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Big B Burger

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EDITORIAL.

"You are never too old to set another goal or to dream a new dream"- C.S Lewis

Beloved readers of Smart Family, as the sun sets on the final days of the year 2018 a new year is dawning upon the horizon. Let this year be yours, your greatest feat and every month be an achievement of goals you set yester years. It shall be a challenge; yes I know but everything can be achieved with perseverance and patience.

This issue of Smart Family wraps around stories of achieving and the path to it. On the cover we have Vice Captain of the Nepali national team, Mr.Gyanendra Malla, let him be an example to what perseverance can endow upon you. His dedication to the sport of cricket is exemplary for all those who choose to aspire for goals which aren't in your general rhetoric. Mr and Mrs. Malla share with you their journey of love and how they manage to balance life with a career.

Don't let this New Year be the same as before. Plan ahead and jot your goals and achievements in Bhav's 2019 planner, journal your days of success and failure in the pages of Yatri and Vaptzarova.



ON THE COVER
Gyanendra Malla

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Jugal Singh

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Nest Media Pvt Ltd
Tripureshwor Plaza
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official.nestmedia@gmail.com

MANAGING DIRECTOR
Nripendra Karmacharya

CONTRIBUTING EDITOR
Prity Shrestha Rajbhandary

BUSINESS DEVELOPMENT TEAM
Anjila Maharjan
Baybina Shrestha
Suhit Manandhar
Sunita Karki

EDITORIAL AND PHOTOGRAPHY TEAM
Shreyashka Vikram Raj Maharjan
Shuvekshya Limbu
Ashutosh Shilpakar
Siris Maharjan
Saroj Patrabansha

DESIGN TEAM
Sandesh Bajracharya
Dristee Shrestha

CONTRIBUTING PHOTOGRAPHERS
Abhigya Thapa
Dibesh Manandhar
Jugal Singh

CONTRIBUTING WRITERS
Biplav Shrestha
Dayishaa Daga
Kumudini Pant
Kushal Shrestha
Nipun Bajracharya
Prajita Shrestha
Reya Shreya Rai
Sadiksha Thapa
Shobhan Shrestha
Shravya Singh Karki

DIGITAL MARKETING PARTNER
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STARTER.

Jotting Down the New Year

Siris Maharjan

The New Year brings new plans and new resolutions. With the Nepal-made products offered by Bhav, Marina and Yatri Supplies, let your resolutions and goals make their mark on the new pages of their fresh new planners and diaries, and set your plans in motion. The new Bhav Notebooks and planners have made their way into the markets. The new planners come in two paper choices with the usual yellow and plain white paper. The planners are also available in hardback covers in red and black. The new planners are an excellent choice to track and plan in the new year, and are available at Bhav office, website as well as on select stores. To add something new to your collection

for the new year, Marina offers a wonderful array of notebooks made with Nepali paper that adds a bit more Nepali flair. With products like the Marina Vaptzarova Himalaya Calendar, their Nepali paper journals: "There is no key to happiness", "Earth Laughs in Flowers", Things to Do notebook, and Marina Vaptzarova Writing Bundle. Yatri Supplies also brings their chic notebooks into the new year with their notebooks categorized into two designs. The Explorer Notebook Series and The Element Series give you a more artistic option on penning your colorful side to reflect your resolutions.



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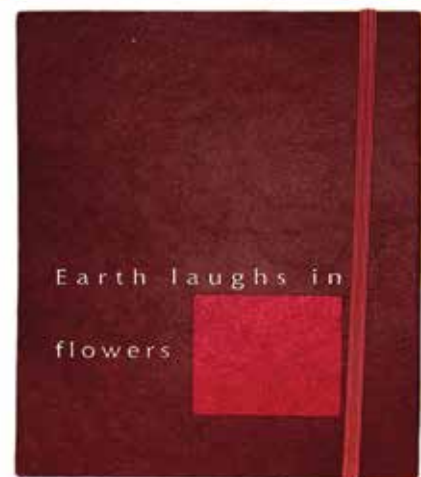
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Hotel Landmark

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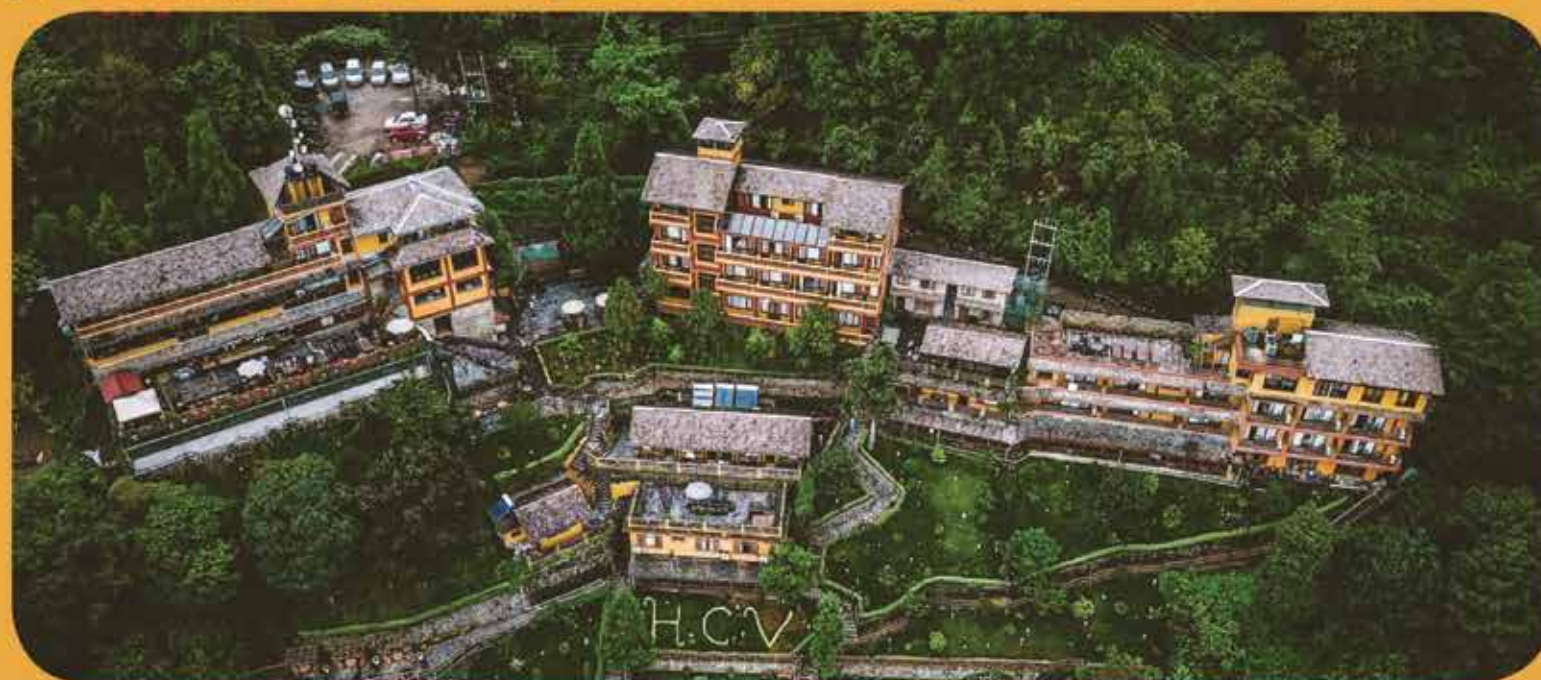
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Market



Micro Galleries Kathmandu Transforms Patan

Global arts initiative kicked off its 2 week long arts festival from the 23rd of November in Patan. The event exhibited works of various national and international artists. The festival features events such as live paintings and installations, workshops, interactive photography, singing in a water spout and guided tours.



One Youth Volunteers Meet

One Youth organized its annual volunteer retreat along with the premier of "An Extraordinary Journey" on the 3rd of November. The event chaired by Dr. Mahabir Pun as the chief guest.



Tata Motors launches limited edition Nexon KRAZ in Nepal

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Continued in Next Page



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Shangri-La Gyakok

Hotel Sangri-La, Lazimpat is re-launching Tibetan Hot Pot (Gyakok) for this winter. Gyakok is a dish to be enjoyed by a big group friends and/ or family. This dish is a myriad of delicacies tastefully arranged in a charcoaled steaming Tibetan Pot. Sangri-La Gyakok, are made especially according to the guest's taste to mix-match and experiment at Shambala Garden, as each pot can be modified according to your choice and taste.



Hotel Annapurna Annual Cake Mix

Hotel Annapurna hosted its "Annual Christmas Cake Mixing Ceremony" on the 16th of November. Hotel Annapurna has been carrying on the age of legacy of marking the arrival of the harvest season. The event was attended by female ambassadors from different walks of life and invited members of the press.



South Indian Food Festival

In Fairfield by Marriott, Kathmandu is hosting a South Indian Food Festival to offer a delicious treat to the diners. This food festival will witness best of authentic food from the coastal state of India. To mark the joyous moment we have invited His Excellency Mr.Majneev Singh Puri (Ambassador of India to Kathmandu, Nepal) to inaugurate the event along with our owner Mr.Sashi Kant Agarwal(Chairman MS Group).



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Siblings are one of the most important relationships in life. Growing up they are our role models, our allies, our rivals, our partners-in-crime, and our biggest supporters. And with strong sibling bonds in adulthood, one can achieve a lot together as clearly shown by Khusbu and Shyamin Dangol.

Shravya Singh Karki

Continued in Next Page

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➔ Relationship Menu

WE INTERVIEWED a dynamic sister duo Khusbhu Dangol, the designer at Oodni Boutique in Kupondole and Shyamin Dangol the make up artist at Studio Secret in Pulchowk. Both of them are involved in different fields of work but have found a great way to work collaborate. Here's their story:

I heard the two of you work together. Can you tell me more about that?

Khusbhu: Most of my clients at the boutique are usually brides-to-be, bridesmaids, or their relatives. So after their fitting, they usually seek a place to get their makeup done, and since Shyamin's makeup studio and my boutique are quite close by, I connect my clients to her studio. It has been a year since we've started doing so, and it has worked well.

So how is it like working together? Have there been any challenges?

Khusbhu: It's fun, but yes, there are a lot of challenges. Sometimes it's tough work convincing my customers to try out Shyamin's makeup studio, especially since it's a new establishment. She too has to do the same with her customers, so these are challenges for both of us. To overcome such problems, we've even initiated discount offers that give our clients reasonable rates in doing business with both of our stores.

It's not a daily occurrence but we do have a lot of work-related hiccups from time to time. But Shyamin, being the younger sister, always listens to me patiently, and our arguments are always a learning curve for both of us.

Are there any activities that you like because of each other?

Shyamin: Actually Khusbhu has heavily inspired me. Since I was little, I always watched her do good makeup and watched her learn makeup from online videos. Her talent inspired me to learn makeup skills for myself as well.

Khusbhu: I really was a makeup freak back then (laughs). Every time I would see a new cosmetic product, I had to get my hands on it. Shyamin too has inspired me. Indeed I did have many makeup products, but Shyamin was the one who taught me how to use them creatively.

What are your positions in the family? Which one of you is the peacemaker and which of you is the troublesome one?

Khusbu: Shyamin has always been the troublesome one. I have always been the obedient daughter. But as time went by, Shyamin too became a lot more compliant, and now as we have entered into our own working zones, I feel that we've become more calm and composed.

Were there any favourites in the family?

Khusbhu: She was the cuter one, so she definitely was the favourite.

Shyamin: (Smiles) I probably was.

Would you describe your relationship with each other as supportive or competitive? Has your relationship helped you strive to do better?

Shyamin: I think we're really supportive of each other, and that's what helped us become who we are today.

Khushbu: She's right. We're definitely each other's support system. Whenever there is an inconvenience we make it a point to seek help from each other. Though she's many years younger than me, I always get useful advice from her, and she always corrects me when I'm in the wrong. She can instantly tell when I'm in any kind of trouble.

Of course, were involved in different kinds of work, so each of us wants to do our best in our respective fields of work. I do have my own ambitions, and I do want success, but I wish the same for my sister.

Are there any presents that you know your sister would always be happy to receive?

Khusbhu: Shyamin likes many things, but if I need to specify, I think it would be perfume. She's a perfume collector. I had gifted her Chanel perfume on one of her birthdays, and I still remember how she'd use it drop by drop. Eventually, she ended up breaking the entire bottle (Both laugh)!

Shyamin: Khusbhu loves bags. I remember gifting her a green bag, which she still uses.

Is there anything that you two do that drives each other crazy?

Khusbhu: Well...I don't have a lot of patience and I'm very meticulous, and Shyamin—being a lot more laid back—hates it when I nag her to get things done on time (smiles). But I think she learns from me on such occasions too.

Shyamin: For me, I think it's the same thing—patience. She panics more often, and that makes me panic too (laughs).

What are you most proud of your sister?

Khusbhu: I think the fact that Shyamin's made a name for herself from a very young age is something to applaud her for. She pays her own rent and spends what she earns.

Shyamin: She's one of the best designers in Nepal, and her work is inspiring. Wherever I go, everyone knows me as Khusbhu sister—even when I'm abroad—and that makes me so proud of her.

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Barcelona

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A vibrant city with rich culture, memorable history, and elegant architecture, Barcelona is a must travel destination.

Prajita Shrestha

Rich in art and architecture, Barcelona is a city in Spain. While this city is mainly known for the exquisite buildings designed by gifted architects like Antoni Gaudí and Lluís Domènech i Montaner, the city's culture and history are impressive as well. Consequently, Barcelona has been a hub for tourists from all over the world for a long time. Mr. Abdullah Tuncer Keceli, Turkish Airlines' General Manager for Nepal, was one of the lucky ones to relish the splendor that Barcelona embodies.

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Before the trip

Mr. Kecci and his family have a special type of passport that allows them to travel throughout Europe without a visa. Making good use of this privilege, Mr. Kecci made an impromptu decision of taking a trip with his wife and children to Barcelona. However, later on, he and his family decided to invite his parents to travel with them. Thus, this trip to Barcelona became one of the biggest trips the entire family went on together.

The beginning of the trip

Although this trip was a last minute decision, Mr. Kecci had pre-booked a six-bedroom rental apartment for three days. This apartment made a good impression on the family members as it had a rather organized setup though it was not a hotel. Mr. Kecci explains, "The apartment owner called us up soon after we landed and fixed an appointment with us. He offered to advise us on ways to make the most out of our days in Barcelona and helped us draft a plan to do so."

While each attraction in Barcelona was memorable to the Kecci family, their trip to La Sagrada Família, which is a huge Roman Catholic Church made by the Catalan architect Antoni Gaudí and a UNESCO World Heritage sites, took a special place in their hearts. Along with this, the

special Flamingo dance in Barcelona was eye pleasing and entertaining for the entire family.

For both of these outings, Mr. Kecci explains that the apartment owners were tremendously helpful. "Even though it was not part of their job, the apartment owners offered an extended service of making reservations and arranging tour guides," said Mr. Kecci. He further added, Kecci says, "They really knew what they were doing. They had a detailed answer to all the queries we had in our mind. They also made bookings for different activities in the city and provided us with a discount for those activities. What impressed me the most is the transparency and accountability in their work. The trip would not have been the same without the warm hospitality that we received in the city.

Additionally, the Kecci family fondly recalls visiting La Rambla (a tree-lined pedestrian mall) and Camp Nou (largest stadium in Europe and home stadium of FC Barcelona), both of which were mesmerizing in a distinctive manner.

The other highlight of the trip was the scrupulous delicacies in the city. The Kecci family visited a myriad of restaurants most of which were seafood restaurants to taste the Barcelona cuisine. The family also had a wonderful time enjoying the world-famous Tapas, which are appetizers in Spanish cuisines.

One of the very few problems the Kecci family experienced during their trip was a minor inconvenience in communicating because of language with people from local neighborhoods. "While the lifestyle in Barcelona was similar to the one I had back in my home and while we had no language barrier in tourist areas, exploring local streets and markets was a bit difficult," says Mr. Kecci.

Mr. Kecci adds, "However, for my daughter who was interested in learning Spanish at that time, the trip turned out to be a good way to practice the language through interactions with the locals."

End of the trip

Unfortunately, the Kecci family decided to finish the trip a bit early because of the availability of their flight and thus, could not visit beaches and other historical monuments. However, Mr. Kecci believes that this just gives his family one more reason to visit Barcelona again.

Post trip thoughts

Mr. Kecci feels that Barcelona has a good market for tourists and caters well to them. He suggests everyone to visit Barcelona at least once in his or her lifetime, while hinting that visiting just once is not enough.

"Barcelona has become my favorite place after my homeland capital Istanbul," states Kecci with a smile on his face and a spark in his eyes.



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FAIRFIELD BY MARRIOTT

Siris Maharjan



Overview

Marriott International, Inc. is a leading global lodging company with more than 6,700 properties across 130 countries and territories, reporting revenues of more than \$22 billion in fiscal year 2017. Founded by J. Willard and Alice Marriott and guided by family leadership for more than 90 years, the company is headquartered outside of Washington, D.C. in Bethesda, Maryland. Fairfield by Marriott, located at a prime setting in Thamel, is among the chain hotel branches worldwide. This stylish establishment is located in an ideal location that places guests near everything in Kathmandu, from corporate offices and embassies to shops, historical sites and exciting nightlife.

Accommodations

The prime focus about hotels is the services that they offer, and how efficiently the services are observed. Fairfield by Marriott hosts a large number of guests in their establishment with the 115 rooms that they provide. All 115 rooms are well managed and set up, with basic essentials, bedding and the rooms all kept neat and welcoming. The guests have the option to choose between rooms that host twin beds or king beds. Each room is maintained properly to cater to all the needs of the guests. The inventory of 115 rooms includes: 71 deluxe king bedrooms, 43 deluxe twin bedrooms and 1 accessible king bedroom. The hotel's express check-in & check-out system helps alleviate the timely process along with a pre-established check-in & check-out time. The hotel is ideal to plan successful meetings, group events, family reunions and celebrations. The hotel provides various packaged options for guests that allows the guests themselves to choose the facilities that they want highlighted during their stay. Each planned stay at the hotel features custom catering, with a 24-hour restaurant that offers a complimentary breakfast buffet, as well as tempting selections for lunch and dinner.



personal as well as business activities, the hotel facilitates elegant spacious meeting rooms. The meetings rooms incorporate modern audiovisual facilities to host business meetings and conferences, all carefully catered for with premium catering services. Apart from corporate targets, guests are provided access to a well-equipped fitness center and laundry services.

To make the guests feel right at home with their



Food and Beverages

Fairfield by Marriott has provided ideal amount of care and attention to their services, which is further evident by the food and beverages that is provided by their in-house restaurant and bar, Kava. With a welcoming ambience to the restaurant, Kava is an all-day dining restaurant that offers interactive buffet stations with an 'a-la-carte' menu option. Keeping to the taste preferences of the guests as well as the hotel's ideals, Kava offers the guests Nepali, Indian and Intercontinental cuisine without comprising to the quality of the foods and the service. With the wonderful taste that the chefs serve up, the dishes have a fan-base of their own. One of their signature dishes is a wonderful serving of Chicken Chettinad! The dish brings the taste of Southern India that pleases not only the domestic

guests but international travelers as well. Along with the Chicken Chettinad, the must haves in this restaurant don't just stop there! Their breakfast Dosa, Himalayan Thenthuk Soup, Nepali Thali and delightful Grilled Himalayan Trout fills the hearts of everyone that partake in the scrumptiousness of these dishes. With welcoming staff catering to all the queries and needs, the chefs are just as warm and welcoming to the guest. The spacious restaurant is also home to periodic food fests throughout the year. The hotel hosts various food festivals every 3 months that celebrate the food and service culture. The indoor seating hosts approx. 60 guests, while the outdoor seating, 'Alfresco', hosts approx. 40-45 guests. Combined, the spacious restaurant is ideal for food fests and gatherings.



Amenities

Within the hotel, you'll discover comfortable accommodations filled with every amenity you need to feel at home, including complimentary Wi-Fi, coffee, tea and bottled water, a mini-fridge, spacious work desks, marble bathrooms, e-safes and 24-hour room service. The Kava bar is a contemporary bar and lounge that offers freshly brewed coffee as well as cocktails and spirits which is also a wonderful rest area. Also in the hotel is a 24/7 food & beverage convenience store dubbed 'The Market' for guests to indulge in snacks and drinks for a day in.

Take advantage of our hotel's 24-hour restaurant and fitness center, as well as complimentary amenities including Wi-Fi access and on-site parking.



Committing to Cricket and Family

Text by: Siris Maharjan, Interviewed By: Shreyashka Vikram Raj Maharjan

PEOPLE'S LIVES HAVE many stories that are unheard and well-kept. Life in Nepal as a sportsperson comes with a lot of attention and scrutiny. There isn't much safe from the relentless eye of the media and enthusiastic netizens. Despite the attention people give, the normal lives and families of sportsmen are just as important to them as their careers, but there isn't much that we all know.

We had a wonderful conversation with Mr and Mrs Gyanendra Malla, to learn about life as a sportsman and a family man, and what life is like with a sportsman and the attention.

How would you define yourself in your own words?

Sangita Maharjan: We've been married for 7 years now. I'm currently teaching in DAV. I'm not so keen about being in the limelight.

GM: How do I define myself? I don't know *laughs* The two of us prefer being rather behind-the-scenes! We've been married for 7 years but we've actually known each other for 13 years. I've known her since the beginning of my career in 2005. So the credit of my rise goes much in part to her as well. Adding to how she defined herself, I'd say that she has always made me feel secure.

What was your first impression of each other?

GM: Back then she used to wear spectacles! During a break I saw her in a shop for the first time--curly hair and spectacles! The thing I noticed

was the beauty mark on her nose, which I thought was a nose-ring, and even through the years I haven't forgotten it. I still remember her in her black and red striped sweater!

SM: I hadn't noticed him as such in the beginning. I had thought that he was Indian! But got to know him later on! GM: I don't look like an Indian hai! *both laugh*

With your first impressions of each other, how did your relationship take stride?

GM: I didn't use to talk to people a lot. On top of that, I found it really hard to talk to the girls, and hardly did even in school. I used to see her every now and then, and when she was with us once, I was able to talk to her. By talking I mean I asked for her email address, and from there online conversations took off and that was how the relationship actually took off.

With cricket having been such a big part of your lives, are both you on the same terms with cricket?

GM: I guess I have to say no! SM: *chuckles* I didn't even understand the game in the beginning. I've slowly learned about it watching him play, but still there's nothing but cricket or football on television even at home! That's my complain but I quite enjoy going to watch the matches. Now the entire family knows and understands cricket!

GM: In the beginning she didn't understand cricket. There wasn't a sports background in the family, given that most people still don't understand the sport. The interest piqued later on in our case.

How do you balance training, traveling and family commitments?

GM: Thankfully life's been made easier through the internet and the various apps that we can use. Even though we are connected online easily, physical presence is an entire different thing. SM: He usually manages his time to be with the family even though his teammates complain *chuckles*. So I try to be there as much as I can even with all the training and even though my teammates complain. I am a family person and I love gatherings like nakhtyas, and even though it might seem dull, I prefer spending time with my family.





Has your commitment to cricket affected your family relationships in any way through the years?

GM: Overall I'd say there's been a positive impact, but of course, back when I first started there was a doubt about the future in cricket. My family was curious about making it my career path, and whether or not it would be enough to support the family. During that time, cricket hadn't reached the peaks that it has now, and with all the doubts cumulating we had already begun to see each other. Looking back now, I would say that there has been a positive effect and my family feels proud of it now. I have been able to see their happiness that I have done well in this field that I believed in.

With your responsibilities with the national team and the EPL team, how do you manage the time to go out and spend time together?

GM: I try to pick up and drop her off at work as much as possible, to give us that little more time together. She did come watch matches and has always been there, but she has never complained about my devotion to cricket and that makes me feel secure. After cricket, she does ask me to spend time with her and be there with her which has made it easy for me to focus on cricket and my family in their own specific times.

SM: Which part of your life do you find more challenging? Life as a cricketer, or life as a family man?

GM: I think both of them are challenging. In cricket, there are many instances where things won't be within my control while in a family, there are instances where we need everyone's support. Being a part of a team, it feels like a family on its own where everyone has been there for quite some time. In terms of cricket, we look to increase our own levels

Continued in Next Page



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constantly but there is a feeling of having settled down at home. Because of the continuous development in cricket, there is a bigger challenge in the sport I feel.

How influential has your family been throughout your cricket career?

GM: They used to be concerned but they weren't barring. Coming from a middle class family, a career in sports in Nepal always had a question mark attached to it. It was always quite concerning. My brothers were quite supportive, but my sister and brother-in-law were most supportive of me. From the start of my career, in selections and travels, they used to look after any needs that I might have needed. Even in the society that we lived in, people supported me and pushed me towards my dream. It's not just my family, but the team, the club family, the people from the community that supported me have been influential in my career.

How do you support him during matches and during times when you can't attend the matches yourself?

SM: When I can't make it to the grounds to watch a match, I text him beforehand but I do keep track of the game through online portals.

GM: Sometimes she tells me that the game might not be well if she's there but will watch it online!

How well does he support your career?

SM: He has been supportive but maybe I should give up teaching *laughs* But he has always supported me in anything that I might want to pursue. He urges me to look at things from different angles and perspectives as well.

GM: What I usually tell her is that she shouldn't be tied down to just one thing. There should be other things that she should indulge herself in. I

suggest her to try new things, away from the comfort that she feels in teaching. But I have never dictated what-to-do and what-not-to-do!

Have there been any changes in him from the beginning of his career to the current point of cricket stardom?

SM: Changes... *chuckles* There've been positive changes! He used to be a reserved person, now he talks and socializes. That's a plus point! He's down-to-earth, and his sense of humor is still fun.

GM: People don't see my sense of humor because I've usually been quite reserved. They usually think I'm strict until they get to know me, then my sense of humor kicks in! A lot of people don't understand sarcasm, so they tend to think otherwise.

What was your initial reaction to being given the captaincy of Lalitpur Patriots in the EPL?

GM: I admire Kishor Jee, from his background and achievements in banking, and as a sports lover. When he got the team and I received his call, I was excited. The name 'Lalitpur' added to the excitement because it made me feel like I was representing the locale that I had always been in. All of them in the EPL have been working very hard and pushing us to work hard, to make most of the opportunities despite the minimum resources that we have here. As a team, since everyone is involved excitedly in promoting the brand as well as promoting cricket, it makes me more excited.

What message would you convey to the aspiring cricketers from your experience as one of the leading sportsperson in the country?

GM: A player's journey isn't limited to a year or two. If I overlook the 14 years I've spent in the national team, the period of 5 or 6 years when I began makes my journey of about 20 years. Things won't come to fruition instantly! You can't expect things to happen at a rapid pace, so you need to maintain the dedication, discipline and passion as a player. You might get results today or tomorrow but you shouldn't compromise on the effort and hardwork that you have to put in! Compared to then and now, people follow cricket more these days. From national, local support to corporate support, people are invested in the sport and it makes sports a career option. Be patient with things. Give importance to your education, since I didn't choose that path! *laughs* Choosing sports as your prime focus involves a lot of risks and you can only give your best in the prime of your skills. After that there might not be anything to lean on, so keep working hard, study well and be patient!

You've been with him from the very beginning of his career. What message would you give to the better halves of future cricket players?

SM: Even after selection, it takes a lot of time. It is important that you stay patient and supportive because actions take course in time.

What is your personal mantra?

GM: I believe that whatever happens, happens for good! So don't worry about things too much. You should ease into things because life gets a lot easier when you're not rushing into things. It's always best to break things into simpler perspectives and take things slow. Try not to complicate things for yourself by reading too much into situations, let things take their time.



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PARENTING. SOCIAL SKILLS & MANNERS

Siris Maharjan, Illustration by: Prashant Raj Dahal

WITH THE PROPER manners and good social skills is the main goal as a parent when your child is still very young. Obviously, wanting children to have a likeable personality is a huge aspiration.

Young children are usually taught to mimic and learn how to say certain things and when to say them. "Say please", "Say thank you", and "Say sorry" are very common phrases that are expected to be learnt by the child. Mirroring and parroting are common practices, but if we want them to develop genuine kindness, if we want them to develop and express true empathy, if

we want them to develop the ability to feel and express honest gratitude and sorrow, directly instructing them is not the right practice.

Instead of giving direct instructions, we suggest trusting children and modelling for them the moral values and attitudes that you want to teach them. If young children are treated with kindness and respect, they will, in time learn to treat and talk to others with genuine kindness and respect. As a parent, you wouldn't need to constantly remind and correct them. As a parent it will be a wonderful experience to witness a young child acting and responding from a genuine place and not from a half-hearted, and hasty issue of "I'm sorry" or thank you.

Children learn a lot from observing, listening, and absorbing your actions and attitudes. Trusting them and letting them learn in their own pace can be a real test of patience. Children express the same things that they witness and experience in their own unique ways. In order for them to learn genuine manners, to say please, thank you and sorry, we have to model children in our own ways.

We can say please and thank you to the children when making requests. We can express our sincerest apologies and say sorry when we make a mistake. We can express our gratitude gracefully or thank

someone from the children's behalf. We can greet someone warmly.

Be gentle with young children. They have their own pace of learning and most of the times, it's hit and miss. If you trust yourself to be patient and continue to model for your children, the trust that you have placed on them will surely have a spontaneous effect and you can witness them express themselves with the same genuine respect and attitudes that you wanted to instil in them.

Young children are gentle, and trusting. Trust. Model. Believe in the inherent goodness and intelligence of your child. Please, thank you, hello, goodbye, and I'm sorry will come in its own good time.

say thank you



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THE ADOLESCENT EQUATION

A fulfilling adolescence makes up a complete jigsaw puzzle of a happy adult, who is independent and capable of forming healthy relationships. Parents are the ones who have the power to fit in all the right pieces.

Shuvekshya Limbu



FOR MANY OF us, adolescence was a rocky ride. One moment we were fine traversing on our own, but the next moment, we were met by a tidal wave of raging hormones, academic pressure and social responsibilities. This often left us with a lot of questions and confusions, for which there seemed to be no explanation within our reach. What's even conflicting, is how during such stifling moments when we really needed all the support we could get, we hardly had the words to ask for it aloud. However, having our parents as an anchor during this rocky phase of adolescence makes all the difference.

Parents of budding adolescents must have certainly asked this question, 'what does my teenage child want from me?' Although every child is different and might have different psychosocial needs, there are really some fundamental requirements that goes into making of a healthy adult, someone who is confident, independent and capable of forming healthy relationships in the future.

Authoritative Parenting

First of all, 'authoritative' parenting is starkly different than an 'authoritarian' style of parenting. If the latter is characterized by a rigorous control and rules, the former is a healthy area, where there's certainly demand and expectations on both sides, but also an equal degree of warmth and healthy communication. Moreover, in Authoritative style of parenting, parents aren't an 'absent' figure, who fulfill just the basic requirements of their children and fade into the background, but someone who has an active role in the lives of their children, guiding, supporting and leading them safely in the path to adulthood. As a result, adolescents grow up to be more independent and self-reliant.

Mutual Communication

We hear enough of the statement, 'parents are usually the last to know what's happening in their children's lives'. What's lacking here, is a vital dose of communication. It is an

undeniable fact, that teenagers are usually reluctant to open up to their parents, for instances such as these, Dr. Rana suggests to grab the opportunity whenever they seem to have the temperament to open up, and then let them talk their heart out and vice versa. Also in other instances, when parents are monitoring their children, let's say about the time they should return home- it is integral to let them know why parents are doing it, and make them understand the sentiment behind it. Instead of badgering children about the mistakes they have made, parents should instead appreciate their honesty in opening up to them and at the same time, try to understand why did it and if they will do it again. Communication is vital in every step.

Sense of Responsibility

Adolescence is that weird stage when, teenagers are thought adult enough to make big decisions of their life but still thought young enough to stay outside after 9. However, giving adolescents the taste of responsibility over their lives is an important way to develop their individuality. Hovering over them constantly, and making all the decisions for them, will only make them overtly dependent on their parents, to the extent they might have difficulty distinguishing what's right and wrong later in their life. However, it is also equally important to guide them when they are handling responsibilities and pick them up whenever they mess up.

Love and affection

No one can be more wrong if someone says "you'll spoil your children, if you love them excessively". Actually, you can never go wrong with love. Instead, if parents are openly affectionate with their children from a very young age, they are in turn teaching their children to be affectionate. Loving them not only teaches children to be reciprocal but also nurtures their budding self-esteem.



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Helping Your Child Deal With Social Exclusion

This article is a recommendation on how parents can help their children cope with social exclusion and bullying.

Sadiksha Thapa



BEING PARENTS IS one of the toughest jobs in the world; it's a 24 hour duty with no breaks in between. Although this is a universal job, humans have still not been able to come up with a concrete job description and the perfect way to carry out the responsibilities. To be straight up, there is no perfect way to parenting. So when it comes to social exclusion of a child, parents can often feel helpless although they might take all the measures to avoid it.

Social exclusion is the inability to participate in the social, economic and cultural environment effectively which could be a result of poverty or being from a minority group or marginalized community. They are excluded from or denied basic rights and opportunities. As children, it may be difficult to deal with social exclusion in school, at home or among friends. Thus, when you are faced with such adversity, you are advised to go through the following suggestions.

Watch for the signs

Watch out for any abnormal signs that your child may be showing. Children especially teenagers tend to distant themselves from their parents and not share the problems that they are going through. So, it becomes the responsibility of parents to be

keenly interested and careful to notice any changes in their behavior. Some of these changes in behavior include appearing , not showing interest in their regular hobbies, making excuses to avoid school or social gatherings, talking about not having friends, change in sleep, and academic performance and eating habits.

Make the conversation

This might be one of the most difficult tasks to do as a parent; but it is one of the most important. Try to be a friend rather than a parent while starting a conversation. It is important for the kids to know that you want to talk to them in order to understand them and not scold them or tell them they are wrong. One of the reasons why kids hesitate to share with their parents is because of the fear that they might be grounded or punished. It is important to earn their trust and to make them feel that you're their friend.

Be affirming

Be responsive to your kids and make time for them. It is important to make them feel loved and to let them know they are being taken care of. Show them how appreciated and valued they are in your life and the life of the people around them.

Look for friendship

Look for ways to help your child make better friendships. Encourage them to seek out friendships and remind them that people excluding them and bullying them are not the only people in their life. Instead, encourage them to find new people that will make them feel better. Encourage them to participate in extracurricular activities. to join book clubs, adventure clubs, public libraries, etc where they can find like-minded people and make better friends. Some of the recommendations are painting classes in House of Palette, archery lessons in The Best Archery, Wall climbing in Astrek Wall Climbing, creative workshops in Karkhana, Dance classes in Nepal Dance Academy or any other language or skill building classes. Participating in such classes not only helps them in making friends but also helps them on building their skills and improves their coping mechanism.

Track their online presence

Help kids stay away from unhealthy friendships both online and offline. It is crucial to understand what your kids do online and what kind of friends they have. Most often kids who feel socially excluded take asylum in the online world

and may fall into trap of dark side of the internet. It may be difficult for parents to know about the virtual world that their kids live in because of the generational and technological gap. But parents should try to learn about online world as much as they can to understand the risks associated with the internet. However, this doesn't mean that parents should keep their kids away from internet and ask them to deactivate all their accounts. Parents must learn as well as teach the kids about cyber security so that they do not fall in trap with the wrong circle.

Do not hesitate to consult an expert

Parent may not always have the expertise to deal with complicated situations of social exclusion and bullying. In such cases, parents should not hesitate to consult a pediatrician or a child counsellor. They help detect teen depression and also screen thoughts of suicide. Moreover, it also helps for the child to be able to talk to someone besides their parents. Some recommendations include professional counsellors from Ankur counselling Centre, Nepal Academy of Psychology and also Kanti Children Hospital.






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It's important for a child of any age to have access to a variety of leisurely activities for recreational and educational purposes. Although electronic devices are one of the most popular forms of recreation, it is also important to make sure they have access to books, music, dance, sports, activities in nature, visual arts and other creative activities.

Physical activities such as dance, sports, yoga are also important for mental health and well-being. They bring awareness to the body and help the mind relax and rejuvenate. Leisure activities also allow kids to socialize with peers with similar interests which is important for their social development. In such a situation of varying options, the question then arises, "How much screen time should children get?"

In an interview with Dr. Prathama Raghavan, a Mental Health and Disability professional, she shed some light on the question. "Watching TV, playing games, using social media or watching videos, etc. on the internet is important, since this is a medium that has become a part of our daily lives. Children should be introduced to it age appropriately. I think 16 is a good age for teens to start using social media. If parents don't allow it, they will find a way anyway. But managing the kind of content that children are accessing is important. Learning to use the computer or tablets and telephones at a young age can be important, since this is quickly becoming the only way we communicate and is an important safety measure in many situations. I think learning to use a cell phone today is like learning to use a telephone in previous generations. But I would say till a child is 16 years of age, I still don't see the need for them to have their own phones."

Having established that in today's day and age, learning how to operate technology is a must for even children, we moved on to the next big question:

What does screen time have to offer a child? Here, Ms. Raghavan said, "I strongly believe that technologies have many things to offer. They are inclusive by nature and therefore are a great resource for children with all kinds of difficulties, disabilities and differences. For example, social media and messaging might offer ways of interaction for introverted children that are better adapted to their temperament than socializing in person. It also allows for socializing with people not in their physical lives



Along with monitoring their physical growth, regular examinations help you recognize the problems that your child might be having, or could have in coming days, thus, medically and mentally preparing you for the future.

which can be important for children who feel like misfits. Audio books, text to speech applications can be an excellent resource for all ages. Audio books on phones and tablets allow children to learn to read and understand phonetics easily. There are a huge number of educational applications that are interesting and teach in ways that humans cannot. For young children screen time

should be with the parents or older family members making it a shared experience. Parents should also spend time reading books with their children. It serves the same purpose and allows for conversations about the book."

With that being said, Ms. Raghavan also talked about the thin line between the importance of screen time and over indulgence with technology. She states, "A balance is important. I am not an advocate for putting your child in front of the TV to get your work done, but I know that this is sometimes necessary, it should just be controlled. Screen time will be automatically regulated if the child has access to other activities as well. For example, eating meals together as a family is important for children and teens. Mealtime is a good time to share the day's experiences and build an open communication system with your children. This should be prioritized. I would not recommend watching TV or videos while having dinner on a regular basis for children (or adults in fact). I believe that up to the age of 16, content on the internet accessed by children should be controlled and adapted to their age and developmental level."

For 16-18 year old teens, it is important to educate them about privacy and sharing of information, photos, videos, etc. on social media and the risks involved. Social media has become one of the mediums for bullying, and cyber bullying is very real. Any information we share online is permanently there. Everyone should be conscious of this when sharing private information on social media. Parents need to keep communication open with their teens of all ages so they feel comfortable reporting any abuse they may experience online (or offline). Teens sometimes feel pressured to have telephones or share information on social media due to pressure from their peers. In case any cyber bullying occurs it is important to not blame the victim of the bullying even if they may have exhibited risky behavior. Nobody deserves to be bullied.

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FRAGILE AND ITS STEREOTYPES MASCULINITY

Reya Shreya Rai, Illustration by: Prashant Raj Dahal

FRAGILE MASCULINITY IS a term used for men who try too hard to fit into the stereotyped concept of them created by the society. A man with fragile masculinity is scared of coming off as feminine and tries to act as per the standard idea of a male invented by the society. And why wouldn't one be? Since birth, boys are raised into rooms painted blue, male heroes in capes and red underwear, encouraged into football and chided in instances where tears are shed with "Are you a Girl?"

The popular fairy tale and stories that we read as children seldom had heroic female leads. Instead they were followed up by knights in shining armors who saved the day and made the princesses swoon over and subject herself to their feet. Personally speaking,

I have never come across a guy who has expressed his fandom over female superheroes.

There has never been a "Who's stronger? The She Hulk or Wonder woman?" but plenty of Batman/ Superman/ Ironman/ Spiderman to last us a lifetime of. Boys are handed over books of adventure and masked crusaders who save the day while girls are given tales with princesses who wait for these heroes. What does this teach our boys who are destined to grow up into men? Nothing good, that's for sure.

Men are taught to come off as strong, dominant and confident. In a twisted patriarchal way. They are taught to shun their vulnerabilities and feeling sides. Hegemonic Masculinity is a concept used to justify men's power over women, their aggressiveness and the inclination towards Violence. The Media absolutely revels in hyper-sexualizing a woman's body. In a century washed over with multimedia and technology, everything from the internet; the movies, influencers, songs compete on degrading and marketing

a woman's body as a medium for carnal attraction. Rape Culture supports the idea that men can dominate women through violent sexual and physical attacks. A plain white truth reflected in the ever-rising number of rape cases and assaults directly influenced by the sexuality of the victim.

"Grow a pair", "Don't act like a pussy", "Be a man" are comments that are steadily thrown across as words of insult and encouragement alike. So, how does sexist phrases affect masculinity? The question is an answer in itself. Not only does it imply that it's foolish to act like a woman, it also blurs out our understanding of manhood and masculinity as concepts. Concepts are mental representations. What sexist phrases does, is morph the idea of men into strong, tough, Man men. It forces men to act in a certain way and shed their own individualism aside as they fit into a concept forged by the society. This cripples

men and is equally hurtful as physical infliction of pain, on the long run.

So how do you get rid of this toxic masculinity? It takes a village to raise a child. It doesn't just depend on the parents to promote an environment free of toxic masculinity. First of all, we need to encourage our boys to express themselves. Whether it's through arts, feelings or through unconventional hobbies that challenges stereotypes of masculinity. We need to remove traces from the media that demeans women or people of any other sexual orientation as a gender and teach little boys that blue or pink are colors that can be anyone's favorites regardless of their gender. That it's okay to ask for help and it's okay to cry. Show them that it's beneficial to seek emotional well-being. Let's spread positivity and teach our boys that it's okay to share their feelings and not be shameful about it!



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Understanding Anxiety

Siris Maharjan, In conversation with Consult. Dr. Bijay Gyawali

Before contemplating what anxiety is, we need to understand that the human brain has a reflex phenomena--"Fight or Flight". This reflex handles responses to various stimulants in the natural way that we get used to--getting startled at loud noises, tearing up when hurt are some of the responses that the reflexes handles. However, there can be certain instances where the responses tend to be artificial or beyond the reaches of natural responses. The inability to respond to a certain stimulus naturally can be called anxiety. It is a very vague subject, and there are many other sub-cases under it.



Focusing solely on Nepal, the teens tend to face one of two cases: social anxiety or general anxiety disorder (GAD). The more serious cases are termed as "mutism"--which means that the teens exclude themselves socially, completely. Fear of socializing, and keeping oneself separate from social crowds or indulgences can be considered anxiety.

Determining whether children or teens have anxiety or not

Firstly, what parents and guardians need to understand is that anxiety and depression does not differentiate between children, teens or adults. It can affect anyone at any age. People tend to have the misconception that children and teens aren't

affected by depression and anxiety. So it is imperative that as a parent one should be aware that anxiety can affect children as well.

There are a few symptoms that can be noted and are visible:

Emotional changes: Irritability; Unexplained anger, and fits of rage.

Social changes: Isolating oneself--staying alone in the room for a long period of time; unwilling to socialize with guests and new faces; losing social circles and bearing the feelings of losing friends. Losing interest in peer groups can be seen majorly in kids and teens that suffer from a form of anxiety.

Physical changes: Increasing headaches and migraine; instant fatigue, even with very less

participation; palpitations, which might cause the impression of heart problems; sleep disturbance--inability to sleep, or sleeping for a very few hours.

With children mostly, wetting the bed can be also be counted as a symptom of his/her anxiety. Apart from that, school performances can also show signs of anxiety, with gradually declining grades as the classes progress.

How should a parent comfort his/her child with anxiety?

Parents should also know and consider the fact that the feelings of anxiety in adults and in kids are the same. Feelings of anxiety will not be different with different age groups. Children and teens

will be stressed and anxious the same way as adults do.

Parents should not forget their child's resiliency. Everyone has a certain limit, and how much one can cope with situations. It differs from person to person, and parents need to understand how resilient their children are. In terms of the Nepalese education scenario, children are sent to schools not to learn new things but to pass their exams. Hence the first thing that a child should be taught is the means to build his/her resiliency, and how to cope with even the most serious situations.

Furthermore, coping strategies also play a part in handling and comforting kids with anxiety. Usually, parents and adults don't let their children speak up in important household talks at



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and decisions. Treating children as unaware and unable to understand weakens their coping strengths, and even the smallest things can irritate and stress them out. Reevaluating parenting techniques and skills can also be done to limit any unintended triggers for anxiety in children and teenagers.

How to handle panic and anxiety attacks?

The symptoms of anxiety can differ depending on the type of anxiety one is facing. In general, anxiety differs from panic attacks, in that it gradually increases rather than subsides. Focusing on the reasons that triggered anxiety can be done by the patient him/herself.

Understanding that anxiety is a natural response of the body

In case of anxiety attacks itself

symptomatic care: breathing exercises; drinking cold water; in further cases—medication

problematic care: focusing on the anxiety triggers ;

Long term impacts

In terms of teenagers, the major impact anxiety has is on academic performances. Moreover, it disturbs their normal social behaviors and indulgences, and it can differ depending on the type of anxiety. Post Traumatic Stress Disorder (PTSD) is also a sign of anxiety in people, and creates stress relating to past experiences and memories.

The Nepal Police releases an annual survey of the number of suicide cases. Comparing

the data from the past year (150) to this year alone (250), there has been an increase in the number of suicides mainly within children below the ages of 16. Failure to recognize and deal with anxiety in children can be considered a prime factor in the growth in such suicide attempts.

For example, unwillingness to go to school can be because of various reasons that we cannot see, yet it is common to convince or even force children to stay in school.

outlet of these feelings of helplessness can be seen as suicide attempts, drug habits, smoking and drinking.

Such cases should be taken as national crises, and the focus should be shifted towards the educational and parenting practices within the country in order to create a dynamic where such instances and cases are limited or eradicated completely.



Behind the scenes, children can be dealing with bullying , or punishments or discomfort with understanding concepts beyond their mental capabilities which the parents and adults cannot determine. Yet people barely try to understand the reasons for such behaviors. After a certain amount of days, children stop crying or throwing tantrums which are usually taken as a sign that they are now used to being at school, are basically the children's way of realizing that crying isn't going to help solve their situations. The



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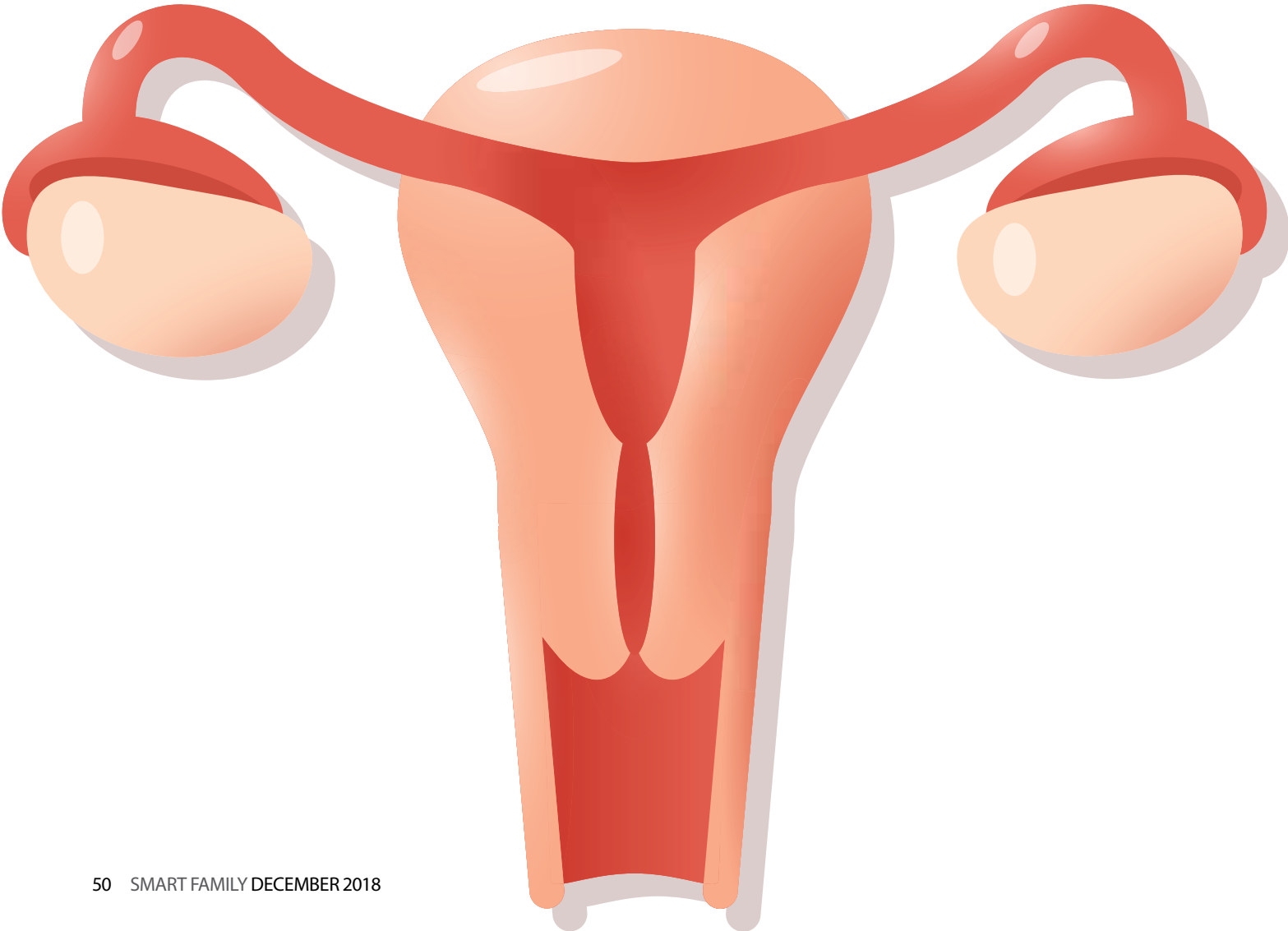


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THE TRUTH ABOUT Biological Clock

“We never know,” Henry Ward Beecher poetically said, “The love of a parent till we become parents ourselves” But it is just as difficult to become one. The path of being a parent is paved with hardship, sacrifice and, oftentimes, even heartache. Some dreams are unachievable because of financial hardships, while some because of biological and physical limitations.

Kumudini Pant



Some of the things that make circumstances worse for couples trying to conceive are the myths that surround pregnancy and childbirth. These myths feed the couples with false hopes, non-pragmatic solutions and, in some severe cases, permanently damage their body, leaving them childless.

One of the unfounded beliefs is that it is not possible for a woman to get pregnant after 35 years of age. The truth is that: the likelihood of conception doesn't rely on age but rather on the egg factor.

Every girl is born with a limited number of eggs. And with each menstrual cycle, she loses some. When all the eggs are gone, she enters menopause. The reality is that some women have more eggs while some have less. Thus, there are women who are able to conceive even when they are in their late 40s. The quality of eggs in a normal woman, however, decreases after the age of 35. It is not that pregnancy becomes impossible after 35, but that it becomes risky for the mother and the child. After 39 years of age, there are more complications in the process. So for a natural pregnancy, it is advised that a woman become pregnant when she is younger.

Another subject that is really left untouched is when should a couple start seeing a fertility expert? And how do they recognize that they have problem conceiving? For this, we sat down with the Executive Director of Vatsalya Natural IVF, an infertility treatment center, Ms. Shristi Khadka. She said, “If a couple have been trying regularly for six months and still haven't been able to get pregnant, they should start seeking professional help.”

Problems in pregnancy, whether while getting pregnant or during pregnancy, could be because many factors. Biological reasons for many miscarriages include damaged or abnormal embryos due to chromosomal abnormality, PCOS (Polycystic Ovary Syndrome) condition, cervical insufficiency, and so forth. Infertility in a couple is caused due to various biological reasons. In men, it is the sperm factor. Either there is a low sperm count, nil sperm count, or dead sperm. With women, the problems are greater and riskier. A few of them include low egg count, poor egg quality, endometriosis (a condition resulting from the appearance of endometrial tissue outside the uterus), tubal blockage, uterine fibroids (tumors in uterus), uterine tuberculosis and many more.

Vatsalya Natural IVF provides treatment to both men and women. Men are mostly given antibiotic treatments to increase the sperm count. Women's treatments primarily include Natural Induction with Timed Intercourse, Intrauterine Insemination (IUI), Intracytoplasmic Sperm Injection (ICSI) and In Vitro Fertilization (IVF).

Natural Induction with Timed Intercourse is a simple treatment which includes intercourse when the female is most fertile. It helps to pinpoint the fertility window, when the female is ovulating and the chance of conception is high. At Vatsalya Natural IVF, the cost of this treatment varies from Rs.5,000 to Rs.10,000.

IUI includes placing sperm into a woman's uterus for fertilization. It is mostly applicable on a fresh patient, with a healthy body and access to healthy semen. IUI is the most followed procedure in the country because it's cheaper than IVF. However, IUI is an old method and has a success rate of only 10% to 15%. For IUI to be successful, there should be no tubal or sperm blockage. Also, it can only be done properly up to 4 times, or 6 in severe cases. Its cost ranges from Rs.15,000 to Rs.20,000.

IVF and ICSI are similar in their process except that while IVF means combining an egg with sperm in a laboratory setting and then transferring that to the uterus, ICSI means combining one egg with one sperm and then transferring it. It costs from 3 to 3.5 lakhs. However, there are other factors at play, such as age and lifestyle. For IVF to be successful, a woman should have a healthy uterus as well as an able body.

“Psychological support and help,” Shristi Khadka further added, “During these stressful times is a must. The patients need to be counseled and constantly convinced that they've come to the right place, and that it's going to be ok. People often blame themselves and their incapacity, which demotivates them, and makes them hopeless. They need to be told that infertility is common, and that they just need to keep trying.”

People often blame themselves and their incapacity, which demotivates them, and makes them hopeless. They need to be told that infertility is common, and that they just need to keep trying.”

FOOD.

BIG B BURGER

Siris Maharjan

AT FIRST GLANCE you'd think you're walking into just another simple eatery, with a more Nepali twist even to the tastes. What looked like a simple walk-in eatery when we got there, blew our socks off.

The Big B burger delivered tastes that deserved high praise. Not only did we enjoy the taste of the food that we were served, but all the orders looked stunningly appetizing.

The first of the dishes to arrive was their Bacon Balls, bacon bits wrapped in cheese and breading, and deep fried that gave our taste buds the warmest welcome. Served with a side of tangy, spicy salsa, the dish was soft, juicy and with the swift service, was still warm with stretchy cheese in the middle. A wonderful alternative to the traditional cheese balls, the

Big B Bacon Balls is just the zing that you need.

The highlight of our time there was the two burgers that they served us. From the look and taste of the burgers, it was easy to understand their love for bacon, and cheese. The first of the two burgers was their "Doodle Doo Smokey" burger. As humorous as the name of the burger is, the burger itself did humor us! The labor of love in creating this tasty burger put together a marinated chicken patty, BBQ sauce, chipotle-mayo, American cheese and Bacon!

Honestly, the burger was warm with their succulent juicy patty, the bacon and the melted gooey cheese, all encased together with the spicy BBQ sauce and their chipotle-mayo! The burger was put together with oat-crust buns that looked peculiarly unique, and was

stacked perfectly without bits falling apart.

If the first burger wowed us with the chicken and bacon in a blanket of cheese, their Double Cheesy burger would be the ooey-gooey change of taste. Our taste buds weren't even ready for the explosion of warm savory goodness right after the succulent meat attack! The combination of Cheddar and American cheese highlighted itself even with the bacon and chicken elements added to this burger. For avid burger lovers, the Doodle Doo Smokey would be the ideal choice, however, the Double Cheesy would definitely be a step towards nirvana!

To cap the delightful meal that we had, the final dish presented itself as a fantastic spicy "icing on the cake"! With the unique names that the dishes were given, this dish was no different.

Dubbed the Big B "Piro Piro Chicken Wings", the dish delivered wonderful grilled "piro" chicken wings with similar tangy salsa as served with the bacon balls. The 6 wings were coated with spicy, zingy BBQ sauce that left us wanting more, which would've been quite the challenge after the entire meal that we had already devoured.

Overall, Big B Burger is a wonderful eatery that serves up delectable dishes that are worth the wait and worth checking out. You can order the menu straight from Foodmandu and have it delivered to your homes or offices.

Order From Foodmandu
Bacon Balls: Rs. 275
Doodle Doo Smokey Burger: Rs. 425
Double Cheesy Burger: Rs. 475
Grilled Piro Piro Chicken Wings: Rs. 300



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CMD Foodland

Shreyashka Vikram Raj Maharjan

CMD FOODLAND is a cosy eatery that is located in Tangal, Kathmandu. The restaurant specializes in multi national cuisines. There is plenty space for vehicle parking, outdoor sitting area and a comfortable lounge, which makes it a good place to celebrate all types of occasions. The service staffs are warm and welcoming.

The first dish we ordered was the "CMD Special Alu." It was potato wedges with skin on, coated in corn flour batter and deep fried till crispy. The crispy potato was served with CMD special hot sauce. The dish was garnished with some sprigs of coriander. The flavor of the wedges was enhanced by the special hot sauce. Keeping the skin of the potato on helped kept the wedges moist. The customers were given the liberty to add on condiments as add-ons during order.

The second dish was "Grilled Fish with Sauté Vegetables and Peppercorn Sauce." The Basa fish fillet was seared with butter and special house sauce. The sauté veggies were generously basted in butter. But the pepper corn sauce

lacked the pepper's punch and was quite gelatinous. The mash potato also lacked creamy consistency and rosemary failed to infuse the mash potato.

The final dish "Chicken Tika Masala," best with any in house bread, plain naan is often recommended. This dish had generous servings of chicken with mouth watering masala gravy garnished with fresh peas and cream. The masala gravy had strong flavors of the spices. The chicken tika was well marinated and cooked in a tandoor but it was a little dry but had a good texture.

The hospitality and ambience together with the food created a great experience. If I had to take the above three dishes as reference and comment on their menu, I would say that they have used the best of ingredients, and took their time to make sure their guests got the best of what they could offer. You can order their dishes from Foodmandu and have them delivered to your door step.

CMD Special Alu :
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Grilled Fish, Saute
Veggies and
Peppercorn Sauce:
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Chicken Tika Masala:
Rs. 450



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घर, गाडी, स्वास्थ्य तथा विदेश यात्रा सुरक्षित एवं ढुक्क बनाउनुहोस् ।

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A REAL TREAT FOR JAPANESE FOOD LOVERS

Kotetsu serves freshly made Japanese delicacies that are a treat to the palate.

Shobhan Shrestha

Kotetsu Restaurant at Hotel Ambassador offers authentic Japanese dining experience. Japanese cuisine is in many ways different from other cuisines in the world. The food used usually encompasses regional and traditional varieties that have endured and developed through centuries of social and economic changes in the country. The secret of an authentic Japanese cuisine is in thorough selection of products, beauty of serving, and respect for products in general. The underlying philosophy is that only the best gifts of the Earth and water deserve to find themselves on a dining table, and the goal of a chef is to save their initial characteristics. The main rule of the Japanese cuisine is "Don't create but find and discover," as nobody can compete with what has been created by nature.

A beautifully designed restaurant with a glass facade looking out into the city, Kotetsu serves freshly made Japanese delicacies that are a treat to the palate. Its decorations are elegant and sophisticated, and its ambiance calm and hassle-free. Its rising popularity amongst the surrounding diplomatic community is a stamp of approval of the inimitable and authentic quality of food served there, and its stunning ambiance.

Our visit to this popular place was no different. We met Mr. Ramesh Balami, the Head Chef at Kotetsu Restaurant. A man with friendly and smiling personality, Mr. Balami

started by serving us Green Tea. One of the main points of the restaurant, we noticed, is way the counter seating was set up at the teppanyaki grill, which brought a traditional Japanese feel to the place. Another specialty of this restaurant is that almost all the ingredients and condiments are imported from Japan itself. According to Mr. Balami, the Japanese cuisine has one more unique feature: apart from beauty and harmony of forms and colors, the dishes reflect seasons of the year. Each season grants its own delicacies. Correspondence to season as well as freshness of products are valued in Japan cuisine more than how they are prepared.



FOOD ➔ Feature

The first dish we tried was Prawn Tempura, which was served as an appetizer. Served along with soy sauce, the batter was light and distinctive. The serving size was sufficiently large as well. The prawns were delectable and fresh, and the tempura was crunchy. It was delicious and had an excellent taste to it. It is definitely a must try there.

We then tried probably the most popular dish in Japan sashimi. Sashimi jyo is a Japanese delicacy consisting of very fresh raw meat or fish sliced into thin pieces. The ingredients used for sashimi included: tuna (Maguro), aalmon (Sake), octopus (Tako), yellowtail (Hamachi) and crab (Kani). It was served with a dipping sauce (soy sauce) and condiments such as wasabi paste, grated fresh ginger, grated fresh garlic, and shredded daikon radish. The presentation looked pretty, and the food although plain and simple, was enjoyable. According to the Chef, a primary motivation for serving wasabi with sashimi,

besides its flavor, is to kill harmful bacteria and parasites that could be present in raw seafood.

The final dish served was Okonomiyaki. Also called Japanese pizza, it is a savory pancake with a combination of vegetables, pork and eggs. When the dish was served to us, we were awestruck with the way it was presented.

And when we tasted it, it matched the presentation. It was cooked to perfection and had an excellent taste.

All the flavors and ingredients blended in really well and complemented each other. No wonder it is a very popular dish there.

Kotetsu Restaurant at the Ambassador Hotel is a real treat for Japanese food lovers in Kathmandu. Everything from Sashimi, and Tempura to Okonomiyaki is delicious and super fresh! Its great location and nice ambience are an added bonus! The price, however, are not cheap as the fresh fish and beef are all imported, but it is certainly well worth to spoil oneself now and then.





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The Coffee Coffee

If you are around Lalitpur area and craving for some pizza then drop by The Coffee Coffee and you won't be disappointed.

.....
Dibesh Manandhar

If you're in mood for some good Pizza then The Coffee Coffee is the place to go. The restaurant is located on the second floor of the Smart Cell building in Kumaripati, Laba Bhawan. The ambiance is lovely, chilled and is a nice place to hang out with your friends and/or family.

Since the restaurant is called "Coffee Coffee," we decided to start out with some coffee. It was a hot day so we ordered iced Americano which was very refreshing. The Coffee Coffee, despite its name, is also known for its pizzas. So we decided to go with the chef's special i.e. The Coffee Coffee special which is their version of Pizza Italiano and a spicy chicken pizza. We were first served with a Spicy Chicken pizza which was topped with mozzarella cheese, Napolitano, and grilled chicken with homemade sauce. To be perfectly honest, it was good but it didn't blow my socks off. The pizza had some spices, oregano, tobasco sauce and some homemade hot sauce. Next was The Coffee Coffee special, and boy did it deliver. It was topped with mozzarella cheese, Napolitano, salami, sausage, spicy chicken, ham, pepperoni and homemade sauce. I don't know what heaven feels like but if I had to guess, it would probably feel like eating that pizza. The pizza had the perfect ratio of toppings which made it light and a treat to the taste buds. The taste depends on the topping you choose and can be different for everyone. I added some homemade hot sauce which made the pizza hot and succulent at the same time. It's truly delightful when you take a bite and all the flavours of the sauce, cheese, toppings and seasoning go rushing towards the taste buds. The second thing I loved about the pizza was the sauce. I absolutely loved the sauce and it made the pizza that much better.

Next we were served with some Wings poleko which was basically grilled chicken wings served with

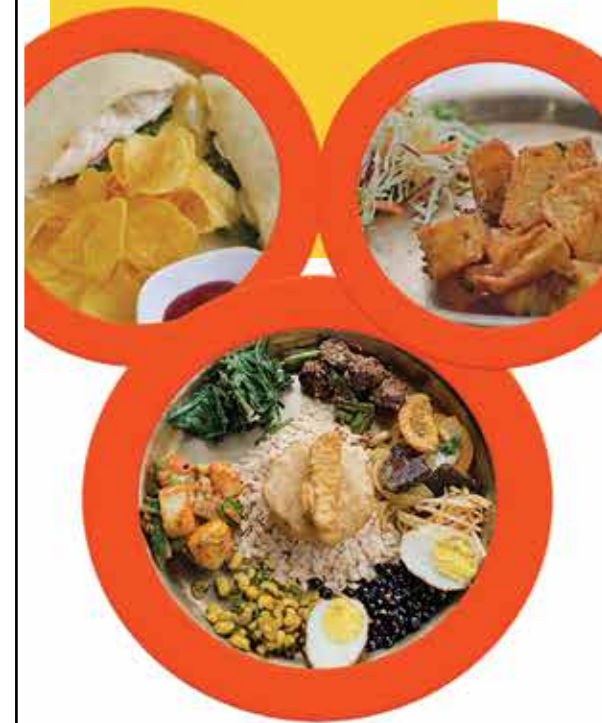
some potato. The interesting thing about it was that I actually thought it was fried because it tasted like one. I was pleasantly surprised to know that it was grilled and I saved a few hundred calories on it despite it tasting like a fried version. I loved the taste, and the homemade chilly sauce that came with it was bang on. I tried it with the homemade sauce that came with the pizza as well and loved that combo too. All in all it was a good dish. But I have to say, the Hero of the day was The Coffee Coffee special pizza. It won the day and my heart. Highly Recommended!

A big plus point for the restaurant is its parking facilities. In a congested place like Kumaripati, parking is hard to come by and I was happy to see that they had in-house parking facilities. Likewise, what I liked about the restaurant is that they don't charge their customers additional service charge and VAT, so the customers won't be bombarded with any hidden costs. Everything is already added.

So if you're in mood for some pizza and coffee, I'd highly recommend you to drop by The Coffee Coffee restaurant. You can also follow them on their Facebook page "thecoffeecoffee" and Instagram at "cthecoffeecoffee" for more information.

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CHEF VIKRAM KUMAR'S COOKBOOK



The newly appointed Executive Chef of Hotel Shangri La, shares his recipes of some of the best dishes he has spent years recreating.

CHEF VIKRAM KUMAR has had 22 years of Culinary experience in various hotels and airline companies of India, which includes Banyan tree, Lufthansa airways, Sarovar groups of hotels to name a few. Specializing in Continental cuisine, Chef Vikram hopes to accomplish many milestones at Hotel Shangri La now that he has joined the hotel as its new Executive Chef. The first of which includes restructuring the menu to make it more healthy for people who like to be aware of what they are eating. This means that The Lost Horizon Cafe, a multi-cuisine restaurant, which is best known for its Continental dishes, is sure to get a dashing upgrade.

Mille-Feuilles de Poisson

Chef Vikram's own creation, this iconic French dish has been given a unique touch to it, one which is purely individual. Instead of opting for Beef, Chef has taken some fish fillet as the central element in this dish, with a dash of Garlic Lemon butter sauce for that pop of flavour.

Ingredients

100 grams of Basa fish Fillet
10 grams of Basil
Garlic paste
Salt and pepper to taste
80 grams of Refined flour
Thyme
4 small slices of Brinjal
Salt and pepper to taste
40 ml of Olive oil
Refined oil for frying

For the Sauce

30 ml of White wine 40 gram
of Butter
10 ml of Lime juice
5 grams of Chopped garlic
Salt and pepper to taste
Finely chopped parsley

Directions

Marinate the Basa fillet with salt pepper, lime juice and olive oil. Now slice a brinjal and mix with salt and pepper and lime juice. Heat the slices in refined oil in fryer and dust the brinla with refined flour and deep fry. Now Grill the fish and keep it aside. Take one frying pan pan to the heat and add butter, chopped garlic, and sauté. Now add the white wine, chopped basil Reduce by half. Add the lime juice and continue reducing. When the sauce begins to thicken turn off the heat. To assemble the dish, make a layer of a fish and brinjal on a clean plate and topped with the sauce. Garnish with finely chopped parsley and red and yellow bell pepper and served with exotic green vegetables.



Poulet sauté chasseur

An authentic Italian dish made from the freshest ingredients, this healthy dish is a delight to the palate without racking your daily calorie count.

Ingredients

Chicken Breast 100 grams
Clarified butter for browning 40 grams
Garlic paste
Salt and pepper to taste

For Stuffing

Spinach
Cheese
Onion
Garlic

For the Sauce

Sliced mushrooms
Shallot, small dice
Cognac 30ml
White wine 30 ml
Chicken stock 50ml
Tomato concasse 40 gram
Unsalted butter 40gram
Salt and pepper to taste
Finely chopped tarragon
Finely chopped chervil

Directions

Stuff the chicken breast with sautéed spinach. Next gather all ingredients for the sauce, and measure out the wine and cognac. Season the chicken with salt and pepper Now grill the chicken. In large sauté pan heat clarified butter, add mushrooms slices and sauté the mushroom slices. After 2 minutes add the chopped shallots and sauté for a couple of minutes. Remove the pan from the heat and add the Cognac. Return the pan to the heat and ignite the Cognac. When the flames have died down add white wine. Reduce by half. Add the

stock to the mushroom mixture and continue reducing. Add the tomato concasse. When the sauce begins to thicken and coats the back of a spoon, swirl in the butter. Once the butter is incorporated and the chopped chervil and tarragon to taste. To assemble the dish, remove the chicken from the Pan. Slice the chicken breast Place on a clean plate and cover with the sauce. Garnish with chopped chervil and tarragon and serve with fennel mash potatoes and exotic green vegetables.



FINANCE.

What Job Security Means in Nepal

Siris Maharjan

THERE ARE IN general two types of workforce management systems, worldwide: first, the American hire-and-fire system; and second the Japanese long-term work system. In Nepal, people usually seek long-term work in government or public sector as private sector is not well known for adhering to the concept of job security.

One of the many the main reasons for job change is the imbalance between the expectations of employers

and the expectations of the employees. In terms of turnover, middle level and top level managements have very high turnovers. But most common people working in regular jobs continue working despite their dissatisfaction.

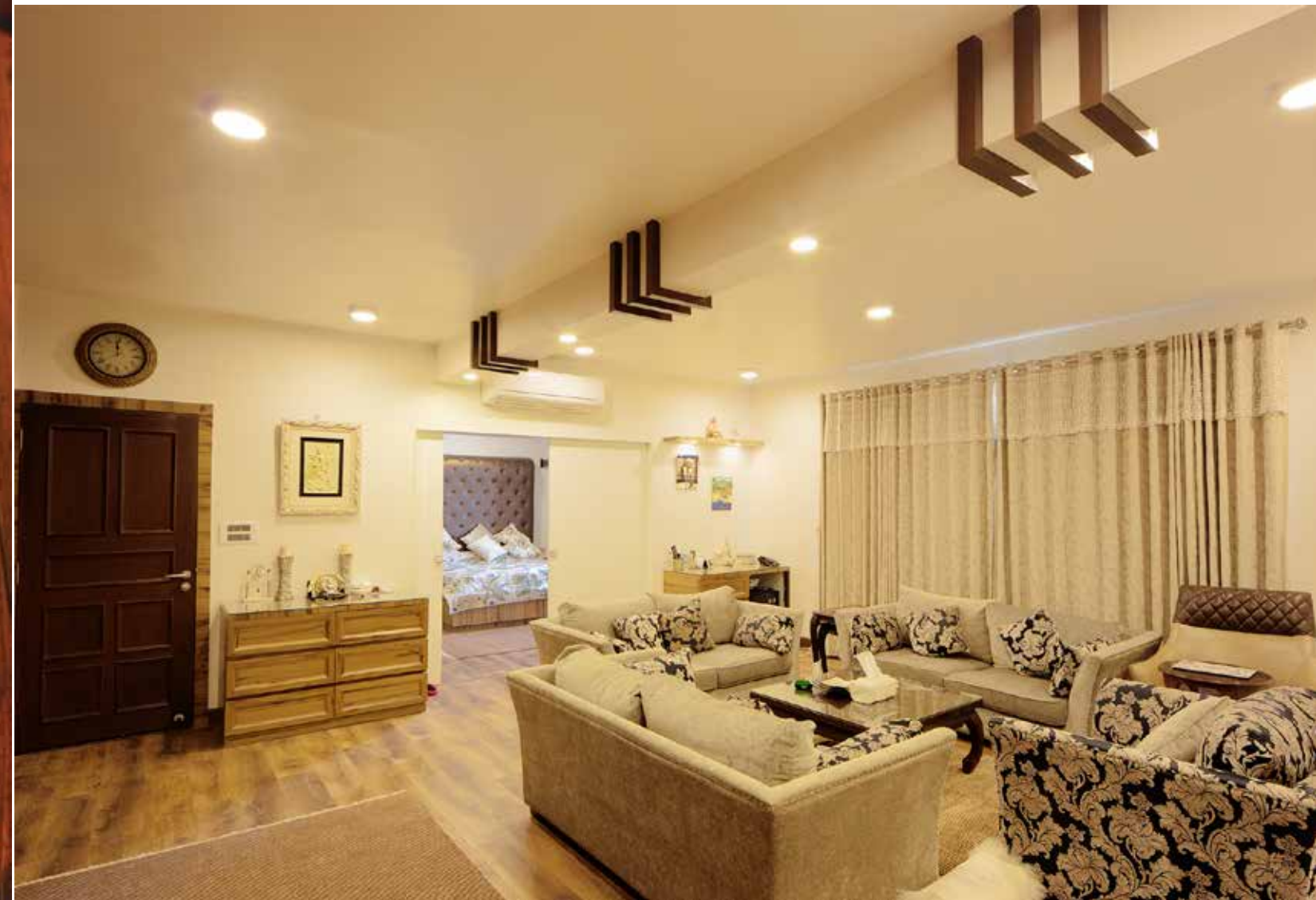
Nepal's economy is largely a remittance based economy. Supported by remittance, Nepalese have been increasingly consuming international goods. So the main manpower has now shifted toward marketing those

goods, which sets up an easy environment for hiring and firing employees.

If one is looking for a job which promises a strong job security, then the banking sector, insurance companies, industries or factories are highly suggested. However, even opportunities in those areas in Nepal are also very limited due to the advancement of technology, which requires fewer and fewer manpower.

Job security plays a major role in providing a concrete outlook on one's future, and helps make it easier to plan for our other. Even though many people think that job security is based on the type of work or industry they are engaged in, what is often overlooked is the fact that it is also to a large extent based on the worker job appearance. The better you work, the more secure is your job, in Nepal and anywhere else in the world.

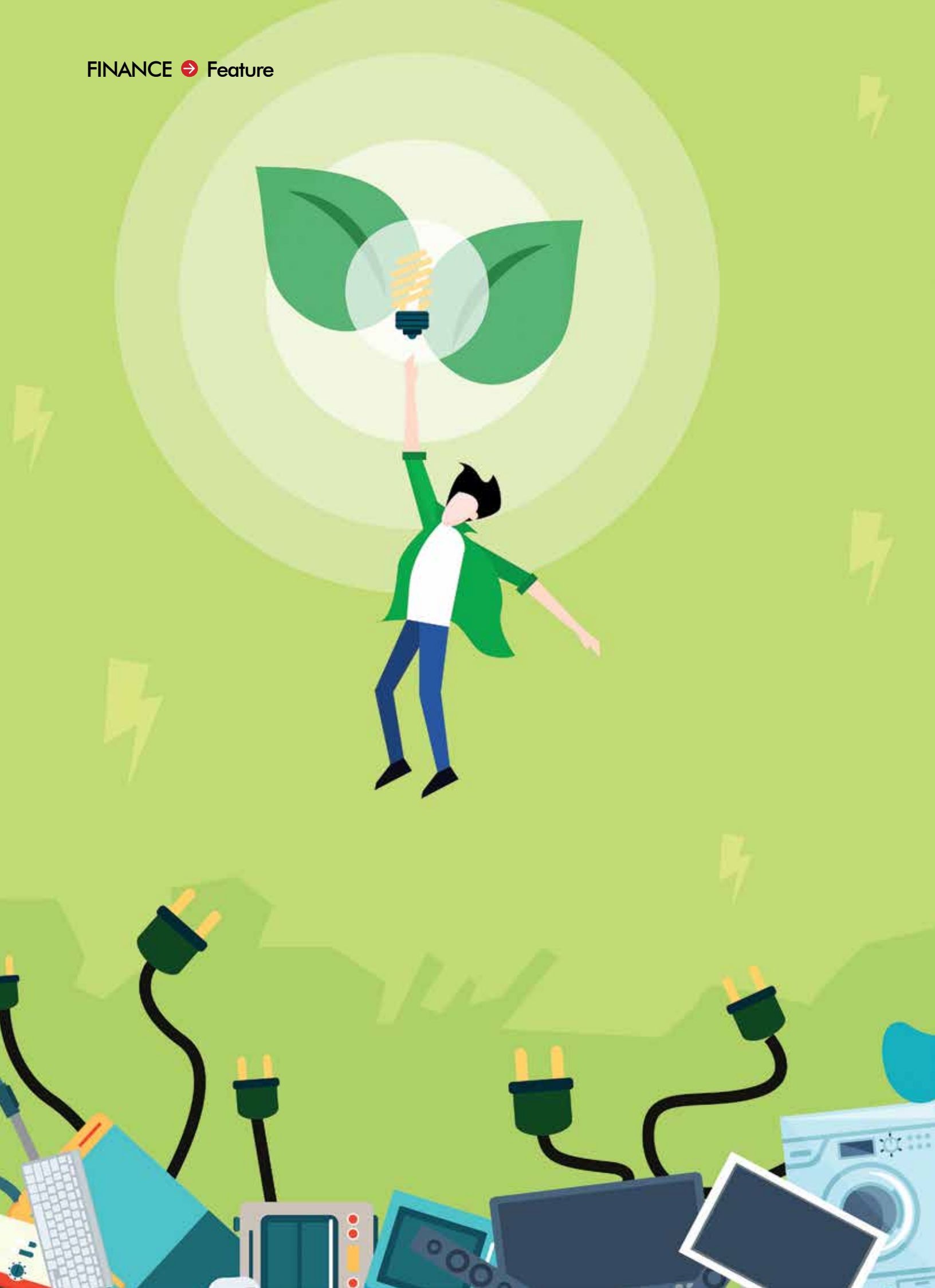
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Home upgrades that will SAVE TIME AND ENERGY

The seven easy home upgrade options can help them save time as well as money and also increase the value of their home in the longer run.

Sadiksha Thapa

ARE YOU LOOKING to refurnish your home this fall? Consider energy efficient upgrades that can, not only shrink your utility bills but can actually increase the value of your house. As we finally free ourselves from long hours of load shedding and dark nights, we can help government to continue to do so by adopting energy efficient home upgrades. Home buyers and home owners must now start thinking about the benefits of energy efficient appliances for their homes. Here's how you can upgrade your home that will save your time and energy:

Energy efficient appliances

Home and kitchen appliances take up 20% of your home's energy consumption. According to energy.gov, the top most energy sucking appliances include air conditioning, refrigerators, hot water heaters etc. You can find a variety of energy saving appliances for your home that can save up your monthly utility bills. Or, you can simply install a programmable thermostat to manage the running appliances at night.

Update your light bulbs

Have you been seeing a lot of LED light advertisements on TV lately? That's probably because of how effective it actually is. Upgrade your incandescent bulbs to more energy-efficient LED bulbs. LED light bulbs can be a bit more expensive when you first buy it but can save your electricity bills upto 80% helping you save money in the long run. Remember to consider lumen instead of watts while buying the bulbs because lumens are what indicates the brightness of the bulbs.

Insulation

Insulating your home keeps it warm in winter and cool in summer and is the best way to save energy by reducing the cost of your cooling and heating appliances. According to Green energy Solutions Inc. it can save your cost up to 20%. You can use materials that can be easily available in the Nepali market such as fiberglass, mineral wool, foam core and waterproof thermoplastic foam such as polystyrene.

Fix your running faucets and toilets

One of the simplest ways of upgrading your home is to check for any running faucets and plumbing issues an upgrading it with better quality materials. This can save you gallons of water every day. Also you can replace the old ones with low flow fixtures which are assumed to save up to 50% of the water consumption and leakage.

Get Smart

Although this is a new concept in the context of Nepal, using a smart automation system may help saving a lot of energy by adjusting the use of energy consuming appliances according to its use. You can also automate these systems using smart technologies. Home automation instruments can automatically set lights to 90% saving money every time the light is turned on says Home Automation Nepal.

Above the door shelves

One of the easiest yet appealing upgrade that you

can give to your house is by adding a shelf on top of your door. Not only is this idea inexpensive but can also save you a plenty of space. You can this perfect spot to keep books in your bedroom, towels in your bathroom or your cookbook in the kitchen.

Install Solar Panels

Although this option seems like the most expensive home improvement option, it can actually save your money in the longer run. The prices of the solar panels have frequently gone down with the increase in the demand and market competition. You can use solar panels for not just a hot shower but can also use them for the lighting purpose. With improvements in technology, solar panels can easily convert the sun photos to heat and electricity in a more efficient way.

These seven home upgrades will not only make your house look modern and chic but will also increase the value of your home. And with the money you

STYLE.



COZY UP YOUR WINTER

Siris Maharjan, In conversation with Ms. Shreeya Kansakar

About Joba Knits

It was in 2015, there was a college project to promote Nepali products and our subject was logistics, when we came up with the concept of Joba. The concept was to manufacture knitwear products, and it was easy to take under the wing as knitwear has been the family business for more than 30 years. Keeping the family business in mind, the idea was to create handmade products and employ local women. With the factors that inspired me, and the idea to employ and work with local women brought the concept of Joba into practice.

The products aren't manufactured in factories or work spaces. Since there isn't a specified space where

the women have to work, they can take the materials needed and knit from their homes and in their spare time. Mostly, we approach local girls and women to knit, so they take the necessary material and can work directly from their homes, which makes all the products authentically handmade and essentially Nepalese.

Inspiration for the Products

There are different products that we make, like tote-bags, toys, keychains to clothing. Tote-bags and keychains are useful regardless of the season, but being knitwear, most products are essentially winter-based products. The ideas for the products are derived from various places. Based on the demands in the market and the sales of different products, there is always an experimental

phase which helps determine which of the products should be ideally pushed ahead than the rest. The content that can be found on the internet also helps us derive certain ideas and experiment on them, and it also allows us to branch out into making a variety of products.

Standing Out from the Crowd

There are a lot of products in the market, and the question usually is raised on the quality of those products. Here in Joba, we do not compromise with quality, making sure to use the best quality yarns that give the buyers the highest utility and comfort as possible. The quality of products that are made here are much better than ones that people can easily get in the market. Along with the emphasis on quality, we also focus on color

tones, and shades that aren't easily available elsewhere. The quality of our products would easily set Joba apart from the rest.

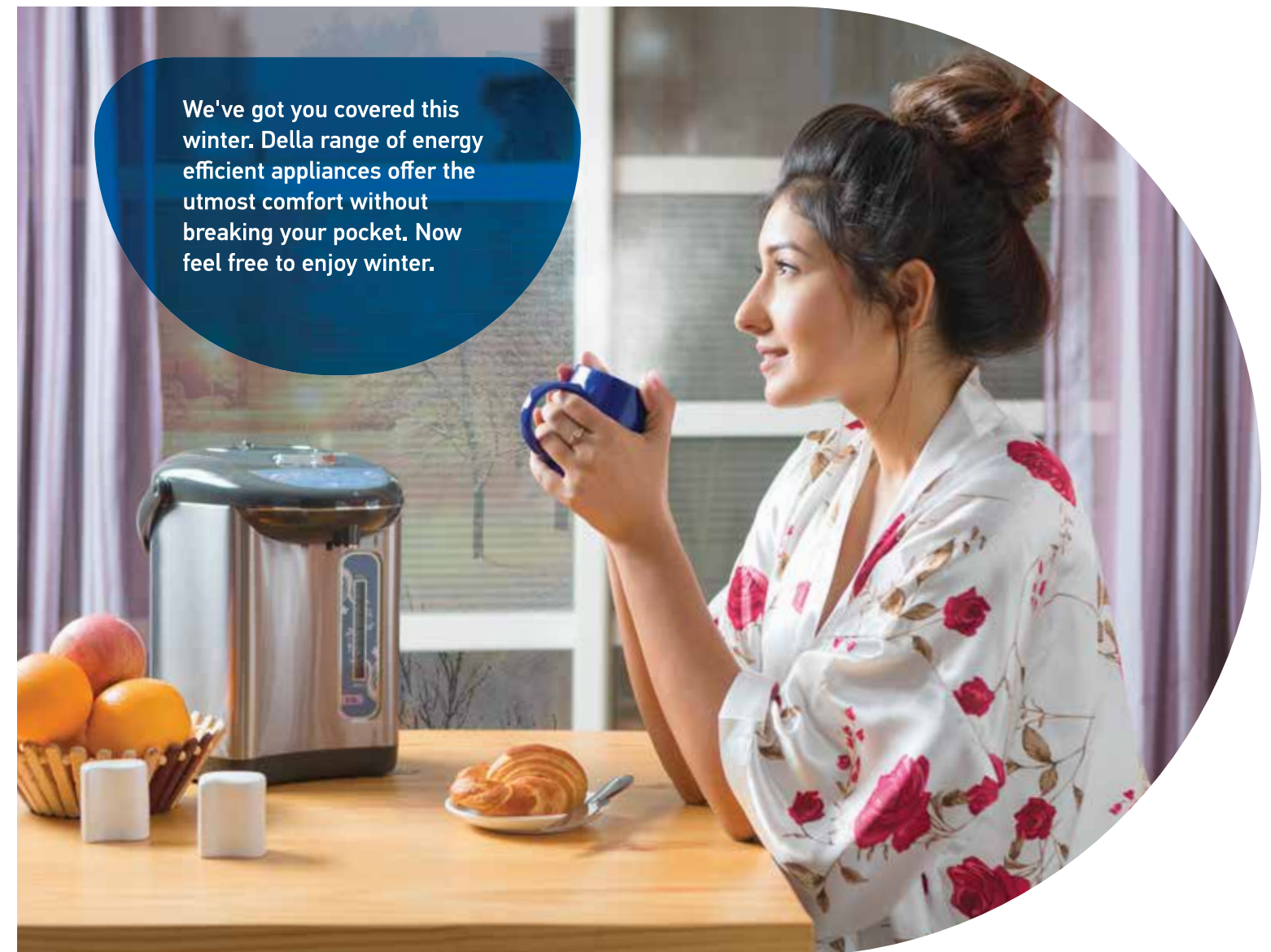
Making the products

The raw materials are sourced locally from the stores in Nepal, which are later handed out to the women that are helping us. Currently there are 10 women working with us, and because most women have their own shops, they don't get to work on the products as much as we would want. Despite that, the women can always rely on the women and because they can work from their homes, they have the freedom to work in their own pace, but urgent products are, of course, delivered on time.

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Weddings are Upon Us

Gold, glitter and glam. The wedding season is upon us—and with it, is a conglomeration of food, colors, celebration and clothes, oh so many clothes. Which each invitation that floods through our doors, we wonder, “What should I wear to this one?”

Kumudini Pant,

THE MONTH OF December is tucked right between the cold, breezy November and the icy chilliness of January. Shops have already started stocking up their winter gear—storing away the soft, sleeveless and short dresses that we love so much. With jackets, coats and sweater taking their place, it's quite difficult to find that perfect outfit with just the right amount of glamour and gorgeousness for all your upcoming wedding dates.

Traditional or modern? Contemporary or classical? Sharply formal or interestingly eccentric? The possibilities are infinite and so are your choices.

And Lakhey Nepal is here fulfill your wish.

Inaugurated last September, the brand aims to take over street wears with its touch of Nepali uniqueness. Erina Shrestha, the designer, says, “Everything we are using is from Nepal itself. From basic fabrics to the manufacturing process, we are promoting our homeland. This is why our brand has the name ‘Lakhey’ in it; it can only be found in our country, but, unquestionably, it is also a delicious addition to the worldwide cultural platform.”

Velvet body suit, Dhaka pants and an A Line coat—a look that is sophisticated, interesting and is a blend of Nepali fabrics with modern elegance; one that would have you standing out under the light of a ballroom chandelier.



An epitome of classical molded with contemporary, the shirt not only adds an alternative to the blouse, but it also brings a chic uniqueness into the traditional look of a saree that is just perfect for your next wedding venue.

With the goal of branding Nepali fabrics into street wears, the products are extremely versatile. With manufactures like velvet body suits, shirt with diagonal cuts, crop tops, skirts, pants and coats, Lakhey Nepal strives for unique styles, quality creations and a quirkiness you wouldn't find anywhere else. From trendy clothes to distinctive, unseen designs, all the collections from the shop are up to date and fashionable.

Lakhey Nepal is a brand that checks all the boxes.

From crop tops that slim down your waist to heavy A Line coats; fluttery summer clothes to winter outfits, the brand doesn't disappoint. And what's even more impressive is the fact that all these clothing items are made here, in our country, from scratch, by the hands of Nepali workers. The brand stands to promote Nepali threads and craftsmanship in the best way possible.

Since contemporary looks are popular among people nowadays, especially when it's about something as festive as a wedding, Lakhey Nepal is a

must visit for all the fashionistas and trend lovers. Full of designer clothes with versatile specializations and exceptional designs that would leave anyone enthralled, the brand's products also provide a supplementary uniqueness to the trends that we often witness on streets.

Lakhey Nepal, aside from Shrestha's personal designs, also features pieces brought over from all over the world. The latest addition was from India, Agra specifically, which resulted in a small collection of traditional clothing. Perfect for all the classical attire lovers who are shopping for a wedding, looking for one of a kind outfit, Lakhey Nepal has you covered. Erina Shrestha says, “The clothing hauled from other countries aren't brought into Nepal in a bulk. Which means that once a piece is gone, it's gone.”

If you are one of those who prefer to dress sharp and smart, the shop consists of basic shirts as well as short, well-tailored blazers that can be worn as dress suits. This is where Shrestha's designs shine. Alongside its large selection of pants, Lakhey Nepal's coats are the epitome

of Nepali craftsmanship. Not only do they look amazing, they are made out of unmistakable, sturdy fabrics that Nepalese are popular for. One of the most interesting things the brand does is the subtle, sexy twist in their designs that make the entire outfit look different. Be it a cut, a zipper or the neon colors, Lakhey Nepal's products are both highly qualitative and interesting. They stand out on the streets and they stand out under the glittering golden lights of a ballroom.

As Erina Shrestha says, “Our generation is diverse; carrying a traditional look as well as a modern one without compromising on the fun.”

HOME.

NAMASLAY ARTISANS

CONNECTING HEARTS THROUGH CRAFTS

Siris Maharjan

THE TREND OF testing out ideas and creating unique things from scratch has come ablaze in Nepal. The DIY or Do-It-Yourself trend lets people try out imaginative things and put their creativity to the test. From making pencil holders, bookmarks to even phone cases and gift cards, DIYs have become the new thing for the future. Following into the passion for DIY, we spoke to Ms. Shreeya Gautam, the creative mind behind Namaslay Artisans that brings you cushions, and neck pillows among other products which make your homes colorful with a unique handmade artistic touch.

The passion for DIY began at an early stage, through handmade birthday cards and gifts to other decorations, the idea of adding a personal touch to these everyday items became the spearhead for Namaslay. The idea emerged after numerous

occasions of gifting friends and family her DIY presents and realizing how much joy any everyday object could bring after some thoughtful personalization. The feeling became special and whilst contemplating what career path to pursue, the desire and curiosity to experience how joyful someone can feel with these simple imaginative creations slowly took shape into a DIY goods company.

The inspiration to start a business came from her most constant supporter, mentor and her best friend, Mr. Kushal Karmacharya, claims Ms. Gautam. Having successfully led a business of his own; SP Events & advertising Pvt. Ltd., Ms. Gautam claims that it was him who stood by her in the moments of doubt and really made her believe that she was capable of starting and running her own business, rather than working for someone else. So began the

journey, by first producing Namaslay's now-popular DIY 'fluffy notebooks' and putting them on the market. When the number of orders that were coming in started to excel rapidly, starting a business itself was the ideal choice. Ideas can come from anywhere at any time: adding personal touches to everyday objects to create something brand new is what brought about the various different products that the collection boasts today.

The cushions and pillows have designs that are refreshing and fun, and are made with the goal to add color to your couch. Each individual cushion brings an element of art, color as well as mischief. There are products like Monster Pillows, Travel Pillows, Fluffy Pillows or Plushies that add a great utility factor, be it at home or during your travel endeavors. These products are also unique choices as

gifts and personal comforters. Namaslay pays close attention to the products and with every new addition aims to ensure that comfort and style go hand in hand. Moreover, a lot of care is put into usage of soft materials for the production of these cushions and pillows to ensure they give a feel of luxurious comfort, whether it's for resting after a tiring day of work or used during a lazy day in.

The Nepalese market is booming with newer fresher ideas, and DIY is a concept that has taken its stride already. In the unique scenario of being around a lot of Nepal-made goods businesses, Ms. Gautam mentions that this is just the start, and in the upcoming days Namaslay is looking to make many more creative additions to their creative collection.



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When I visited the USA, most of my friends invited me to their homes and the first thing that they showed me was their Home Theater Hall. To bring this to Nepal, I researched and found Little Nap Recliner in Delhi, India. With this we are the first company to bring this concept to Nepal.

Suraj Man Singh Bhandari, Director, Design City Nepal

Cinema Experiences at Home

Design City Nepal brings Little Nap

Siris Maharjan, In Conversation With Suraj Man Singh Bhandari

LITTLE NAP IS an Indian brand, brought to Nepal by Design City Nepal Pvt. Ltd. along with JMGO, a smart projector AV System. The home theater is a combination of the Little Nap concept along with the JMGO AV Systems.

The closest the people of Nepal come to full comfort theaters are the QFX or similar theaters. The idea behind

Little Nap is to bring the home theater concept, that is prominent in the Western countries, to Nepal. It is also an approach to broaden the perspective people have about home theaters. Home theater systems go beyond the simple understanding of putting together a sound system and a screen together, it encapsulates acoustics, surround sound, and comfort.

The packages that are offered here install the home theater in a specified space or room as per the buyer's needs. The installation includes carpeting, soundproofing rooms, recliner seats, and the theater systems. With the demo that has been installed within the store itself, it generates a wow factor among people that look to invest in home accommodations as well as prestige. The home theaters



are ideal for hosting guests, screening live sports, movies and gaming with friends and family. The full room installation emulates a home-cinema feel which eliminates the need to go to movie theaters to watch movies. The electronic systems utilize the latest in smart projectors that have wifi accessibility and mirroring system which allows users to mirror videos and movies from phone and laptop screens directly on the big projections.

The size of the product to be installed depends upon the choice of the buyer. The living room installation creates a relaxing area in the house with recliner seats and sofas, and it also depends on the target audience.

Young, student buyers can easily invest in recliner seats that provide comfort while studying. Little Nap products specialize in recliners and the comfort factor that comes with it. The recliner seats are sofas with recliners that are better than the normal sofas that are usually seen at homes. In the bedroom people have the option to sit and lean back on the recliner seats, rather than sit on the beds and watch television or the projector screens.

The ideal sofa size is (3x5)ft. (for bedrooms); (18x10)ft. for the home theater(cinema), which includes upto 5 recliners, with the projector displaying on a 100 inch screen. The

size of the room depends on what package is chosen by the buyer, with the requirement for a theater going upwards from (10x18)ft.

The cost of installing a (20x20)ft theater includes the JMGO AV system that features a Dolby Atmos Sound System, 6 recliners, soundproofing the room, can reach upwards from NRs. 20 lakhs--depending on the customer choices of the seats and the projector systems. For a lounge installation the costs can reach upto NRs.3 lakhs, where as installation in a (10x20)ft room can cost upwards from NRs. 10-15 lakhs according to customer choices.



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HOUSEPLANTS

101

When you purchase an indoor/ houseplant, you're not just adding a touch of greenery to your interior spaces. These living - breathing organisms also does wonders for your body, mind, and home, and enhances the overall quality of your life.

.....
Biplav Shrestha

Here are some basic advantages and benefits of having a houseplant and how you can properly care for them.

Some of the benefits of having a houseplant are:

1. It helps you breathe easier

When you breathe, you take in oxygen give out carbon dioxide. Plants on the other hand, absorb carbon dioxide and gives out oxygen during photosynthesis.

This reverse behavior makes plants and people ideal natural partners. However, the opposite tends to happen during nighttime. In the absence of sunlight, plants, like people, take in oxygen and give out carbon dioxide. This is where houseplants come in. Studies have shown that certain types of indoor plants take in carbon dioxide and gives out oxygen the entire day. Placing these plants

anywhere in your home helps refresh the air around it 24/7.

The Clean Air Study, a research conducted by NASA determined that houseplants like the Spider plant and the Rubber plant helps eliminate toxins from the air all day, helping you to breathe fresh, clean air.

2. It purifies the air around you

Studies show that plants remove over 85 % of the volatile organic compound (VOC) from the air every day. VOCs constitutes substances like formaldehyde, benzene, and trichloroethylene.

The research discovered that houseplants purify the air by pulling the contaminants into the soil where root level microorganisms convert the VOC into food for the plant. Indoor plants like the Snake plant purifies the air 24 hrs of the day.

(I am the Gardener is the retail brand of Khadka Nursery. Everything from plants, pots, gardening tools and fertilizers are available for the customers. Aside from the primary hub at Dhumbarai, they also have a store at Bhatbhateni, Naxal)



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3. It helps you stay focused

A study from The Royal College of Agriculture, England, found that the attentiveness and the attendance of the students were directly proportional to the number of indoor plants that were present in the classrooms. Having houseplants around you tends to help you stay focused and committed.

4. It relieves stress and helps you stay positive

Plants help us feel relaxed and encourages positive thoughts. Studies have shown that hospital patients who have plants in their rooms often recover quicker than those who do not.

Caring for a living organism also gives you a sense of purpose and responsibility which transitions to reward when you see it eventually blossom and grow.

5. It creates a peaceful ambience

Nature is engraved into our DNA. Natural greenery creates a sense of spiritual harmony which, in turn, creates a fresh and energizing ambience. Plants have long been used to reduce noises from busy roads and noisy constructions. Houseplants doesn't only serve as a decorative item but studies have also shown that it works to dampen the outside noises by absorbing, refracting and reflecting them.

Kathmandu, being a concrete jungle, having a house plant around softens the urban vibe.

Continued in Next Page

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Points to keep in mind for the proper maintenance of your houseplant:

Know your plant

There are many varieties of houseplants available in the market, but not all of them can be cared for in the same way. One of the most important points to keep in mind when you buy a plant is to find out whether it's a sun or a shade loving plant. This information can be easily obtained from the vendor. This allows you to know whether to place the pot next to a window or somewhere else. Properly understanding the plant allows it to grow green and healthy.

Feed your plant

Plants die either due to overwatering or underwatering them. Know how much water is appropriate for the plant and how often you water them. You can use the rule of thumb to determine this. Dip your finger half an inch onto the soil. As long as it's damp, you don't need to water it. But if it is dry, you need to put an appropriate amount of water into it.

Just like we need proper amounts of protein, carbohydrates and other minerals to keep our bodies healthy and functioning, plants also need the right amount of basic elements, namely, nitrogen, potassium, and phosphorus to sustain a healthy existence. All of this can be found in a balanced level in commercial fertilizers. These fertilizers come in two forms. The first one is a powdered form that dissolves in water and can be sprayed on the leaves as well as the soil. The second one comes in a granular form that you can place above the soil. These grains slowly mix in with the soil as we water them over time. Fertilizing the plant once every two weeks allows it to be green and healthy.

Clean your plant

It is common knowledge that dead leaves turn to soil with time. Though true when it comes to outdoor plants, in the case of indoor plants, the dead leaves can actually hamper its health and growth. Dead leaves encourage fungus buildup. This, in turn, brings

out spots and molds in the plant, decreasing its aesthetic integrity.

So remove dead leaves from the pot as soon as you see any. Cleaning the leaves for dust with a water spray or softly with a cloth can encourage the plant to be healthy. Placing small pebbles at the surface level also keeps the plant clean and free of unwanted weeds.

For those looking to pick up a houseplant, some of the most common and easy to maintain indoor plants are:

- Peace Lily
- Dragon Tree
- Chinese Evergreen
- Snake Plant
- Bamboo Palm
- Silver Yucca
- Parlour Palm

Some of the tools that you need to properly groom the indoor plants are:

- Sceatures
- Trowel
- Fork
- Water spray bottle



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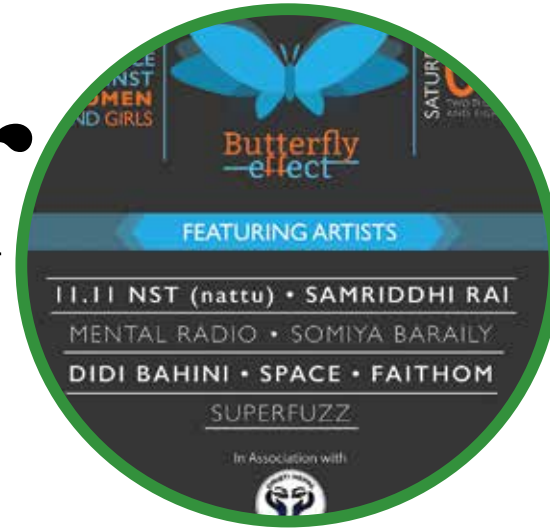
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Calendar



8th

Kathmandu, My Fascination:

'Kathmandu: My Fascination' is a novel exhibition showing Prabod Shrestha's pop-art silkscreen prints illustrated with a sound installation. The material displays the lifestyle of modern Kathmandu, often juxtaposing the old and the new. It includes rickshaws and motorbikes, temples and ultra-modern buildings, ancient statues and modern graffiti.

Date: December 8 - December 22

Location: Bikalpa Art Center, Pulchowk, Lalitpur, Nepal.

1th

Parenting Workshop "Effective Parenting"

Effective Parenting", a parenting workshop by Kumar Thapa (certified parenting trainer specialized on child's psychology) will be conducted by Mother's Pride Kamalpokhari. Are you challenged by parenting? Or not sure if you are "doing the right"? Join the workshop to get insights about Parenting.

Date: December 1 (11 am to 2 pm)

Location: Mother's Pride Preschool Nepal, Kamalpokhari, Kathmandu.

IIth

Sudipta Cancer Survivor Ramp Show

This event is to spread positive knowledge and awareness about cancer to the people in community that "Cancer is a curable and even after treatment one can lead a normal life".

Date: 11th December 2018
Location: Heritage Garden, Sanepa

1st - 7th

Micro Galleries in Nepal

'The goal is to make micro change on a large scale through art and creativity and our theme this year is, Empower! So, on top of our packed program, local and international artists will explore the effects of climate change and women's empowerment on communities, such as Kathmandu to draw attention to these important issues.'

Date: December 1 - December 7

Location: Nag Bahal, Patan, Lalitpur

22th

Hogwarts Express at CAM Nepal

Fancy yerself a Wizard? Here's a rare chance for Muggles to try Wizardry!

Join us at the Children's Art Museum of Nepal for a magical evening celebrating the world of Harry Potter! Try out activities inspired by the Hogwarts curriculum, including Potions, Charms, Herbology and Defence against the Dark Arts! Make your own wand, transmogify a monster, mix a potion ... and more!

Date: December 22 (12 pm - 7 pm)

Location: GAA Hall, Thamel

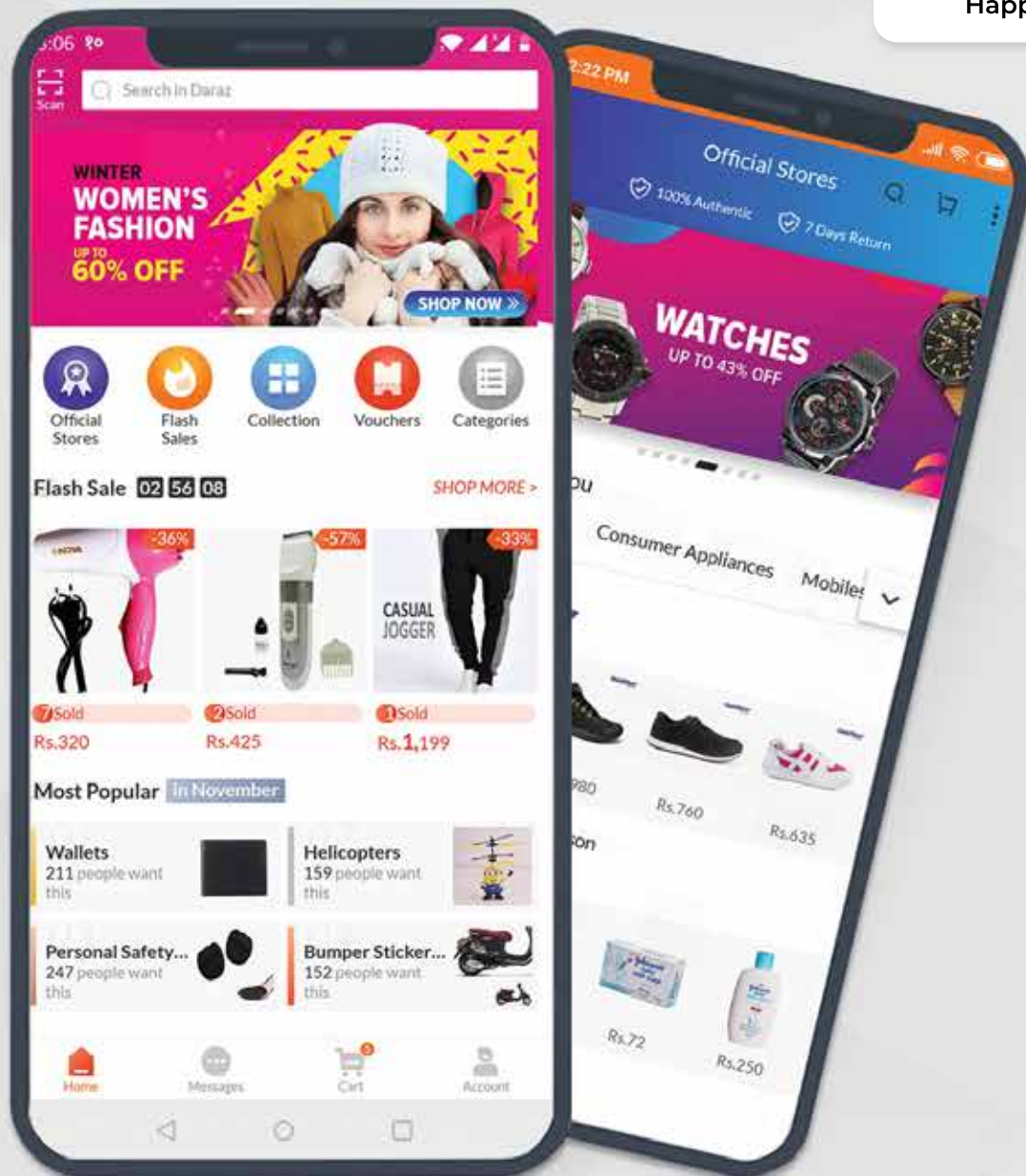
24th

Critical/Creative: A Writing Workshop on Cultural Criticism

This writing workshop will take participants through ways in which critical writing can take fresh and creative forms, all the while maintaining a sharp and incisive argument. We will go through how to write a review, a profile, conduct an interview, and a long-form essay. We will use the words critical and creative interchangeably, and sit for a while in the slippage between fiction and non-fiction.

Location: Quixote's Cove, Jawalakhel, Lalitpur

Date: October 24th (10 AM to 3 PM)



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