

SMART FAMILY

➔ ISSUE 34 ➔ RS 120

➔ JUNE 2019 ➔ ASAR 2076

CANCER SURVIVOR

Sapana Rana Magar shows that with timely treatment and fortitude, cancer patients can become, like her, cancer survivors.

BENEFITS OF PUZZLE GAMES TO CHILDREN

Some of the video games that can be downloaded, contrary to popular belief, can actually be beneficial for children as long as they are used within reasonable limits.

Nizam's House

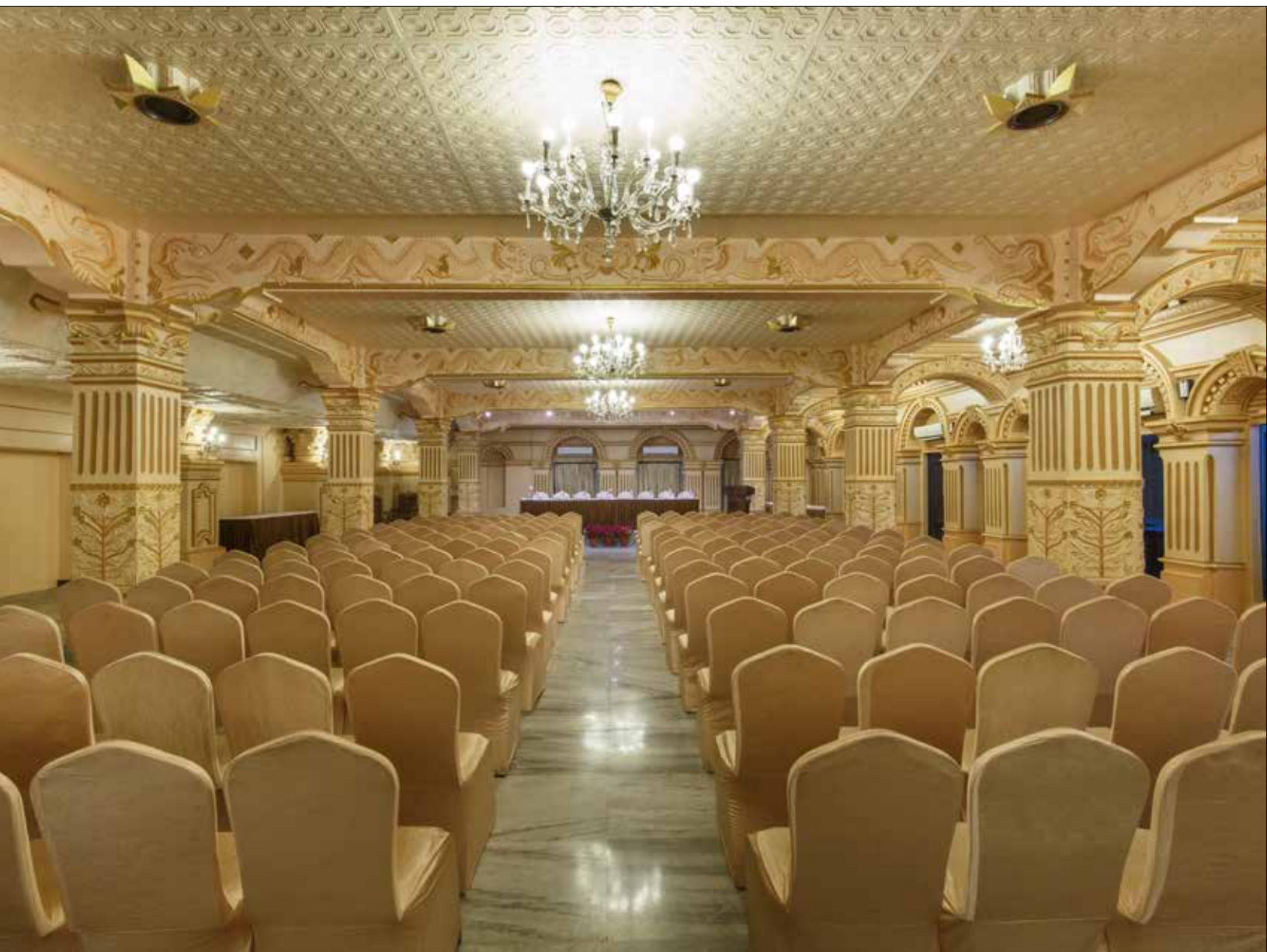
RISE OF E-COMMERCE IN NEPAL

UNDERSTANDING NERVE COMPRESSION

Nerve Compression is a medical condition caused due to direct pressure on the nerves of the body which results in pain, numbness and weakness of muscles. Depending on the affected nerve, the symptoms affect just a particular region of the body.

An Avian Legacy

Mrs. Meena Dangol is the daughter of late Hira Lal Dangol, who is considered a pioneer of bird painting in Nepal. She shares the same passion for bringing to life in canvases the mystery of owls.



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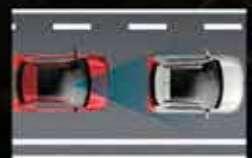
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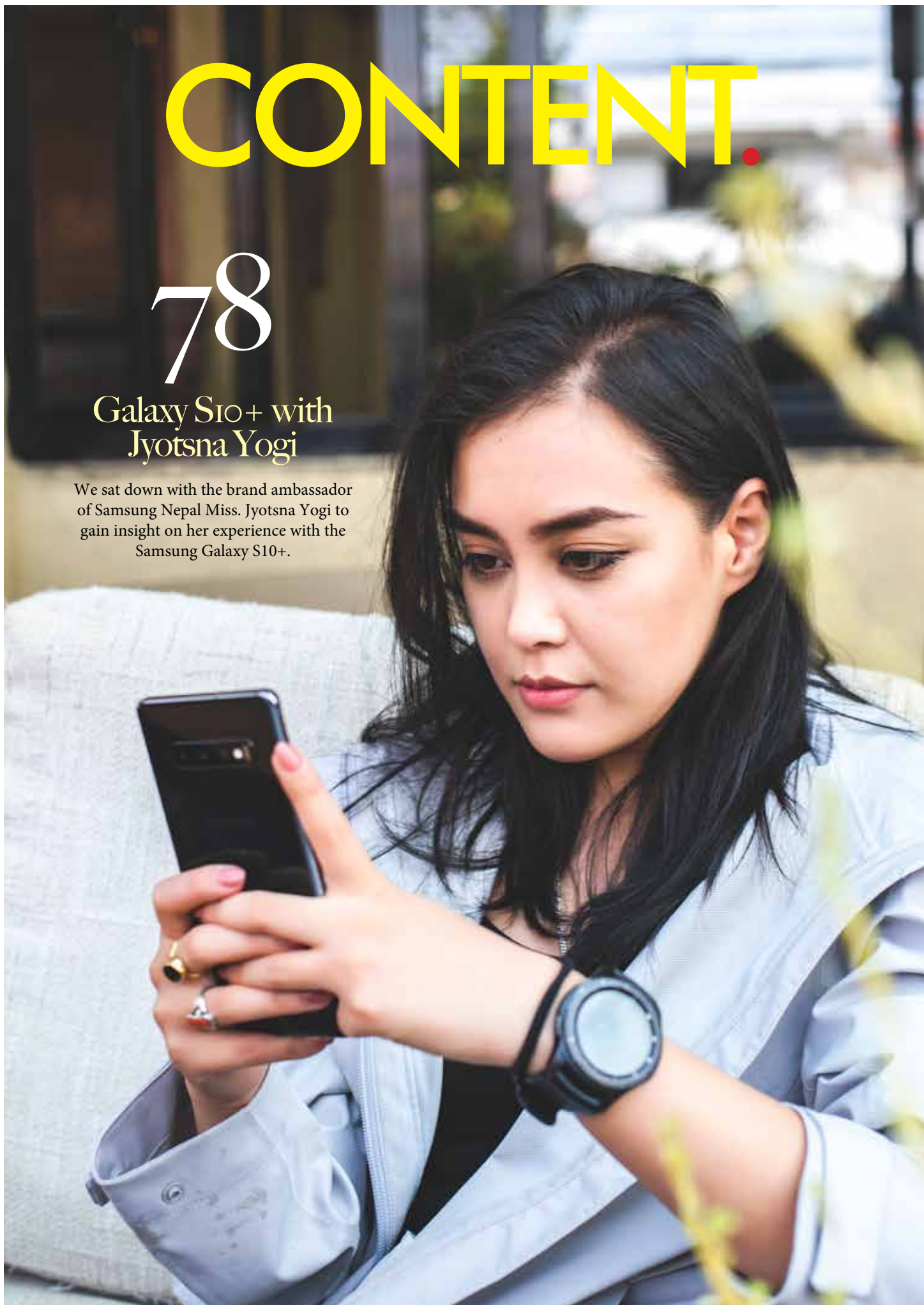
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Galaxy S10+ with Jyotsna Yogi

We sat down with the brand ambassador of Samsung Nepal Miss. Jyotsna Yogi to gain insight on her experience with the Samsung Galaxy S10+.





2019

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EDITORIAL.

When we were little, we all had dreams about our future, didn't we? But as we grew older, the dreams seemed to fade away with the newer tides of responsibilities. Even then, once in a while, in brief moments of solitude, we all pause to reminiscence what we once wanted to achieve. Dashed hopes and dreams aside, when we were putting together this issue, a theme just kept on recurring -- "It's never too late to strive for one's passion, dream, and purpose."

This issue's cover story is graced by the mother daughter duo of Mrs. Meena Dangol and Lasana S.M. Shrestha, who are heirs to a unique artistic legacy of "Bird Artists in Nepal." They share with us their story, aspirations, and how with dedication and passion everything is achievable.

Further along in this issue, you will find tales of human strength and courage. Sapana Rana Magar shares with us her heart moving experience

battling cancer; whereas, Nehasha Pokhrel and Sajita Shahi bring to us how art brought joy, happiness, and solace in their life.

No matter in which situation you find yourself in life, choose to take a break. Experience your own a tranquil sanctum at Maruni Sanctuary Lodge, rejoice in the pristine waters of Tranquility Spa at Soaltee Crowne Plaza. Or, if you lack time to go on an extended leave, simply explore the exotic delights at "Taza: It's fresh" Nizam's House and make great memories with your family. Hopefully, after the break, you will find strength to revisit and realize your old dreams.

These and much more await you in this issue of Smart Family magazine.

Happy Reading,

Editorial Team



ON THE COVER

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Jugal Singh

MUA

The Beauty Bar

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STARTER.

The Nostalgia of BRICK GAMES

Prashant Raj Dahal

VIDEO GAMES HAVE always fascinated people as they provide a fun and entertaining time for both who play and the ones who sit beside and watch them play. From the inception of Pong, the first video game developed in October 1958 by physicist William Higinbotham, to massive scale open world games (GTA franchises and the likes) to the introduction of Virtual Reality (VR) in the past couple of years, we sure have come a long way. Although the first video games didn't make it to Nepal for a long time as computers were still evolving in the West and were expensive, Nepalese got their first hands-on with Video Gaming from the likes of Game Boy Advanced and Chinese Brick Games that began during the 90s. '

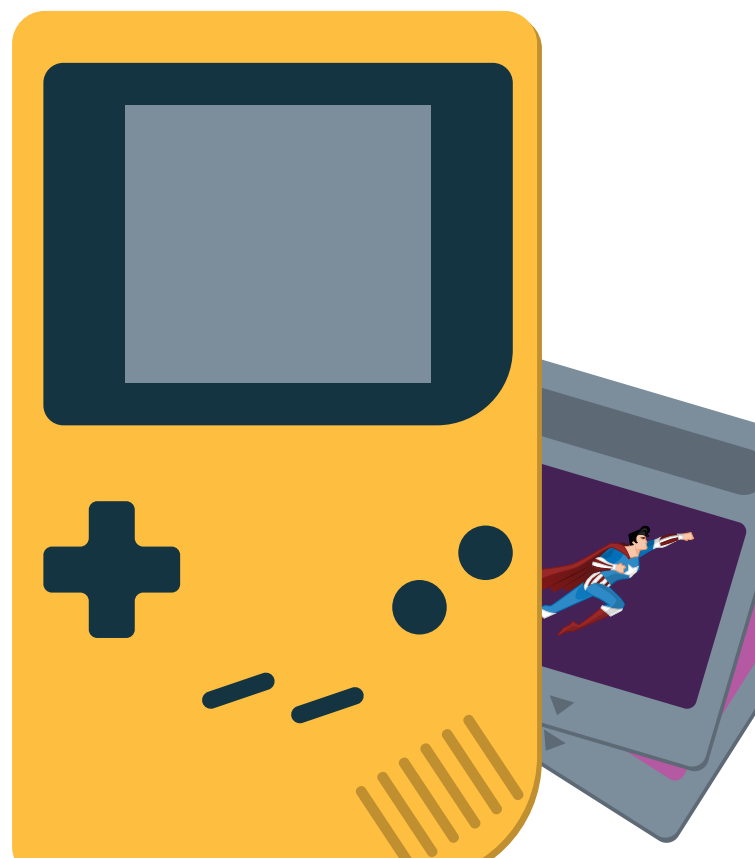
In 1989, the first Game Boy console was released. Since Japanese products were in general a lot more popular here in the 90s, these handheld gaming consoles quickly made their way into the country. It was expensive and initially only a handful of people could afford it. As the years passed by, more and more people bought handheld gaming consoles. Chinese companies saw the opportunity of video gaming and made Brick games and Game Boy rip-offs for the Asian market. This was a time when Personal Computers (PC) were still too expensive in Nepal and also around the world. So most people

got their first experience with video gaming from these handheld gaming consoles rather than PC.

As a person born in 1997, Brick Games, PSPs, and Game Boys had a massive presence (and influence) while I was growing up. Sure PC Games were also a thing but these handhelds were more popular, possibly because we kids had no idea how to install of a game on a PC. If you remember, these Game Boy used these cartridges for different games. All you had to do was pop a cartridge and you could start playing a whole different game, which was much easier than installing a game on a PC. I still vividly remember going to Lagankhel to buy cartridges for games I loved. Sometimes I even used to make it all the way to Mahabaudha to get the game cartridges that I was looking for. Exchanging and borrowing cartridges were a huge thing back in school. Kids who got caught by school authorities would plead to them to return them back.

While Game Boy was popular, it was still expensive. That's where Brick Games fit right in. These Chinese Brick

Games cost a mere 75- 200 Rs. and exactly had 100 games in them. So these brick games were super popular through the mid-2000s. Everything eventually comes to an end. Game Boy and Brick Games saw their decline after the mid-2000s. Thanks to PCs getting relatively cheaper and cheaper and more Chinese companies making rip-off versions of the Game Boy that were less expensive, Game Boy soon lost its market in Nepal as well as the world, and was replaced by the more advanced PSP handhelds, Play Station Consoles, X Box and of course, Personal Computers.





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Calendar.

15th

Leadership Hour

Communication skills, interpersonal skills, and personality development are essentials that an individual must have but these are also the components that a student rarely emphasizes while they're in school/colleges. Leadership Hour is designed to enhance the skills and knowledge of youth and help them in their career.

Date: June 15th 2019 (11AM - 3AM)

Location: Pragma Pratisthan Bhawan, Kathmandu

7th

NES Design Thinking Workshop

Design Thinking is a user- centered method to solve real-world problems. It's an approach that uses creative thinking, teamwork, empathy, concept creation, prototyping and testing. A Design Thinking Workshop is a set of exercises for students, entrepreneurs and artistes to combat challenges in thinking presets. In simple words, it is a workshop designed to help the participant solve problems easily based on their style of thinking.

Date: June 7th 2019 (11AM- 5PM)

Location: Kathmandu, Nepal

14th

An Audience with Karna Shaky "Tourism with Purpose"

In support of Visit Nepal Year 2020 Campaign and with a view to initiate a new vision for Adventure Tourism, Trekking Agencies' Association of Nepal (TAAN) is organizing an interactive cum dialogue program titled "An Audience with Karna Shaky- Tourism and Purpose."

Date: June 14th 2019 (2 PM- 5 AM)

Location: Nepali Chulo, Kathmandu, Nepal



29th

Ropain: The Rice Planting Festival 2019

Rice is one of the most important commodities in Nepal. Every summer, as the rain set in the valley, it's time to celebrate the showers by planting of rice. This year we invite you participate in this event at Khokana, Bungamati, Lalitpur in the southern outskirts of the valley.

Date: June 29th 2019 (7 AM- 4 PM)

Location: Bungamati, Nepal

Tickets by Eventbrite

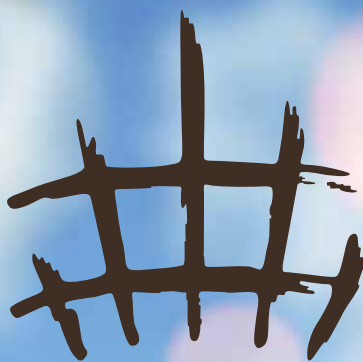
15th

Narrative Impact: Set Yourself Apart in Job Interviews

Designed at the Harvard University's Centre for Public Leadership, "Narrative impact: Set Yourself Apart in Job Interviews" course seeks to identify and address adaptive challenges through impactful and personal storytelling. Students looking to transition from college and universities to full-time jobs will always be tested on their narrative skills- be it as part of job applications or interviews.

Date: June 15th 2019 (9 AM-12PM)

Location: Nepal Leadership Academy



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Market.



⬆ Ncell brings 'Travellers' SIM

Foreigners visiting Nepal from different parts of the world for vacation or business trip can now enjoy exclusive telecommunications service through Ncell's 'Travellers' SIM' bundled with voice and data packs.



⬆ Laxmi Bank inaugurates its 102nd Branch

Laxmi Bank inaugurated its 102nd branch in Salleri, Solukhumbu. The new branch will offer full range of retail banking services customized to meet the needs of individuals and small businesses.

With the above new addition Laxmi Bank network now includes 102 branches across 46 districts, 5 hospital service counters, 122 ATMs, 2,500 remittance agents and 58 branch-less banking agents spread across the country. The bank is rapidly expanding to newer and underserved markets with the aim of servicing the growing demand for professional financial services such as innovative saving accounts, term deposits, home and auto loans, small business loans, micro-finance, insurance etc.



Nepal Vegetarian Association

Nepal Vegetarian Association held a meeting for all of its member on 24th of May, 2019 at Moti Mahal, Durbar Marg. Nikhil Uprety was the Chief guest of the event. The event highlighted the importance of being a Vegetarian and the impacts of it on people and the environment.

⬇ APF wins the 5th KNP National Women's Volleyball Tournament

APF Police Club wins the 5th KNP National Women's Volleyball Tournament organized by Sher Bahadur Khadka Memorial Trust by beating Nepal Army Club in the finals. Niruta Thagunna of the Nepal Army Club was awarded with the SBKM Special Award for her outstanding performance in the tournament.





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➔ STARTER

↓ Biryani and Beer by Radisson Hotel

Radisson Hotel Kathmandu organized a weeklong "Biryani and Beer" promotion from the 24th May - 31st May 2019 from 18:30-22:30 hrs at their Terrace Garden restaurant.

"Biryani and Beer" will feature aromatic and flavorful Biryani in Hyderabadi, Malabari, Lucknowi and Kolkata style. The intercultural gastronomical royal experience is bound to create an unique twisty and tangy food celebration. With an extravagant cyclic buffet comprising of Murg, Gosht, Prawn and Subz Dum varieties, served with salan, raita, dessert and two bottles of beer, enjoy dining this summer evening in our rooftop.



↑ Samsung S10 announced and awarded the winner of pre-bookings Lucky draw

Samsung S10 has been receiving positive feedbacks and a great deal of attention even before it was released. The company had opened pre-bookings for the phones from March 1, 2019, to March 14, 2019, which received an overwhelming positive response from the people.

The event was hosted by Samsung among S10 pre-bookers — the winners were awarded exciting gifts and coupons. Mr. Kapil Agrawal won two coupons of Let me In worth Rs. 5,000 and Mr. Sangam Khadka won two nights complimentary Stay at KGH Pokhara property for a couple on BB Basis. Similarly, Ms. Kala Bhattarai, Mr. Bikram Timalina, and Mr. Sudarsan Shrestha were the three lucky winners who won the Samsung Galaxy Watch Active and Mr. Suman Ranjitkar won the Business class complementary round trip ticket (taxes payable) from Turkish Airlines.

➔ Qatar Airways Hosts CSR Initiative to Provide Food Items to Needy Families in Kathmandu

To mark the Holy Month of Ramadan, Qatar Airways, in partnership with Qatar Charity, hosted a CSR event to provide needy families in Kathmandu with much-needed food items. The event took place on Saturday 11 May 2019 in CW Party Palace Kamaladi, Kathmandu.

As a result of the donations collected, each family received 25 kg of rice, 3 kg of sugar, 5 kg of wheat flour, 3 kg of chickpeas, 1 kg of salt, 1 kg of sunflower seeds and 5 litres of sunflower oil. Qatar Airways Country Head Nepal, Mr. Mohamed El Emam, said: "We are tremendously pleased to be able to help provide these much-needed items to families here in Kathmandu."





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The Beauty Bar opens its Second Outlet

BOLD

Shreyashka Vikram Raj Maharjan

THE BEAUTY BAR has been providing a range of cosmetic and salon services and as mentioned on its marquee: "It Is Where Beauty Meets Luxury!" It is a uni-sex establishment that provides unique packages such as Bridal Makeup, Prenatal, Full Day Packages, and gift options such as corporate vouchers along with gift vouchers. It recently opened its new outlet named Bold at Evoke in Jhamsikhel on 3, 2019. We sat down with Itchya Karki and Nischal Bahadur Shrestha to know more about the services and future plans of The Beauty Bar.

CAN YOU TELL ME MORE ABOUT "BOLD BY THE BEAUTY BAR"?

IK: This is our second branch of The Beauty Bar, and we wanted to do it with a twist because our vision is to provide the best quality beauty services in Kathmandu. With the concept of Bold, we wanted to focus more on girls and women. Thus you can see that the whole interior is more feminine. The Beauty Bar was our first child, and we knew where we had to improve. We are coming out bolder and stronger.

NBS: Bold is bolder; The Beauty Bar has become bolder. Normally pink is associated with soft nature, but we are trying to define

that statement and let the world know that pink is bold.

SERVICES AT BOLD BY THE BEAUTY BAR?

IK: We have services ranging from hairs, nails, and make up, and the best facials in town.

HOW FEASIBLE IS THE LOCATION?

IK: It's amazing. Being inside Evoke, it's more than just an establishment because it is a community. This has made it very easy for us to connect with the communal clientele of Evoke.

THE BEAUTY BAR IN THE NEXT 5 YEARS?

IK: All over the world, with small steps. We are going to start with the country. Our

first outlet was in Kathmandu and now we are in Lalitpur. We hope to start our next outlet in Pokhara soon.

NJ: We would also like to come up with our line of products.

IK: Because we see a lot of things that we can bring to the market.

NJ: For our services, we require various products which are unavailable in the market. Thus being able to manufacture the resources in an organic manner would help us and the national market.



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Why I Love Mandalas?

Mandala is a graphic symbol of the universe, but painting one is an art, a meditation and more.

Shreyashka Vikram Raj Maharjan, In Conversation with Sajita Shahi

THE ART OF making mandala is not an easy endeavor. It requires countless hours of patience, and focus – skills which are not easy to master. Sanjita Shahi's love for mandalas began in 2016, when she turned her hobby into a full time profession. She has now been organizing workshops to pass on the knowledge to those who wish to create mandala art. We sat down with Sajita to know why she loves mandalas.

How long has it been?

I started making mandalas as a hobby in 2016. I didn't think at that time that it would turn into my career. I began with basic doodling, watching numerous videos on youtube. I always like to try new things and the process of making mandala has had a very positive impact in my life.

Why do you love mandalas so much?

The process of making a mandalas is a very creative process. I have always been interested in art. I used to make portraits and was not into symmetric art. The process of making a mandala is compared to a process of meditation. It is a very relaxing process. It helps divert one's mind and has healing effects. I was going through a low phase of life in 2015, that's when I formally started taking art seriously. It became an escape for me, and it helped me overcome my hurdles and challenges. I didn't have this set up. I started in my room with a tiny table, played music and just immersed myself into making mandala.

The process of making mandala increases one's level of patience and focus. It took me away from my issues, and now I just can't imagine my life without it.

Can you tell me more about your process?

It's a very simple process. It begins with a centre circle. It ends up with large symmetry of circles which you can interlace with your own imagination. There are no restrictions. You can include all designs and you don't have to stick to norms. But one requires an extreme level of patience

and focus. One cannot fast track the process. The result shows one's pace.

How has the response been?

The response has been quite immense. If not for the enthusiastic response, I wouldn't be here. People have approached me to ask, "Do you sell your work?" I told myself, "I must be doing something good because people want to purchase my work." I didn't have any formal training in mandala art, but people are very interested in my work process. Thus I started to organize workshops and made this studio so that I can share this knowledge.



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THE ARTIST IN ME

Nehasha Pokhrel's art pieces go beyond simple aesthetic beauty, and are reflections of her own emotions and aspirations.

Aakanchya Tamang, In Conversation with Nehasha Pokhrel



I WAS BORN in Kathmandu but my upbringing is from Biratnagar which is why I always keep this place very close to my heart. Ever since my childhood, I have always known that I was a creative person but didn't have any field where I showed any keen interest in. After completing my school here, I shifted to Bangalore for my further studies and better education prospects to get my Bachelor's Degree in Arts. During my stay there, I had a pretty good job lined up for me as I worked in Emporio Armani as a fashion consultant but even during those times, I always felt it in my heart that something was missing and I am not serving the purpose that I am supposed to. I always wanted to do something meaningful and bring changes in the society, so I quit my job and came back to my home country where I started my volunteer work with VSO Nepal. During the

time, I was very fortunate enough to get the opportunities to work in the remote areas of Nepal in Baglung and Surkhet Districts where I got to interact with children from the marginalized communities and work in projects that aimed to bring gender inclusiveness and equality in the society.

As for my interest in painting, it came to me during the lowest times in my life and it sort of served as a purpose of an escape from the tough times I went through. I had no idea that I would be someone who could paint as I started by only scribbling colors on a paper to distract myself. As I got more involved, I started to realize how much it made me feel at peace. So I slowly shifted from water colors to acrylic paints and papers to canvases to channel my energy and thoughts into my art. It was such a continuous and spontaneous process and the rest just went with the flow.

I recently participated in an exhibition and for me rather than fame or money, it was a self-help technique and a means for conveying the message in my art. I was actually taken aback when my paintings were the highest selling among all the other paintings. As overwhelmed as I was with all the appreciation and love that my art received, I was happier with the fact that it helped me feel content and helped me find who I really am and what I am meant to do. I still suffer from insomnia and panic attacks but now that I have my art with me, I feel really strong.

Talking about my work, I initially started with blue and white colors as they always brought me peace and

made me happy. I paint still water and waves and let all my emotions out when I paint. Then, gradually I shifted to more of acrylic colors and painted the beauty yet the suffering of women in our society. I wanted to focus on the mental health of women and how important it is to take into attention the seriousness of this problem. It was to address the controversy of how women in our society are always judged for their choices, their actions or I would say, simply for being a woman. Through my art, I want to bring light into these problems so that we would talk about the trauma that these women go through and come out of this. There are a lot of paintings that I would love to talk about but the one that is very close to my heart is "Tridevi," which is the story of three women where I have used vibrant colors to portray the beauty of women and their untold story.

As for the future, I don't know what it holds but I know that I aspire to be happy. The main reason I came to art was to get out of a low phase in my life and channel my emotions but now I plan to join art school and learn art professionally and continue to do what I love.

I want to let people know how therapeutic art is and how it has helped me bring changes in my own life and teach them that no matter what kind of situation that they are in, they can always pull themselves out of it if they believe in themselves and continue doing things that bring them joy. For me, my art was become more that a platform for my sad emotions. Now, it is more about my happy emotions, women and their mental health and the positivity that I want to spread in the world through it.



नेपाल सरकार
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Cancer Survivor

Sapana Rana Magar shows that with timely treatment and fortitude, cancer patients can become, like her, cancer survivors.

Zenana Ojha, In Conversation with Sapana Rana Magar

AN EPITOME OF hope and faith, Sapana Rana Magar is a survivor who has bravely fought and won her battle with breast cancer. Cancer is generally known as a disease in which cells divide uncontrollably leading to

tumours, damage to the immune system and other such conditions which can be extremely fatal. Her journey with cancer did not begin when she felt a lump on her breast but rather when her son was also diagnosed with bone marrow cancer. She has been familiar with this disease ever since and has even spent a few years at the Cancer Hospital for her son's sake. After the death of her son due to cancer, she was overwhelmed when she discovered that she had breast cancer.

At the moment cancer rate has been increasing throughout the world, and studies have shown that 30-40% of it is due to change in lifestyle of people which includes diet, exercise and other daily activities. There are various forms of cancer, but one of the most common types of cancer among women is breast cancer. Although breast cancer isn't directly linked with food, when people who are biologically predisposed to it get

exposed to unfavorable environment condition, unbalanced diet, and hormone imbalance then chances of getting breast cancer increases for them. On the other hand 5-10% of breast cancer patients get the disease through heredity as well.

Sapana, after the diagnosis of the disease, initially failed to find any breast cancer survivors and began losing her hope of continuing her life. She doubted the chances of her survival and even considered not getting any treatment. However after some research and inquiry she began various ayurvedic treatments which in reality didn't benefit her as much. She eventually got an operation done during her second stage of cancer and proceeded with her chemotherapy sessions at Nepal Cancer Hospital. Despite the many treatment and medications her cancer still had not left her completely. Consequently she went through a successful surgery which, along with her medications, assisted her in finally becoming cancer free along.

Her overall journey has not only been that of physical difficulty but also a rollercoaster of emotions which in turn has enabled her to become mentally stronger. Through her experience she'd like to encourage other such cancer patients to not lose hope, but rather seek for the best and most suitable solutions. Although Nepal isn't renowned for its medical services, she believes that being treated in Nepal itself is reliable and trustworthy. She'd like to encourage any patient to not delay their treatment process and carry it out as soon as possible because she believes that loss of time is loss of life.





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A Tranquil Sanctum

A trip to Chitwan is never complete if you choose to stay at a place that doesn't embody the land it calls home. At Maruni Sanctuary you don't just experience Nepali hospitality, you get a taste of love, care and devotion towards you and your loved ones.

Shreyashka Vikram Raj Maharjan

MARUNI SANCTAURY LODGE is located to the south-west of Saunderban and next to Kumrose community forest, in the outskirts of Chitwan National Park. It is 22 km away from the domestic airport and 2.5 km from the tourist bus park at Sauraha. A humble establishment which chooses to embody the local culture in all its facets it's a welcoming site after a long journey. Checking in was a breeze, with the smiling faces of the staff you just wander if you've met them before.

A wary traveller has an array of rooms to choose from. The cottage rooms built in jungle style architecture, each with a patio is perfect if you wish to experience home style comfort. The 12 cottage rooms come equipped with bathroom amenities, slippers, mineral water, and free Wi-Fi. For those who wish to have a much more secluded abode, the Hunters Den is the perfect pick. Nestled in the forest area of the hotel it is completely secluded from the rest of the rooms. The three

hunters den come equipped with the same amenities as the cottage room, but also boast a splendid view of the Machan and a pond quite often visited by the alligators from the nearby river. The Long House features a total of 10 rooms, sharing the long house patio. The rooms are much more spacious and perfect for a family night in. If one fancies a suite room, then the Karna's Cabin is the one to go for. The totals of six suite rooms feature a spacious interior with a in room sitting and a balcony with a view.





Exhausted from the five hour commute from Kathmandu to Chitwan, the team of Maruni at the bus station were a welcome sight. Arriving at the premises, which to be honest would go unnoticed if you were just taking a casual stroll down the lane, as it embodied the local architecture. I believe it didn't wish to stand out from the crowd, like many of the other establishments at the national park region.

With the welcome drink served, and the cottage room chosen it was finally time to relax and take in the fresh air as it is a novelty in Kathmandu. The estate was massive, with most of it being dominated by pristine flora. It was not just home to us travellers who wished to experience the park, but also to hundreds of species of fauna who call these lands home. I was content knowing, that the establishment that I reside in, understands the essence of sustainable development and environmental integration.

The dinner was more than what I had expected. The earth watch restaurant, a picturesque dinning hall, in sync with the local architecture had a warm ambience that soothed travellers. Talking to the team, I was informed that all the ingredients were locally sourced and the taste justified that statement in full.

The wake up call at six am, at first felt like a drag as all I wanted to do was sleep more which normally doesn't happen. We set out on your jungle venture, guided by the expertise of Sashim Chaudhary who has been associated with the establishment since its foundation. He along

with a companion from the park office, ensured our safety in the vast wilderness and gave us ample knowledge of what surrounded us.

The jungle walk, for us city dwellers take us right into the moments of Jurassic Park. An amalgam of excitement, fear and euphoria keep us at edge and the jungle that never seems to end at times we wish it never ends.

Stopping by the river side, for breakfast neatly packed with love by the team, we set out yet again. After hours of trailing the majestic jungles, we made our way back to Maruni. A brief stop for lunch and we out again, on your merry adventure this time on four wheels. One has the option to choose between a Jeep safari and an elephant safari. We choose the comfort of a Jeep, which I later regretted as most of my encounters with the wildlife have been on the back of a living beast. Blessed with a guide, we meet during our jungle walk in the morning who had ample experience and knowledge of the safari trails. The safari was disappointing I must say, wouldn't any be if you didn't spot the king of the jungle ?

A quick stop at the gharial breeding centre, I was amazed to how they had maintained the establishment and put in new additions as well. The return trip was a time of deep contemplation of how if one perseveres progress can be achieved. Returning to our adobe, refreshing ourself with a shower and warm tea. We set out to explore the

vast estate of Maruni. It felt like a microcosm of the park in tune with its environment provided sanctuary to not just us but the flora and fauna as well.

We savoured the final dinner with all our taste buds in a dining room filled with enthusiastic travelers enjoying the delights of the local produce prepared with much love and attention. The night was not over yet, the Tharu cultural dance was set to begin. As the drums started to beat, the aura of the main square came alive. The guests in the long house, settled down in the patio with their cups and we all rejoiced in the merry beats and sway of the dance.

Humming the beats, I walked back to our cottage and wished to call it a night. With a heavy heart, I rested by head as it knew this would be the final night in this sanctuary. The morning, we had to rush as our bus was to leave at eight. With a warm breakfast, I bid farewell to all those who made my stay a delightful one.

A tranquil sanctum was Maruni, where one is able to rejoice in the land it calls home. Every aspect of the establishment had an essence of the land. You are with people who know of the land, as they grew up walking these trails. At Maruni you are at home, you are in a sanctum build by individuals who love the land, who cherish their roots and strive to preserve it. They bestow upon you knowledge of the beautiful park, and take you on a journey of discovery.



A Tribute to the Danube River

The Danube river represents some of the best aspects of new and old Europe to an adventurous traveler.

Sushil Thapa

I think the best and amazing creation of nature is water. Any form of water is magnificent to me. “No water, no life” – it is as simple as that.

Being from Kathmandu, I have been exposed to mostly dirty rivers here. Our Bagmati- never gets clean even after a couple of hundred weeks of cleaning. Sometime I wonder when would we discover the root cause of it and start working to fix the basics.

I have a fantastic memory of the Breg and the Brigach in Baden-Württemberg, Germany which is the originating place for the second longest river in Europe called the Danube. The Danube river basin is home to millions and millions of fish species including salmon and trout. Both types of fish are my favorites.

The Danube flows southeast for 2,850 km, passing through or bordering Austria, Slovakia, Hungary, Croatia, Serbia, Romania, Bulgaria, Moldova and Ukraine before draining into the Black Sea. I am fan of this river and one day I hope

to follow this river and visit all those countries. And I am sure they are all very beautiful countries.

Beautiful Poland

My recent two-week long professional cum personal visit to East Europe started from beautiful Poland, landing at Warsaw then straight to Lublin by car. Wow! The beautiful apple garden along both sides of expressway between Warsaw and Lublin was marvelous. We have similar terrain and landscape around Kavre, Myagdi, and Tanahu area.

Before I go further, I would love to make a request, if you ever visit Poland, to please try BOSKO Ice Cream in Lithuanian Square though you need to stay in a long queue, but maybe not that long queue as at “Honacha” in Mangalbazar for Newari Bara (Wo).

My views about Europe in general

Basically, I am interested in nature than recent man made structures, but you get overwhelmed with the extremely



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Left: The Danube river flowing beside the Margret Island;
Above: A busy evening at a ruin pub.

well preserved ancient architecture, alleys, and culture that you find in any European cities. Even with the struggling economy, I find the same effort is being made by Polish government to maintain it.

Europe is famous for thousands of ancient palaces, castles, museums, churches, cathedral, monuments, and huge buildings. They are maintained perfectly as if there was no devastating WWII right 70 years back. I always remember Singhdurbar and its pathetic condition when I see those building. We are unable to keep the one and only Singdurbar and Keshar Mahal in their original condition.

BUDAPEST

In this particular travelogue, you will find me describing Budapest, in Hungary. Hungary's capital city Budapest is actually made up of three unified cities, with Buda and Óbuda on the west bank of the Danube River and Pest on the east bank. Much of the city has been granted UNESCO World Heritage Site status, and importantly the sites are well preserved (beyond Nepalese mind set) and visitors get mesmerized with the city and consider them to be some of the most beautiful cities in Europe. Budapesting (roaming around wide and clean Buda-Pest) is clean and refreshing.

Rubik's Cube

Many people may not know that the World famous Rubik's cube was invented in 1974 by Erno Rubik, a Hungarian architect, who wanted a working model to help explain three-dimensional geometry. After designing the "magic cube" as he called it, he realized that he could not actually solve the puzzle

Chain Bridge

The chain bridge is one of the icons of Budapest. It is the first permanent bridge to connect Buda and Pest. Ever since Hollywood star Will Smith climbed the Chain Bridge to dance on it as part of the "In My Feelings Challenge" craze to climb the Chain Bridge has hit Budapest.

Synagogue

The old synagogue is something very special – it looks like a church for us. It's so very big and it is the world's second largest and Europe's largest Synagogue, with seating for 3,000 people. I felt the entry fee is a bit costly and it was HUF 4000.00 which is equals to Euro 12.00

Ruin pubs

Budapest is famous for its "ruin pubs." The best ruin pubs are set up in sprawling, deserted buildings, which have been filled with comfortable, but slightly worn out furniture. Each pub has its own unique rugged style.

I had fun time in one of the Ruin Bars, and in the following morning on a Sunday the same place was greatly crowded for weekly farmers' market. I had bought a bottle of handmade mustard sauce, which I had to surrender during a security check at the Vienna airport for being banned liquid item.

10+10 deal by government

The population of Hungary is decreasing day by day, so government has a deal for its citizens. It provides a grant of around Euro 35000.00 (10 mil. HUF- Hungarian Money) instantly, if a married couple signs a contract with the government to raise a minimum three kids. The couple also gets another 35000 Euro loan at significantly low interest rates.

Margaret Island: a paradise for outdoor workout

Hungarians are very lucky to have Margaret Island which is a 2.5 km long island, in the middle of the Danube River, and has parkland and recreational facilities.

We can rent pedal carts, golf carts, and other self-powered vehicles to explore the island. The best part of this island is that a rubber-coated 5.5 km running track encircles the



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Above: Old City of Lublin, Poland;
Right: The Danube river and the
Parliament house in Budapest



I have a fantastic memory of The Breg and The Brigach in Baden-Württemberg, Germany which is the originating place for the second longest river in Europe called THE DANUBE.

island. It is a popular jogging spot for runners who want to get away from the hustle and bustle of the city.

There are numerous castles, avenues, squares, wine bars, coffee shops around down town of city as any other European city would have. Special number plates are assigned to fully battery operated vehicles and they are allowed to drive in the bus lane. The charging facility is free, paid for by the government.

As I confessed earlier, I always prefer to walk the extra mile where ever I go so that I could get a feel of the city outskirts and get a bit closer to the bare nature. The most closest hike was about 45 minute drive, a bit uphill. The name of that particular peak is Normafa. You can have a great view

of Budapest from this peak. It is a bit chilled even during April, whereas Budapest is already warm. Just imagine it to be like our Kakani kind of place.

It is a very quiet place and full of greenery. We need to cross multiple layers of small hills like what we have to cross to reach Trishuli from Kakani. We reached Slovakia by just crossing the Duna river after driving for about an hour from Normafa hill. We spent the evening again in one of the most happening ruin bars where endless fun was waiting its guests with chilled craft beers of unknown names.....

I promised Budapest that I would come back again. I then went off to Vienna by train that cost me just below 25 Euro for about a 2.5

hour journey... Here comes Wien Hauptbahnhof (Vienna main train station).

The writer is a well known business figure in Clinical Diagnostic Laboratory of Nepal, doing business since last 24 years. The leader starting the Stand-Alone Clinical Reference Laboratory in Nepal for the first time back in 2005. A passionate traveller already made more than 3 dozen of countries and has a plan for a dozen more in immediate future. He loves public speaking, traveling and teaching apart from his regular business engagements.

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An Avian Legacy

Mrs. Meena Dangol and her daughter Mrs. Lasana S M Shrestha share with us their aspirations, love for art and their family legacy. Mrs. Meena Dangol she shares with her passion for bringing to life in canvases.

Aakanchya Tamang and Shreyashka Vikram Raj Maharjan

IN THIS FAST-moving world, personal desires and dreams usually take precedence over other things. We rarely find individuals who strive to make their parents' dream come true before their own. Rarely we find a family, whose legacy lines the halls and courts of Kings and great institutions. And even more rarely do we find people with the desire to keep that legacy despite over-whelming odds and changing times. Mrs. Meena Dangol is the daughter of late Hira Lal Dangol, who is considered a pioneer of bird painting in Nepal. Meena's daughter Mrs. Lasana Singh Maharjan Shrestha, professionally a banker, has endeavored to bring to life her childhood desire of organizing a solo exhibition for her mother. Here they share with us, their stories, and what inspired them to bring their family legacy to the public eye.

How long have you been in this field? Did you get inspired by seeing your father?

MD: I remember being around 14 or 15 years when I started painting. Being brought up in an artistic environment, watching my father and my brothers paint, I used to be intrigued and my curiosity grew as I got older. While other kids my age used to go outside and play, I guess, I sort of made my canvas a playground and created a sanctum to call my own. I explored my passion and dedicated my time to learn the required artistic skills.

Do you use the same techniques and style your father and where did the inspiration to paint owls come from?

MD: My father used water colors for most of his paintings but I like to use acrylic and various shades of canvas.

What is the most rewarding thing about being an artist for you?

MD: What I love most about being an artist is the feeling I get every time I begin to paint a piece. It feels like I am dwelling into a world of my own. It has always been a way of expression for me. I love how all my focus is dedicated toward the canvas when I paint. I found a profession and it has led to fame but the most important aspect is the satisfaction of being able to follow my dreams and bring my passion to life. Most of my friends pursued various fields in their careers. My parents' inspired and encouraged me to pursue art. It is the greatest gift that I have ever received.

Your father, is known as the first bird painter of Nepal after Raj Man Singh Chitrakar. Can you give us an insight about his passion to paint birds and where he got his inspiration from?

MD: My father was a banker. In that era it was a very noble profession. But he risked it all by leaving a job which had a good pay and prestige to start from scratch and pursue his love and passion art. Even as a child when he studied at Durbar High School, he dedicated most of his time to painting. He was an apprentice of Lain Singh Bangdel, one of the most renowned artists of Nepal and followed his footsteps. My father was the illustrators of 700+ paintings in the book "Birds of Nepal" published in 1976 by Dr. Robert Felting Sr., his son Dr. Robert Flaming Jr. and Lain Singh Bangdel which still remains one of the authoritative works in Nepal.

His history, his passion and his works have been presented honorably in a book called the Birds of Nepal, written by Dr. Dina Bangdel, who herself has contributed in the field of art.

Can you give us an insight about your recent exhibition and

the inspiration behind it?

MD: This exhibition is titled, Hira by Meena Dangol. Planned by my daughter, it features my most prominent art pieces in tribute to my father Hira Dangol. It has a collection of my paintings, which specialize in portrayal of various species of owls. I get asked a lot about why I mostly paint owls. The eyes of an owl have mystery. Their deep darkness bring out curiosity in me of the world they have seen. It is also the carrier of the Goddess Laxmi, who is highly regarded in the Hindu Pantheon and is the goddess of wealth and good fortune. My husband's name is also Laxmi (laughs).

In your experience, how much recognition have you gained or offered to you in Nepal?

MD: My father is one of the renowned artists of Nepal. When you google him, his paintings can be seen hung in the walls of the Royal Palace, the president's palace, and numerous five stars hotel and institutions in Nepal.

I am an artist, but I am also a mother. I devoted most of my time to my children and my daughter Lasana has always told me, "It is time that the world gets to behold your artistry, witness its mystery and share your curiosity. It is time for you to achieve and acquire the recognition you truly deserve."

In 2016, we organized a family exhibition, "Birds of Nepal: The Art of Heera Lal Dangol and His Family Legacy." The works of my father, and four siblings were showcased at Nepal Art Council. The admiration and the recognition that our family got was very inspirational which is why my loving daughter wanted to initiate another exhibition which will be my solo exhibition. I feel blessed and hope that my children carry forth the legacy of the "Bird Artist Family of Nepal" for generations to come.



You have been planning your mothers exhibition. How long has it been in your list?

LS : In my list ? Ever since I was a kid. Ever since I can remember, I have seen my maternal side paint these exquisite pieces of art, that are belief. Each painting has a story to tell and it is just so majestic. I always felt that my maternal grandfather got the recognition he deserved for his talents but my mother didn't.

Thus, since my childhood it has always been my dream to create a foundation, and give her a podium to showcase her passion and get the recognition she deserves. It was a dream, but now I am capable to turn it into a reality. What seemed impossible, and just a vision is now turning into a reality. Whenever I see her paintings at home, I say to myself, "They shouldn't be confined to the four walls of our home." Thus, the upcoming exhibition will showcase her talents and bring to the world the artistry of my mother.

Have you faced any challenges along the

way?

LS: Definitely, organizing an exhibition is something new to me. There are many things which are out of my comfort zone and out of my control. I am unaware of the do's and don'ts of the art world. But slowly but steadily, I have come this far and at times the summit feels miles away. But I remember my vision and keep moving forward, to honor her talent and to make sure the exhibition is memorable for her and the guests. Apart from that, I also want to make people aware of our family legacy and the value that it carries. For that, I plan to open an art gallery and initiate art classes to teach and empower bright minds. "Knowledge is best when it is shared."

A proud moment from your childhood, with your mother.

LS: Each and every moment, I must say. She dedicated so much for our upbringing and sacrificed so much. I am always grateful for that and every moment I got to spend with her I cherish. The proudest moment, is the speech that my mother gave at our last family exhibition. I initiated that exhibition, prior to which art was a just a hobby for my mom. A medium of carrying on the legacy of the gene of

artistry within them. For them it has never been about acquisition of fame but rather an extension of themselves. The exhibition was a success and that filled me with pride, and watching my mother deliver the keynote was the cherry on top.

Your favourite painting of your mother.

LS: The painting of the focus owl, she gifted me on my wedding. Her dedication to detail can be seen in the vivid strokes that captured every fiber, and what makes it my favorite is the love that went into filling that canvas.

Did you ever think of becoming an artist?

LS: I paint, not to the extent my mother and maternal family. But now, as I have come of age and as I get more 'older and wiser,' I have realized the importance of carrying on the legacy of my family. I must say I am a work in progress and I hope to keep the legacy going. After a few years, I plan to completely step into the world of art, learn and honor my family. As for the present, I am looking forward to the exhibition, which will bring to the world my mother's art. It has always been my lifelong dream, to create this platform, honor our legacy and pay homage to my grandfather.



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PARENTING.

How to choose the Right kindergarten?

Zenana Ojha, In Conversation with Sandy Ramsey, Early Childhood Director at Swostishree Gurukhul

THE CONCEPT OF a kindergarten still feels new to most parents in Nepal. They have always been depending upon family to take care of their children and having these children placed in a facility is still a stigma for many. For working parents, who have busy schedules, kindergarten have been a boon. But with so many kindergartens to choose from, parents understandably get confused when it comes to picking a right kindergarten for their children. Thus, through a conversation with Sandy Ramsey, principal of Swostishree Gurukul preschool, we would like to bring to our readers, what to look for when choosing the right kindergarten.

HOW DOES BEING ENROLLED IN KINDERGARTEN BENEFIT THE CHILDREN?

I believe the main purpose of a kindergarten is the development of socialization skills among children rather than their academic expansion. I believe being enrolled in kindergarten will allow children to become more familiar with the school-like environment, and will teach them how to be principled, cooperative, and collaborative. Additionally it will also teach them different ways they can become a better communicator so they will be able to share their problems, ideas, etc.

WHAT CRITERIAS SHOULD THE KINDERGARTEN MEET TO BE THE RIGHT CHOICE FOR ONE'S CHILD?

The criteria the kindergarten has to meet in order to be the right choice depends upon what the parents are looking for. I have come to notice parents in Nepal seek what is academically stringent for their child since an early age. However



too much academics too soon tend to damage children for long term which in fact has been confirmed by many research. Although parent may want to pursue a more highly academic environment for their child I believe every kindergarten should rather prioritize provision of ample playtime. Hence kindergartens should consist of proper infrastructure and adequate space for children. Likewise there should also be the availability of facilities which allow children to carry out various activities which may evidently enhance their other skills such as problem solving skills. Thus, in a kindergarten I believe the elements which allow development of socialization skills rather than academic skills should be fulfilled.

WHAT IS THE DIFFERENCE BETWEEN KINDERGARTEN EXPERIENCE AND DIRECT SCHOOLING?

Although kindergarten is not necessarily essential, children who weren't enrolled in a kindergarten may go through a tougher time adjusting to grade school as they will not be familiar with the school environment. They may have a harder time interacting, playing, and communicating compared to the ones who have already been exposed to the environment during their kindergarten phase. Often children who've been to academic kindergarten may be ahead in studies during their first years of schooling. But in terms of academics, children who haven't been to kindergarten will catch up. Thus kindergarten experience ultimately will enable the children to become familiar with the learning environment, and will teach them the basic fundamentals which will help in making their transition to school smooth.

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Prashant Raj Dahal



WE'VE ALL HEARD similar statements before - be it telling them to your kids or your parents telling them to you. Thanks to the mainstream media pointing fingers at Video Games for decreasing children's intelligence, and clickbait articles on Facebook talking about the dangers of playing video games, parents are now particularly concerned when their children are always on the phone playing Video Games.

Like it or not, Video Games - particularly Puzzle Games, Simulation Games, and First Person Shooters are quite beneficial for children. Just like going to the gym or doing jumping jacks in the morning exercises your body, playing such games exercises your mind. And exercising your mind is just as important as exercising your body.

Many studies have been conducted throughout the world on the effect of Video Games. So far, most of the results have been positive (unless your child is super addicted to video gaming). Allowing a child to play puzzle games every day for some amount of time will help him/her learn a vast array of skills in a fun and an entertaining manner. Thanks to the rapid penetration of smartphones into the public domain and a large number of puzzle games being developed, your child isn't only limited to ancient puzzles like Lego Bricks, Jigsaw Puzzles or Chess.

Unblock Me, a popular puzzle game that was developed way back in 2009 has

been downloaded over 15M+ times. The game is simple, fun and really makes the person use his/her head to solve the problems. The game basically revolves around the player making way for a piece of a block to get out of the maze. As you progress, the levels become much harder thus allowing you to think harder. Unblock me is just one example out of many. There are thousands of other games out there that will really benefit the growing brain of a child (and also adults).

Recognizing Shapes is a very useful skill as a child. There are many games out there that allow the player to use shapes to solve puzzles. Tangram games are an excellent example of shape recognition games. In such games, the player is tasked with making various shapes by using smaller shapes. Just typing Tangram Games on Google Play store yields hundreds of Tangram related games. Make sure you have one of these games installed on your phones.

Moving on, memory is a very important part of the brain. Most puzzle games revolve around memorizing. Children in particular don't really like memorizing in a traditional manner but if memorizing goes alongside playing a fun game, kids will love it. These memory games eventually help children develop a solid memory which is always a good thing.

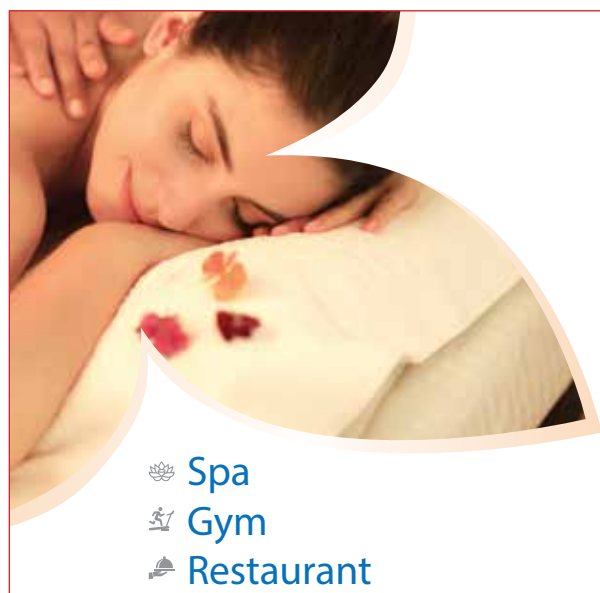
Dopamine is known as the happy chemical. It's released in the brain

every time you achieve something. Be it falling in love, getting a raise or simply talking to an old friend. When kids play puzzle games and they solve a problem, they feel a sense of achievement and become more confident and develop their self-esteem. Good self-esteem is a solid foundation for a good person.

Elevate App - available both on Google Play and the App Store is an excellent app that has a collection of brain development games that support memorizing, fast reading, shape recognition and what not.

Now, these are all puzzle games but what about those pesky little violent games where the player takes a massive gun and goes on a killing spree? Surprisingly, playing these games develops hand eye coordination as the player needs to look at the screen, control the player, aim the gun and fire it precisely. Thus, they also develop multitasking skills in the child. Keep in mind that these games have some amount of graphic elements so it's not really recommended for toddlers.

Simulation games are another category of games that also have their fair share of benefits to the children. Most of these games don't have a particular problem to be solved. However, a player must use his/her creativity and imagination to play these games. And therefore is also much beneficial to a child.



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SWOSTISHREE GURUKUL

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SWOSTISHREE GURUKUL has been created to provide modern methods of learning by using the latest state-of-the-art facilities and research based teaching methods. At Swostishree we honor childhood. Our teachers are well-trained in the developmental needs of the growing child. Our philosophy of teaching is progressive, child centered and active. Our experienced, trained and highly dedicated team works hard to promote a variety of choices of teaching-learning activities.

Swostishree offers world-class infrastructure and facilities to the children. Classrooms are bright and airy, with furniture that suits the developmental age of the students and encourages interaction. Each well-equipped classroom has a library and abundant resource material for experiential learning to promote the Swostishree philosophy of learning through exploration.

Swostishree Gurukul provides extra-curricular activities for the UKG/ Kindergarten and Grade 1 class. Activities like skating, soccer, music, drama, art, and dance are all included in the daily schedule. This month we had a doctor at our school to give all children a check-up; everything is provided to keep our children healthy and happy. Our menus are well-balanced and the children are encouraged to try new and different foods.

We have partnered with Fieldwork Education and we are an authorized preschool from UK based Fieldwork Education to implement International Early Years Curriculum (IEYC). IEYC is a research-based and play-based curriculum recognizing global best practices in early childhood education. This curriculum is designed to be flexible and work alongside Nepal's existing national curriculum.

Swostishree Gurukul is located in Nagarjun Municipality 2, Sanobharyang, Kathmandu away from the noise and pollution of the city, yet close enough for an easy commute.



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BODY.

Musical Encounter

Sirsa Tuladhar

What is the description of music for you? A rhythm that manages to leave nothing but emotions behind is what music means to me.

You can describe it using different words and feeling but the underlying fact is that good music is soothing. Music has been touching and changing lives since the beginning of human civilization. It used to be nothing but drums in the olden times but now there are a great many instruments that pleasure our soul as well as the brain through and through.

Studies all over the world show just the same. Tones and tempo of songs have a lot to do with how they affect our moods. How? Our brain and heart sync with the tempo of the music we choose to listen, which effectively releases chemicals that have people feeling a certain way or altering the mood they are in.

A song with a slow beat has the power to be pleasing and as well as bringing forth feelings of grief. An upbeat tempo can foster excitement and a dreamy beat with an occasional upbeat tempo can bring about feelings of love and/or joy.

Listening to upbeat and dreamy tempos usually results in our brain producing chemicals like serotonin and dopamine, that make

us happy and relaxed. The low beat, sad music can foster negative feelings of profound grief. A song can very well foster more than one particular emotion in a person. One can feel melancholic and happy as well as countless other pairings of emotions when he or she listens to even one.

We tend to listen to songs according to our moods hence the chosen music has the power to amplify that mood. In case your music choices are venturing into the negative space take a small conscious step to drift towards lighter tempos.

A single good song or piece of music you listen can change the whole mood of the day for the better. Talking

about altering moods, music has recently been seen as a therapeutic method to boost people's mood. A study conducted in the UK found that people with dementia experienced a boost in their mood and self-confidence with the help of a unique orchestra.

Music can very easily be a choice to distract or use as a medium to change how one is feeling at the moment. Recent studies prove that music has played a significant role in the recovery of people with depression. The research, however, stresses on the type of music that benefits the listener in question. Classical and meditative sounds were

deemed to be uplifting, while heavy metal and techno music could actually make depressive symptoms worse. Another study concluded that music is a valid therapy to potentially reduce depression and anxiety, as well as to improve mood, self-esteem, and the quality of life in general.

Barry Goldstein, a recording artist who studied the vibrational effects of music for more than 25 years, said music has a profound impact on the brain. And that music has the power to evoke emotions, help regain memories, stimulate new neural connections and active attention.



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UNDERSTANDING NERVE COMPRESSION

Nerve Compression is a medical condition due to direct pressure on the nerves of the body, resulting in pain, numbness and weakness of muscles. Depending on the affected nerve, the symptoms affect just a particular region of the body.

Aakanchya Tamang, In conversation with Acu. Sudarshan Basnet, Text By: Sampanna Shrestha

A PERSON'S LIFESTYLE lifestyle choices and environment have a direct impact on their health. Since many people these days they tend to forget to make time for their health, they suffer any number of medical conditions. One such condition is Nerve Compression.

WHAT IS NERVE COMPRESSION AND WHAT PARTS OF THE BODY DOES IT AFFECT THE MOST?

Nerve Compression is also known as Compression Neuropathy, and it is a

type of medical condition caused due to direct pressure to the nerves. In most cases it affects a patient's neck and waist but it can affect any part of the body depending on the type of pressure on the nerves.

Some of its symptoms are chronic pain, tingling sensations, numbness, and burning sensations in the affected areas. Prolonged exposure to pressure in the affected regions can lead to muscle weakness and muscle atrophy.

WHAT ARE ITS CAUSES AND CAN ANY OTHER UNDERLYING DISEASES CAUSE NERVE COMPRESSION?

Nerve Compression can have any number of causes from something as simple as repeated incorrect posture of the body parts to physical trauma from accidents or falls. In some cases, the nerves can also be compressed due to tumor or diabetes, which can make the nerves susceptible to even the slightest amount of pressure resulting in nerve compression.

Many people tend to suffer from Nerve Compression in the neck and back. In these cases, it happens due to slight movement in the intervertebral disc of the spinal cord which puts the surrounding nerves under pressure. This is mostly due to incorrect sitting posture for a prolonged period.

WHAT ARE THE RISKS AND LIKELY WAYS TO GET AFFECTED?

One can experience Nerve Compression at any moment in his or her life. In most cases it is due to prolonged and repeated external force to the affected areas which tends to create discomfort in the affected areas. This can lead to numbness and muscle weakness in the areas which can eventually lead to constant pain, difficulty in movement of the limbs, muscle atrophy and even paralysis.

A significant number of cases stem from prolonged incorrect postures of the body parts such as neck, arms, hands and back.

HOW IS NERVE COMPRESSION DIAGNOSED?

Diagnosis of Nerve Compression depends on which nerve is affected, where along its length it is affected, and how seriously it is affected. Usually, tingling sensations, reduced sensations, pain, and numbness are more than enough for its diagnosis. This is one of the methods applied by medical professionals in their clinical practice.

Alternatively, when the above mentioned procedures are ineffective in diagnosis, an MRI scan is done. This way an in depth analysis of the affected part is presented and the patient is diagnosed accordingly. This method is applied if the patient is unsure about whether they have Nerve Compression or not and



Nerve Compression is also known as Compression Neuropathy and it is a type of medical condition caused due to direct pressure to the nerves.

also if they are not able to recall the causes that led to it.

ARE THERE ANY PREVENTION MEASURES FOR IT?

There are number of prevention measures for Nerve Compression, that can be easily picked up by people. Regular exercise, regular physical checkups, taking rest, taking breaks in between working sessions, taking care of physical posture are a few examples of the prevention measures. People need to be more proactive toward getting themselves checked if they have a higher than average physical discomfort.

Additionally, people need to more aware of the physical strain that puts on their body due to their work and social environment. By doing so they can shift more focus on their well-being and prevent not just Nerve Compression but a variety of other medical conditions.

WHAT TREATMENT OPTIONS ARE AVAILABLE FOR PEOPLE WITH THIS CONDITION?

The treatment for Nerve Compression depends on the underlying causes. There are primarily two treatment options for patients diagnosed with Nerve Compression.

First is the therapeutically option which includes physical therapy, natural therapy and ayurvedic therapy. These methods are where the patient's affected areas are put in focus and the condition is treated accordingly with physical treatments, diets, medication, ayurvedic medicine etc. Generally, any one of these is enough for treatment but a combination of them can benefit the patient and the treatment can be done quicker.

The second treatment option is surgery and it is reserved for extreme cases. Surgery is only reserved in particular cases and depends on the severity of the symptoms. Cases that could lead to paralysis, carpal tunnel syndrome, cubital tunnel syndrome are examples where prompt surgery is needed to be performed on the patient.



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It's Swim O'clock

If you are a swimming fan, Tranquility Spa is the place to go this summer.

Aakanchya Tamang

NEW SEASONS ARE all about changes and new beginnings: the changes in the weather, blooming of flowers, presence of greenery, and most importantly the shift in our wardrobe. Summer is all about happy times going from the frumpy winter layers to breezier florals and shorts, it is all about escaping from reality, creating memories with your friends, running around and enjoying the break. It has so much to offer – ice cream dates, vacations, fresh summer drinks, and most importantly swimming pools.

Swimming by the pool is what gets me the most excited about summer. That feeling of sitting by the pool, soaking the sun, and enjoying your favorite drink is one heavenly feeling to have. Other than that, there are many benefits to one's health that swimming can give. If you lead a hectic lifestyle and are victim to the occasional work stress then there is no better option than to swim your way out of it. Swimming is one of the many ways that aids you to get rid of your stress, both mental and physical. It helps to maintain your heart rate and creates

a sense of calm in your mind and your body. An exceptional all-round sport, swimming provides whole-body workout to people who are not too keen on joining the gym or doing cardio works. It also serves as a great therapy for your injuries and helps to build muscle strengths in a fun and reviving way. It is such a relaxing form of exercise that its benefits cannot really go unnoticed.

Swimming has always been one of my favorite hobbies in the summer and I make sure to take full advantage of it until winter arrives. But I have

always preferred places that feel like an escape rather than places crammed up with crowd and noises. Mainly because of cleanliness issues and secondly, I like having quality time to myself and the people around me without feeling overwhelmed by unnecessary crowds. The swimming pool at Tranquility Spa is the perfect haven for all swimming lovers. Located inside of Soaltee Crowne Plaza, Kathmandu, it is the ultimate place of escape from the crowded cities into a serene environment that feels like home. As I entered, I couldn't stop but admire the beauty of the place, surrounded by greenery and beautiful flowers that looked nothing less than a wonderland. The swimming pool is surrounded by the beautifully designed hotel that looks like royalty, and green fields and trees that made me feel like I was in a tropical place somewhere far away. What is really commendable are the service staffs who dedicate their utmost respect to make their guests

feel comfortable and welcomed. I was escorted to the changing room and given my own locker.

As I dived in to the water, I could feel the summer vibe which made it feel like summer is finally here. It was an extraordinary experience to encounter. One thing to mention is how clean the water was. I am always skeptical about swimming pools and the water they use because of past experiences that have damaged my skin. But after a swim here, other than a tan, I could feel no allergies or bad reactions which was a huge plus point for me, and one more reason to make this place a favorite to swim during the whole summer. The beautiful ambience of the place feels like a luxury with comfort and with less crowd in the place, I could really enjoy swimming in peace. To my front was a marvelous tall building and to my sides were beautiful gardens with trees and decks. Sipping my favorite

drink by the pool and sunbathing at Tranquility Spa at Soaltee Crowne Plaza have been one of the best experiences so far. The overall environment is unmatched to any place in Kathmandu with such a great price and an even better service. One can enjoy this marvelous pool for Rs. 2000 per person (including tax). The availability of monthly membership, lets you captivate the beauty of this place every day and maintain a great healthy lifestyle for yourself. Other facilities such as the gym with yoga and Zumba classes, an outdoor tennis court, beauty salon, the exquisite spa experience where you can get world class massages make it a place of versatility, luxury, and comfort. So, every time you need a family get-together or a day out with your friends to relive those childhood memories of fun swimming days or simply a revival for yourself to keep your mind at ease, then this is one place you should not miss.

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FOOD

MY LOVE FOR PAPDI CHAAT

Aakanchya Tamang

BEING A NEPALESE, it is undeniable that my love for spicy food is eternal. Born and raised in Kathmandu, I have my fair share of love for the street food here. The small alleys, crowded places and the street foods always feel like home. And some of the best food experiences one can have, have always been on local streets of the town.

Popular mostly in North India, Papdi Chaat has been able to quite make its mark here in Nepal with its growing popularity as a street food. A perfect combination of sweet, crunchy, spicy flavors, it is my ultimate go-to snack every time I am roaming around the streets. My memories of this food go way back to my school days when the budget was limited but the memories were countless. Walking home from school and collecting money with friends to share Papdi Chaat is one memory that I will cherish forever. Even today, the love for papdi chaat is eternal. When I am out on the street and feel hungry, the first thing that comes to mind is Papdi Chaat.

It is literally the perfect snack that is convenient to prepare and its ingredients are easily available everywhere. Every time I have a house party or if my friends are coming over, I always make sure to prepare Papdi Chaat for my friends and they always seem to love it. It has always been the highlight of the party, adored by everyone. Why wouldn't it? One minute it is tangy and hot, the other, it is sweet and sour – a combination that everybody loves.

Although there are various types of chaats that come from various parts of India, the one that I am familiar with and that is available on the streets of Kathmandu is the one with crispy Papad, boiled potatoes, raw and finely diced onions and tomatoes, infused with sweet Imlee syrup, the tangy flavor of lemon, spicy chilly flakes and a mixture of masalas and the perfect garnish of coriander that altogether bring together this amazing food.

Whether is summer or winter, this elemental and luscious food has a peculiar robust taste. The

crunchiness of the papad feels heavenly and to add the cherry on top, the juiciness of the sauces that burst in your mouth and the crisp raw onions entices flavors that are unbeatable. Adding peanuts to your chaat is another clever way of making it more delicious and presentable. The flavors go exceptionally well together, and are bound to leave everyone licking their fingers.

So, if you have one of those days where you feel lazy to cook or need an alternative meal for parties, then Papdi Chaat is the way to go. This dish is sure to be the light of the party or even during days when you want to chat with your over some good food, it is the way to go. You will probably never have enough of this dish.



JEWELRY, WEDDING & STYLE MAGAZINE

SHINE



{ON STAND NOW}

A Complete Syrian Delight

Aakanchya Tamang

A restaurant in Nepal with authentic Syrian food is a rare sight to encounter. Over the years, a number of different cuisines from all over the world have been making their mark here with the opening of new restaurants. From the favorite Korean, Japanese, Indian, Chinese, Thai cuisine to openings of Vietnamese restaurants, we have tasted it all but this was my first time trying an authentic Syrian food here in Nepal and it was one of the best experiences so far.





Located at Pulchowk, near Himalayan Bank, Taaza has been serving genuine and delicious Syrian cuisine in Nepal since last four years. I was quite disappointed at myself for not finding this place earlier than I did. As I entered, the place seemed cozy with a homely ambience and fascinating wall paintings. Being greeted with a friendly smile has always been a determining factor for me about a restaurant's image and as soon as I entered here, I felt welcomed which already made me like the place.

I got an opportunity to interact with the owner, who is from Syria and who decided to open a restaurant with his Nepalese wife to serve Syrian food in Nepal as he saw the lack of authentic Syrian food here. He wanted to bring forward the true culture and flavor of Syrian food. The place offers unparalleled taste of Syrian cuisine and I got to learn a lot about its history, origins and inspirations behind it. With much excitement I ordered three dishes which were a must have Syrian dishes.

My first dish was their Chicken Kebab with Pita Bread, presented beautifully with a side of relish with fries and

mixed sauce. The kebab tasted distinct from any of the kebabs I've had till now because the chicken was rather minced in a keema machine with different masalas and later on grilled. No wonder it had such a supple taste to it and felt earthy and smoky. The sauce was a clever combination with the kebab that all together brought such mouthwatering flavors that I didn't want it to finish.

The next dish was their Chicken Shawarma which was again served with a side of fries, salad and mixed sauce. The whole dish might paint a picture of a regular dish you get at a restaurant but the dish incorporated flavors that are bound to surprise you in an unexpected way. The dish is cooked in a clever manner where chickens are stacked vertically in a Shawarma machine. Then it is cooked slowly by rotating the machine so that all the flavors and fat of the chicken are absorbed by the chicken itself rather than going to waste to bring out the rich and juicy flavor of the chicken. Then the chicken is packed with delicious vegetables to bring out a fresh and pleasant taste and wrapped in a thin roti. The chicken was plump and luscious and the flavors inside were all over the place that felt addictive in a nice way. With such exquisite flavors, the dish is a ten out of ten for me and something

I would come back for more and suggest my friends to try as well.

Last but not the least, trying Falafel for the first time was something new for me but a great choice on my part. I am definitely adding this dish to my list of favorite food considering how deceptively simple it looked with minimal flavors but tasted marvelous in every way. It was prepared by mincing chick peas in a keema machine and adding ingredients like onion, masalas and garlic to bring out the flavors. At the end, it is deep fried to bring a nice crunchy flavor that is sure to attract many people's attention. With a side of hummus sauce (also my new favorite) that is prepared by cooking in a pressure cooker and blended with lemon, salt and sesame, it was a wonderful and different dish that fulfills your cravings in every way. The dish is a clever combination and the crunchiness of the outer layer of the falafel was light and fluffy a perfect touch to this perfect dish.

All in all, this is a place one must visit to explore more of the best Syrian cuisine. Being someone who has always liked staying true to her roots and preferring Nepalese food by being hesitant to try other cuisines, I would without a doubt say that trying Syrian food has seriously made me reconsider my choices and explore for more. I can't wait to visit Taaza again and try other new Syrian dishes in the future.

Nizam's House

The recently opened Nizam House restaurant has already won the heart of many food lovers in Kathmandu.

Aurora Shakya



AN AFFORDABLE RESTAURANT

at Durbarmarg is a rare sight to encounter, especially when that place comes with the best biryani in town and Nepali dishes with an Indian twist. When I visited Nizam's House, I was quite impressed with the menu they had and the price that came with it. The name itself was inspired by the Nizam of Hyderabad State in India and the cuisine is related to the royal palace and royal food offered there back then. With food history of over hundreds of years, this place aspires to serve food packed with royalty in an exceptionally affordable price. And the food served here comes in generous portions. Located near the Mahindra Salik and opened just a few months back, this place really has been able to set an impression with its authentic food and great service.

Diving into their menu, I went and ordered a few things that really captured my attention. As unique as their names sounded, I was very happy with how they tasted and went beyond my expectations. The first dish I got to savor was their Chicken 65. The reason I ordered is the name that convinced me the dish would be something not to miss. When it arrived, my mouth had already started watering. It not only looked good but tasted as heavenly as it could get. I could feel a burst of exceptionally great flavors in my mouth with juicy chicken and different flavors. What I also loved about the dish is how every flavor and element of the dish went unexpectedly well together without overpowering the other. When I asked the owners about the reason behind its name, I came to know that the name chicken 65 came together as the chicken was made by incorporating 65 flavors native to India. No wonder it tasted so good. It was a perfect starter.

My second dish was a heaven for all mo:mo lovers of the town. The mo:mo platter of this place is a new menu in which mo:mos have been twisted with a traditional touch in which various Indian flavors have been added to serve four different types of mo:mos. The plate consisted of 16 pieces of

different varieties of mo:mos that consisted of tandoori mo:mos of two types, sadheko mo:mos and regular steamed mo:mos. All of them were beautifully executed and garnished with veggies that were very appetizing. They were infused with Hyderabadi spices with tandoori spices and roasted in a tandoor. The platter looked inviting and each one of them had a distinct and orgasmically delicious taste. The best part about the delicious food has to be how it was ingredient focused and had a modern twist.

The last dish that I tasted was their Hyderabadi Biryani which is rumored to be the best in town. When I tasted, I found out that, the rumors were actually true at least for me. In conversation with the owner, I got to know that the chef himself is one of the best from Hyderabad and the biryani is cooked with masala native to Hyderabad. Served with gravy and raita, the biryani is a heaven for all biryani fans out there. The rice just melted in the mouth, the chicken of the biryani was succulent and the overall biryani was not oily yet light, fluffy and very appetizing. All the flavors in the biryani were beautifully paired enough to take you into food coma. The gravy had

a thick consistency and was packed with flavors that one would surely remember. The biryani was generously served and would be more than enough for three people to enjoy.

Nizam's House is a must visit if you love experimenting with food and specially if you are a huge fan of biryani. It is the great place with a homely ambience where you can go out for family dinners. The service staff has a friendly disposition and treated me with the utmost respect. I felt very welcomed and with ample of space on the ground floor and also on the top, I would add that the ground floor feels more suitable for family gatherings and dinners or business meetings, while the top floor, with its relaxed ambience, is where you can enjoy the view of the city, hang out with your friends for lunch, or have a candle light dinner or simply a nice date when you are on a budget.

Price

Chicken 65- Rs. 550

Chicken Dum Biryani Full- Rs. 1125

Chicken Dum Biryani Half- Rs. 575



FINANCE.

Money Not Spent Is Money Saved

Sheran Lama

"DO NOT SAVE what is left after spending, but spend what is left after saving." - These wise words alone can teach you a great lesson on savings. Most people think saving money is cutting spendings. In fact, it is true; money not spent is money saved. But while putting these words into actions, people generally fail to concur. Only when one understands the importance of saving and its benefits, will he save money.

Saving money can benefit you in a lot of ways. To start off, savings are the primary sources for emergency or any back up funds. When

you have money in your savings account, you do not have to turn towards loans or borrowings. This also goes with the fact that you are free of debt managements and interest payments. Saving money is surely a wise step towards preparing for financially safer future or buying something big/expensive. Maybe you wanted to take a mini vacation to Bali next summer- saving money is the right way to accomplish that agenda! The money you save can also be used to invest in shares and businesses. Most people are able to make a fortune out of investments!

Spending cash is way more easier than saving it, let alone making it. It gives you the instant satisfaction of finally getting that thing you always wanted. Keeping aside the necessities, all the money that you spend on other purchases are your 'wants'- which you can definitely survive without. Spending according to wants and rather than needs can get you into serious financial troubles. Thus one must be able to distinguish between what is a 'need' and what is a 'want'. These terms can be tricky and it can surely get difficult to distinguish if you really need that item or is it just another desire. But understanding the difference

between these two terms can significantly change in the way you spend. After being able to separate these two, one can allocate their earnings properly between spending and saving. From what Warren Buffett suggested, knowing how much you need can help you separate an amount for savings. Thus what is left after that, can be spent; given that you first purchase the necessities. But most people tend to disrupt their savings pattern and spend all or most of their money sooner or later. Therefore savings is a lot harder than it sounds. One viable option to keep your savings in control is to open a fixed deposit account. You can deposit a fixed amount of money per month or as the stated period and only withdraw once the contract ends. Most financial institutions also provide great interest rates on fixed deposit accounts. Thus for the money you don't spend, you will be making some extra bucks at the end of the term!

Some people may not agree with the idea of savings. These people choose to spend their money as they make it and keep the future planning for tomorrow. But it is all up to individuals to decide whether to save or not. In the end, saving money won't hurt anybody; instead will be of good use to you. Thus for every penny you spend, think ahead; money not spent, is money saved!





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KAMALADI, KATHMANDU | 01-4256380

RISE OF E-COMMERCE

Shreyashka Vikram Raj Maharjan

THE INTERNET HAS made possible to conduct, transactions and purchases through the dot com. This idea, pioneered and tested in developed nations, had a slow rise in Nepal. Why wouldn't it? We the people have always had a slight distrust of the internet, and hands on approach when purchasing products. The e-commerce industry of Nepal was initially unable to see a boom, but with the

changing times, a fast paced lifestyle, new regulations and easy methods of payment, individuals have increasingly started to rely on e-commerce sites for purchases of everyday necessities to luxury items.

Nepal has seen a staggering rise in e-commerce portals, saturating the market and developing competition. A few companies have stood the test of time and have been

providing excellent services to their clients. They are developing more effective methods of doing business with one simple goal, "Making lives easier." Establishments such as Hamrobazar, Khalti, Daraz and Foodmandu have each excelled in their field, providing a window to the people, simplifying transactions, and helping shape the e-commerce market in Nepal.

We sat down with the team of these pioneering establishments to know more about the e-commerce market in Nepal, how their establishments have shifted the paradigm of e-commerce in their field, what insights they have on the future of E-Commerce in Nepal.



DARAZ

In conversation with Jai Kavi,
Managing Director- Daraz
Kaymu Pvt. Ltd.

HOW HAVE YOU SEEN THE E-COMMERCE INDUSTRY IN NEPAL?

Having been here when Daraz first started out as Kaymu, growth has been very impressive in Nepal. But what's great is that this is despite all the challenges that Nepal faces, and more and more Nepalis are embracing this new convenient way of shopping.

IMPACTS OF YOUR ESTABLISHMENT IN SHIFTING THE PARADIGM OF E-COMMERCE IN NEPAL?

Daraz is the leader in the industry, and has always been at the forefront. This has meant that we are not only the experimenters, but also the trailblazers, introducing new concepts to the Nepali market.

Most recently we have started using Artificial Intelligence algorithm that offers personalized recommendations to our users. This is likely the first implementation of AI in Nepal.

WHICH SECTOR HAS YOUR ESTABLISHMENT HELPED ENHANCE?

Given we are a horizontal marketplace offering the widest selection of products to the market, Daraz is helping a huge number of vendors reach millions more customers. Moreover, by offering a much wider choice than ordinarily available offline, we will also usher in a new market force which will only benefit consumers and the economy.

WHERE IS THE E-COMMERCE INDUSTRY OF NEPAL HEADED?

In the right direction!
Growth is consistent as

more and more people try out buying online, and regulatory bodies are starting to recognize e-commerce. Provided the industry is not restricted, Nepal is set to see tremendous benefits from embracing the online revolution.

FOODMANDU

In Conversation
with Shyam Ratna
Mali, Brand & Marketing
Manager, Foodmandu

HOW HAVE YOU SEEN THE E-COMMERCE INDUSTRY IN NEPAL?

E-commerce industry is at very early stage in Nepal though there are many e-commerce companies running for most of the past decade. But the things have changed in last 3-4 years.

IMPACTS OF YOUR ESTABLISHMENT IN SHIFTING THE

PARADIGM OF E-COMMERCE IN NEPAL?

I think we still need to go a long way to comment on this. But being a pioneer in online food delivery business, we believe to some extent we have succeeded in creating a market, and educating the people on online shopping, be it food or any other stuff.

WHICH SECTOR HAS YOUR ESTABLISHMENT HELPED ENHANCE?

Foodmandu is an online food delivery company. I hope we have definitely helped our partner restaurants in their business in terms of revenue and brand awareness. Besides food, we are also delivering liquors and organic vegetables.

WHERE IS THE E-COMMERCE INDUSTRY OF NEPAL



HEADED?

"I strongly believe e-commerce is here to stay. In spite of a few challenges, the industry is booming day-by-day and it will sooner will become integral part of our daily life. Online shopping will be the necessity to our daily life."

KHALTI

In Conversation with Amit Agrawal, Director, Khalti Digital Wallet

HOW HAVE YOU SEEN THE E-COMMERCE INDUSTRY IN NEPAL?

The E-commerce industry of Nepal is rapidly growing in recent times. No study has been done about its size yet, but the online shopping market is estimated to be of around 25 billion rupees (volume of transactions in a year). With the ever-increasing penetration of mobile internet, availability of smartphones at a very low cost and rapid growth of social media usage, people are opting to digital technologies more than ever before. Along with all other technological advancements, we can see the 'digital disruption' coming in the way people do shopping.

IMPACTS OF YOUR ESTABLISHMENT IN SHIFTING THE PARADIGM OF E-COMMERCE IN NEPAL?

Launched in the market on 26 January 2017, Khalti is an emerging digital payment platform in Nepal. With Khalti on their smartphone, one

doesn't need to visit retail shops to buy recharge cards, or go to movie theaters and stay in queue to buy tickets. These were the services mainly used by Khalti's early adopters. Slowly, people started to pay electricity and water bills from their phone. Now, people have also started buying various event and concert tickets from Khalti. By making digital payments very convenient, Khalti is playing a role to shift the paradigm of e-commerce in Nepal.

WHICH SECTOR HAS YOUR ESTABLISHMENT HELPED ENHANCE?

We have facilitated online shopping sites to accept digital payments from their customers. Along with this, we have helped offline merchants (normal retail shops) to receive payments directly on mobile using Khalti Scan and Pay (QR code feature). Khalti is working to bring Offline services to Online (O2O) and make the lives of people easier.

WHERE IS THE E-COMMERCE INDUSTRY OF NEPAL HEADED?

Until a decade ago, not many people had heard about e-commerce. These days, it's become part of our daily life, especially among the netizens in urban areas. We are sure about e-commerce reaching village areas too very soon.

HAMROBAZAR

In Conversation with Prabal Sakha, Founder Hamrobazar

HOW HAVE YOU SEEN THE E-COMMERCE INDUSTRY IN NEPAL?

E-Commerce was not as it is today; it started with a concept. I don't want to say it was something that was innovated at home. Sites that provided the services of hamrobazar had already made a huge impact in the global arena, because it was practical and easy to do. As the internet took off, it eased communication and gave access to all.

I knew that someday it would grow and this is the right foot forward. I realized that something had to be done. The site came into existence because of the woes I had to face once when I had to sell my old cellphone. Back then what did we have to do? Visit each shop, explain the same narrative to each and hope that we get a quote close to our expectation.

What E-Commerce does is it creates value for a transaction, reduces the time span and lengthens the utility of your product. With hamrobazar you can do just that. Let's say you have a bike that you want to sell. With just the inception of that thought, you can quickly sign up and place the details of your vehicle, immediately. You will still have access to your vehicle, compared to having it placed in a recondition house, and as soon as you sell you have access to cash to purchase a new vehicle.

You are now also able to sell items that you had purchased a long time ago but that had just been gathering dust in your store room. One is normally unable to sell these goods due to the sole fact that it would be a great hassle. We helped simplify the transaction by creating a platform that allowed you to place the product with details, images and gave you the power to de-clutter with just a press of a button.

IMPACTS OF YOUR ESTABLISHMENT

IN SHIFTING THE PARADIGM OF E-COMMERCE IN NEPAL?

I believe hamrobazar has played a vital role in the real state sector of Nepal. Any Nepali who wishes to sell their property or assets now, has a platform that doesn't charge a fee. With the changing scenario, the process of property sales has been simplified. One does not have to depend on real estate agents and institutions and go through a long waiting period. If you have placed your estate with all the required information and is a good deal by pricing the property in a reasonable scale then there will definitely be a buyer.

WHICH SECTOR HAS YOUR ESTABLISHMENT HELPED ENHANCE?

I believe we have enhanced the real estate, auto and resell market in Nepal. We have also made progress feasible. I choose to say that because we have allowed these start-ups to find space in this ever growing market. Back in the old days, one had to personally go to find a space, or go to a broker and pay a certain fees. We have helped connect real estate owners and individuals who want to find that space. Through our site, individuals are now able to find what they desire through our listings.

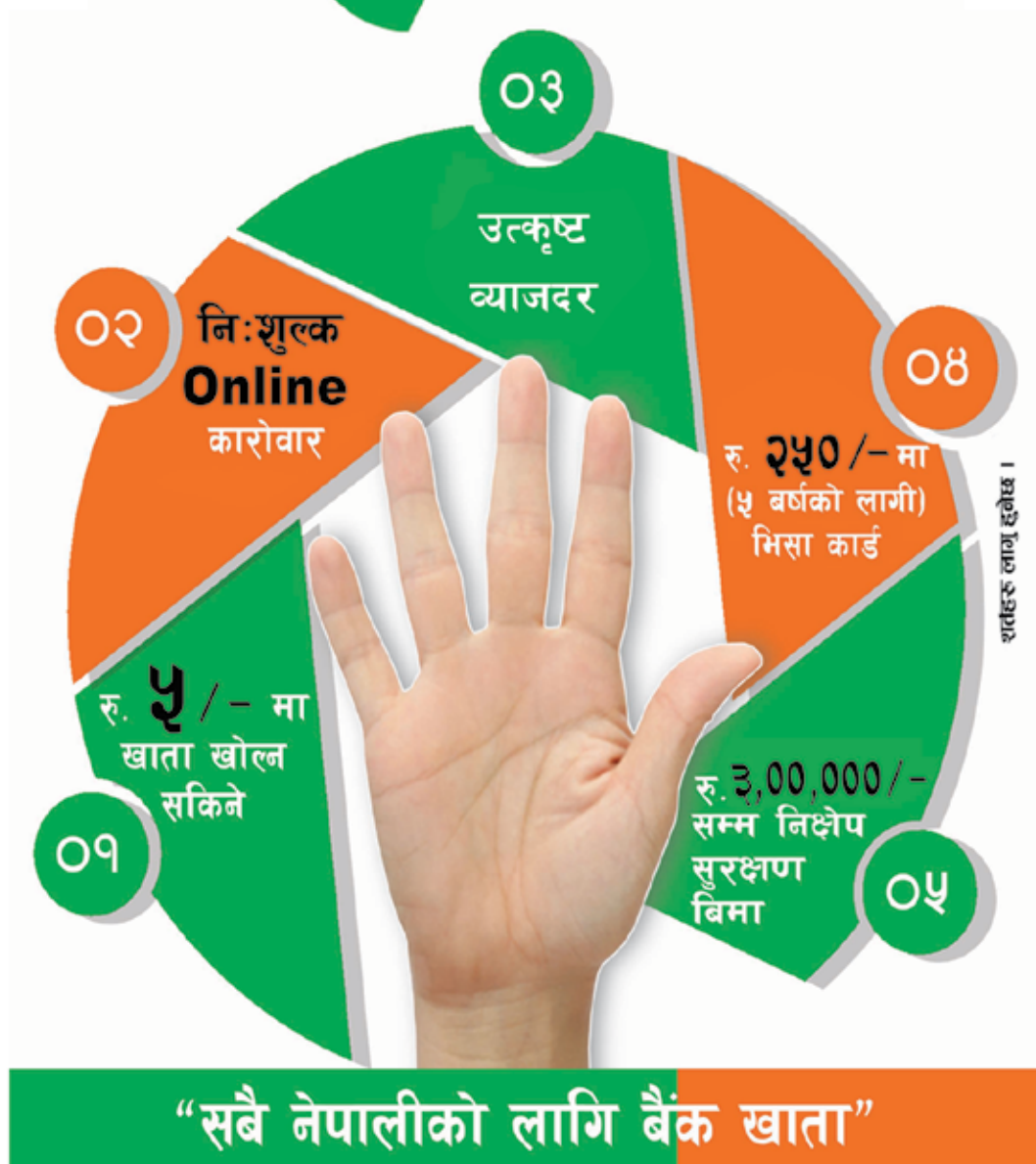
WHERE IS THE E-COMMERCE INDUSTRY OF NEPAL HEADED?

I think there is no denying the fact that this is the future. This is a part of globalization, taking note of the time when it was so difficult to connect with individuals abroad. With the internet and technology it has become so easy. It has enhanced communication, logistics and availability. Nepal is a nation of unlimited possibility. We are a nation that is in the process of development, and is in prime time for growth.



With hamrobazar you can do just that, let's say you have a bike that you want to sell, with just the inception of that thought, you can quickly sign up and place the details of your vehicle, immediately.

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HOME.

Improvising Flooring Choices

Pratisara Manandhar



A NEW FLOOR can change the entire look of the room with that finding the perfect style of flooring for each room in your house is the key. But your new floor must be more than just being stylish, it is important to consider the needs of your home to ensure that your flooring is the best match for your room and budget.

The kitchen is the main gathering areas in any home and here moisture protection and durability are of big considerations. The floor requires being moisture protected. Tile is water-proof and very durable with a lot of design options available but it can sometimes be unforgiving to drop dishes. For a good budget-friendly alternative to tile, vinyl is easier to install and looks and feels

like real tile. Hardwood is an increasingly popular kitchen choice. Although it isn't as durable or as water-proof as tile, it still looks great and can add value to your home. An alternative to hardwood is laminate flooring. Laminate is manufactured to look like real wood but are more resistant to scratches and dents.

Another busy room is the living room. The main

concern here isn't moisture but rather durability and comfort. For that reason carpet is a popular choice. It is soft, warm and inviting. It is easy to install out of all our sub-floor types but it does not resist all stain types. They may need to be periodically steam cleaned too. Hardwood is more durable to traffic and spill-wise can be wiped up easily. They come in a lot of styles with wide range of prices and while scratches and dents are in concern, hardwoods can add value and warmth to the room. Alternatives to hardwood can be engineered wood or laminate wood floors. Engineered wood is made up with a fiber board core with hardwood face. It retains the natural wood look but it is more durable than hardwood.

The bathroom won't see as much traffic as the kitchen or the living room but it still needs to strike a balance between utility and beauty. Controlling moisture is the major concern in bathrooms. Vinyl flooring is water proof, stains proof and is budget friendly. It is easy to install and easy to clean and has come a long way in texture and design that look like a real tile. Ceramic tile floor is also water proof and has a great classic look. Tile can be more durable than a vinyl but it is more time consuming to install and can be cold on you bare feet unless you have a heated floor underneath. There is even tile that looks like hardwood. This flooring combines the beauty of hardwood with the durability and moisture-protection of tile.



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House For Sale At Mahadevatar Samakhusi

Price: Rs. 2,42,00,000

Bed Room 6, Bath Room 4, Living Room 2, Kitchen 2, Faced Towards South, Floors 3, Land Area 5, Road Access: 12 Feet, North East facing land, Boring water, Modern design bulbs and finishing, 24 hrs Electricity, Water, Solar heater, facilities available.



House On Sale: Pepsicola

Price: Rs. 2,00,00,000

Location: Kathmandu > Pepsicola (Kadaghari), Property Address: Pepsicola, Khahare Chowk, Hatidada (airport Gate), Property Type: House - Individual, Access Road: 13 to 20 feet, Land Size (in aana/dhur): 3.1, Floors: 2.5, Bedrooms: 5, Bathroom: 3, Living room: 3, Water Supply: Yes, Furnishing: Semi, Features: Parking Space , Garage



Sukedhara Ma Ghar 80 Lakh Urgent Sale

Price: Rs. 80,00,000

Location: Kathmandu > Sukedhara, Property Address: Sukedhara, Property, Type: House - Individual, Access Road: 13 to 20 feet, Land Size (in aana/dhur): 2, Floors: 2, Bedrooms: 6, Bathroom: 2, Water Supply: Yes, Furnishing: Non



House On Sale At Gaurighat Nayabasti

Price: Rs. 2,35,00,000

a new 2.5 storied residential flat system house built in 0-3-2-0 land area, builtup 2092 sqft, touched with 12 feet pitched road, 12x12 pillars, constructed on 2074 BS at Boudha Nayabasti, Kathmandu is on sale. Details of floors and room: Ground floor: 1 kitchen, 1 dining room, 1 bed room, common toilet bathroom, 1st floor: 1 living room, 2 bed rooms and 1 common toilet bathroom, 2nd floor :1 kitchen dinning, 1 master bed room with open terrace, Top floor : water tanks, Additional feature 1 car parking, 1200 underground reserve water tank, Boaring water supply, 12x12 pillar system house, 24 hours water supply



Chapali New Houses For Sale

Price: Rs. 3,75,00,000

Location: Kathmandu > Chapali (Budhanilkantha), Property Address: 400 meters infront of hotel park village, Property Type: House - In a Colony, Access Road: 13 to 20 feet, Land Size (in aana/dhur): Aana, Floors: 2.5, Built up (sq.ft): 2600, Bedrooms: 5, Bathroom: 5, Living room: 2, Water Supply: Yes, Furnishing: Full Features: Garden , Parking Space , Garage, Security Guards



House For Sale

Price: Rs. 1,40,00,000

Location: Kaski (Pokhara) > Airport Pokhara, Property Address: majheripatan, rameshori ma vi najikai, Property Type: House - Individual, Access Road: 13 to 20 feet, Land Size (in aana/dhur): 4.1, Floors: 3, Built up (sq.ft): 900, Bedrooms: 4, Bathroom: 2, Living room: 2, Water Supply: Yes, Furnishing: Semi, Features: Parking Space

Continued in Next Page

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House In Maitidevi On Sale

Price: Rs. 3,95,00,000

Location: Kathmandu > Maitidevi, Property Address: Maitidevi marg, Property Type: House - Individual, Access Road: 13 to 20 feet, Land Size (in aana/dhur): 5.5, Floors: 4, Bedrooms: 5, Living room: 2



House For Sale At Imadol

Price: Rs. 1,90,00,000

Location: Lalitpur > Imadol (Mahalaxmi), Property Address: Mahalaxmi Municipality lalitpur, Imadol, Haluwaichwok, Property Type: House - Individual, Access Road: 13 to 20 feet, Land Size (in aana/dhur): 3, Floors: 2.5, Bedrooms: 6, Bathroom: 1, Water Supply: Yes, Furnishing: Non



House For Sale In Diktal Bazaar

Price: Rs. 70,00,000

Location: Khotang > Diktal, Property Type: House - Individual, Access Road: 5 to 8 feet, Land Size (in aana/dhur): 9, Floors: 3, Bedrooms: 9, Bathroom: 2, Living room: 2, Water Supply: Yes, Furnishing: Non, Features: Garden, Parking Space



Neo Classical Victorian Design House Sale

Price: Rs. 11,00,00,000

Location: Kathmandu > Chapali (Budhanilkantha), Property Address: Chapali ghunti, 150 m from main road towards east opposite sunrise boarding school, Property Type: House - Individual, Access Road: Above 20 feet, Land Size (in aana/dhur): 16, Floors: 2.5, Built up (sq.ft): 4800, Bedrooms: 5, Bathroom: 5, Living room: 1, Water Supply: Yes, Furnishing: Full Features: Garden, Parking Space, Garage, Servant Quarter, Backup Generator, Gymnasium



Beautiful Bungalow (4 Bhk) In Sale In Budhanilkantha

Price: Rs. 2,50,00,000

Location: Kathmandu > Budhanilkantha Property Address: 300 to 350 Mtr. towards right from Rudreshwor Chowk, 200 Mtr. before Ishan Colony, Property Type: House - Individual, Access Road: 13 to 20 feet Land Size (in aana/dhur): 3.50, Floors: 2.5, Built up (sq.ft): 1900, Bedrooms: 4, Bathroom: 3, Living room: 1, Water Supply: Yes, Furnishing: Full, Features: Parking Space.



Kadaghari House On Sale

Price: Rs. 1,25,00,000

Location: Kathmandu > Pepsicola (Kadaghari), Property Address: Kadaghari..near Har Har mahadev chowk, Property Type: House - Individual, Land Size (in aana/dhur): 3, Floors: 1, Built up (sq. ft): 720, Bedrooms: 3, Bathroom: 1, Living room: 1, Water Supply: Yes, Furnishing: Full Features: Parking Space, Backup Generator.



Beautiful Bungalow On Sale

Price: Rs. 6,99,00,000

Location: Kathmandu > Maharajgunj, Property Address: Pipalboat, Maharajgunj - 3, Property Type: Bungalow, Access Road: Above 20 feet, Land Size (in aana/dhur): 12.6, Floors: 2.5, Built up (sq.ft): 3000, Bedrooms: 5, Bathroom: 5, Living room: 2, Water Supply: Yes, Furnishing: Semi, Features: Garden, Parking Space, Garage, Servant Quarter, Security Guards



House At Dillibazar, Anamnagar

Price: Rs. 1,87,00,000

Location: Kathmandu > Dillibazar, Property Address: (Call 98510-95020) Just 100m from away from Ghattekulo Chowk..., Property Type: House - Individual Access Road: 13 to 20 feet, Land Size (in aana/dhur): 3, Floors: 2, Built up (sq.ft): 1200, Bedrooms: 5, Bathroom: 2, Living room: 2, Water Supply: Yes, Furnishing: None, Features: Garden, Parking Space



Satungal House For Sale

Price: Rs. 1,35,00,000

Location: Kathmandu > Satungal (Chandragiri), Property Address: Satungal Tin thanks Naikap Near om Samaj Dental hospital Baishno Devi village, Property Type: House - In a Colony, Access Road: 9 to 12 feet, Land Size (in aana/dhur): 3 ana, Floors: 2.5, Built up (sq.ft): NA, Bedrooms: 6, Bathroom: 3, Living room: 1, Water Supply: Yes, Furnishing: None, Features: Garden, Parking Space, Garage

Continued in Next Page

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CARS ON SALE



Kwid Rxt O

Price: Rs. 22,73,000

Type: Small Hatchback, Make Year: 2018, Colour: Red, Engine(CC): 999, Fuel: Petrol, Transmission: Manual Gear - 2 WD, Features: Power Window, Power Steering, Central Lock, Anti-theft Alarm, Keyless Remote Entry, Air Bags, Air Conditioning, Fog Lights, Audio System, LCD Touchscreen, Bluetooth Connectivity



Force Trax Cruiser

Price: Rs. 35,75,000

Type: Jeep / SUV, Make Year: 2019, Colour: Your choice, Engine(CC): 2596, Fuel: Diesel, Transmission: Manual Gear - 2 WD.



Immediate Sale New Ford Ranger Custom

Price: Rs. 1,21,00,000

Type: Pickup, Make Year: 2018, Kilometers: 5000, Colour: Grey/Silver, Engine(CC): 3.2, Fuel: Diesel, Transmission: Manual Gear - 4 WD, Features: Power Window, Power Steering, Central Lock, Alloy Wheels, Anti-theft Alarm, Air Bags, Anti-lock Braking (ABS), Air Conditioning, Climate Control, Fog Lights, Electric ORVM, Audio System, Bluetooth Connectivity



Passat Cc

Price: Rs. 65,00,000

Type: Sedan, Make Year: 2010, Kilometers: 35k, Colour: Mocha, Engine(CC): 1800, Fuel: Petrol, Transmission: Automatic Gear - 2 WD, Features: Power Window, Power Steering, Leather Seat, Sunroof, Central Lock, Alloy Wheels, Anti-theft Alarm, Keyless Remote Entry, Tubeless Tyres, Air Bags, Anti-lock Braking (ABS), Air Conditioning, Climate Control, Steering Mounted Controls, Projected Headlight, Fog Lights, Electric ORVM, Audio System, LCD Touchscreen, Bluetooth Connectivity



2010 Astar Zxi

Price: Rs. 11,90,000

Type: Small Hatchback, Make Year: 2010, Kilometers: 59000, Colour: Green, Engine(CC): 998, Fuel: Petrol, Transmission: Manual Gear - 2 WD, Features: Power Window, Power Steering, Sunroof, Tubeless Tyres, Air Bags, Anti-lock Braking (ABS), Air Conditioning, Audio System



Tata 709 Bus Bikrima

Price: Rs. 9,50,000

Type: Bus, Make Year: 2007, Kilometers: 100000, Colour: White+blue, Engine(CC): 3298, Fuel: Diesel, Transmission: Manual Gear - 2 WD, Features: Projected Headlight



Honda Car

Price: Rs. 3,90,000

Type: Small Hatchback, Make Year: 1999, Kilometers: 43000, Colour: Blue, Engine(CC): 600, Fuel: Petrol, Transmission: Manual Gear - 4 WD, Features: Central Lock, Air Conditioning, Audio System



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Smarter Cooling with LG

Prashant Raj Dahal, In Conversation with Er, Prajun Dhani, LG

LG IS A brand that most of us are very familiar with. From televisions, vacuum cleaners, washing machines to refrigerators, the company has earned a reputation for creating top of the class home appliances.

In this piece, we cover LG's new lineup of fridges with new and noteworthy technologies that are sure to entice you to get their latest offerings. These new lines up of refrigerators range from budget-friendly all the way to IoT Based Premium Refrigerators which you can control from your smartphone. Single Door, Double Door, Door-in-Door Models, Large Capacity Models, etc are some of the latest refrigerators that they have brought to the Nepali market.

The LG line up of refrigeration units have hallmark technologies such as linear cooling, inverter linear compressor, door cooling which make LG stand out from the rest of the competition. These technologies

have been pioneered to not just keep food fresh for a longer time, but also to conserve energy and reduce the environmental impact. With the ability to refrigerate longer, it reduces our food waste also a positive impact.

Linear Cooling

Let's face it, most conventional refrigerators don't offer consistent cooling throughout the whole fridge. Most of the fridges don't cool the door racks as much as the inside compartments. LG's new fridges eliminate all these hassles by providing consistent cooling throughout the whole fridge. The company also states that with Linear Cooling, your foods will remain fresh up to 14 days so no need to visit the grocery every now and then.

Inverter Linear Compressor

This is another cool (no pun intended) compressor technology that LG has

used in their fridges. This compressor basically detects the load of the fridge and then adjusts the speed of the compressor accordingly.

This cool technology is available in all LG's new line-ups. It has a 20 year life span rating from VDE organization. This USP Compressor technology has other advantages as well. For starters, this compressor has less moving parts, meaning there's less friction which eventually means that it consumes less energy. It also cools the items faster than the traditional refrigerators. LG proudly claims that this USP Compressor uses a whopping 50% less energy and is 25% less quiet than conventional refrigerators.

Door Cooling+

This is yet another awesome feature that's built into LG's refrigerators. It cools 35% faster than the competitions out there. This eventually reduces the temperature gap between the inner part and the door side of the



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HOME → Appliance



Single Door, Double Door, Door-in-Door Models, Large Capacity Models, etc are some of the latest refrigerators that they have brought to the Nepali market.

compartment and thus, you end up with consistent cooling and more freshness of items.

When you open your refrigerator's door, the cold air from it passes away and your fridge has to consume more energy to make up for that. This revolutionary door cooling + technology allows to maintain the temperature difference of +/- 0.5 degree C which helps to maintain the food freshness inside refrigerator up to 14 days.

LG Dual Refrigerator

The freezer is pretty much useless during winter time since nobody is going to use ice cubes in such cold weather. Or maybe you just don't use ice cubes even in summer. Wouldn't it be a lot better if you could utilize the freezer space during winter? That's exactly what LG Dual Freeze Technology is all about.

You can convert your freezer to a conventional fridge space within 68 minutes. This timing is 100% faster than what the others are providing at the moment in the same product category. With just a touch, one can increase the storage space by 1.4 times i.e. from the standard 331 liters to 438 liters. This is neat as the new freezer also maintains a consistent cooling with the other compartments.

This Dual Fridge aims to eliminate hassles such as High Food Spoilage, Shortage of Spaces, Low Performance, and uneven cooling.

Insta View: Door-In-Door Refrigerator

In their more premium lineup of refrigerators, you will find some more

nifty features that are going to get you straight to the future.

Internet of Things (IoT) is a technology that's in its initial phase. It's where you can control home appliances from your smartphone. Using this, you can control and adjust your refrigerator's temperature. Say you're at the office and you want to come home and enjoy a cold glass of wine. You can adjust everything from their app and have the ice cubes ready when you get home. It's that easy. Not just controlling the temperature, this app is also capable of showing you the freshness status of the items in the fridge.

The Insta View features toughened glass which can handle load up to 175 kgs. The most unique feature about Insta View is definitely the double knock feature. Might sound simple and just tacky, but the ability to view what's inside the compartment, reduces the amount of times we open the refrigerator doors. Placing the most used items on the insta view compartment, we won't have to open the main doors allot. This results in power saved, as cooling isn't lost.

There is also water and ice dispensers in their premium range of refrigerators which means you need not open the door to access cold water or ice cubes. And more all you people out there who want to host parties and formal dining, LG also has a Bar Purpose Fridge.

LG has any type of fridge for any kind of demographic, purpose and occasion. Their refrigerators have a lot of color options to choose from.

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**घाम-पानी छेक्छ,
१० वर्ष टिक्छ**



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चर्को घामबाट बचाउँछ



मुसलधारो वर्षाबाट जोगाउँछ



१० वर्ष वारेन्टी

THE KITCHEN IS THE HEART OF THE HOME

Shreya Shrestha, specializes in interior and exterior development for retail and commercial spaces. A graduate of Interior, Exterior & Product designer program at Accademia Italiana (Bangkok & Florence); she is also the founder of Home Interiors, which helps clients bring their ideas and brands to reality, adhere to global benchmarks, and introduce trending concepts and cultural essentials.

HAVE YOU EVER stopped and wondered why family and friends all tend to congregate in the kitchen? What is it about kitchens that evoke a mysterious magnetic attraction?

The household kitchen is by definition designed for preparing and cooking meals. However, over the past few decades, kitchen has slowly morphed into the epicenter of the home.

In fact, in most homes the kitchen wears many hats – it's the center of the family team huddle, the place for bantering with friends, the room for working on assignments or paying bills, an entertainment center, and a children's art room. But let's not forget its actual purpose – a place to enjoy good food with good company.

Every home has a kitchen. It's required. No other room other than the bathroom serves such a distinct purpose. Having a functional and modern kitchen is truly a blessing. It helps turn meal preparation into a pleasurable activity amidst the hustle and bustle of life.

People invest a lot into kitchen upgrades/renovations because it is the most important room when it comes to the resale value of the home. Kitchen sets the tone for the entire house. It has the ability to not only provide a meal but a complete experience. An inspiring space can mean the difference between a mediocre day and a fantastic day. For those not looking to renovate the entire kitchen, small upgrades too can go a long way something as simple as changing cabinets or countertops can significantly transform the mood in the kitchen.

The essentials of kitchen décor

Create a general layout of the kitchen before you decorate your apartment or house. After that, make a list of kitchen furniture, décor items, and other inspirational kitchen accessories you need.

A functional kitchen layout

The kitchen layout is the floor plan that shows smart placements of the

kitchen island, cabinets, countertops, table, fridge, sink, kitchen sets, cupboards, shelves, etc. When you start to create your kitchen layout, choose the right position for every décor element. It should be easy for you to move from the cooking to storage area for supplies, and from the refrigerator to the sink.

What only you will know about your kitchen renovation plans?

The great thing about a kitchen remodel is it gives you the opportunity to start completely fresh. With a minor remodel or a major one, you're starting from scratch and it's a great opportunity to draw on all of the ideas you've seen on HGTV, home design magazines, etc and see if you can implement them into your own design.



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१० वर्ष वारेन्टी



Questions to ask yourself before you start a kitchen renovation

If you've compiled a mental list of must-haves, but failed to write them down, we've got a list of things to consider that may jog your memory a bit, and help you start with a must-have list when planning your big re-do.

How important is technology in your life?

These days, everyone seems to be touting the advantages of artificial intelligence in the home. Different applications such as Amazon echo, Google Home show all sorts of benefits, like being able to turn off all the switches and lights or play background music with a simple command. If you're into technology and want to explore incorporating it into pre-tech home construction, talk

with your contractor about how to add the components into your design plan that will make smart assistants work best for you.

What style of kitchen do you prefer?

Knowing in advance at least a basic idea of your preferences will help you decide what type of kitchen style is right for you. Make sure you're on the absolute same page as your contractor or designer so you don't end up with an expensive kitchen renovation that you hate.



FIGHT THE HEAT

Samsung has introduced a range of air conditioners with its new 8 pole digital inverter technology that helps it stand out in the market. With features such as; digital inverter technology, energy efficiency, superior cooling, 3 care filter and many more notable points, the Samsung variants give you a great value for the price.

Sheran Lama

Samsung has introduced a range of air conditioners with its new 8-pole digital inverter technology that helps them stand out in the market. With numerous features such as digital inverter technology, energy efficiency, superior cooling, and 3-care filter, these air conditioners give you a great value for the price.

With summer kicking in, the heat has increased to such levels that it is now hard to stay indoors without a cooling system. To fight the heat, Samsung has brought in a range of air conditioners that give you a great value for their price.

One of the key reasons to buy Samsung's brand's products is that it has always been dedicated to innovating new technologies

that outsell other competitors with their features. The Samsung air conditioners come as both cooling and heating devices, thus they meet your needs throughout the year. With the 2019 Samsung air conditioner line-ups, the brand has introduced the world's first 8-pole digital inverter technology into the market. Incorporated in the AR5500M series, the newly designed air conditioners deliver fast and powerful heating and cooling performance without any

disruption. The newly introduced 8-pole compressor makes the device more efficient resulting in smooth functionality, low noise levels and consumption of only a very low amount of energy. Currently, air conditioners in the market have only the 6-pole less or compressors. Thus, with the Samsung air conditioners you get superior cooling. Moreover, the 8-pole compressor supports a 'Fast Cooling Mode' that cools the room much faster than any other models





Incorporated in the AR5500M series, the newly designed air conditioners deliver fast and powerful heating and cooling performance with the digital inverter technology that keeps it active without disruption.

currently in the market. So as you enter your room, switch on the AC, sit back and feel the air cool around you instantly!

With the rise in air pollution, the quality of the air you breathe in has become a major concern. Most people are unaware of the fact that air pollution can enter indoors and affect your home. To counter this, Samsung air conditioners also work as air filters. The residential variants of the air conditioners are designed with the 3-care filter system that ensures the air is not just cool, but also clean and safe. The inside unit of the device is coated with a unique anti-bacterial and anti-virus, material which captures the dust and simultaneously eliminates viruses bacteria and allergens. Along with this, the device also comes with an auto clean function that automatically runs a fan to remove dust and moisture in the inner unit. This helps the device stay clean and dry and prevents the growth of bacteria.

Another interesting feature in these new Samsung air conditioners is the Triple Protector Plus technology. This

technology helps the air conditioner function smoothly even in the most challenging environments. Due to its separate voltage stabilizer, which is isolated in an anti-corrosive coating, the triple protector plus technology helps prevent overloads. This also helps the inner unit endure extreme heat produced by internal mechanisms. Samsung AR5500M series air conditioners also come with Durafin condenser that enhances its functionality in various ways. The microchannel aluminum condenser has a parallel flow design that creates a refrigerant circulation of air and a faster heat exchange than a serial flow. Moreover, this also helps the air conditioner function for a longer time with the same performance levels keeping your surrounding just the way you want. All in all, this feature makes the air conditioner efficient, compact, and eco friendly.

Outside its technical highlights, you will find various other advantages of the Samsung AR5500M series air conditioners. The variants of the air conditioners come with an inbuilt

automatic temperature control system. The device automatically changes its settings to maintain the set temperature, thus having no need for frequent manual setting changes. Along with this comes its Good Sleep mode; yet another automatic feature. Its temperature control crease a desirable atmosphere for you to comfortable sleep and wake up refreshed. The Samsung AR5500M series air conditioner variants are priced competitively and you will find that these devices are worth every penny you spend.

These products are available at all Samsung Digital Plazas and dealer networks of authorized distributor Him Electronics & Big Digital as well as all dealer networks of Triveni Byapar company.

In conclusion, Samsung has been introducing innovations that make it a brand that is a class apart. Similarly, it has not failed to surprise the general public with the new AR5500M series air conditioners. For its massive advantageous traits, these air conditioners are perfectly suitable for your home. With its compact and eco-friendly design, not only are you enjoying your own benefits; but you are contributing to the environment by consuming less energy too. Thus, to fight the heat, get yourself the all new Samsung AR5500M series air conditioners!

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Samsung Galaxy S10

Samsung Galaxy S10 continues to pleasantly surprise mobile phone consumers with its new features.

Shreyashka Vikram Raj Maharjan

GROWING UP ONE couldn't have imagined having a device that would be able to tend to almost all the needs of an individual and replace the mass array of other gadgets. With the constant rise and innovation in smartphone technology, every year we see new innovations and pioneering development. The Samsung Galaxy S series, with its new edition the S10 has set a new benchmark to what a smartphone must be in 2019. Announced in the first quarter of February 2019, it officially hit the Nepal market in March, and took the market by storm.

The 2019 iteration of the S series has three variants: the S10, S10+, and the S10e, each catered to target a certain demographic. The top of the line Galaxy S10 and S10+ offer premium specifications while the S10e, a toned down version of the flagship, is based on the affordable model.

The S10, with its massive 6.1 inch all glass AMOLED screens, is a sight to behold. Companies for the past few years have adopted the full screen ideals and have been struggling to place the front facing camera. If you're a tech geek, you are probably aware of the variety of notches ranging in all shapes and sizes adapted to counter the problem. The S10 series has adopted a sleeker circular cut-out which at times, might feel out of place. The all glass phone is protected by corning Gorilla Glass 6 but a case is definitely recommended. Weighing at just 157g, this is a beast of a phone with the latest Snapdragon 855 paired with the Adreno 640 to deliver a perfect performance.

Available in two variants in terms of internal storage (128/512 GB) you



GALAXY S10 TECH SPECIFICATIONS

Model	Galaxy S10e	Galaxy S10	Galaxy S10 Plus
Starting Price	Rs.93,900 (6GB, 128 GB)	Rs.110, 900 (8GB, 128 GB)	Starts at Rs.1,23,500
Screen Size (Resolution)	5.8-inch Flat AMOLED (2160 x 1080)	6.1-inch Edge AMOLED (3040 x 1440)	6.4-inch Edge AMOLED (3040 x 1440)
CPU	Snapdragon 855	Snapdragon 855	Snapdragon 855
RAM	6GB/8GB	8GB	8GB/12GB
Storage	128GB/256GB	128GB, 512GB	128GB, 512GB/1TB
MicroSD?	Yes (Up to 512GB)	Yes (Up to 512GB)	Yes (Up to 512GB)
Rear Camera	16-MP ultra-wide (f/2.2), 12-MP dual-pixel wide (f/1.5, f/2.4)	16-MP ultra-wide (f/2.2), 12-MP dual-pixel wide (f/1.5, f/2.4), 12-MP telephoto (f/2.4)	16-MP ultra-wide (f/2.2), 12-MP dual-pixel wide (f/1.5, f/2.4), 12-MP telephoto (f/2.4)
Front Camera	10-MP dual pixel (f/1.9)	10-MP dual pixel (f/1.9)	10-MP dual pixel (f/1.9), 8-MP depth-sensing (f/2.2)
Fingerprint Sensor	Side-mounted sensor	In-display ultrasonic	In-display ultrasonic
Battery	3,100 mAh	3,400 mAh	4,100 mAh
Battery Life (Hrs:Mins)	9:41	10:19	12:35
Size	5.6 x 2.75 x 0.3 inches	5.9 x 2.77 x 0.3 inches	6.2 x 2.91 x 0.3 inches
Weight	5.3 ounces	5.5 ounces	6.17 ounces
Colors	Flamingo Pink, Prism Black, Prism White, Prism Blue, Prism Green, Canary Yellow	Flamingo Pink, Prism Black, Prism White, Prism Blue, Prism Green	Flamingo Pink, Prism Black, Prism White, Prism Blue, Prism Green, Ceramic White, Ceramic Black



Galaxy S10+ with Jyotsna Yogi

We sat down with the brand ambassador of Samsung Nepal Miss. Jyotsna Yogi gain insight on her experience with the Samsung Galaxy S10+.

HOW LONG HAS IT BEEN SINCE YOU'VE BEEN USING THE DEVICE? WHICH MODEL WOULD YOU RECOMMEND TO THE MASSES?

I've had my Samsung Galaxy S10+ since the day it was launched in Nepal. If I have to recommend, I would definitely recommend S10+. Because of the bigger screen, multimedia activities are just more immersive and taking into note that I really like gaming, the larger screen adds more depth. And the fact that this model has a larger battery means

a longer multimedia experience.

WHAT IS THE ONE THING THAT YOU LOVE THE MOST ABOUT YOUR PHONE?

There are a lot of things, but the camera is definitely a hallmark. The triple camera array gives me the ability to capture pictures in a whole range of settings. The graphics is amazing. Being a avid fan of PUBG, the graphics and battery life deliver the best performance and game time. The phone is also superlight. A lot of my friends have also stated that fact. Normally phones of this size tend to be super heavy.

HOW'S THE BATTERY LIFE?

The battery life is amazing, especially for

use by an avid gamer. I would still have enough power left by the end of the day. After a full charge in the morning, by the evening given my schedule I would still have almost one third of the battery left with which I can comfortably manage to game.

WHAT ACCESSORIES WOULD YOU RECOMMEND?

I would recommend the galaxy earbuds, which have amazing sound quality. They are light and have a great battery reserve. And if they are low, on power you can easily charge them through power share.

will have a difficult time filling the phone completely but if you do, the shared SIM slot does have a microSD slot which can expand your storage space up to 1 TB. The only down side being you lose the ability to utilize the dual sim feature.

When it comes to optics, Samsung never fails to deliver. The triple array back camera houses three lenses each tuned for wide view, telephoto and ultra wide. The wide and telephoto lenses are 12 MP each with aperture openings of f1.5-2.4 and f/2.4 respectively whereas the ultra-wide

lens features a 16 MP camera with an opening of f/2.2. In layman terms, these features allows users to switch between optics according to ones surrounding for amazing pictures. The front camera on the other hand is a 10MP camera at 26mm delivering ultra wide selfies. The aperture of f/1.9 helps it take in more light in darker and night settings.

With stereo speakers, the highlight has to be the headphone jack. Yes the headphone jack its not a typo, it definitely has a headphone jack. The active noise cancellation with a

dedicated mic means, the person on the other hand will not have a hard time listening in even the loudest environment and the Dolby Atmos/ AKG sound delivers premium audio both through the loudspeaker and the jack. The phone is equipped with a whole host of sensors, with an under display fingerprint sensor, accelerometer, gyro, proximity, compass, barometer and a hear rate sensor.

Any phone might boast great specifications, but without a great battery it's just a brick. The S10 comes equipped with a 3400 mAh battery with both fast charging and wireless charging at 15W and a neat feature of reverse wireless charging at 9W. Available in a wide spectrum of colors: prism white, prism black, prism green, prism blue, canary yellow, and flamingo pink. The full spectrum might not be available in Nepal, but if you really want it you can definitely get it.



The Samsung Galaxy S series, with its new edition the S10 has set a new benchmark to what a smartphone must be in 2019. Announced in the first quarter of February, it officially hit the market of Nepal in March, and took the market by storm.

Subaru XV

It's no secret the majority of high-riding SUV's might struggle to deliver on the promise of adventure. Many are two-wheel-drive, with road-biased tyres and suspension which won't take you far away from rugged roads. But that isn't the case for the Subaru XV, which brings full-time symmetrical all-wheel-drive traction across the range to lend useful off-road ability in addition to a five-star safety rating and a good amount of standard kit.



Many crossovers say they're the perfect vehicle for active lifestyles, but in practice they fall short. The Subaru XV delivers with an interior that's comfortable and attractive while still being durable enough to handle



Subaru's symmetrical all-wheel drive is also standard on every Subaru XV so you can drive with confidence even when road conditions are worst

a dirt and water. Seating is attractive and comfortable without being high-maintenance.

Adding to the vehicle's utility, 8.7 inches of ground clearance help to manage rugged terrain. The XV can truly off-road, making short work of loose gravel, sand, and uneven surfaces. It strikes a good balance between smooth, on-road cruising and off-road capability.

Active torque vectoring is standard feature across the lineup, and there's an available X-Mode standard on all trim. These features work to provide better traction and control in rough conditions, whether you're off-

roading or simply trying to manage a snow-covered highway or slippery dirt sand on your daily commute. Subaru's symmetrical all-wheel drive is also standard on every Subaru XV so you can drive with confidence even when road conditions are worst.

Subaru XV drives more like a sports car. Handling is surprisingly agile and responsive, even during high-speed highway driving. Steering is tight, which makes driving the XV less tiring, especially on longer road trips with its punchy acceleration and responsive handling.

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