26, I married Manoj Koirala, who shared my vision and encouraged me to bring it to life. After marriage, we moved abroad for his studies, leaving our one-year-old child behind. During our four years overseas, we worked, learned, and embraced new ideas. Despite the opportunities we had abroad we returned back to our place with a motive of doing something in our motherland itself. After returning Manoj left his job, and together, we launched a business in Ilam, promoting local, organic, homemade goods.

We sold the products from local and hard-earned retailers. While the products were appreciated for being organic, natural and having real taste, poor packaging became a barrier for international sales. So, we trained local retailers in proper packaging and export techniques. Our market grew - but tourists wanted more. They wanted to learn and taste tea before buying.

That led to the creation of Ilam's first tourist information & tea tasting center - "Deurali Tourist Information & Tea Tasting Centre, which was free of cost for everybody. I dove deeper into tea research and shared the story and flavor of our teas with travelers. It became a hit, building us a global presence and allowing us to begin international shipping.

With a shared vision and unwavering support from my husband, my dream turned into a thriving reality empowering local producers, showcasing Ilam's potential and the richness it beholds.



## HANDMADE WOODEN PRODUCTS BY PRISONERS

I also supported the creation and sale of handmade wooden items by prisoners, providing them with a meaningful way to contribute while serving their sentences. The income from these products supported their families and gave them a sense of purpose and dignity. Bringing these items to local and international customers showed that even small acts of commerce can have a profound social impact, creating hope and stability for vulnerable families.



## PROMOTION OF LOCAL MILK PRODUCTS AND DHAKA ITEMS

I championed Ilam's organic ghee and Dhaka handwoven textiles, crafted by the talented women of the region. By bringing these authentic products to a wider market, I helped create sustainable income opportunities for local farmers and artisans. This initiative celebrated their craftsmanship, empowered women financially, and strengthened the local economy by giving true value to Nepal's own heritage products.



## TEA RESEARCH & KNOWLEDGE SHARING

I devoted myself to researching local teas, exploring their varieties, distinctive flavors, and health benefits. By sharing this knowledge with visitors, producers, and international buyers, I helped elevate the recognition of Ilam's tea on a global platform. This work created opportunities for export, strengthened Nepal's tea identity worldwide, and celebrated the region's cultural and agricultural richness.



## TOURIST INFORMATION CENTRE:

Understanding that visitors wanted to connect deeply with Ilam, I established the region's first Tourist Information Centre, offering free guidance on attractions, local culture, and artisanal products. This center became a welcoming space where travelers could learn, explore, and immerse themselves in the richness of Ilam. It encouraged longer stays, increased tourism engagement, and strengthened the community's connection with visitors.



## NAZIA BANO

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### AASRA MANUFACTURE

#### AASRA MANUFACTURE

Nepalgunj -04, New Road, Banke  
Cell: +977 9824518615  
Email: anaya.sar11@gmail.com

**N**azia Bano was born in 1987 AD (B.S. 2044) into a family engaged in the cosmetics and beauty accessory business.

From an early age, she displayed a keen artistic interest. By the age of 12, she had already begun working with board, glass, and lace painting. At 13, she embroidered her own kurta, earning praise from her family and neighbors. This recognition sparked a dream in her heart to become a fashion designer. Unfortunately, due to financial crisis and social boundaries, her dream was shattered.

At 16, Nazia entered into an inter-caste marriage, taking on the responsibility of supporting a family. To make ends meet, she began crafting and selling dresses and dolls. Later, she participated in a sewing and tailoring training program, which sharpened her skills. For three years, she stitched children's bhozo (traditional vests), and later moved on to stitching sandal uppers. Despite her hard work, her income was insufficient, prompting her to seek employment abroad.

She moved to Dubai, where she worked as a saleslady in a clothing production company. Though the income was better, the emotional toll of being away from her children and missing their formative years led her to return to Nepal after four years. She settled in Kathmandu with her family.

While searching for work, Nazia visited a bridal accessory shop in Indra Chowk, Kathmandu. Observing the products closely, she realized she could make similar items herself. After discussing with the shop owner, she received her first order for sindoor cover (bridal forehead ornament). Starting with a group of 20 women, she began small-scale production. Over the next three years, she learned to make various bridal items and steadily expanded her business, at one point employing over 100 women.

However, her main client eventually closed their business, creating a major setback. Undeterred, Nazia relocated to Nepalgunj, where her parents and sister lived, and established a manufacturing unit named "Aasra Manufacture."

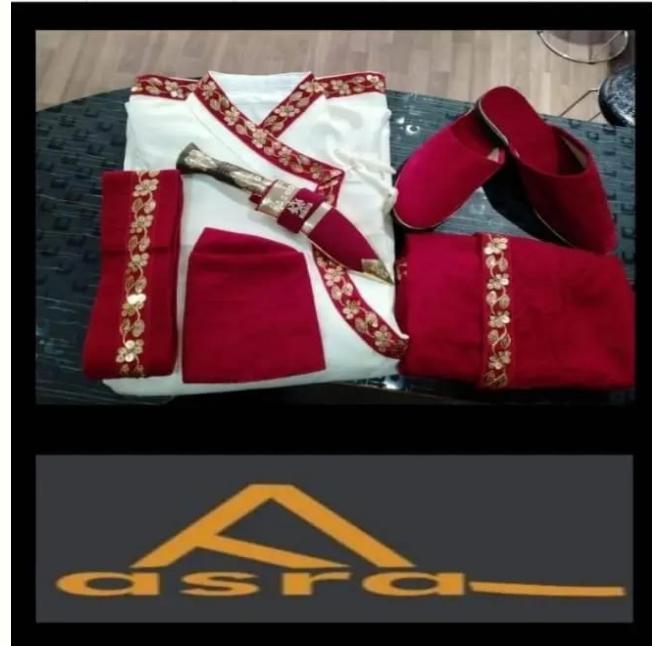
Tragically, due to a severe illness in 2019, she had to shut down the factory and suffered significant financial losses.

Nazia did not give up. In 2021, with a renewed spirit,

she restarted her business with an investment of 5 lakh rupees.

Today, alongside her husband, she successfully operates a showroom and production unit near the Bageshwari Temple in Nepalganj's New Road. The couple is self-employed and has created employment opportunities for over 20 others.

Currently, Nazia's products; ranging from bridal dresses to outfits for baby rice-feeding ceremonies (pasni), bratabandha (coming-of-age rituals), Arabic dresses, and more are sold not only in Nepalganj. Her sales extended in Butwal, Lamahi, Tulsipur, Birendranagar, and Dhangadhi in Nepal, and also exported to international markets including India, the USA, Australia, Canada, and the UK. She is a testament to resilience, determination, and the entrepreneurial spirit, a true inspiration for aspiring women entrepreneurs.



## ABAYA DESIGN SUIT

Fabric type: Uper top jeorjat

Bottom: Crepesilk

Hand Embroidery Work

Material Used: Light Golden Nakshi, Katdana, Black Colour Resam Threads, Golden Resam Threads and Kasab



## GEETA AMATYA

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### PRESIDENT, WEAN NUWAKOT

#### GEETA AMATYA

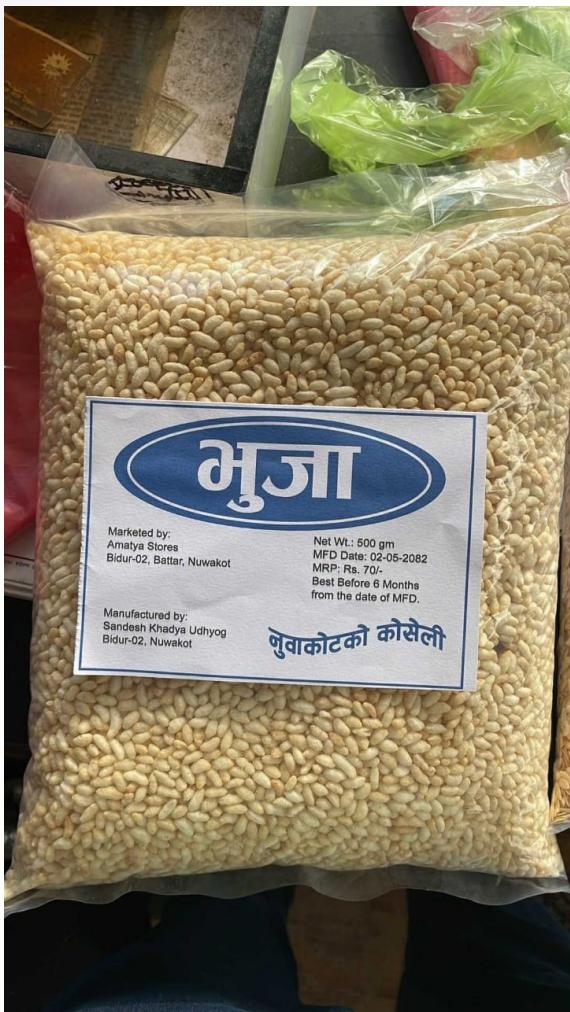
President, WEAN Nuwakot  
Bidur, Nuwakot  
[gitaamatyabattar@gmail.com](mailto:gitaamatyabattar@gmail.com)  
9851176783

The Women Entrepreneurs' Association of Nepal (WEAN) Nuwakot was established in 2020 (2077 B.S.) under the broader vision of the Federation of Women Entrepreneurs' Associations of Nepal (FWEAN). Aligned with FWEAN's mission to promote women's socio-economic empowerment, WEAN Nuwakot was founded with the objective of fostering entrepreneurship development and supporting women-led enterprises in the district. The association has been playing a vital role in encouraging local women to explore business opportunities, enhance their skills, and strengthen their financial independence.

Currently chaired by Ms. Gita Amatya, WEAN Nuwakot has been supporting women entrepreneurs across diverse sectors. The members are actively engaged in agriculture-based enterprises, handicrafts, food processing, livestock farming, and small-scale trading. Many women produce organic vegetables, dairy products, honey, spices, and traditional pickles that have gained recognition in local markets. Others are involved in tailoring, weaving, handmade crafts, and sustainable household goods that not only preserve local culture but also create new income opportunities.

In addition to production, the association helps women improve business management, digital skills, and market linkages. By organizing capacity-building programs, exhibitions, and networking opportunities, WEAN Nuwakot ensures that women entrepreneurs can showcase their products and access wider markets. It also emphasizes collaboration, solidarity, and the use of modern tools to adapt to changing business environments.

Through these efforts, WEAN Nuwakot continues to serve as a platform for women entrepreneurs, empowering them to contribute to the economic growth of Nuwakot while building resilient, sustainable businesses.



## BHUJA (PUFFED RICE)

Bhuja, or puffed rice, is another authentic product of Nuwakot. Traditionally roasted, it carries a natural crunch and aroma without any artificial processing, making it both tasty and easy to digest. Rich in carbohydrates, fiber, and protein, it is a healthy snack as well as a cultural delicacy.

Locally produced with skill and effort, Bhuja symbolizes self-reliance and authenticity. Known as a true "Souvenir of Nuwakot," its unique flavor preserves tradition while standing out in today's market. More than just a simple snack, Bhuja is a treasured identity of Nuwakot.



## RED CHIURA (BEATEN RICE)

Red Chiura, or beaten rice, is an authentic product of Nuwakot, rich in fiber, iron, and calcium. Prepared with care and quality on local land, it is not only delicious but also a symbol of self-reliance and tradition. Perfect for breakfast, festivals, or welcoming guests, this "Souvenir of Nuwakot" is healthier and tastier than imported varieties. With its authenticity and unique taste, Red Chiura proudly represents Nuwakot's heritage in the market.



## TURMERIC

Grown organically in the fertile soils of Nuwakot, this turmeric is naturally rich in curcumin, offering vibrant color, strong flavor, and potent health benefits. Free from chemicals and pesticides, it is perfect for cooking, herbal remedies, and wellness practices.



## TROUT FISH

Freshwater trout from Nuwakot is prized for its delicate flavor, tender texture, and high nutritional value. Raised in clean, cold-water streams, it is rich in protein and omega-3 fatty acids, making it a healthy and delicious choice for local cuisine and gourmet dishes.



## **PADMASANA SHAKYA**

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### **MANUSHI PVT. LTD.**

#### **MANUSHI PVT. LTD.**

4-Nakhkhu, Lalitpur, Nepal

Tel: 977-1-5185350/5185360

E-mail: [manushi@mail.com.np](mailto:manushi@mail.com.np)

URL: <https://www.manushiarts.com>

**M**anushi is a non-profit Fair Trade Organization established in 1991 by a group of committed professionals led by Ms. Padmasana Shakya. Founded with the goal of uplifting poor and marginalized women, Manushi has worked tirelessly to promote gender equality, sustainable development, and economic empowerment. Its core mission is to improve the quality of life of disadvantaged producers, particularly women, through income generation, training, and skill development. By integrating fair trade principles into its approach, Manushi enables women to become confident, creative, and effective agents of change.

Over the past three decades, Manushi has provided entrepreneurship skill to thousands of women producers in Nepal and more than 1500 producers are associated with Manushi, especially in the craft sector. In addition to providing skills and employment opportunities, it also operates microcredit programs that benefit over 34,000 women in all over Nepal. Manushi has earned national and international recognition for its innovative and inclusive development model.

Ms. Padmasana Shakya, the founder and Chairperson of Manushi, is a respected leader in the field of women's empowerment. With a Master's degree in Economics, she has been a tireless advocate for marginalized women for over three decades. Her leadership and dedication have earned her several prestigious awards, including the Gorkha Dakshin Bahu, the Priyadarshani Award. In recognition of her entrepreneurial success and export excellence, she has also received multiple Best Exporter and Outstanding Entrepreneur awards over the years. Ms. Shakya continues to lead Manushi with a vision of building a just and inclusive society where all women have equal opportunities to thrive socially and economically.



Beautiful tie-dyed bed sheet in Floral pattern. This bed sheet is handwoven from cotton yarns and the pattern's are tied and dyed by hand in chemical azo-free colours. These tie-dyed are drafted by women, which are suitable and comfortable in all weathers. It can ensure you sound sleep.  
Size: L.250 cm x 220 cm



This Bathrobe is tied and dyed by hand. Its material is 100% Cotton. The exciting patterns of the tie-dye will make you look more unique and elegant. This robe is of freesize and can be made according to customer preference in colour as well as size.  
Size: Free Size



This symmetric dress is tied and dyed by hand. Its material is 100% Cotton. This dress is chemically azo-free dyed in heena green colour. The tie-dye pattern in the dress will give you stylish and graceful effect. According to the customer preference's, we can dye in preferred color and customized size.  
Size: Free Size



This Tiedye Summer Storm Cushion is chemically azo-free dyed by hand. It is made in 100% Cotton fabric. This handmade cushion can be a good decoration for your home and office.

Size: 50 x 50 cm



This handwoven woolen shawl is super warm and soft to wrap up yourselves during Winter. You can wear these shawl with any of your outfit.  
Size 68 x 200 cm



## MANILA SHRESTHA

### PIECES & PATTERNS

#### PIECES & PATTERNS

Kumaripati, Lalitpur

Email: [subodhmanila@gmail.com](mailto:subodhmanila@gmail.com)

Phone: 9851188021

**M**y entrepreneurial journey began on Asar 15, 2071, from a small room in my home. Back then, I was working as a vice principal at a kindergarten. But in my heart, I always carried a dream to create something meaningful, something that was truly my own.

One of the strongest voices that guided me was my grandmother's. She used to say, "Never depend on someone else for your income." Those words stayed with me and pushed me to begin. I started with just one apron and a potholder, made by skilled local artisans. Slowly, I added cushion covers, bed sheets, table mats, hot dish mats, and eventually, Dhaka clothing like kurtis and cotton-linen pants.

There were moments when I wanted to give up. The 2015 earthquake left everything shaken, and COVID-19 made the world pause. But I chose to hold on. Day by day, order by order, that small room turned into a showroom in Kumaripati, 11 years of quiet perseverance.

What makes Pieces & Patterns different is that we don't believe in mass production. We believe in thoughtful customization. Every home is different, every person unique; so, we offer pieces that reflect your color palette, your style, and your story. Whether it's a set of Dhaka cushion covers that match your living room, or a kurti tailored to your fit, we listen, we personalize, and we deliver.

I have had the honor of showcasing our work at exhibitions like the FWEAN International Women's Trade Expo (2017), Nepal Women's Chamber Trade Fair (2021), and the Entrepreneur Women Fair (2022). These exhibitions gave me visibility which helped me understand how to grow and improve.



## POT HOLDER & APRON

Crafted from durable Nepali cotton, our pot holders and aprons are practical kitchen essentials with a personalized touch. These items are fully customizable in fabric, color, and size; designed to blend beauty and everyday use with comfort and tradition.



## CUSHION COVERS

Our cushion covers are made using Dhaka, BTC, Nepali cotton, or your preferred fabrics, adding a traditional touch to your home. Each piece is customizable by size, fabric, and design, and we also provide custom cushions if needed all tailored to match your home décor style.



## FRIDGE HANDLE COVER

Made from Nepali cotton, our fridge handle covers protect your appliance from stains and frequent use while adding a decorative touch. Each cover is custom-made to fit your fridge handle size, combining functionality with a touch of local craftsmanship.



## HOT BAG COVER

Our Hot Bag Covers are crafted from BTC fabric, adding a soft Nepali touch to a winter essential. Not only do they keep your hot bag warm for longer, but they also protect your skin from direct heat. Each cover can be customized to fit any hot bag size, blending tradition with comfort.



## BABY CLOTHES (PASNI COLLECTION)

Our Pasni collection features beautifully designed baby outfits, mainly crafted with traditional Dhaka fabric. We offer full customization in any size, fabric, or design of your choice. Outfits can be tailored for any age group, making each piece personal and unique to your celebration.



## KREETIKA PRADHAN

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### KREEATIVE CANVAS

#### KREEATIVE CANVAS

9843195837

pradhankreetika@gmail.com

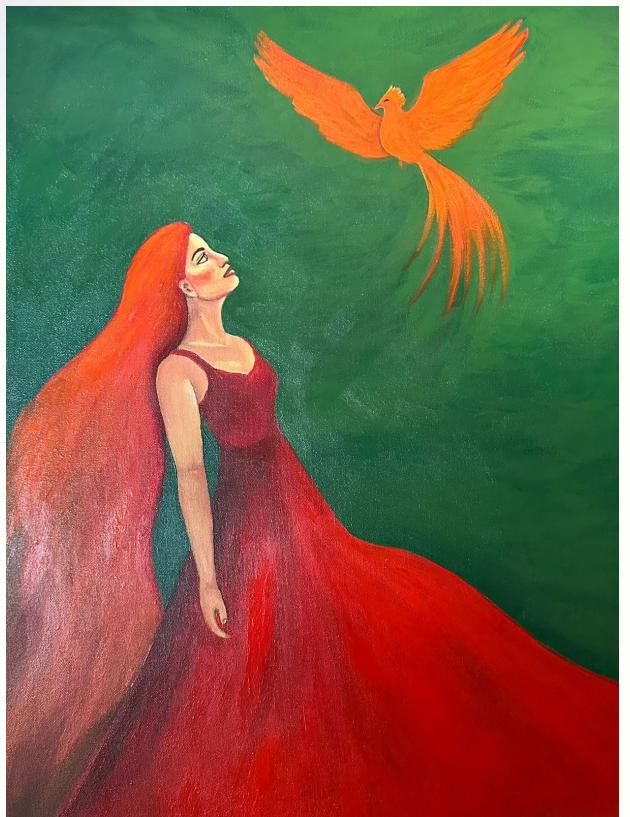
**I** don't remember the first time I held a brush—only that it felt more like a key than a tool. Back in school, while others memorized maps, I redrew them, creating imagined rivers and forgotten borders.

My studio hums with creativity, a space where I am surrounded by canvases, paints, and endless possibilities. I'm lost in the process of creating my latest piece—a vibrant blend of lilies and soaring birds. The lilies, fragile yet strong, symbolize motherhood and resilience, while the birds represent freedom, love, and rebirth.

For me, art has always been more than beauty — it's about transformation. Each brushstroke holds deeper meaning. I paint not just what I see, but what I feel: the delicate balance between fragility and strength, the quiet power of women, and the energy of constant renewal. Yet, despite the progress, something still feels missing. The birds feel restrained. The lilies, still.

Then, one afternoon, I remember my mother's words: "Art is about what you cannot see, what lies beneath the surface." This truth unlocks something within me. The bird on the canvas no longer hovers; it soars, wings fully spread, embodying the freedom I long for. The lilies bloom with a new intensity—both a memory and a renewal.

In that moment, I realize: my art, like my journey, is a continuous act of rebirth—of love, freedom, and transformation.



The girl



Mandala



Black and white



Patterns of Life



Cupid and Psyche after Francois Gerard



## DOLMA LAMA

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### THE CREST CLUB

#### THE CREST CLUB

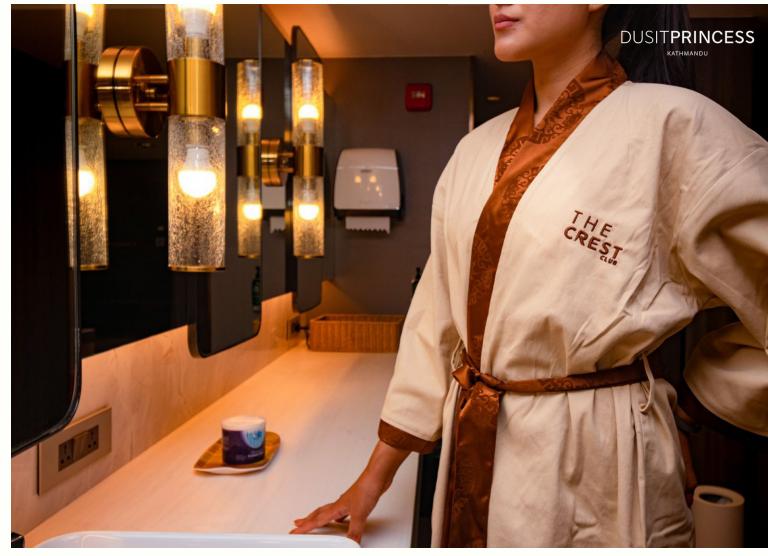
Lazimpat, Kathmandu (inside the premises of Dusit Princess)  
+977 9802352729, +977 9802352728

Crest Wellness & Fitness in Lazimpat, Kathmandu—led by Dolma Lama—is where wellness meets Nepali heritage. Enjoy rejuvenating spa treatments using Himalayan salts and essential oils, work out in a scenic 1,900 sq ft gym with classes and personal training, and explore a gift shop filled with handwoven pashmina-silk shawls and artisanal carpets. Crest's mission—“To empower people to live well, feel well, and become stronger every day”—guides every thoughtful, transformative experience.



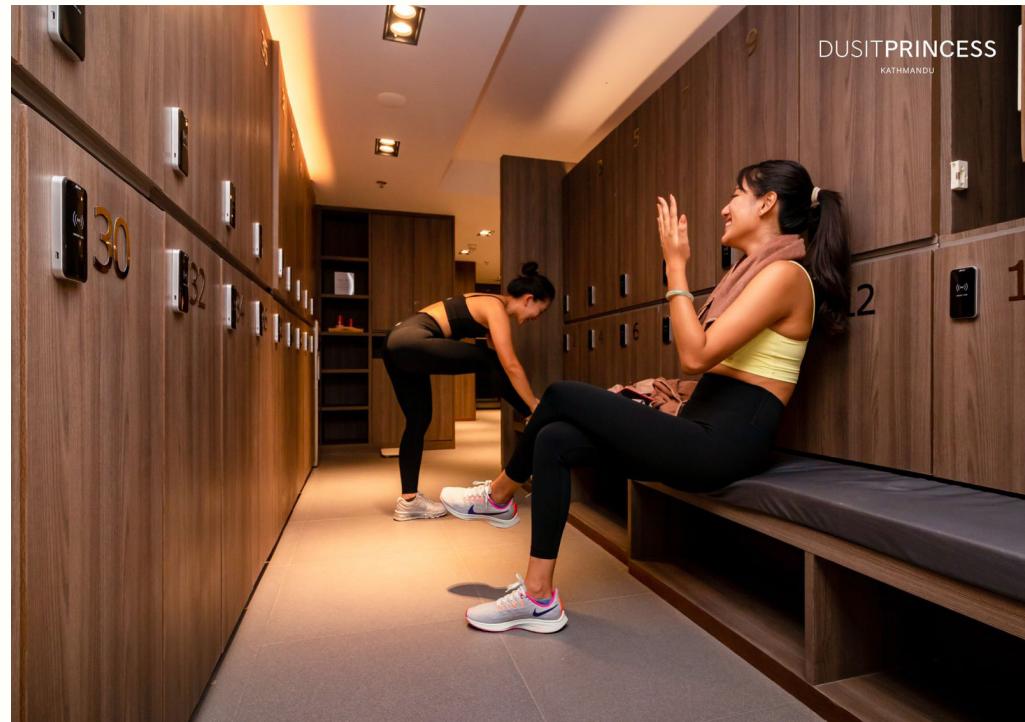
## CREST SPA

Located in 3rd Level: Immerse yourself in tranquility, where our signature therapies are designed to calm your mind, rejuvenate your body, and awaken your senses and refresh your body, mind, and spirit.



## STEAM & SAUNA

11th Level: Elevate your wellness with our dedicated steam and sauna wet area—designed to detoxify, relax, and rejuvenate in a serene, private setting.



## CREST CLUB

Fitness Zone located in 11 Level: Our 1900 sq. ft. Gym blends modern equipment, energizing classes to inspire strength and vitality. Training to help you feel stronger every day.



## GIFT SHOP G LEVEL

Explore Nepali artistry from handwoven carpets and luxurious pashmina shawls to curated wellness treasures that celebrate heritage and craftsmanship.



## RINU BAJRACHARYA

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### PLATINUM HOLIDAYS PVT. LTD.

#### PLATINUM HOLIDAYS PVT. LTD.

Gairidhara, Kathmandu, Nepal

Platinumholidays.info@gmail.com

9767983078 | 9813070786 | 9767983079 | 014541603

**P**latinum Holidays Pvt. Ltd. — established in 2012 and proudly based in Kathmandu, Nepal — is one of the country's most trusted and professional travel brands. Renowned for excellence in inbound and outbound tours, international & domestic ticketing, and visa assistance services, the company is dedicated to crafting seamless travel experiences for both leisure and corporate clients.

With over 15 years of experience, Managing Director Mrs. Rinu Bajracharya leads the company with passion, vision, and a commitment to quality service. Under her dynamic leadership, Platinum Holidays has become synonymous with integrity, innovation, and personalized travel solutions.

Specializing in unforgettable journeys to Europe, the United Kingdom, Canada, Australia, New Zealand, South Korea, Japan, Thailand, Malaysia, Singapore, Dubai, Indonesia, Vietnam, the Maldives, and beyond — Platinum Holidays offers luxury tours, honeymoon getaways, family holidays, educational trips, and adventure experiences.

Backed by a team of seasoned professionals, the company delivers fully customized travel packages tailored to each traveler's interests, budget, and schedule — complete with competitive pricing, smooth documentation, and 24/7 customer support.

For those who dream of discovering the world, Platinum Holidays is the perfect companion — driven by its mission to "turn your travel dreams into reality through honest and heartfelt Nepali hospitality."



Thailand Corporate Group



Dubai Corporate Group



Japan Tour group



Thailand Mice group



Australia 12 Night 13 Days Tour



## TITTOFRITTO FOODS

Sanobharyang, Kathmandu-15  
Phone: +9779813873780  
Email: tittofrittofoods@gmail.com  
Website: [www.tittofritto.com](http://www.tittofritto.com)  
Instagram: @tittofrittofoods

## ARUNIMA SHRESTHA & URUSHA SHRESTHA

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### TITTOFRITTO FOODS

**T**ittofritto Foods is a food processing company established in 2017 and registered under the Department of Food Technology and Quality Control (DFTQC). Our mission is to revolutionize Nepal's agro-food processing sector by utilizing fresh, locally sourced agricultural produce and transforming them into healthy, nutritious, and convenient pre-processed food products for both individual and commercial kitchens.

Started with artisanal handcrafted chocolates made in a small home kitchen, Tittofritto has made remarkable strides toward becoming a well-equipped, integrated manufacturing facility and becoming a homely and trustworthy brand. Our operations are backed by stringent quality standards, continuous research, and technical expertise.

Over the years, we have developed our products through extensive research and testing. Today, Tittofritto Foods proudly offers a diverse range of items under two well-known and widely loved brands:

- **All Natural** — known for its Ginger Paste, Garlic Paste, Lapsy Paste, Lapsy Powder, and Immunity Booster Kadha. These products are celebrated for their authentic, homely flavours with natural goodness.

- **Tops** — famous for its iconic Lapsy Candies, a nostalgic favourite among Nepali customers around the world. With a legacy of over 45 years, this brand continues to bring joy to customers in every nook and corner of the globe.

At the heart of our journey lies our commitment to crafting food products that retain the original taste and nutritional benefits of raw agricultural ingredients. By promoting 100% natural ingredients, Tittofritto uses natural preservation methods to deliver shelf-stable, naturally durable products — without the use of excessive harmful or toxic chemicals.

Tittofritto Foods stands out for its uncompromising quality and dedication to consumer well-being and this has earned Tittofritto strong customer satisfaction, brand loyalty, positive word-of-mouth.



## GINGER-GARLIC PASTE

- Authentic, Homemade and Pure Nepali Flavour: Crafted to deliver the authentic taste Nepali consumers value — just like it's made at home in a traditional grinder.
- 100% Fresh Ingredients: Made exclusively from fresh ginger rhizomes and garlic cloves. Unlike many brands that use leftovers, powders, or low-quality by-products, we source only premium, whole ingredients.
- No Added Water: Our paste contains 0% added water, ensuring purity and longevity.
- No Artificial Colours or Flavours: The natural variation in raw materials means the paste's colour may vary slightly from batch to batch — a sign of authenticity, not inconsistency.
- Minimal, Food-Grade Preservatives: While most market products are loaded with harsh chemicals and taste unnaturally sour or slimy, we use only natural, food-grade preservatives in minimal quantities — just enough to ensure safety and stability without compromising flavour.
- No Gums, Stabilizers, or Bulking Agents: We don't use any thickeners or fillers. What you get is pure paste — nothing more, nothing less.
- Naturally Preserved: Uses natural preservation technology to maintain a shelf-stable, naturally durable product that stays true to its original quality.

#MAUdhayami



## LAPSY PULP, POWDER AND CANDIES

- Lapsy is a highly nutritious fruit with multiple health benefits and is an all-time favourite among Nepalese people of all ages.
- All Natural Lapsy Paste is made from 100% pure lapsy peel and 0% added water — making it the first of its kind in the Nepalese market.
- All Natural Lapsy Powder is made from ripe lapsy peels and delivers the perfect sourness essential in pickles and traditional dishes across Nepal. It's ideal for quick, easy, and delicious preparation of pickles, sauces, and other recipes.
- Tops Lapsy Candy is a nostalgic, much-loved Nepali snack that is rich in Vitamin C and high in healthy calories, making it a great source of instant energy, especially during trekking or travel.
- All lapsy products are premium in quality and offer the same nutrition and health benefits as the fresh fruit.
- Produced through a strictly hygienic and quality-controlled manufacturing process to ensure safety, freshness, and purity in every bite.



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## ALPANA RAJBHANDARY

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### YEDDA CO.

#### YEDDA CO.

Business Location: Tokha, Kathmandu  
+977-9849286495  
alpana.rajbhandary@gmail.com

The underlying belief of Yedda Co. is comfort with style. At present we have stylish, pure cotton bedsheets which are screen printed in Nepal as well as cushion covers with locally sourced fabric. Initially known as Yedda Nepal, the brand has been providing Nepali customers with pure cotton home décor products since 2016. The concept is simple – to create comfortable but beautiful bedsheets and other home décor items with the raw materials produced in Nepal. Originally, Yedda focused on heavy cotton produced in Lubhu, Patan. Over time, the company has shifted to incorporate artisanal screen-printed sheets that are both relaxing and tasteful.

Since 2025, the Yedda Nepal has rebranded to Yedda Co. This is because the brand has recently launched children's apparel and plans to launch a capsule collection for adults as well, which will be gender and size inclusive. In the future, the brand will have selected product lines, from home décor to apparel, particularly focused on the fabric and most importantly, comfort.

Alpana Rajbhandary is a sole proprietor and the founder of Yedda Co. While her background has been focused as an educator and an exceptional homemaker for most of her formative years, she always wanted to enter the Nepali handicraft industry. This led her to research and build Yedda from scratch, her primary goal centered around utilizing Nepali fabric for home décor. Her journey has taken her to finding creative ways to showcase the heavy Nepali cotton that can be crafted into bedsheets, pillow covers, cushion covers, aprons and potholders for one's home. Additionally, she is an active member of the Federation of Woman Entrepreneurs' Associations of Nepal (FWEAN). FWEAN has been an integral part of her journey. The organization provided her with the confidence and the network to launch her small business, and it has been a love story that will last a lifetime.



Apron & Pot Holder



Cushion Cover



Bedsheets



Yedda Apparel

## YEDDA APPAREL – KIDS AND ADULTS

Yedda's ethos of using pure cotton goodness for its consumers is a major reason for its expansion into kids' apparel. This also led to an increasing demand for adult's clothing. While the fabric sourced is not Nepali, the craftsmanship is. The goal is to create small capsule collections for both children's, women's and men's wear. This summer was all about coord sets in lovely, breathable cotton and linen – and the response has been phenomenal. The brand plans to research and create apparel from Nepali fabrics in the future. Apart from the fabric, a core focus of the brand will be on working with Nepali designers, tailors and local artisans who have the skills, knowledge and expertise to craft cool and exclusive pieces for Yedda's collection. The goal is to collaborate with our local artisans, to design and create together.

## YEDDA CO.'S PRODUCTS

**Bedsheets and cushion cover which are pure cotton love:** Screen printed bedsheets on heavy Nepali cotton, which is both comfortable and eclectic. Truly artisanal, as these screen prints require a certain level of finesse and craftsmanship.

The cushion covers are crafted from "gheri" fabric, which is both sturdy and unique.

**Waterproof aprons and potholders:** As a homemaker, the struggle to keep one's attire spotless in the kitchen is real. Add to this, it seems that potholders tend to keep going missing! Additionally, while the market is saturated with both these products, the biggest challenge has been finding good quality aprons and potholders that do not disintegrate within a few uses. Keeping this in mind, Yedda Co.'s kitchen collection is designed to endure rough use, while still being stylish. It also helps that the aprons are designed to be waterproof – so wash away those dishes without worrying about your clothes!



## **TARA BASKOTA**

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### **BASKOTA GROUP OF INDUSTRIES**

#### **BASKOTA GROUP OF INDUSTRIES PVT. LTD.**

Baneshwor, Kathmandu , Nepal

baskotagroup@gmail.com/ info@baskotagroup.com

977-9851067508 / 977-9860309789

**B**askota Group of Industries, founded under the guidance of Mr. Deepak Prakash Baskota, is Nepal's foremost private sector enterprise to focus on the marketing of organic and natural agricultural products. Mr. Baskota's sixty plus years of contributions to the organic movement, the cooperative movement, and his numerous social initiatives have had a large, positive impact on the community. While he is credited with bringing the cooperative revolution to Nepal, his Kanchanjangha Tea Estate and Research Center (KTERC) is a premier example of his cooperative vision in action. Every worker has a stake in the company and their families are supported by social projects and subsidies KTERC provides along with the donation of many generous international buyers who believe in this system. Baskota Group has its headquarters in Kathmandu, Nepal. The products we offer include, but are not limited to: tea, coffee, spices, juices, and other agricultural products. Baskota Group operates with the objective of providing high quality products that are locally produced and our ultimate goal is to help farmers obtain higher profits by allowing them to bypass a "middleman". To achieve this goal, Baskota Group works directly and exclusively with companies like Kanchanjangha Tea Estate and Research Center, the first certified organic tea estate in Nepal owned and operated by the farmers, to bring organic produce directly to the customer.

## GREEN TEA:

KTE tea is the first certified organic tea garden in Nepal. Experience the rich and smooth flavors of green tea brought to you by the Kanchanjangha tea estate and research center (KTERC), the first organic certified tea garden in Nepal. The tea is organically grown in a chemical free environment from the foothills of Mt. Kanchanjangha. It is not only nourished by the soft breeze of the Himalayas but is also hand picked by our local farmers with care. Since, green tea is the least processed amongst teas, the preserved medicinal components promote health and well-being.

## KANCHANJANGHA NOIR

A premium black tea with a deep and vibrant reddish brown infusion, which has a distinct brisk flavor.

## KUMARI GOLD TEA

Kumari Gold is highest quality of black tea which is rich in anti-oxidant made with one leaf and bud. Our teas are award winning.

## WHITE PRAKASH TEA

White Prakash is the highest quality of white tea. It is rich in anti-oxidant made with one leaf and bud. A white tea made only from the finest tea buds. Subtle and smooth with hints of floral aromas flavors. Award winning tea.

## BLENDED TEA

Blended teas are handcrafted in Nepal using a variety of natural herbs and spices sourced from different parts of the country.



Chamomile Tea



Moon Cycle Tea



Organic Green Tea



Nepali Breakfast (Black Tea)



## VIDUSHI RANA

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### GOLDSTAR STRIDE LIMITED

#### **GOLDSTAR STRIDE LIMITED**

Chappal Karkhana, Maharajganj, Kathmandu, Nepal  
+977-98510-33504  
vidushi@ugnepal.com  
Website: [www.goldstarfootwear.com](http://www.goldstarfootwear.com)  
Instagram: @goldstar\_shoes

**V**idushi Rana is a leading force in Nepal's manufacturing sector and one of the most influential female entrepreneurs in the country. As the Director of GoldStar Stride Limited, she represents the second generation of leadership in Nepal's oldest and largest footwear manufacturing company. Established over 50 years ago, GoldStar has grown into a household name, synonymous with affordability, durability, and national pride.

Under Vidushi's dynamic leadership, GoldStar employs over 3,000 people, 80% of whom are women from marginalized communities. Through skill-based training and employment opportunities, she has championed the economic empowerment of women across Nepal. Her commitment to social impact is reflected not just in employment numbers, but in the dignity and independence the brand helps bring to countless families.

From lifestyle shoes to school shoes from fillips to bedroom slippers to trekking boots, GoldStar designs a wide range of footwear suited for every walk of life. Today, the company continues to innovate while staying rooted in its mission of producing high quality, affordable products made in Nepal, for Nepal and to the rest of the world.

Vidushi Rana's contributions have earned her multiple national honors, including recognitions from the President and Prime Minister of Nepal. She has been celebrated as a promising business leader, the country's largest private employer, and one of the most charismatic women in Nepal's corporate landscape.



### AX-2D

Arc Series  
Casual/Sports  
Navy Beige  
"PU SYNTHETIC SUEDE LEATHER  
HIGH DENSITY FOAM  
ARCH SUPPORT & CUSHIONED FOOTBED"



### G1902

G10 Series  
Running/ Casual  
Grey Seagreen  
Fly Knit



### G10-G401

G10 Series  
Trekking  
Black  
"PU SYNTHETIC LEATHER  
SOFT MESH FOR COMFORT  
METAL EYELETS FOR RUGGEDNESS"



### 62

School  
School  
Navy  
"CANVAS FABRIC  
MESH INSOLE"



### FAB-02

Slipper  
Outdoor Slipper  
Silver, Red  
PVC Leather Strap



*Founders*  
**Muna Shrestha, Aruna Lacoul**  
*Executive Director*  
**Kritica Lacoul**



## JAMARKO

Samakhusi Marg, Galkopakha, Kathmandu, Nepal  
+977-1-4951050  
jamarko@gmail.com

# MUNA SHRESTHA, ARUNA LACOUL

## JAMARKO

“Jamarko,” meaning effort in Nepali, was founded in 2001 by sisters Aruna Lacoul and Muna Shrestha, who saw the mounting pollution in their beloved city of Kathmandu and decided to take action. At a time when recycling was almost unheard of in Nepal, they began experimenting with waste paper, teaching themselves how to transform discarded scraps into something beautiful and useful.

In 2010, Aruna’s daughter Kritica Lacoul embraced her family’s legacy, opening a showroom to showcase Jamarko’s creations and expanding the vision to include Lokta paper—a traditional Nepali material known for its resilience, sustainability, and cultural heritage—as well as locally made artisanal fabric products.

Today, Jamarko diverts paper waste from landfills, saving the equivalent of one tree every day by providing tree-free alternatives to conscious consumers and businesses. Its product line ranges from files, folders, and envelopes to gift boxes, pencils, photo frames, and cards, all crafted with care, creativity, and purpose.

Jamarko’s mission goes far beyond product creation. By promoting eco-friendly alternatives to mass-produced goods, the enterprise seeks to minimize environmental impact, conserve natural resources, and foster a circular economy that benefits both people and the planet.

At its heart, Jamarko stands as a testament to what determination and vision can achieve—proving that recycled paper is more than just a sustainable choice; it is a meaningful step toward a regenerative future.

### Why Choose Jamarko?

- Tree-free, sustainable, eco-conscious
- Handmade with care, creativity & purpose
- Promotes women empowerment
- Promotes a circular economy

Jamarko: Effort that creates impact—for you, your space, and the planet.



## DIARY

- Eco-friendly journals with Lokta covers & recycled pages
- Perfect for notes, reflections, or gifting
- Customizable & brandable



## STATIONERY

- Recycled/ Lokta materials: files, folders, file boxes etc
- Handmade, sustainable, functional
- Customizable for workspace or corporate gifting



## GIFT BOXES

- Handcrafted, sustainable, various sizes
- Ideal for packaging, storage, or celebrations
- Custom branding available



## UPCYCLED PENCILS

- Upcycled newspaper material
- Woodfree, ecofriendly, handmade
- Customizable, handmade in Nepal



## PAPER LAMPS

- Warm, glowing Lokta paper lamps
- Available in different sizes & designs
- Perfect for home décor, festivals (Tihar & Christmas), or gifts



## **BIMA RAJBHANDARI SINGH**

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### RICH INTERIOR PVT. LTD

**RICH INTERIOR PVT. LTD**

12 Bhansar Marga, Kathmandu  
01-5351187

**E**stablished in 2003, a household name when it comes to Furniture, Rich Interior Pvt. Ltd. has been focused solely in fulfilling customers' needs for home, office, outdoor and fancy furniture. Mrs. Bima Rajbhandari Singh the co-founder alongside her husband Mr. Devendra Man Singh takes pride in not only selling furniture but providing extraordinary services when it comes to post-sales scenarios. Started with importing Chinese and Malaysian furniture back in the day, now Rich Interior has now moved to importing branded furniture from India, taking up exclusive dealership rights from likes of companies such as Zorin Interior (New Delhi), Apex Seating (Kolkata), etc. Another highlight of theirs is constructing high-end sofas entirely based in Nepal with a customizable feature that can be adjusted as per the needs of consumers be it sizes or choice of material. As the name suggests Rich Interior provides Interior Designing services from space planning details to 3D rendering of your residential or commercial spaces.

Mrs. Bima Rajbhandari Singh, before joining the furniture industry was an avid teacher and was running a successful kindergarten for more than a decade as the Headmistress. She moved on from teaching to this industry in order to establish a family business as a legacy for years to come. Now that the company has crossed its timeline of two decades the team of three (her husband, her son and herself) are fully involved in taking the family business to new heights with innovative solutions such as turn-key projects to preparing mock-ups for housings and apartments as well.



Versatile & Plush

## Balmore

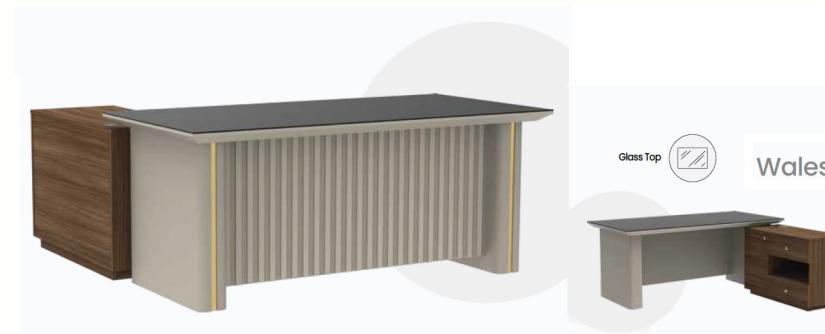
### BALMORE BEDSET

The Balmore series offers a versatile and plush effect for your dream bedroom. With its pearl white finish, the golden accents elevate the style while portraying elegance in simplicity. The bedset inclusive of a wardrobe, a dressing unit and 2 side tables provides a bed with full hydraulic storage that amplifies the storage feature in your room.



### REGAL SOFA

Traditionally sofas meant a piece of furniture where important guest would get to sit which was off limits to kids to jump on. Nowadays sofas are an essential unit in any room be it the guest room, family room, bedroom or just a waiting area. Zorin offers the Regal Corner which stands out from other designs available in the market with its sleek modern golden ionized legs to the impeccable finished upholstery. As the name suggests, one can feel the comfort of the highest level while seated in such a sofa.



### WALES OFFICE TABLE

From a basic home office to a multinational corporation, we offer a wide range of office tables and storage options which won't only elevate the decor but provide great level of comfort and flexibility while encouraging and motivating the workforce as well. The Wales office table with its sleek, subtle design is a modern representation of the workspace. It has backlit front design that helps it stand out on its own.



### IVORY DINING

The ivory dining table is the perfect centerpiece for every family meal, combining functionality and timeless design at an affordable price. Crafted from durable, high-quality wood, the dining set resembles Nordic inspired design with straight lines and has scratch-resistant smooth surface that can handle everything from daily meals to festive feasts.



### NILE SB

The Nile Sideboard crafted with high quality material, the unit features a sturdy wooden frame with a smooth and elegant mat that complements any decor style. The cabinets are made of durable rattan, which is not only eco-friendly but also adds texture and depth in the design. This multi-utility unit is designed with functionality in mind ensuring ample storage space with multiple cabinets in order to help you stay organized.



## TRIGUNA BASNET

THULO THAKALI

### THULO THAKALI

Chaksibari, Thamel  
01-4799665, 98010061216  
thulothakalirestaurant@gmail.com

Triguna has always seen food as more than just nourishment. For her, meals are where families gather, stories are shared, and culture is passed down from one generation to the next. As a finance specialist by profession and a restaurateur by passion, she believes food is one of the most beautiful ways to stay connected to one's roots.

Together with her husband, Ashish Sherchan, she co-owns Thulo Thakali, a modern Thakali restaurant housed inside their family-run B&B, 9ine Thamel Hotel in Thamel.

Triguna and Ashish who spent over a decade in New York, aren't new to the restaurant industry. Together they poured their love for hosting friends and family into Mustang Thakali Kitchen, a well-loved Queens restaurant that introduced Nepali flavors to the city's diverse communities.

After returning home in the year of 2016, they decided to transform their ancestral house into a place that honors heritage and hospitality and that is where the idea of Thulo Thakali came to life.

The recipes at Triguna's restaurant come directly from family kitchens—recipes passed down from mothers and grandmothers, refined through love and memory. Much of the inspiration and recipes along with spices comes directly from Triguna's mother-in-law's cooking, who folds in care and love into the art of cooking.

Now, as a mother herself, Triguna carries that same philosophy forward, prioritizing healthy, hygienic, home-cooked-style meals that remind people of sitting around the family table. At Thulo Thakali, food is not just about taste—it is about honoring the mountains of Nepal, celebrating culture, and recreating the comfort of family time.

Thulo Thakali serves full Thakali style meals along with a variety of mouth watering dishes that enhances any dining experience. The restaurant also offers packed lunch/dinner boxes as per client's need.

With half of the workforce being women, and with every dish made to feel as if it were prepared at home, the restaurant embodies their family's philosophy: food that is rich in heritage, rooted in love, and shared with generosity.



We offer Frozen Momos by order.  
Available in Chicken, Mutton & Vegetable  
(50 pieces/pack).



An Authentic Thakali Thali available with Chicken, Mutton, Fish, Local Chicken & Egg. Vegetarian Thali options available with Roti or Dhido options.



We offers Corporate lunch/dinner boxes and home packed food as per your needs and budget.





## ANU SHRESTHA

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### KALLISTO DESIGN

#### KALLISTO DESIGN

Kalimati-13, Red Cross Marg, Kathmandu, Nepal  
9851279096, 01 5906889  
[kallisto.nepal@gmail.com](mailto:kallisto.nepal@gmail.com)  
[www.kallistodesignsnepal.com](http://www.kallistodesignsnepal.com)

Anu Shrestha, with over two decades of experience in the fashion industry, reimagines traditional techniques on luxurious silk, transforming them into wearable art that reflects the vibrant essence of nature. Through her label Kallisto Designs, she is shaping a new narrative for Nepali fashion with a vision grounded in creativity, sustainability, and empowerment. Founded as a women-led brand, Kallisto honors Nepal's cultural legacy while presenting it on the global stage through creations admired for their innovation, craftsmanship, and enduring beauty.

Best known for her exquisite hand-painted silk and cashmere collections, Anu's work ranges from statement garments to timeless accessories. Each piece is distinctive, defined by bold color, fluid silhouettes, and imaginative compositions. Bright florals, abstract forms, and playful hues merge seamlessly, creating designs that balance sophistication with individuality.

At its core, Kallisto is committed to ethical luxury. Every collection is made from responsibly sourced fabrics, colored with low-impact dyes, and meticulously hand-painted by skilled Nepali artisans. By sustaining traditional methods and fostering fair employment, the brand not only safeguards heritage craftsmanship but also uplifts local communities.

For Anu, what began as a creative exploration has evolved into a lifelong passion. Guided by the principles of slow fashion, she creates garments meant to last, in style, meaning, and value. Beyond her studio, she champions women's empowerment, collaborating with initiatives that promote rights and economic independence.

Each Kallisto creation is more than fashion; it is a story of artistry and consciousness, carrying Nepal's spirit to the world.



Hand painted organza silk saree, soft hues, a celebration of grace in every brushstroke.



Hand painted organza silk skirt / top / shawl, seamlessly blending style with traditional craftsmanship.



Hand painted crepe silk waistcoat, where timeless designs merge with contemporary artistry to craft a stunning statement.



Hand painted crepe silk dress, brings a fun vibe to the silhouette, making you twirl to every beat.



Hand painted crepe silk tunic with flared trousers, combines comfort with stylish detail, perfect for elevating your look.



## GEETA SHRESTHA

### NEPAL SILK AND PASHMINA CRAFT

#### NEPAL SILK AND PASHMINA CRAFT

Workshop: Naya Bazar, Khusibu Town Planning, Kathmandu

Outlet: Chhaya Centre, Shop No. 301, Thamel, Kathmandu

Contact us:

Phone no: +977 985-1214701

Email: [info.nepalsilk@gmail.com](mailto:info.nepalsilk@gmail.com)

Website: [www.nepalecocraft.com](http://www.nepalecocraft.com)

**N**epal Silk and Pashmina Craft was established with an aim to promote Nepali products crafted from Silk and Pashmina sourced locally. Additionally, it seeks to enhance the economic status of community women by creating employment opportunities within this sector. We have been actively engaged in the sericulture industry for over 15 years, collaborating with numerous villages and marginalized women. The sericulture sector is a domain with significant potential to generate employment opportunities for women.

Our main work involves collecting silk cocoons from various communities across Nepal and producing different types of handmade silk yarns, developing various products from Silk and Pashmina for marketing in both national and international arenas. We also create silk by-products, utilizing both the silk and the waste generated during silk production. The majority of our products are meticulously handcrafted by women. A significant portion of our revenue ultimately benefits women from various communities, including cocoon farmers, yarn producers, weavers, and artisans. Over 90% of the workforce in this field comprises women. Most of our products are entirely natural, handcrafted by women, sustainable, and environmentally friendly.

In recognition of this impactful work, Nepal Silk and Pashmina Craft was honored with the Best Women Entrepreneur Award at the 7th International Women's Trade Expo 2024, organized by FWEAN.



Natural silk face scrubber -Contains 18 types of amino acids that revitalizes skin, exfoliate dead skin and helping in blood circulation



Natural Silk Soap available in multiple fragrance



Handspun Raw Silk Stole - 100% Silk



Handmade Zaguri Silk Printed Scarf 100% Silk



Natural Silk Soap Case. Beneficial for exfoliation dead skin and softening skin. Removes dirt from skin .



## KAJAL NAINA

### KAJAL NAINA JEWELRY

#### KAJAL NAINA JEWELRY

[www.kajalnaina.com](http://www.kajalnaina.com)

IG: [https://www.instagram.com/kajalnaina\\_np/](https://www.instagram.com/kajalnaina_np/)  
Facebook : <https://www.facebook.com/kajalnainajewelry>  
Kathmandu Office: Chandol, Kathmandu  
\* Whatsapp: 977 9802378879  
HK Office: Wanchai, Hongkong  
\* Whatsapp: 852 2623 2221

Kajal Naina, is an award-winning jewellery brand, based out of Hongkong. At KN, we believe jewelry is more than an accessory—it is a reflection of your story and your journey. Rooted in Nepal and inspired by South Asian heritage, we create fine jewelry that blends timeless craftsmanship with modern elegance, designed to celebrate individuality and empower women.

Inspired by Nepal and a growing global presence, Kajal Naina has become a trusted name among women of Nepali origin around the world. From Kathmandu to New York, Sydney to London, our clients choose us not only for our exquisite pearls, diamonds, and gemstones but also for the deeper connection our jewelry represents—confidence, love, and self-expression. Whether it is a self-gift to celebrate personal success or a cherished keepsake passed down through generations, Kajal Naina jewelry is designed to sparkle in every chapter of life.

KN celebrates its milestone when we came with the one of design mangalustra with Priyanka Karki, to celebrate her marriage union. Our mangalsutra designs carry deep significance and are crafted to be timeless pieces every woman would cherish in her collection. We uphold the highest standards of quality, using only finely cut diamonds with international-level finishing. Our pearls, whether freshwater or South Sea, are selected with great care—KN Pearls is our promise of excellence, offering the finest in their category for beauty, luster, and value.



## MANGALSUTRA

Kajalnaina's mangalsutra, is designed for today's elegant and affluent woman, each piece strikes the perfect chord of beauty, grace and unique expression.



## SYMBOLS & GOODLUCK

From Aum to other sacred motifs, these pieces carry blessings of strength and positivity while adding everyday elegance.



## PEARL NECKLACE

Timeless and graceful, Kajalnaina's pearl necklaces highlight natural luster—perfect for everyday elegance or cherished occasions.



## ENGAGEMENT RINGS

Crafted with exquisite diamonds and gemstones, Kajalnaina's rings symbolize love, trust, and a future as unique as your story.



## POLKI

Blending heritage with modern design, Kajalnaina's Polki jewelry showcases uncut diamonds in their raw elegance—luxury that lasts generations.





## SHARDA MAYA TAMANG

PRESIDENT, WEAN SOLUKHUBU

### SHARDA MAYA TAMANG

Bidur, Nuwakot

gitaamatyabattar@gmail.com

9851176783

My journey began in the beautiful district of Solukhumbu, where I was born on Falgun 15, 2041. From a young age, I learned the value of hard work and dedication. My entrepreneurial spirit developed early on.

While I was still a student in 2066, I started my first business by opening a hotel. Alongside managing the hotel, I also raised goats, chickens, and other domestic animals, gaining hands-on experience in business and management. Not stopping there, I expanded my horizons in 2072 by opening a garment shop in my name, entering a completely new industry, and gaining valuable retail experience.

In 2074, I felt a calling to serve my community more directly. I was elected as a local representative for Dudhkunda Municipality in Solukhumbu. For five years, I dedicated myself to public service, working toward the development and welfare of my community. After my term ended in 2078, I returned to my passion for business. I focused on a new venture and registered a bakery in my name, Regan Bakery. Today, I proudly run this bakery, offering a variety of delicious products like donuts, bread, cakes, and more for my customers. Believing that learning never stops, I am now preparing to start a new chapter. After completing my bachelor's degree, I plan to pursue my Master's degree while managing my business.

My story shows that with perseverance, you can wear many hats—a student, farmer, hotelier, shop owner, public servant, and baker. I continue working toward growth both personally and professionally.





# FWEAN KOSHI PROVINCE

**F**WEAN Koshi Province, comprising 13 districts—Morang, Sunsari, Jhapa, Dhankuta, Ilam, Terathum, Taplejung, Solukhumbu, Panchthar, Khotang, Udayapur, Okhaldhunga, and Sankhuwasabha—is a vibrant and diverse region with immense economic, cultural, and natural significance. Known for its fertile plains, scenic hills, and high Himalayan landscapes, the province is also a thriving hub for women-led enterprises that are contributing meaningfully to local economies and community development.

The Federation of Woman Entrepreneurs' Associations of Nepal (FWEAN) has established strong roots across Koshi Province with active district chapters in all 13 districts. To further unify these efforts and promote collective leadership, a Provincial Chapter Committee—FWEAN Koshi—has also been formed. This committee plays an important role in strengthening networks, enhancing advocacy, and creating platforms for women entrepreneurs to expand their businesses and market reach at both provincial and national levels.

Each district chapter reflects the unique strengths and resources of its community. Morang is recognized for innovative jute-based products, while Sunsari specializes in boutique clothing and accessories. Jhapa has gained prominence in floriculture, and Ilam is widely known for its premium dairy products and pickles. Terathum continues the tradition of allo (nettle) fabric, and Taplejung is celebrated for aromatic alaichi (cardamom). Dhankuta and Okhaldhunga focus on fruits and vegetables, Solukhumbu on grains, potatoes, and brass crafts, while Khotang, Panchthar, Udayapur, and Sankhuwasabha showcase a rich variety of local grocery and agricultural products.

Together, these enterprises reflect the resilience, creativity, and determination of women in Koshi Province, paving the way for inclusive growth and a stronger entrepreneurial ecosystem.





# FWEAN MADHESH PROVINCE

**F**WEAN Madhesh Province, located in the fertile plains of Nepal, is a vibrant center of agriculture, culture, and traditional crafts. The Federation of Woman Entrepreneurs' Associations of Nepal (FWEAN) has established WEAN Chapters in all 8 districts—Bara, Parsa, Rautahat, Sarlahi, Mahottari, Dhanusha, Siraha, and Saptari—where women entrepreneurs are steadily transforming local resources into sustainable businesses. To further strengthen coordination and leadership across the province, a Provincial Chapter Committee—FWEAN Madhesh—has also been formed, ensuring that women's voices and enterprises are represented at both provincial and national levels.

Entrepreneurship in Madhesh is deeply rooted in agriculture, food processing, and handicrafts. In Mahottari, women are engaged in ginger farming, tomato cultivation, poultry, and the production of pickles and fiery dalle khursani (hot chili), alongside handicrafts such as bamboo chairs, handmade dolls, and cushions. Bara focuses on large-scale farming of banana, maize, sugarcane, and mustard, with women also involved in seed production and small-scale processing. Saptari has thriving women-led enterprises in bakery, spice production, poultry farming, and bamboo crafts such as gundri (woven mats).

Parsa showcases diverse ventures ranging from food processing and mushroom farming to masyaura (fermented lentil balls), weaving, and the world renowned Mithila arts. Dhanusha is particularly renowned for its handicraft—bangles, candles, incense sticks, and Mithila paintings—often produced by women as home-based businesses. Meanwhile, Rautahat, Sarlahi, and Siraha are gradually expanding agro-based activities, local food processing, and micro-manufacturing, setting a foundation for future growth.

Together, these district and provincial chapters highlight the resilience and creativity of Madhesh Province's women, whose enterprises, though often modest, form the backbone of their communities and contribute meaningfully to Nepal's economy.





## FWEAN BAGMATI PROVINCE

**F**WEAN Bagmati Province, situated at the heart of Nepal, is both a political and economic center of the country. Comprising 13 districts — Kathmandu, Bhaktapur, Lalitpur, Kavrepalanchok, Sindhupalchok, Ramechhap, Dolakha, Sindhuli, Makwanpur, Chitwan, Dhading, Nuwakot, and Rasuwa — the province is diverse in culture, geography, and enterprise. The Kathmandu Valley serves as the hub of commerce, technology, and culture, where women entrepreneurs are actively engaged in handicrafts, boutique clothing, jewelry, food processing, and hospitality services. Women-led businesses here not only cater to the domestic market but also contribute significantly to exports, particularly through traditional crafts and handmade products that represent Nepali heritage. In districts like Chitwan and Makwanpur, women are deeply involved in agriculture, food processing, and community-based enterprises, while Dhading, Nuwakot, and Rasuwa are emerging centers for homestays, eco-tourism, and mountain-based hospitality services. Similarly, Sindhupalchok and Kavrepalanchok are known for high-value crops, herbs, and handmade crafts, while Dolakha and Ramechhap highlight agro-based products and traditional textiles.

Across the province, women entrepreneurs are working to balance innovation with the preservation of local identity. From textile production in the eastern districts to agro-tourism initiatives and herbal products in the mid-hills, women are steadily expanding their reach and influence. Bagmati Province also stands out for the active participation of women in technology-driven businesses, training initiatives, and cross-border trade fairs, showcasing their adaptability to modern markets. FWEAN has established WEAN Chapters in all 13 districts of Bagmati Province, creating a strong network that fosters entrepreneurship and collaboration. The presence of the FWEAN Bagmati Provincial Committee further unites these local efforts, strengthening coordination and ensuring that women's entrepreneurship continues to drive inclusive economic growth across the province.





# FWEAN GANDAKI PROVINCE

**F**WEAN Gandaki Province, with its breathtaking natural beauty and cultural diversity, is composed of 11 districts — Kaski, Tanahun, Lamjung, Gorkha, Manang, Mustang, Syangja, Parbat, Baglung, Myagdi, and Nawalpur. It is a region where women entrepreneurs thrive across varied sectors, ranging from agriculture, livestock, and agro-processing to handicrafts, hospitality, and tourism. The province is particularly renowned for its strong base in tourism, with Pokhara serving as a bustling hub for domestic and international visitors. Here, women entrepreneurs are engaged in running homestays, guesthouses, adventure tourism services, handicrafts, and locally produced goods that capture the essence of the region.

In the mountainous districts of Mustang and Manang, women are pioneering sustainable tourism and eco-friendly businesses, while preserving the distinct cultural traditions of the Himalayas. Similarly, in Gorkha and Lamjung, women entrepreneurs are focused on agricultural processing, traditional food industries, and craft-based enterprises that not only contribute to income generation but also uphold cultural identity.

The plains and mid-hill regions of Nawalpur, Syangja, and Tanahun highlight women's strong presence in agro-based industries, cooperatives, and community-driven enterprises, while Baglung, Parbat, and Myagdi stand out for the resilience of rural women running small-scale industries and eco-tourism initiatives despite geographic challenges. Across the province, women entrepreneurs are emerging as key players in sectors such as agriculture, livestock, handicrafts, and hospitality, balancing tradition with innovation.

With Pokhara as its vibrant economic and cultural center, Gandaki Province is steadily becoming a hub of women-led entrepreneurship. FWEAN has established WEAN Chapters in all 11 districts of Gandaki Province along with a Provincial Executive Committee; FWEAN Gandaki, ensuring representation and support at the grassroots level.





# FWEAN LUMBINI PROVINCE

**F**WEAN Lumbini Province, encompassing 12 diverse districts—Kapilvastu, Rupandehi, Nawalparasi (West), Palpa, Arghakhanchi, Gulmi, Dang, Pyuthan, Rolpa, Banke, Bardiya, and Rukum (East)—is a region of immense natural, cultural, religious, and economic importance. Globally renowned as the birthplace of Gautam Buddha, Lumbini is not only a spiritual destination but also a hub of heritage, agriculture, and entrepreneurship. The province is home to remarkable landmarks such as Bardiya National Park, Banke's revered Bageshwari Temple, and Pyuthan's Swargadwari Temple, which further enrich its cultural identity.

The Federation of Woman Entrepreneurs' Associations of Nepal (FWEAN) has a strong presence across Lumbini Province, with active district chapters established in all 12 districts. To further strengthen coordination, leadership, and advocacy at the provincial level, FWEAN has also formed a Provincial Chapter Committee—FWEAN Lumbini. This committee plays a crucial role in uniting women entrepreneurs across districts, amplifying their voices, and enhancing market linkages for sustainable growth.

Women entrepreneurs from Lumbini Province are engaged in a diverse range of enterprises that highlight the region's unique resources and traditions. From allo (Himalayan nettle) fabrics crafted in Gulmi and Rolpa, to herbal products like timur and bay leaves from Pyuthan and Arghakhanchi, the province showcases rich local specialties. Palpa and Kapilvastu are known for their exquisite handicrafts, while Bardiya and Rolpa offer authentic homestay experiences. Nawalparasi and Kapilvastu contribute with mango and lychee-based goods, Dang and Rupandehi with rice and wheat products, and Banke and Bardiya with honey and bamboo crafts. Together, these enterprises reflect the entrepreneurial spirit of Lumbini's women and their growing contribution to Nepal's economy.





## FWEAN KARNALI PROVINCE

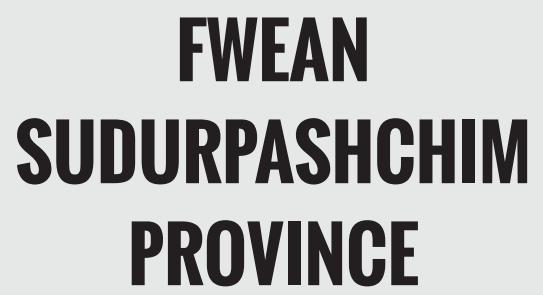
**F**WEAN Karnali Province, the largest province of Nepal in terms of area, is a region of breathtaking natural beauty, cultural richness, and economic potential. Encompassing remote mountains, fertile valleys, and sacred sites, the province holds a unique identity within the country. Its religious and cultural landmarks—such as Rara Lake, Phoksundo Lake, Siddhnath Temple, Chandannath Temple, Mustang Monastery, and the Panchkoshi area—further enrich its spiritual and touristic significance. Administratively, the province comprises 10 districts: Dolpa, Humla, Jumla, Kalikot, Mugu, Salyan, Surkhet, Dailekh, Jajarkot, and Rukum (West).

The Federation of Woman Entrepreneurs' Associations of Nepal (FWEAN) has established active WEAN Chapters in all 10 districts of Karnali Province, creating strong local platforms for women entrepreneurs. To unify these efforts, a Provincial Chapter Committee—FWEAN Karnali—has also been formed. Together, these chapters are enabling women to build sustainable livelihoods, expand markets, and contribute meaningfully to the economic and social development of the province.

Women entrepreneurs in Karnali are engaged in a wide range of enterprises rooted in local resources. Agriculture remains central, with products such as potatoes, vegetables, ginger, turmeric, timur (Sichuan pepper), and goat farming forming key sources of income and holding potential for broader trade. The province is also known for its medicinal and herbal products and homestay services, which highlight both its natural resources and cultural hospitality. Handicrafts are another important sector, with Jumla's famous Liu, Gem Stones and Peruwa woolen crafts made from sheep and goat wool reflecting both tradition and economic creativity.

With its strong network of women entrepreneurs, rich cultural heritage, and vast natural resources, Karnali Province is steadily advancing toward inclusive economic growth. Women's entrepreneurship, supported by FWEAN and FWEAN Karnali, is paving the way for empowerment, sustainability, and social transformation across the province.





# **FWEAN SUDURPASHCHIM PROVINCE**

**F**WEAN Sudurpashchim Province, located in the far-western region of Nepal, is endowed with natural resources, cultural richness, and breathtaking landscapes. The province is home to some of the country's most remarkable tourist destinations, including Saipal Himal, Api Himal, Badimalika, Khaptad, Ramaroshan, the iconic Dodhara Chandani suspension bridge, Ghodaghodi Lake, and the sacred Parashuram Dham. These natural and spiritual sites highlight the unique identity of the province while offering immense potential for tourism development. Administratively, Sudurpashchim is composed of 9 districts: Kailali, Kanchanpur, Dadeldhura, Baitadi, Darchula, Bajhang, Bajura, Achham, and Doti.

The Federation of Woman Entrepreneurs' Associations of Nepal (FWEAN) has established active WEAN Chapters in all 9 districts of Sudurpashchim Province, creating strong local platforms for women-led enterprises. To further unify and strengthen these initiatives, a Provincial Chapter Committee—FWEAN Sudurpashchim—has also been formed. Together, these networks are enabling women to enhance their skills, expand markets, and contribute to inclusive economic growth.

Entrepreneurship in Sudurpashchim reflects the province's abundant resources. Agriculture remains a major sector, with women engaged in farming cereals, fruits, and vegetables, alongside livestock rearing and dairy production. The province is also exceptionally rich in medicinal herbs, with high-value resources such as yarshagumba, neem, red sandalwood, sandalwood, tejpat (bay leaf), timur (Sichuan pepper), soapnut, amla, sukundawal, chutro, patharchatta, ghiu-kumari (aloe vera), mushrooms, satwa, allo, nettle, and bheul. These products carry significant potential for local income generation as well as national and international markets. Handicrafts and traditional products further strengthen women's enterprises, while tourism—driven by its majestic Himalayas, lush forests, and sacred sites—remains a growing opportunity. With the support of FWEAN and FWEAN Sudurpashchim, women entrepreneurs are playing an active role in transforming local resources into sustainable livelihoods, advancing both the economy and social empowerment across the province.





## RUSHA PRADHAN

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### HEALING THROUGH COLOR, TEXTURE, AND CANVAS

### HEALING THROUGH COLOR, TEXTURE, AND CANVAS

Enterprise Name: Artthera

Email Address: [rushas.blankcanvas@gmail.com](mailto:rushas.blankcanvas@gmail.com)

Phone Number: +977-9869087754

Business Location: Kathmandu, Nepal

Instagram: [rusha.arts](https://www.instagram.com/rusha.arts/)

Website: [www.artthera.cc](http://www.artthera.cc)

I'm Rusha Pradhan - a part-time artist and full-time physiotherapist and art therapist. My journey into painting began on the vibrant streets of Patan, where I was captivated by artists painting out in the open. Watching their brushes move fluidly across canvas, transforming blank space into emotion and memory, planted a quiet dream in me; one I now live through my own creative practice.

I specialize in semi-abstract, textured works using acrylic and oil on canvas. I don't follow a fixed format or adhere to a single style. Instead, my approach is intuitive and spontaneous; led by feeling, not formula. My art isn't about recreating specific forms or scenes, but about expressing what words cannot: movement, emotion, and inner rhythm brought to life through texture and color.

My background in physiotherapy and art therapy deeply influences my artistic vision. Working closely with children with special needs, I've witnessed how color and form become a language when words fall short. This insight led me to found Artthera, my personal gallery and a space rooted in the belief that art can be a vessel for emotional healing and self-expression.

I don't paint for technical perfection. I paint when a feeling becomes too loud to ignore ; when something inside me needs to be translated onto canvas. For me, art is a silent, soulful language. And if one of my paintings allows someone to pause, reflect, or simply breathe a little deeper, then I believe it has fulfilled its purpose.



## DRAPE IN SILENCE – A PORTRAIT OF POISED VULNERABILITY

This intimate painting shows a woman from behind as she gently adjusts her flowing white garment. Light on her spine draws quiet attention, creating a mood of calm strength and quiet emotion. With no face shown, the piece becomes a reflection on feminine grace, solitude, and quiet power.

Medium: Oil on canvas

Theme: Introspection, Femininity

Palette: Warm neutrals, soft whites, blush and gold

Mood: Quiet, Elegant, Reflective

## RESTING MAJESTY – THE VULNERABILITY OF KINGS

This close-up painting of a sleeping lion shows the powerful animal in a rare moment of peace and softness. With gentle features and a relaxed pose—even a bit of tongue showing—it reveals a quiet, trusting side. The warm, flowing brushstrokes suggest calm energy, reminding us that even great strength needs rest.

Medium: Acrylic on canvas

Theme: Strength in Stillness, Emotional Duality

Palette: Earthy browns, amber, soft whites

Mood: Gentle, Noble, Meditative



## SUNLIT REVERIE – ODE TO THE JOYFUL IMPERMANENCE OF BLOOM

The painting isn't just floral; it's emotional. A celebration of vitality, sunlight, and the fleeting beauty of full bloom. The gentle gradients in the background further emphasize the dreamlike quality — where day and dusk coexist, and joy doesn't demand permanence.

Medium: Acrylic on canvas

Theme: Renewal, Joy, Emotional Light

Palette: Golden yellows, leafy greens, pastel sky tones

Mood: Uplifting, Dreamy, Hopeful



## COSMIC HARMONY – A SPIRITUAL SYMBOLISM OF UNITY

This colorful acrylic painting brings together key Buddhist symbols like the conch shell, endless knot, and golden fish in a swirling, energetic design. At the center, a glowing sun and koi-like fish suggest balance, harmony, and the cycle of life, while the treasure vase below hints at abundance. Blending tradition with modern style, the artwork feels both spiritual and meditative, like a visual mantra.

Medium: Acrylic on canvas

Theme: Spiritual Symbolism, Harmony, Cultural Fusion

Palette: Rich reds, golds, and serene blues

Mood: Uplifting, Mystical, Rhythmic



## GUARDIANS OF GRACE – THE Matriarchs of THE WILD

Acrylic art painted in black and white, this artwork shows the strong but gentle bond of an elephant family. The older elephants stand protectively around a baby, their wrinkled skin full of character and history.

Without color, the focus stays on their shapes and emotions, highlighting both strength and care.

Medium: Acrylic on canvas

Theme: Wildlife, Motherhood, Protection

Palette: Monochrome (Black, White, Greys)

Mood: Reflective, Majestic, Intimate



## NITA POUDEL ADHIKARI

WELCOME EVENT  
MANAGEMENT PVT. LTD.

### WELCOME EVENT MANAGEMENT PVT. LTD.

Basuki Marga, Ghumti Kumari Marga, Old Baneshwor, Kathmandu, Nepal. 44600  
Phone: +977-985-1091010  
Email: [menitapoudel@gmail.com](mailto:menitapoudel@gmail.com)

I am Nita Poudel Adhikari, Founder and Managing Director of Welcome Event Management Pvt. Ltd., a full-fledged event planning company in Nepal. While weddings are our specialty, we also organize anniversaries, bratabandhas, pasnis, birthdays, and other social gatherings. Our team has also managed large-scale corporate events, reality shows, concerts, and campaigns. One of our proudest achievements is holding a Guinness World Record for managing the longest marathon talk show, lasting 62 hours.

In today's busy world, planning events—especially weddings—can be overwhelming. That's where we come in. At Welcome Event Management, we allow clients and their families to enjoy special moments while we take care of everything—from décor and attire to food, music, and details that matter. Among our most memorable experiences was working with three generations of a family, planning two weddings and a pasni, forging a lasting relationship.

Another highlight has been managing the audition rounds and finale of Nepal Idol Season 2, as well as executing The Test Drive Campaign for Tata Motors. My vision is to continue breaking records and position Welcome Event Management as Nepal's leading event company.

Beyond this, I serve as President of Admire Nepal, a non-profit organization, and am an executive member of the SAARC Chamber Women Entrepreneurs Council (SCWEC) Nepal. I'm also a founding member of the Rotary Club of Kathmandu Heritage. Additionally, I serve as Finance Director for Welcome Advertising and Marketing, Ceotab.com, Welcome Developers, and Welcome AV Production—all operating under Welcome Group.



A beautifully arranged silver mana pathi prepared for a Bratabandha ceremony. The intricately designed vessels and traditional red accessories reflect the cultural significance and sacredness of the ritual.



Showcases a charming stage decor created for a little girl's Gunyo Cholo ceremony. The vibrant setup, featuring a royal red and gold sofa amidst soft lights and floral accents, sets a joyful and elegant tone for the celebration.



A beautifully curated saipata decoration prepared for a client, featuring elegantly arranged items like shoes and handbags in transparent trays. A total of 101 trays were meticulously decorated for this special occasion, showcasing vibrant colors and fine detailing.



A stunning mandap setup, beautifully adorned with real flowers in vibrant shades of pink and white. The natural floral archways create a serene and elegant atmosphere, perfect for a traditional ceremony.



A collection of traditional silverware items available for rent, ideal for religious and cultural ceremonies. The set includes beautifully crafted vessels, plates, and ritual tools, reflecting elegance and heritage.



## RASHMI POKHAREL

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### BODHIAAVA FOODS

### BODHIAAVA FOODS

Bodhi Aava Foods  
Koteshwor-32  
Kathmandu  
977-9851194113, 977-9769348775  
bodhiavafoods@gmail.com

In a quiet kitchen where spices shimmered and pickles were carefully shelved, a story of heritage and hope was quietly taking shape.

Rashmi Pokharel had always believed food was more than just flavor—it was memory, love, culture, and, if nurtured wisely, a bridge between heritage and hope. Her inspiration came from her mother, a gentle homemaker whose happiness was woven into every meal she prepared. She experimented with recipes, crafted varieties of pickles, and poured her soul into feeding her family. For Rashmi, those jars held more than spices; they carried stories of care and tradition. She wondered if her mother's passion and artistry could be shared with the world—and if, in doing so, it could also open doors for women who longed for opportunities beyond household walls.

Convincing her mother was not easy. Stepping from kitchen to enterprise was a huge leap. Yet slowly, that leap was made. With her mother's guidance, Rashmi began teaching domestic helpers and single women the art her mother had mastered—not just the recipes, but also the values of hygiene, dignity, and self-reliance. What started as humble kitchen lessons became the seed of a greater mission: a community of women finding strength, skill, and confidence through food.

That seed blossomed into Bodhi Aava Foods. Every jar of pickle, and now every handmade variety of ethnic and local food, became more than a product; it was a story of resilience and renewal. Women who once doubted themselves were now artisans of taste, earning incomes and reshaping their futures with pride.

As Bodhi Aava grew, Rashmi's vision was joined by the energy of Matthunna Thapa, a young and dynamic mind with expertise in marketing and branding. Together, they transformed Bodhi Aava into a name that not only honored Nepal's culinary heritage but also redefined it for the modern world—authentic, handcrafted, and socially impactful.

Today, each creation from Bodhi Aava carries more than spices or flavors. It carries a legacy of mothers and daughters, of tradition meeting transformation. It whispers of women who dared to dream, of kitchens that became classrooms, and of a brand built not just to feed, but to empower.

Every jar, every dish, tells a story—of taste, tradition, and transformation.



### MANGO MIX PICKLE

A harmony of raw mangoes and hand-ground spices, this pickle bursts with tangy zest and a fiery embrace, turning every meal into a festival of flavors.



### DALLE PICKLE

Crafted from Nepal's iconic round red chilli, our dalle pickle is bold, intense, and soul-warming—a fiery delight for true spice lovers.



### STUFFED RED CHILLI PICKLE

Whole red chillies lovingly filled with a blend of aromatic spices, slow-cured to create a pickle that's sharp, piquant, and irresistibly rich.



### LEMON PICKLE

Sun-kissed lemons steeped in spices, this pickle carries a perfect balance of sour, tangy, and subtly sweet notes—a timeless taste of tradition.



### MASEURA

Sun-dried treasures of spiced lentils, crafted with patience and tradition. Crisp when fried, soulful when simmered in curries—Maseura carries the earthy warmth of the fields and the timeless taste of Nepali heritage.



## PRATIMA THAPA KARKI

REDEFINING GREEN LIVING,  
THE NEPALI WAY

### REDEFINING GREEN LIVING, THE NEPALI WAY

registered as Juneli Clothpad  
marketed as Juneli Green Lifestyle  
contact number :9851195988  
email : [juneli.green.lifestyle@gmail.com](mailto:juneli.green.lifestyle@gmail.com)  
Address: Balkot, Suryabinayak 02, Bhaktapur

I am Pratima Thapa Karki, an environmentalist and social entrepreneur working to promote sustainable and cultural living in Nepal. My journey is guided by the belief that small changes in lifestyle can create a big impact on our environment and community.

Through my initiative, Juneli Green Lifestyle, I have been introducing plastic-free alternatives and eco-friendly products that are both practical and meaningful. From reusable sanitary pads, kitchen towels, wooden and bamboo household goods, natural attars, and children's toys to natural sindoor that respects our tradition while protecting health, each product is designed with care for people and planet.

Juneli Green Lifestyle is more than a business—it is a movement for circular economy, women's empowerment, and a greener future for Nepal.



## BAMBOO HAIRBRUSH

A bamboo hairbrush is a sustainable and eco-friendly alternative to plastic brushes. With smooth wooden bristles, it gently massages the scalp, improves blood circulation, reduces hair breakage, and minimizes static. Durable, biodegradable, and stylish, it's the perfect choice for healthy hair and a healthier planet.



## WOODEN COMB

A wooden comb is a natural, eco-friendly alternative to plastic combs. Gentle on the scalp and hair, it helps reduce hair breakage, frizz, and static while promoting healthy blood circulation. Durable and biodegradable, wooden combs are not only better for personal care but also a sustainable choice for the planet.



## WOODEN TOYS

Wooden toys such as Jenga, puzzles, and building blocks are safe, durable, and eco-friendly alternatives to plastic toys. They spark creativity, enhance problem-solving skills, and encourage mindful play for children and adults alike. Made from natural materials, wooden toys are non-toxic, long-lasting, and a sustainable choice for fun and learning.



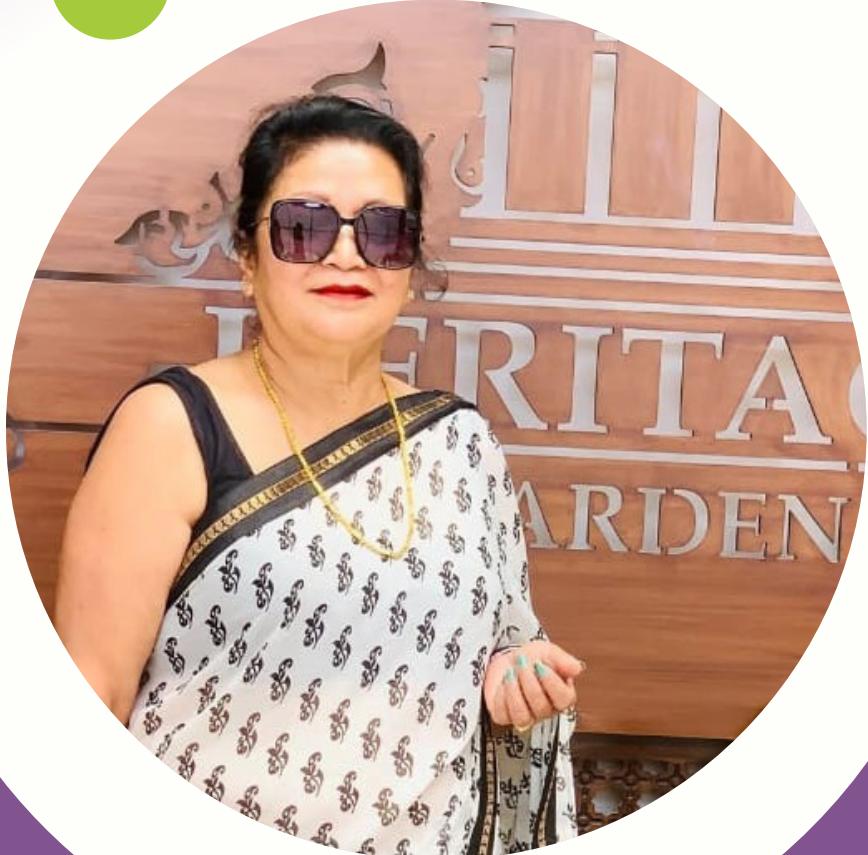
## NATURAL SINDOOR

Juneli Green Lifestyle is excited to introduce natural sindoor, a safe, toxin-free and chemical-free alternative that honors Nepali tradition while protecting health. Stay tuned for its launch and celebrate culture sustainably!



## BAMBOO BOTTLE

At Juneli Green Lifestyle, our bamboo bottles offer a stylish, eco-friendly alternative to single-use plastic. Lightweight, durable, and naturally antibacterial, they keep your drinks safe while reducing environmental impact. Perfect for daily use, these bottles reflect our commitment to sustainability and mindful living—helping you stay hydrated while caring for the planet.



## RENU BAJRACHARYA

DIRECTOR, SURUCHI TRAVEL AND  
TOURS | SOCIAL ENTREPRENEUR

### SURUCHI TRAVEL & TOURS PVT LTD

Jamal, Kathmandu

Tel: 5366736, 5340893, 5368262

Telephone Number:

Renu Kumari Bajracharya: 9851024020

For Tours & Packages: 9860923617, 9818628237

Email: [info@suruchitravels.com](mailto:info@suruchitravels.com)

Website: [www.suruchitravels.com](http://www.suruchitravels.com)

With 48 years of experience in the tourism industry, I have dedicated my life to creating meaningful travel experiences while promoting Nepal's rich heritage. As the Director of Suruchi Travel and Tours, I have had the privilege of guiding countless travelers, turning each journey into a memorable story. Over the decades, I have embraced change, innovation, and challenges, always striving to combine professionalism with a personal touch that makes every client feel valued.

Beyond my work in tourism, I am deeply committed to social entrepreneurship. I actively engage in initiatives that empower local communities, preserve cultural heritage, and promote sustainable development. I believe that business and social responsibility are intertwined, and giving back to society is as important as leading a successful company.

My journey has been shaped by passion, resilience, and empathy. Mentoring young professionals and inspiring them to view tourism as a bridge between people, cultures, and communities has been one of the most rewarding parts of my career.

Even after nearly five decades in the field, my enthusiasm for tourism and social impact continues to grow. I remain dedicated to enhancing Nepal's tourism industry while creating opportunities and making a lasting difference in society. For me, every journey—whether professional, social or personal—is a chance to connect, uplift, and leave a positive mark on the world.

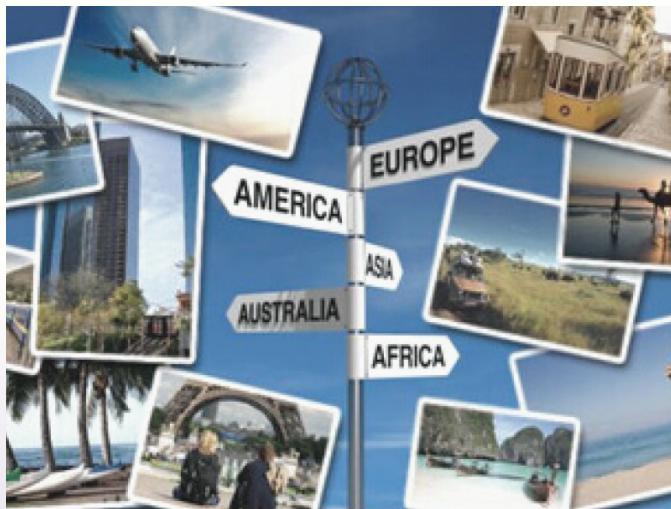


(Suruchi Travel: The Heritage of Happy Journeys Since 1990)

**"TRAVEL BEYOND THE MAP, DISCOVER YOUR UNTOLD STORY."**



Domestic and International Flight Booking



Inbound and Outbound Tour Packages



Hassel Free Visa Service



Travel Insurance



## KAMALA SUBEDI

SHRIJANSHIL CRYSTAL  
HASTAKALA UDHYOG

### SHRIJANSHIL CRYSTAL HASTAKALA UDHYOG

Proprietor: Kamala Subedi  
Kathmandu, Nepal  
9851234646 / 984923464  
kamala.subedi464@gmail.com

**K**amala Subedi is a dedicated and creative entrepreneur whose passion for handicrafts has shaped an inspiring journey of success and empowerment. She began her career with simple knitting and gradually mastered the art of making beautiful crystal jewelry—pearl necklaces and traditional accessories that reflect Nepali culture and craftsmanship. Her commitment to her work turned a small beginning into a thriving business that brings her pride and fulfillment.

Beyond jewelry, Kamala designs and produces a variety of Dhaka-based products, including shoes, sarees, bags, and other handcrafted items. Her creations have gained international recognition, reaching customers in different countries through various platforms.

As a trainer and designer, Kamala has dedicated herself to empowering women through skill development. She conducts training on crystal jewelry, Dhaka textiles, hemp products, and embroidery, traveling to remote Himalayan regions—sometimes walking for two to three days—to help women improve their livelihoods. Many of the women she has trained have gone on to start and run their own businesses too, creating sustainable income and contributing to their communities. She has also trained women inmates inside prisons, providing them with opportunities for self-reliance.

Kamala has proudly represented Nepal in international handicraft programs in Sri Lanka, Bhutan, Bangladesh, and China. Her exceptional contribution has earned her multiple awards, including the Best Woman Entrepreneur Award (2015) from the Ministry of Industry and the prestigious President's Award of Nepal (2080 BS).

She has published a handbook on crystal product making and continues to lead nationwide skill development campaigns, including major initiatives, proving that creativity, perseverance, and empowerment can truly transform lives.



EARINGS



CRYSTAL BEAD NECKLACES



DHAKA FABRIC

Dhaka Fabric is a traditional handwoven cotton textile of Nepal, known for its vibrant patterns and durability. It can be used to make sarees, bags, shoes, belts, wallets, clothing, and other accessories, combining cultural heritage with modern design and functionality.



PEARL AND BEADED NECKLACE SET



SUNFLOWER HAIRBAND



## SHILA SHRESTHA

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### SHILA BEAUTY HOME

### SHILA BEAUTY HOME

Lazimpat Ranibari, Kathmandu  
Contact- 9841429320

Established on the auspicious day of Sri Panchami in 2068 B.S., Shila Beauty Home is a trusted beauty parlor founded by Shila Shrestha. We provide a comprehensive range of services to help you look and feel your best.

Our expert stylists deliver every hairstyle, from classic short cuts to elegant long layers. We specialize in advanced treatments like Keratin straightening, highlights, hair perming, and Botox. Our skilled technicians offer meticulous manicures, pedicures, threading, facials, and waxing.

We are renowned for our exceptional bridal makeup services, dedicated to making every bride radiant on her special day. Additionally, we provide advanced aesthetic solutions, including non-surgical rhinoplasty (Nyano Plastia) and rejuvenating body treatments.

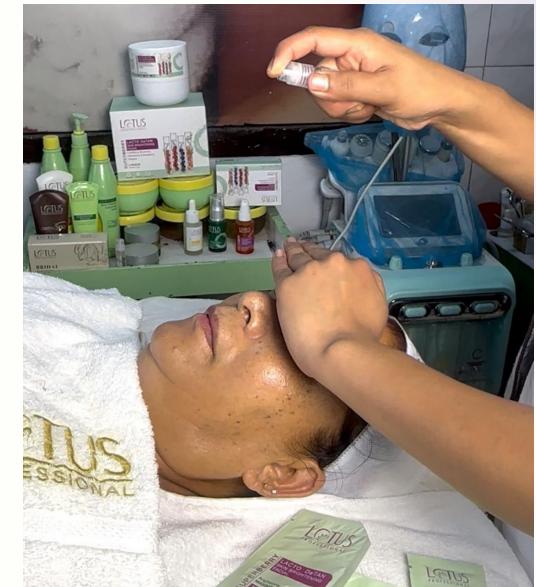
At Shila Beauty Home, we are committed to quality, hygiene, and personalized care in a warm and welcoming environment. Visit us for an experience where your beauty and confidence are our top priorities.



BRIDAL MAKEUP



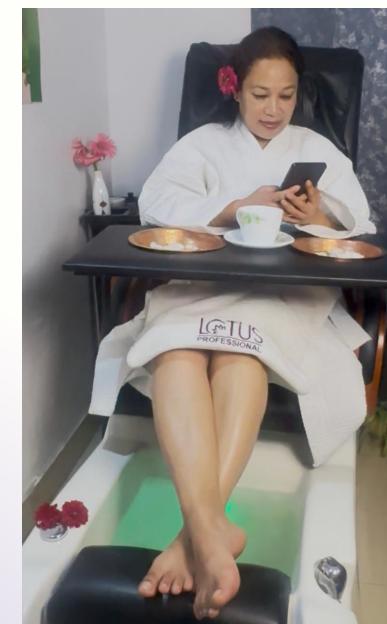
HAIR COLORING



FACIAL TREATMENT



FACIAL MASK



PEDICURE



## PRAGYA RAJKARNIKAR

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### KRISHNA PAUROTI BHANDAR PVT. LTD.

### KRISHNA PAUROTI BHANDAR PVT. LTD.

Kamal Pokhari, Kathmandu, Nepal

Tel no.: +977-1- 4510067

Email : [krishnapaurotibhandar@gmail.com](mailto:krishnapaurotibhandar@gmail.com), [pragyrajkarnikar@gmail.com](mailto:pragyrajkarnikar@gmail.com)

Pragya Rajkarnikar represents the third generation at Krishna Pauroti Bhandar Pvt. Ltd., leading the family business alongside her sisters. Growing up with values of hard work, dedication, and creativity, a strong respect for the family traditions and the foundation built over generations was developed.

With the support of family and peers, the responsibility of running and growing the business has been taken on confidently in a society where family businesses are usually passed down to sons. The role is seen not just as a continuation of a legacy but also as an opportunity to transform and modernize the business. Efforts are focused on growing and improving the business while encouraging others, especially women, to embrace change with courage and confidence.



Krishna  
pauroti

## CHOCOLATE AND ALMOND CROISSANT

An exquisite croissant. A buttery, flaky croissant swirled with the perfect combination of chocolate and almond.



Krishna  
pauroti

## CHOCOLATE CHIPS COOKIES

The perfect companion for your coffee or tea. Warm, buttery and loaded with rich chocolate chips.



Krishna  
pauroti

## CHOCOLATE DANISH

Our golden-brown chocolate danish, rich with chocolate, topped with sesame and poppy seeds.



Krishna  
pauroti

## CUSTOM WEDDING / ENGAGEMENT CAKE

A masterpiece of love. A custom designed cake that is perfect for your celebrations, made with passion for your special day.



Krishna  
pauroti

## STRAWBERRY AND WHITE CHOCOLATE DONUTS

Fluffy donut perfection, topped with a strawberry and white chocolates.



## MOHEETA TAMRAKAR & PRATIBHA RAJBHANDARI

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NIMA PASA

### DALA BY NIMA PASA

dalapackages@gmail.com

+977 9763685862

Bhaisepati, Lalitpur – 25, Nepal

nimapasa.com

Instagram: dala.nepal

Facebook: nimapasa.dala

**T**houghtful gifting, beautifully made.

Gifting in Nepal is woven into the fabric of our social lives, from weddings and festivities to casual visits and life's milestones. We give to celebrate, to thank, to bless, to remember.

But over time, something changed. In the rush of city life and the rise of imported goods, gifting became more about convenience than connection. Shelves of supermarkets replaced the touch of local hands. The gifts we exchanged lost their stories.

Dala was born out of that realisation. Coming home after years abroad and seeing Nepal through new eyes, we saw a country rich with craftsmanship and creativity, yet underappreciated in its own backyard. We saw artisans struggling to modernize their work and urban professionals searching for gifts that felt meaningful without being extravagant.

So we began curating Dalas. We wanted each gift box to be elegant and thoughtfully filled with Nepali-made products, designed for both special and everyday occasions. Each Dala celebrates a festival, a moment, a relationship and carries a piece of Nepal's essence with every scent, texture, and colour.

Because gifting should not just be about giving things. It should be about sharing stories, sustaining traditions, and supporting communities.

That's the heart of Dala.



## HEARTFELT

For any occasion or no occasion, send this just because.  
Just because these felt items are so cute.  
Just because you're thinking about someone dear to you.



## FOR THE LOVE OF TEA

Born out of absolute love for spiced tea, this dala is perfect for all tea lovers. Brew it your way with or without milk or sugar.  
Best enjoyed with a friend.



## LITTLE BABY THINGS

Aesthetic baby accessories for the fabulous new mom!  
Functional items with soothing colors for 'mom and baby' time.



## THE COFFEE MOMENT

You can't buy happiness, but you can buy coffee, and that's pretty close. Nothing lifts your mood like a fresh brew in a beautiful mug.  
This gift is happiness curated in a box.



## GREEN THUMB

Every plant deserves a beautiful home, and every home deserves a little more green.



## PRATIBHA RAJBHANDARI

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### RAJ KAMAL ENTERPRISES

#### TIBAH

officialtibah@gmail.com

+977 9765000053

Bhaisepati, Lalitpur-25, Nepal

Instagram: tibah.official

Facebook: tibah.official

**E**legant. Effortless. Earth-friendly.

Our brand begins with a simple idea that professional wear can be both elegant and effortless. Founded by women who understand the challenge of finding clothing that is both professional and comfortable, we create pieces that keep pace with modern women's lives.

We believe that fabrics used in women's clothing should be soft and gentle to help them move with confidence throughout the day. Hence, each piece is made from handwoven natural fabric to keep them comfortable, from busy workdays to quiet evenings reflecting the strength, grace, and rhythm of women who inspire us.

Each piece begins its journey in the hand of Nepali artisans who have preserved the art of handweaving for generations. Through our initiative, we want to keep the artistry of handweaving alive by transforming natural fabrics into modern silhouettes, celebrating both heritage and innovation.

Rooted in heritage and tailored for the modern world, we are redefining what it means to dress with purpose.



### LINEN COATDRESS

This double-breasted coat dress made out of Nepalese linen brings effortless structure with its sharp lapels, double-breasted buttons, and a waist defining tie belt.



### PLEATED BAMBOO COTTON SHIRTDRESS

Bask in the effortless charm of this extra-soft and lightweight shirt dress made out of Bamboo Cotton. Subtle yet stylish, this breezy dress blends comfort and elegance with flattering tie waist and soft neutral tone.



### PLEATED HEMP COTTON BLOUSE

Crafted with breathable Hemp Cotton, it features structured pleats and a relaxed silhouette, perfect for chic layering or stand-alone statement.



### RUFFLED BAMBOO COTTON SHIRT

Made with breathable bamboo cotton, this lightweight ruffled beauty is all about subtle elegance and all-day comfort. Perfect for work day and after work rendezvous.



### HEMP COTTON PANTS

The relaxed fit pants with front zipper style and stretchable back is made out of soft Hemp Cotton fabric, breathable, versatile and made to move with you.



## SANGEETA KHADKA & BHUVANARI SHRESTHA JHA

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CHOCOVOYAGE

### CHOCOVOYAGE

Ward no. 10, Mid Baneswar, Kathmandu, Nepal  
9841282936, 9851040684  
chocovoyage977@gmail.com

**C**HOCOVOYAGE was founded in 2024 by two friends who met as colleagues on a development project and later became best friends. Like many women, they enjoyed shopping — until one day, they asked themselves: Why stay consumers when we could become producers? That question sparked the beginning of CHOCOVOYAGE, a brand born from their shared love for chocolate and baking.

They started in a home kitchen, making chocolates and cakes for family and friends. As they saw potential, they set up a dedicated workshop to serve a wider market. Every item is made from scratch using genuine ingredients — the same quality they trust for their own loved ones.

Their signature bonbon chocolates are handcrafted and center-filled, available in 12 flavors. Alcohol-infused options include Margarita, Rum, and Piña Colada. Non-alcoholic flavors feature Salted Caramel, Lemon Ganache, Titaura, Guava with Chili, Strawberry, Espresso, Coconut, and Peanut Butter. All fillings are made using premium couverture chocolate and natural ingredients, without preservatives or enhancers.

CHOCOVOYAGE also offers nostalgic dry tea cakes — also known as travel cakes — with a shelf life of up to two weeks. Popular flavors include Lemon, Almond Orange, Coconut, and Apple. They have recently added Victoria sponge and frosted birthday cakes to their menu.

As they continue to grow, they envision expanding their entrepreneurial journey into food catering services — a natural extension of their passion for culinary excellence, along with giving wider market space for their flagship products i.e BonBons and Cakes. Their goal is to offer catering that delivers high-quality, flavorful food with beautiful presentation, creating memorable experiences for every occasion.



### LIGHT AND LEMONY TEA CAKE

Light and Lemony Tea Cake is moist and buttery loaf-style cake, bursting with bright, zesty citrus flavour. This cake is perfect treat when you're craving something not-too-sweet with your afternoon tea or morning coffee.



### VICTORIA SPONGE CAKE

A gluten-free Victoria Sponge Cake with classic jam and cream fillings, and sometimes with buttercream and fresh seasonal berries.



### FLUFFY VANILLA CHIFFON CAKE

This cake features, delicate layers of fluffy vanilla chiffon cake with fresh strawberries or mangoes (seasonal fruits)



### CENTER FILLED CHOCOLATES

Our handmade artisan center filled chocolates filled with home made pate de fruit, lemon ganache, saffron-rose ganache, mint, espresso ganache, \*pina colada, \*rum & raisin, \*margarita, dark chocolate, and many more.  
• contains alcohol



### BOX OF CENTER FILLED CHOCOLATES – BON BONS

Our curated box of handcrafted artisan center filled chocolates- bon bons, for special occasion or every day!



## THE NAIL STUDIO BY SIRAP

Khusibu Sorukute link road opposite to Siddhartha Bank and New Baneshwor opposite to Jeevee Square  
Opening Hours: 10:00 AM- 6:00 PM Phone: +9779860825636, 9843273790  
Instagram: @thenailstudio06 / @thenailstudio06academy (Nail Courses)

## SIRAPAA KAMAL TULADHAR

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### THE NAIL STUDIO BY SIRAP

**H**i, I'm Sirapaa Kamal Tuladhar, the founder of The Nail Studio by Sirap. What began as a simple passion for beauty and creativity has grown into one of the most meaningful parts of my life — creating a space where nails are not just about style, but about self-expression and confidence.

When the lockdown happened, like many of us, I was stuck at home, bored and unsure of what to do with all that free time. That's when my husband surprised me with nail products and accessories to keep me busy.

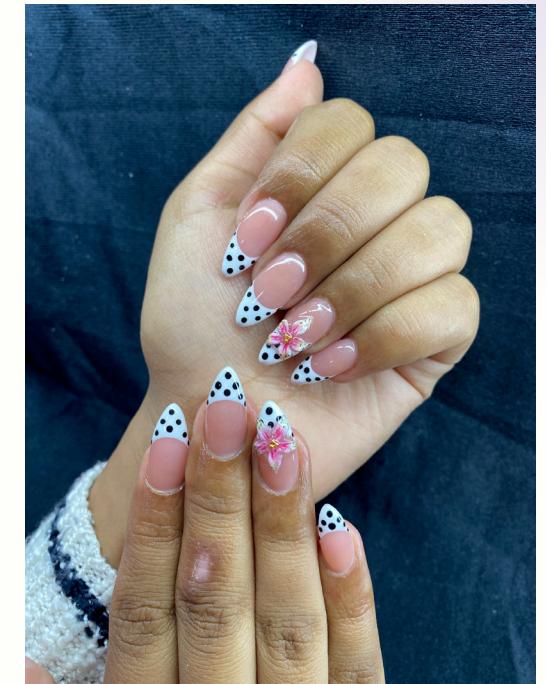
Curious and excited, I started taking online nail training and practiced on anyone who would let me — my mom, mother-in-law, sisters-in-law, and a few wonderful friends. With every design, I fell more in love with the art of nails.

After a year, my elder sister-in-law, Deepa Tamrakar, encouraged me to take the next step. Together, we went out looking for a studio — and that's when my hobby became a dream come true.

This journey has not been easy — there were challenges, doubts, and moments when giving up felt simpler. But the constant love and support of my in-laws, and especially my husband, kept me going. He encouraged me when I doubted myself, helped me believe in my dreams, and reminded me why I started.

Together, we've turned this vision into reality. The Nail Studio by Sirap is not only my dream, but also a reflection of the strength, patience, and support we've shared as a family. For me, it's more than just nails — it's about creating an experience, uplifting others, and proving that with dedication, love, and support, anything is possible.

Welcome to my world of colors, designs, and endless possibilities.



**The Nail Studio by Sirap** offers professional nail care and artistry, specializing in gel and acrylic nail extensions and overlays. Our expert team provides a range of services, including gel overlays, gel extensions, acrylic extensions, and complete manicure and pedicure treatments, ensuring every client leaves with beautifully crafted nails.

Beyond salon services, we are proud to offer comprehensive nail courses through [@thenailstudio06academy](https://www.instagram.com/thenailstudio06academy), designed for aspiring nail artists at all levels. Choose from our Abroad Course, Advanced Course, or Master Course to gain hands-on experience and professional expertise in nail art and design.

Whether you are looking to enhance your nails or develop a career in nail artistry, The Nail Studio By Sirap is your ultimate destination for style, quality, and education.

# HER STORY, HER PRODUCT

## HIGHLIGHTING THE INSPIRING JOURNEYS OF WOMEN ENTREPRENEURS









**Federation of Woman Entrepreneurs' Associations of Nepal - FWEAN**  
House No. 40, Bishal Marga Gate 'Ka', Bishanagar  
+977-01-4543085, 4510775  
[info@fwean.org.np](mailto:info@fwean.org.np)  
[www.fwean.org.np](http://www.fwean.org.np)