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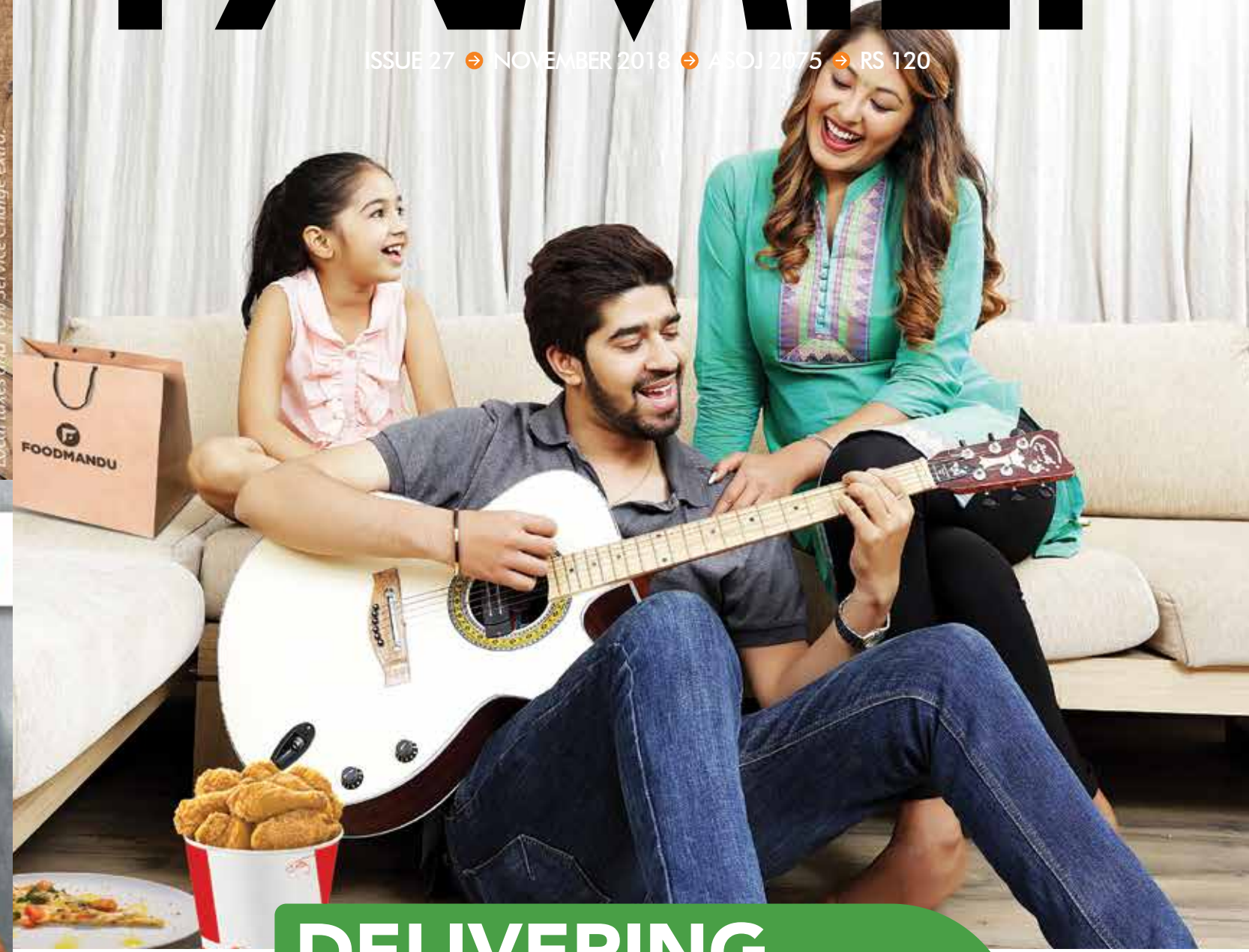
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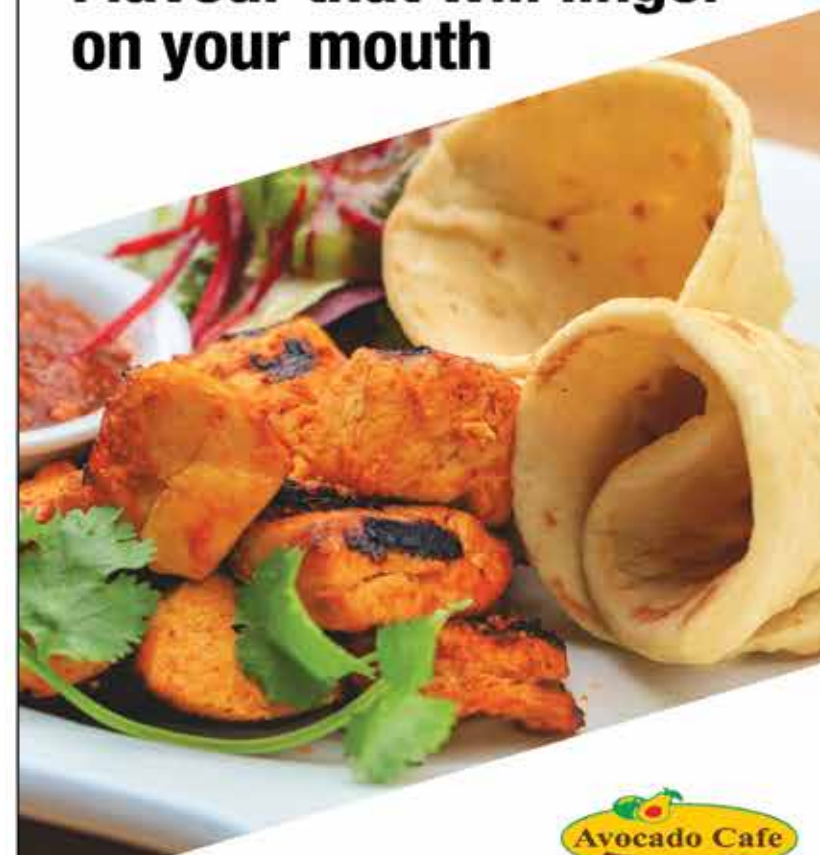
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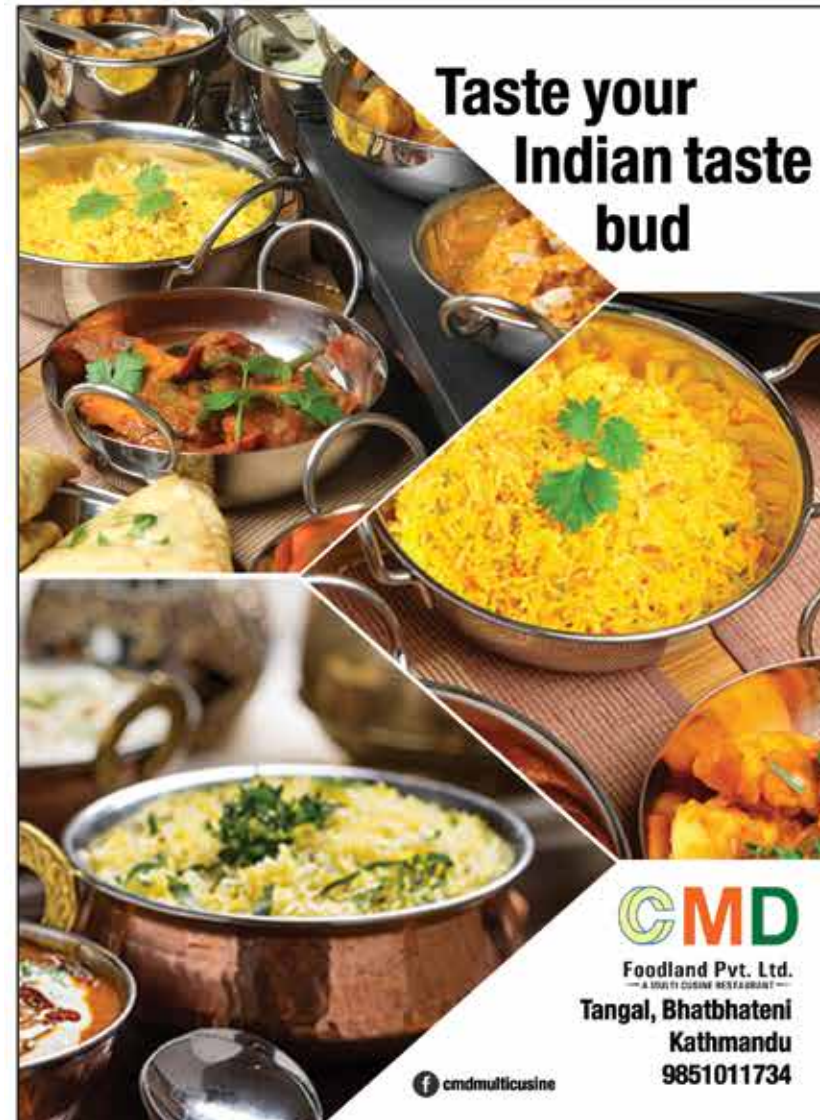
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EDITORIAL.

Shimmering lights, vibrant rangolis and the constant hit of nostalgia of the reminiscent unending barrage of firecrackers. Tihar has a special place in all of our hearts, one always wishes for it to last forever.

The November Issue of Smart Family is covered by Miss Nepal 2017, Nikita Chandak along with her brother Sanju Chandak. They share with you their beautiful bond their moments and their unbreakable bond.

If you are long for the perfect gift for your loved sibling, the starter features a exquisite selection of products made in Nepal available at The Local Project Nepal. Sticking with the theme of sibling love, Antee and Ajay Gurung share their views of the each other, the festivities and the fashion world.

Do we apologize and never forgive? Kumudini Pant pens how it's not just important to teach a child to apologize but also to forgive. Being obese is not a curse, it's not a permanent act and one can lose the weight with better healthy diet and exercise. Kushal Shrestha from the Physique Workshop presents ways to deal with obesity and various tips to overcome it. Dr. Swarup Shrestha helps debunk various myths of the medical world and Acu. Sudharshan Basnet provides his insight on how to self- manage back and neck pain.

Indulge in the fries swirled up with a storm of flavor at Paalcha Newari Kitchen. For the main course, take your time picking from the abundant variations of the classic mo:mo at Sinka. This and much more await you within this issue of Smart Family.

The entire editorial team of Smart Family wishes all its readers a merry festivity and may thy find hope and joy in the light.



ON THE COVER

Nikita Chandak & Sanju Chandak

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STARTER.

With Lots of Love

Bhai Tika is just around the corner, and you might be thinking of countless ways to make your sibling feel a tiny bit special. There's no better way to show your love than to surprise them with a gift, and bring a smile in their face.

FOR YOUR SISTER



1. Notebooks by Marina Vaptzarova

If your sister is the kind of person who likes writing things down, then this Notebook by Marina Vaptzarova is the perfect gift for her. The color is perfectly vibrant for her eccentric personality.

Price: Rs. 3950 and Rs. 1250

Available at: The Local Project Nepal, Jhamsikhel



2. Pink pashmina shawl

Winter is here at our doorstep, a pashmina shawl makes a perfect gift to keep her warm during the cold days ahead.

Price: Rs. 4125

Available at: Mahaguthi, Pulchowk.

5. Earrings

Who wouldn't love a cute pair of earrings to go with an outfit? Trust us, she will love it! Especially if you go an extra length, wrap it in a cute box with a heartfelt message inside.

Price: Rs. 3800

Available at: The Local Project Nepal, Jhamsikhel



3. Bag

It is said that a woman carries her world in her bag. This cute bag has separate compartments for all her belongings.

Price: 10,100. Available at: The Local Project Nepal, Jhamsikhel

4. Watch by Obaku

Obaku Sol Glimt V179LEVVMV is another fine looking watch for ladies. The case material is PVD rose plating, which stands for a high quality, and its rose dial gives the watch that unique look. It has a round stainless steel case and has a golden two-hand movement dials.

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FOR YOUR BROTHER



6. Succulent

Here's a great way to bring out your brother's nurturing habit (and also teach him a lesson). Just get him a plant, make him take care of the living breathing organism, and he might perhaps learn to love the whole process.

Price: Rs. 2500
Available at: Alchi Ko Pasal, Jhamsikhel



7. Bag by White Tara

Your brother can never go wrong with a classic minimalistic bag by White Tara. Good for almost all occasions it adds an element of posh.

Price: Rs. 10,500.
Available at: The Local Project Nepal, Jhamsikhel

8. Gadget covers

Now there's a home for all those fragile gadgets. Tuck them in and protect them from breaking with these cute and functional covers.

Prices: Rs. 1750 and Rs. 1250
Available at: The Local Project Nepal, Jhamsikhel



10. Blue Shirt by Arniko

A plain shirt is quite basic yet functional, and a perfect gift for your brother.

Price: Rs. 2200
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9. Bookmark

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GETAWAY



Atithi Resort & Spa

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Pokhara 33700
061-466760



Hotel Barahi

Offering a stunning overview of the Annapurna Mountain and Phewa Lake, the hotel boasts a luxurious getaway, located close to the Lakeside. Ideal for comfort retreats, with elegance and reflection of Nepalese traditions, spend a night or two here to make it spectacular.

Lakeside, Pokhara, Nepal
+977-61-460617



Mount Kailash Resort

Conveniently located near the bank of Phewa lake, the resort lies within the shopping street, the spectacular lakeside and the lush hills triangle. Lying close to the shopping streets and eateries, the resort offers a unique retreat within the allure of Pokhara itself.

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Mirabel Resort

: Ideally rated as a family-friendly resort, it offers a comfortable retreat amidst the unique natural beauty of Dhulikhel and passes by the traditional and cultural towns of Bhaktapur and Banepa.

Araniko Highway, Dhulikhel 45200 011-490972



Himalayan Horizon

Kept away from the well-trodden tourist trails, and offering high standards of comfort and the indulgence of luxury, the hotel is an ideal retreat in the heart of the countryside. The location offers a much needed escape into the embrace of natural beauty and ancient traditions.

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Market



Signature and Manang Marshyangdi Club announce sponsorship deal

The Premium Whisky Brand Signature and Nepal A-Division Football Club Manang Marshyangdi Club announced their sponsorship deal on 11th October 2018. As such, the football club will now be known as Signature Manang Marshyangdi Club. Signature and MMC share the same values for skill and commitment in delivering the best and rising to the top of one's chosen field. Thus, the key part of this upcoming sponsorship will be the growth of the many community and charitable outreach programs MMC promotes. Rajesh Bir Singh Tuladhar, Executive Chairman of Nepal Liquors Pvt Ltd said, "It is only when there is a meaningful and committed partnership that any venture succeeds in reaching its destined heights". With this partnership, football enthusiasts can look forward towards exciting years for Nepalese football.



The Chimney- The Legacy Is Refreshed

The Chimney restaurant is now open at Hotel Yak & Yeti, Durbar Marg. It is a trendy, yet classy restaurant, serving modern comfort food. Opened in the old chimney room of the historical structure the restaurant extends outside into a relaxed terrace lounge. It is up-scale, yet casual and comfortable, offering guests an option of either a relaxed outdoor seating or an elegant chimney room. The restaurant is open at 12:00 pm till 22:30pm with an international menu inspired from cuisines around the world.



Qatar Airways to Add Additional Frequency to the Maldives

Qatar Airways is pleased to announce that it has added an additional daily flight to the Maldives, providing its passengers with even more flexibility and choice when planning a getaway to the tropical island paradise. The new service to Malé Velana International Airport, which launched on the 28 of October 2018, is part of the award-winning airline's continued expansion in Asia. Following is a historic move last year to be the first airline to fly the state-of-the-art A350 aircraft to the Maldives. Qatar Airways currently operates 14 flights per week from Doha to the Maldives. The additional service will be operated by both the A330-300 and A320-200 aircraft, and will take the number of weekly flights to 21.



Sagar IT Industries Launches Konica Minolta C226

Sagar IT Industries at an event on 25th of September 2018 at Hotel Yak & Yeti launched Konica Minolta C226 printer. The printer features highly advanced features separating it from the rest. The event was graced by MR.Daisuke Mori MD, Mr. Kuldeep Malhotra VP Managing Director of Konica Minolta Solutions India Pvt Ltd.



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Daraz announces 11.11 - World's Biggest Sale Day, coming to Nepal

Nepal's No.1 Online Marketplace, Daraz, is bringing 11.11, the 'World's Biggest Sale Day', to Nepal for the first time. This is the first mega event since the launch of the new Daraz App. Here the customers can expect a truly personalized and supercharged lineup of activities. Daraz 11.11 is a first of its kind event and is set to revolutionize regional ecommerce.



Pre Tihar Grand Ladoo Mixing Extravaganza at The Fern Hotels & Resorts

To capture the essence of Tihar festivities, The Fern Residency hosted an event called "Grand Ladoo Mixing Extravaganza." The event was attended by Active Women Organization of Nepal (AWON) members along with the Ladies Expatriate Club. Celebrity Chef Dr. Sanjay Jamwal, hosted a cookery demonstration on how to make momos, paneer tikka and ladoos.



Hublot, Official Timekeeper of ICC CWC 2019 England & Wales, Unveils The Trophy To The Cricket Fans In Kathmandu

Hublot with its partner – Regency Watch, Kathmandu - Nepal unveiled the very special ICC Cricket World Cup 2019 England & Wales Trophy to select audiences. As a part of the ICC Cricket World Cup Trophy Tour driven by Nissan - Hublotistas, select media and dignitaries got a chance to be close to the coveted trophy and took pictures in front of it. An exclusive moment!



Torque Motor Trading Officially Launches BMW Motorrad In Nepal

BMW Motorrad is introducing its world-class motorcycles to the Nepalese market. The wait is over for motorcycle enthusiasts as the bikes are scheduled to hit the roads of Nepal in early December this year. The company will initially be launching the G10GS & 310R models (313cc). Torque Motor Trading has been authorized as the official dealers for BMW Motorrad in Nepal.



The woodcarving heritage of Nepal is world renowned, having sprung from medieval roots in Kathmandu valley's illustrious dynasties and on display to this day among its most cherished monuments.

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THE POWER DUO

Haven't we all heard of power couples? Antee Gurung and Ajay Gurung, however, are a different type of power couple a couple of siblings.

NOTHING IS BETTER than having a support system of siblings. On our Relationship Menu this month are the subtly powerful fashion designer duo - Antee Gurung and her brother Ajay Gurung. Antee Gurung, along with her elder brother Ajay Gurung, has been taking over the fashion industry by storm. They have been working together over the years to push only the best customized clothes and service for their customers in the Nepalese fashion industry.

How would you define your relationship with each other? And has the fact that you are both in the same industry changed the relationship?

Antee: The relationship I share with my brother is more like that of best friends than that of siblings. We have a fun filled relationship. I may be more strict than him at times (giggles), but my brother is a very chilled person.

Ajay: Antee is the youngest among my three sisters and our relationship cannot be defined by a single word. I would say it is a mixture of fun, serious and supportive. We especially have a lot of fun. We are quite serious when we work and cheer each other on in our work endeavors. We look up to each other. We do not interfere in each other's work unless one asks another for advice.

How do you manage to take time out for yourselves from your work schedule?

Antee: We are always together since we work together, so we automatically know everything about each other.

Ajay: We are generally very busy during the peak seasons. We get a lot of orders and we hardly have enough time to spend with each other. However, during off-seasons we sit and talk about things in general. We

also share and brainstorm regarding the ideas that crop up.

Do you have any shared travel stories?

Antee: Travelling to places, however, is one hard feat for us. Since one of us has to be in town to look after work we do not have many opportunities to travel together.

Ajay: The last time we took a trip together was to our sister's wedding in New York.

Since you are both in the fashion industry, how similar or different are your fashion styles?

Antee: I would say we are similar because we both go for clothes that the other approves of. Having said that, we are also different at most times because I like to stay in trend, and Dai is very particular about his clothes and is a perfectionist.

Ajay: If you are talking about style, I would say that Antee and I are quite different. I look after the men's wear and Antee after the women's wear in our brand. I think Antee has a more young, vibrant and modern vibe to her style while I lean towards classic designs that have a modern twist. We, however, are very similar in our business point of view and we want to give nothing short of the best for our customers. We strive to give a personalized and the best in terms of design, fabric, fit, cut and customized service.

Are your working styles and rhythm different?

Ajay: Yes, the rhythm and the style that we work in are different. Not just in the individual sense, but also from a designer's perspective. I would say that I am more of a perfectionist as a designer and hence end up taking more time before I deliver a product that satisfies me and the customer. Antee, however, is more of a quick designer and since her style is more modern she can deliver quicker than I can.

Antee: I agree. My brother is more of a perfectionist and only delivers something when he is satisfied with what he has created, I mostly am able to finish it quicker. Sometimes when the work requires me to, even I take my time working on the design before I roll it out to the customer.

Its the festive season and what is your go to festive attire?

Antee: I go for traditional look during the festive season. We wear modern wears all the time and traditional wears are held back for occasions like these so I prefer traditional look during the festive season.

Ajay: For the festive season, my go-to styles are kurta with half Nehru jacket - the comfortable traditional look.

Some people prefer to dress up for others, and some for themselves. I, however, prefer the free and laid-back clothing in general. Of course, there are occasions when I dress up but I prefer the style which is comfortable.

What do you think is the best Bhai Tika gift for each other?

Ajay: I would say I am very lucky in this matter. All of my sisters, not just Antee, are not finicky when it comes to gifts. Of course they all love branded gifts but they are very happy when I give them money as a Bhai tika gift. They at least are not bound to my choices when I gift them cash.

Antee: He asked me what would I like but I couldn't really pinpoint something right at the moment, so he now plans to give us money. I can buy whatever I like with the money later on.

I have given him gifts, but since he doesn't like surprises I ask him what he wants and get him those. One time there was this Italian shoes he had been eyeing for a long time, so I gifted him that.



AN UNORTHODOX ANNIVERSARY HOLIDAY

Mrs. Seema Golchha is an established entrepreneur, and a big travel enthusiast. She recounts here for us her experience of climbing Mt. Kilimanjaro with her husband to mark their 25th anniversary.

Siris Maharjan

I had been thinking a lot about what to do for our 25th anniversary. We thought of going to Italy or France, the regular places, and then I suddenly thought, “I can still do it! My husband can do it too. So why not go to Kilimanjaro?” We had done treks before to the Annapurna Base Camp, the Everest Base Camp, and Machu Picchu in Peru. So we’d done a lot of treks earlier and I thought “Let’s do Kilimanjaro,” I wanted to do it.

I asked my husband and he agreed, without both of us realizing how tough it would actually be. Once he said yes, we started the training and the whole preparation process. We thought it would be different since a lot of people go to a sea-beach or a villa somewhere. I can always go to those places even in my sixties or seventies, but this

was something that I had to do. We planned it in such a way that we would be standing at the summit on the day of our 25th.

On an earlier trek to the Everest Base Camp, I suffered from altitude sickness and that was also my fear for the Kilimanjaro climb. We my

husband and I both go on a lot of hikes almost every weekend. So it wasn’t the physical task that I was scared of. I was used to hiking and climbing hills. Since it would be a bit higher than the Everest Base Camp, I was scared about having altitude sickness again.

I consulted a few doctors about altitude sickness and how we should plan and prepare for the trip. I did my research quite well, and after speaking to doctors we started hiking to places every Saturday. Just before we left, we hiked to Chandragiri, but that was when the cable cars had not yet been setup. We walked from the base, while carrying weights—our backpacks, water bottles, food—and we climbed up Chandragiri. This climb was the kind of practice that we needed.

We were excited about Africa, knowing it would be a completely different ball game, even after doing a lot of climbs in Nepal. When we reached there, we had a private booking and had already made other arrangements. It is very different from treks in Nepal. In Nepal, we have tea-houses which are very comfortable. I found that nothing can ever beat trekking in Nepal, especially with how immensely beautiful it is. Here things are so well taken care of and we get porters, and hot food. In Africa, Kilimanjaro is a part of a conservative area, so no one ever stays there. There are no houses, just wildlife and jungles; everyone has to take care of himself or herself.

We got a cook, a porter and someone to pitch the tents for us. Staying in the tent was a challenge in itself. My husband would constantly say that getting in and out of the tent was a bigger challenge than climbing up the mountain. It was very small in height, and we had to crawl in and out of it. On top of that, we had no water and could not shower for eight days. All we got was a small tub to wash our face and brush our teeth.

For the last day—the day of the “summit”—all the climbers got a wake-up call at 11 pm, because we were to start at midnight. All the

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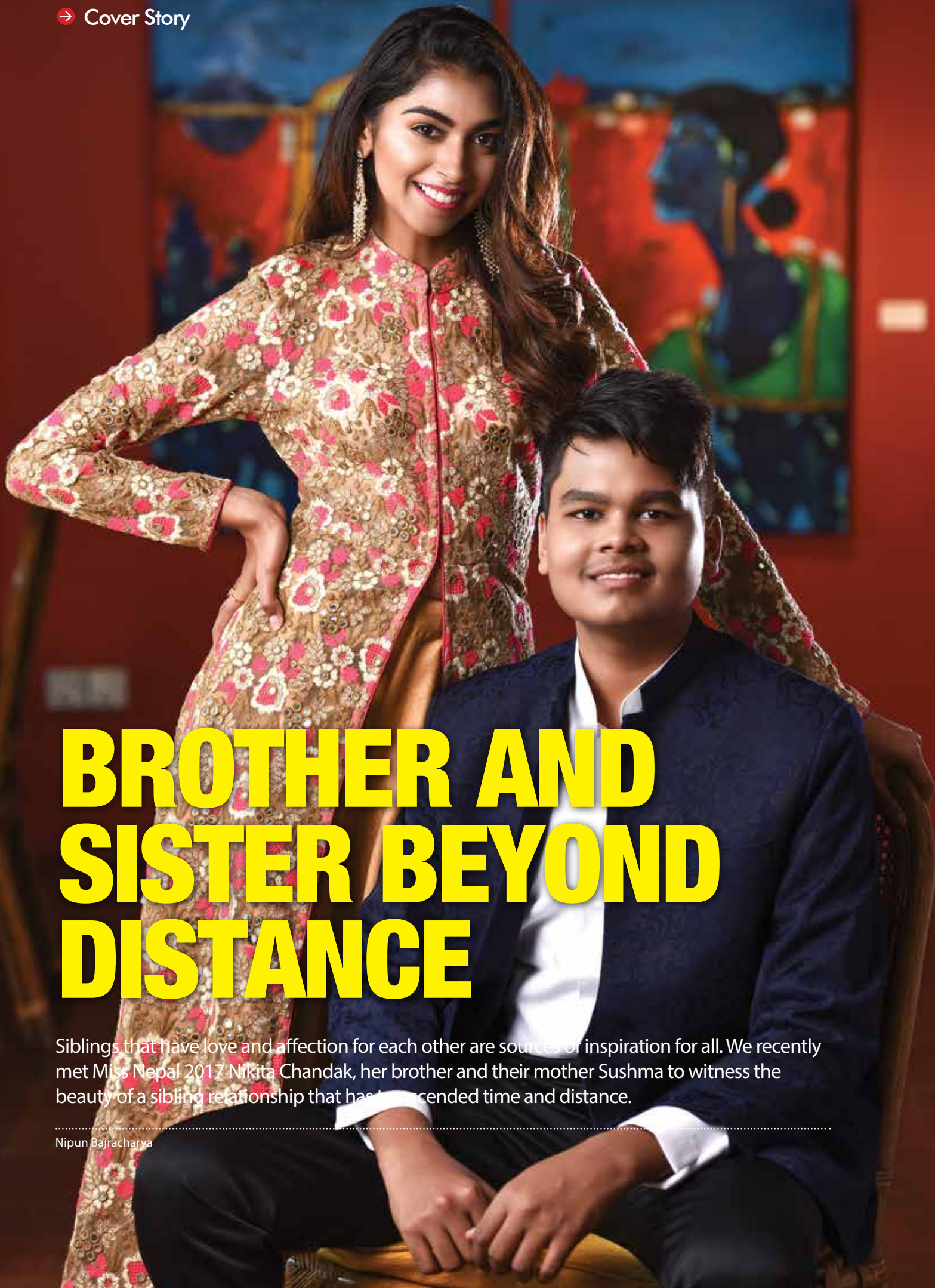
I We thought of going to Italy or France, the regular places, and then suddenly I thought, “I can still do it!” My husband did too, so why not go to Kilimanjaro?

members got out of their tents, carried their torches and climbed up the mountain. We reached the top early in the morning. Once you reach there, you have to immediately start climbing down. So on the last day, we walked for 17 hours as we also had to come down. Finally, on that day I thought: “Why did I want to do this!,” “Why on our 25th anniversary when we could’ve gone somewhere else!,” “Why are we killing ourselves!”

The worst part for me was that at night the temperatures were in negatives, and my water bottle froze. I later learned that I was supposed to keep it inside a sock and close to my body to keep it warm. I had to borrow water, and that experience was very difficult. Plus we were both vegetarians and one can only imagine the food there, especially considering the altitude. Nothing tasted good but we still had to eat to gain enough energy to continue.

Surprisingly, this trip was easier for me than the Everest Base Camp because I did not suffer from altitude sickness. And for us the high was that we were climbing the highest mountain of a continent. We managed to make it to the top, right on the day of our anniversary, which is February 17th, and the moment when the sun rose while we stood there was the most beautiful moment for me.

Given that it was such a difficult thing to do, even with our adventurous sides, this experience was more like an effort to cross it off our bucket lists. In the end, it was quite a relief after we came back down where we could relax and see the Serengeti. When we got back we knew that this travel was a huge success.



BROTHER AND SISTER BEYOND DISTANCE

Siblings that have love and affection for each other are sources of inspiration for all. We recently met Miss Nepal 2017 Nikita Chandak, her brother and their mother Sushma to witness the beauty of a sibling relationship that has transcended time and distance.

Nipun Bajracharya

A RELATIONSHIP THAT that you share with a sibling is perhaps one of the strongest bonds ever. A sibling can hold the power to make you feel the loneliest with his or her incessant “I was here first,” “I am the favorite one!” and “You’re adopted! It’s so obvious.” But all of the teasing and games often end up being the best of childhood memories and the foundation for a wonderful friendship and support system that will last a lifetime. For this piece, the team met with Nikita Chandak, the woman who won the country’s heart with her talent and beauty in 2017 and who has no intention to ever give it back. We also met with her younger brother Sanju who is probably the only one in the country to view Nikita as an annoyingly loving sister.

Despite almost seven years between them, their mother recalled that the two fought with each other mischievously throughout their childhood. Sanju is currently studying in Siligudi, India, while Nikita is busy with her heart-winning services in Nepal. The distance has brought them closer in ways that only distance can, and despite my great efforts the only beans they spilled were rosy in nature. For all the nice things they had to say for each other, their mother, Sushma Chandak, helped me get a clearer picture of their childhood and the nature of their relationship as only mothers can!

What was your childhood like?

Sanju: It was very nice. When I was in nursery, she was studying in class 4. The two of us used to be a lot closer than our eldest sister Neha because we were in the same school. But a year later, she went to a different school for Grade 5. We started to spend less time together. But we were always a bundle of joy when we meet.

Nikita: I think we used to quarrel a lot. He is six and a half years younger than me so I guess it’s normal that we used to quarrel a lot. He and my eldest

sister would team up against me and I would end up crying. I remember Sanju being very stubborn! Whenever we fought, he’d try to get away with hitting me but I never let that happen.

One time, he fractured his hand and had to get surgery. He had to be given anesthesia for the surgery and after hearing that, I started crying and I felt so guilty. Even though I didn’t cause the injury, I prayed, “God, I won’t ever beat him, and I won’t fight with him ever. Please cure him as soon as possible.”

In our house, we don’t have gifting system. So, it’s basically like, if I’m going somewhere and I like something for them, I get that. That is it and he usually asks dad for money and gives me whatever he wants to give me.

If you have to describe each other in a few words how would you do it?

Sanju: She’s always honest. She’s kind hearted to everyone, not only to our family but to everyone. She’s the kindest among all of our family. So the three words would be honesty, caring, loving.

Nikita: I think he’s very generous, loving. Loving, not only to his family but just in general. Even if he sees any poor people, he’s into that. Compassionate. So, loving, generous and compassionate. And also, he’s obviously tall, dark and handsome.

If you have to name something about each other that annoys you the most?

Sanju: It might sound strange but she’s just really funny sometimes. Even so in not so appropriate situations. Me and Neha often call her Mr. Bean. She keeps teasing us with her weird funny expressions at odd times.

Nikita: I think the way he sits. I keep nagging him about his posture. I keep telling him to sit straight.

What is one of your most memorable memories with her growing up?

Sanju: We often used to fight in the TV room for the remote. She used to annoy me by changing the channels. She also used to pull my cheeks a lot and that used to annoy me and then I’d try to slap her (laughs).

Nikita: He used to be a chubby child, and you know how kissable chubby cheeks are (laughs). But he didn’t like it. And I think I used to do it just to annoy him. As a child, he was very naughty. If you did something to him that he didn’t like, even if you’re a stranger, he would hit you. So, whenever he used to sleep, I would kiss his cheeks. He used to hate it so much that he even slapped me in his sleep! I’ll never forget getting woken up by a slap from my own brother.

One instance that you can remember where she has made you laugh or cry, whichever comes first?

Sanju: The day she became Miss Nepal, I cried happy tears. It was such a proud moment and I am kind of sensitive that way. It was very emotional. I am very proud of her.



The day she became Miss Nepal, I cried happy tears. It was such a proud moment and I am kind of sensitive that way. It was very emotional. I am very proud of her.



Mom: During Miss Nepal, he cried from the beginning till the end. He also cried during Miss Universe.

What is the best gift that you guys have exchanged?

Sanju: On last Rakchyabandan she gave me this watch I'm wearing. She brought it from Australia. It is the first gift from her own salary so I hold this watch really special.

Nikita: In our house, we don't have gifting system. So, it's basically like, if I'm going somewhere and I like something for them, I get that. That is it and he usually asks dad for money and gives me whatever he wants to give me.

She might be very busy these days with her public life. How do you balance the relationship? How do you spend time with each other?

Sanju: Because we have been living separately for quite some time, we're just used to not being together a lot. But when we do get together, we just like to spend time with each other. We enjoy watching TV together, watching comedy circus, Mr. Bean and such programs. It's just normal things like those. Plus I'm not here most of the time. So when I am here she makes time for me.

Nikita: I think only few people have seen what I am like when I am home. I can act myself stupidest in front of my family. When I'm with them inside my home, I'm just the craziest person alive. And my mom would be like, "Do people even think that Miss Nepal does these things at home?" That is just my craziness. In my comfort zone, I am the



stupidest, you can't even imagine and that's how I make them laugh.

Is there something that the world wouldn't know about your sibling?

Sanju: Since her childhood, she focuses only on her studies a lot. My eldest sister is like all-rounder but she (Nikita) was always devoted to her studies. She was always the topper. She is the most padhaku in our family.

Mom: When he was in nursery, he failed in the first term but he was very happy as he thought failing in exam was a good thing. And even now, when I think of it, I laugh by myself.

Nikita: He is also very passionate about pageantries. I guess people would think I'd be the most passionate

about such things in the family but you have no idea! He has watched almost all the beauty pageants. During the Miss Nepal competition, before finale, he used to watch Miss World & Miss Universe to give me questions to prepare me for the competition. And also when I participated in Miss World, he was sending me all the questions and right now he is the biggest fan of Catriona Gray, Miss Philippines. I feel like one of these days he's going to end up organizing a pageant or even participate in a beauty pageant and win.

What is the biggest lesson you have learned from your sister?

Sanju: I think that you should never be afraid to pursue your passion, and the hard work she has done from childhood. I have always looked up to her. I think the title of Miss Nepal and everything that came after were

not an easy ride to take. My sister was criticized by some groups of people and I personally hated that. I was actually scared for her but she took it like a pro.

Nikita: I admire how supportive he is from such a young age. He is dedicated toward his studies and never hesitates to share if he's having any troubles. It takes a certain kind of courage to do that I think. He still needs to learn to work on his posture.

Nikita, a year after winning the pageantry, is going to celebrate this year's Tihar with her family. Sanju is back home for the festivities and though they do not celebrate Bhai Tika, the two are sure to have a quality sibling time. The two are looking forward to watching movies together and for a brief while forgetting the world outside.

PARENTING.

Forgiving Isn't Forgetting

Kumudini Pant

FROM A VERY young age, we are all taught to apologize, but we are not taught to forgive. Acknowledgement of one's mistake is easy, but to pardon someone for that very flaw without begrudging them isn't.

Carrying resentment towards someone for something trivial is a waste of emotional investment. Despite this, many of us fail to move on. Tarryn Fisher said, "You don't forgive because they deserve it. Most of the time, they don't. You forgive to keep your heart soft. To move forward without bitterness. Forgiveness is for you." And even though it sounds clichéd, parents should teach their children about understanding and indulgence. Like a 'thank you' is followed with a 'welcome', an apology should come with forgiveness.

Teaching children about letting go and moving on with time helps them grow as a person. Being angry at wrong things is valid; but youngsters need to understand that not everything is in their control. Things go out of hand, people walk away, time is uncontrollable; loss and failure is a part of life.

People are more than one wrong action. It doesn't define them. Help your child understand that we all have flaws and errors in judgement. Tell them about the time they made a mistake and how you didn't hold it against them. Be a good example for your child on how to treat people.

Let them know that forgiveness isn't forgetting. It isn't carelessness, or ignorance. Learn from our mistake,



learn from others' mistake; that's life. Every experience is a path to growth, even the bad ones.

Let your children forgive themselves and others in their own term. Regret is a sore teacher but if it overstays its welcome in children's mind, it might

cause anxiety and depression during their adolescence. Tell them it is okay to make unintentional mistakes, but also that they need to learn from it in order to be a mature person.

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Down Syndrome - we have all at one point or another in our life claimed it to be a disease. Well it isn't.

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Sirsa Tuladhar

Dr. John Langdon Down was the first person to pen down the accurate facial description of Down Syndrome in 1866. But the real cause of Down Syndrome was discovered only in 1959, which is an extra copy of Chromosome 21. A normal person has 46 chromosomes which are positioned in pairs, but children with Down Syndrome are born with an extra copy of chromosome 21 at the 21st chromosome pair.



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The extra chromosome is why children with Down Syndrome are physically deficit, have developmental milestones delayed, and learn slower than normal people. Studies have shown that they also have less brain cells as compared to a normal person.

Common features of a child with Down Syndrome

The apparent features of a child with Down Syndrome are:

- Upward slanted or almond shaped eyes,
- Yellow white spots in the child's iris - *ankha ko nani*,
- No nasal bridge,
- Small jaw and mouth which give the appearance of a big tongue,
- Low set and small ears,
- Short and broad neck,
- Shorter height than that of normal people.

Giving the news

Parents: There is no right or wrong time to tell the parents. The sooner the parents know about it the better they can cope and take care of the child. Families of children with Down Syndrome should very well understand that the parents neither the mother nor the father have any fault in a child being born that way.

Siblings: Siblings spend the most time with each other hence they must be aware of their brother or sister's condition. Parents must also talk to them about the difference in their physical

appearance and the fact that they will be slower than normal. Siblings must also be explained that these children require more attention and love.

Diagnosis

Diagnosing your child post-birth is there, but now it can also be diagnosed during pregnancy.

Expecting mothers who meet the following criteria could get a diagnosis:

- If the mother is over 35 years of age.
- If the parents already have a child with Down Syndrome.
- If the mother had many miscarriages without any apparent reason.
- If the parents have any abnormalities.

Risk Factors

Children with Down Syndrome are always under some health threat. Besides mental and developmental difficulties they also have to cope with various health issues, some of which are mentioned below:

- About 60 to 70% of children with Down Syndrome are reported to have heart diseases. In most cases the children only have mild cases of heart diseases so it can be treated by checkup and follow ups with the doctor. In some severe cases, the child might need to be operated.
- Another risk they could have is being born with a cataract in their eyes.
- Children with Down Syndrome are very prone to hypothyroidism, commonly known as thyroid problem in Nepal. Having

hyperthyroidism is what makes the children more irritated, dull, and nervous.

- These children also have constant ENT problems. They could also suffer from hearing loss.
- Children under the age of five also have the risk of having blood cancer.
- Since they have very fragile immune system, they are always under the risk of having chest problems, from the commonest ones like cough to pneumonia.

Tending to their special needs

Parents must provide special care to the children with Down Syndrome.

The parents must look for more options on the therapy end since the child is weak physically and slower development wise. The major therapies that a parent must have their children take are:

- Physiotherapy - to help their muscle and to develop their fine motor skills.
- Occupational therapy - to teach them self-help techniques.
- Speech and language therapy - to help them with speaking and language skills.

Taking them to these therapies is also termed as giving them an Early Intervention. Dr.Lalita Joshi from Down Syndrome Association of Nepal recommends parents to bring their children right after birth until the age of 5 - 7 for Early Intervention.

After these therapies parents can opt to give their children special education.

Always bear in mind that children with Down Syndrome are visual learners so they learn what they see faster than what they hear.

Some do's and don'ts people need to understand

- Do take your children everywhere - to social gatherings, parties or outings. It gives them the feeling of inclusion, which helps them normalize around people.
- Do give them immense love. These children thrive on love, support, and care.
- Do reward them for all their efforts even in their smallest achievements.
- Do not separate them from your other children. Teach the children with Down Syndrome how to mingle with normal people.
- Do not only think of building special schools for children with Down Syndrome. With the help of a special aid, any Down Syndrome child can bloom to become the beautiful flower they are.
- Do not rush or be too strict with the children with Down Syndrome. They take their own time to learn, adapt or complete any task. So patience is the most important quality the teacher, family, and parents must have.

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Elegance above Excellence

Importance of Household Chores for Children of Different Ages



Children can learn a lot from doing household chores. Some of the skills they learn are practical such as preparing meals, cleaning, organizing etc – they can use later in their life. Other than that, being involved in chores also lets children learn relationship skills such as communicating clearly, negotiating, cooperating, and working in a team.

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In my family with three children I have tried to make doing chores more or less mandatory. The children do household chores such as grocery shopping, setting up dinning room table and washing dishes. They clean the rooms by putting away toys and clothes after their use. Though it is sometimes a challenge to get them do their part, a gentle reminder once in a while goes a long way. I personally feel that sharing housework helps to make overall family dynamics smooth. When my children help out, chores get done sooner, we all have less to do, and we have more free time to do fun things together.

around the house gives them a sense of accomplishment. Doing chores also helps children feel like they're part of a team. Helping other family members is good for them for obvious practical reasons, and it encourages them to be good citizens when they go outside of the house.

Children can help out around the house in many different ways. Here are some ideas for chores for children of different ages.

Chores for preschoolers

Preschool children can be given simple chores that involve picking up after themselves, such as picking up their toys each day after playing with them. They can also begin to learn how to pick up other things scattered in their room, and how to put their dishes away after a meal. The small children can hang their clothes on clothes hook after they change clothes. These sorts of chores teach them that they need to be responsible for their own mess. Young children respond well to a sticker chart to help remind them of their chores. To motivate them after completion of each chore, they can be rewarded with a sticker.

A sticker can be enough of an incentive for young children while older children will need greater rewards to motivate them.

Chores for school-age children

When children begin attending school the number of chores they handle should be increased. School-age children should continue with chores that relate to picking up after themselves. But now they should be able to put their shoes and backpacks away when they get home from school.

As chores become more complex, children must be taught in a step-by-step manner how to do each task. For example, if a child is expected to put her own clothes away, teach her where to put the clothes and discuss your expectations.

To be sure, all chores are important. But it is especially important to think about chores or tasks that get your child involved in caring for the family as a whole not just taking care of their own individual needs. An example of simple chore is getting your child to help with setting up or clearing the dinning table. Chores like this are more likely to give your child a sense of responsibility and participation and are easy enough for children of any age.

Benefits children gain from doing chores

A 75-year old research conducted by Harvard examined what psychosocial variables and biological processes

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

The question that often get asked is "How do I get my children involved in household chores?" I admit, it is not easy. The secret is asking for assistance in tasks you value, and that suit your children's age and ability. A chore that's too hard for a child can be frustrating or even dangerous and one that's too easy might be boring.

If your child is old enough, you can have a family discussion about chores. This can reinforce the idea that the whole family needs to contribute to run a household successfully. Children over six years old can help decide which chores they prefer.

from earlier in life predict health and well-being later in life. Researchers found that children who were given chores were likely to be more independent adults. Children feel competent when they do their chores. Whether they're making their bed or sweeping the floor, helping out

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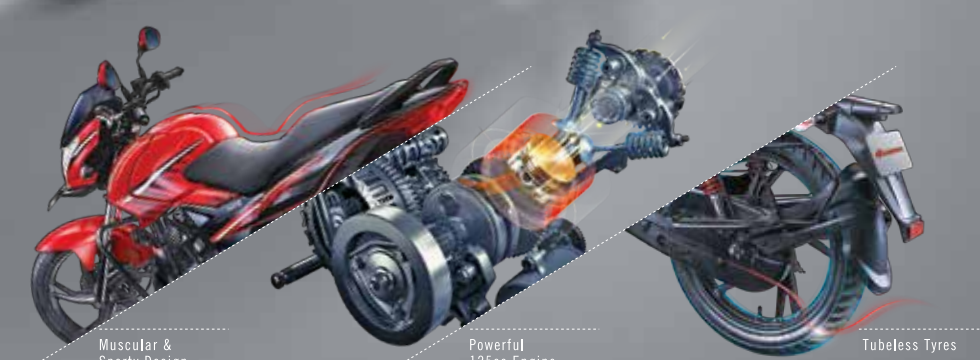
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Benefits children gain from doing chores

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BODY.

The Art of Acupressure

Shravya Singh Karki

CHINESE HAVE USED acupressure for over a thousand years. It has worked wonders in promoting relaxation and wellness, and treating disease. Acupressure is based on the ancient concept of life energy that flows through the meridians in the human body. The practicing therapists apply physical pressure at certain points in the meridians to clear out the blockages. The word acupressure comes from the Latin words acus, which means needle, and pressure, but in acupressure needles aren't used.

Our body – the practitioners believe – consists of twelve major meridians that connect organs in the body, resulting in a system of communication network throughout the body. These meridians begin at the fingertips and connect to the brain, and then to an organ associated with that particular meridian. When any one particular meridian is blocked or dislocated, one might feel some kind of physical uneasiness. Acupressure is said to heal such physical uneasiness.

Shiatsu Acupressure Nepal at Imadol has been using this therapeutic practice to alleviate pain for over two decades. Therapist Basnet from Shiatsu Acupressure Nepal gives us some insight into the age-old healing technique.

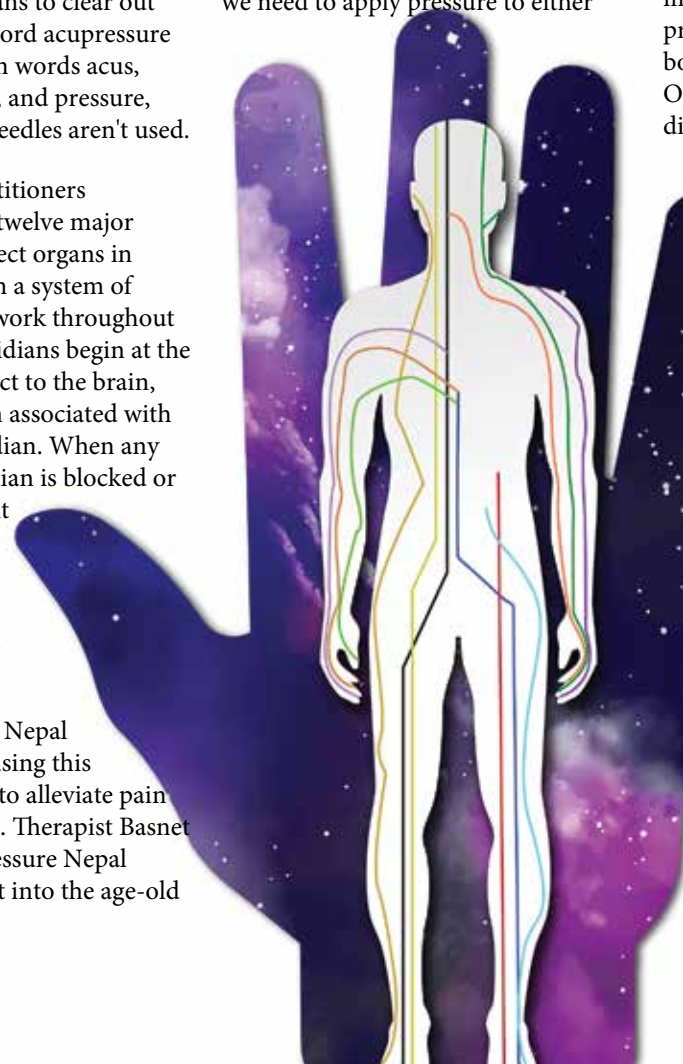
He explains, “Acupressure is not a method to cure for diseases caused by pathogens. There might be certain regions of the body where one might feel a lot of physical pain. This could be because the nerves in this part of the body may not be properly aligned or have been displaced from their original position. In acupressure, we need to apply pressure to either

that particular area or to certain points in the body that are linked to the region of pain. By continuously pressing these points in the body, we make sure that the dislocated nerves are brought back to their original position.”

The therapists involved in acupressure first identify the problem by gently pressing the different regions of the body to find the dislocated nerve. Only then do they gently press the different pressure points in the body.

Therapist Basnet further adds, “The physical discomfort that cannot be touched by medicine is healed by acupressure. But of course, these physical discomforts are not something that can be cured immediately; it takes time, and the patient must be regular. Regular customers generally come about thrice a week for a one to one-and-a-half hour session a day.”

While some conventional medical practitioners may not believe that such meridians exist in the human body, but many people believe that it is the ultimate way to restore wellness and balance in the body. It is definitely worth a try, and is a great way to de-stress.



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DEALING WITH Obesity

The major causes of obesity are overeating (consuming more calories than the body requires), having an inactive (sedentary) lifestyle, and making poor dietary habits. One can overcome obesity and weight gain through healthy diet and exercise.

Kushal Shrestha, The Physique Workshop Athlete



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OBESITY IS A serious condition of having excessive body fat that can lead to various health complications. Aside from the health risks, obese and overweight people in general are widely discriminated due to their appearance.

Body Mass Index (BMI)

To know if you're obese, you need to measure your body mass index, which is calculated by dividing your weight in kilograms by your squared height in meters. For example: For someone who is 1.8 meters tall (180 cm) and weight 75 kg, that is 75 divided by (1.8)² which gives a BMI of 23. If your Body Mass Index (BMI) is between 25 and 29.9 you are considered overweight. If your BMI is 30 or over you are considered obese.

The Body Mass Index (BMI) is a statistical measurement derived from your height and weight. Although it's a useful way to estimate healthy body weight, it does not measure the percentage of body fat. More importantly, the BMI measurement can sometimes be misleading especially in the case of people who lift weights because they will have a higher BMI due to their muscle mass than an unfit person whose BMI is lower. However, BMI is still a useful indicator for the 'average person.'

Causes of obesity

The major causes of obesity are overeating (consuming more calories than the body needs), having an inactive (sedentary) lifestyle, and making poor dietary habits. Majority of people usually have a 9-5 job that confines them to their desk. And they usually go out for lunch, which typically consists of white rice, chowmein, momos etc. The typical Nepali diet is high in carbs and fats which make it worse. And they go back to the comfort of their homes, and plop in front of the TV, eat some more and go to sleep. This viscous cycle of sitting, eating and sleeping without any proper exercise in between leads to obesity. This is the same for children as their diet consists of a considerable amount

of chocolates, fast food and extra calories from sugary drinks. TV, computers, video games and other things entertain them and keep them at home sitting around at home for hours at a time.

Risks of obesity

- Coronary heart disease
- Elevated LDL (bad) cholesterol and triglyceride levels
- Type 2 diabetes
- Certain cancers (such as breast, colon and endometrial)
- Respiratory issues
- Infertility and irregular menstrual cycles
- Metabolic syndrome
- Gallbladder and liver diseases
- Osteoarthritis

Overcoming obesity

Follow a healthy diet

You need to follow a healthy and balanced diet that is high in micronutrients (vitamins and minerals) and a diet high in protein with moderate carbs and fat. The most important thing to remember is that you need to eat at a caloric deficit i.e. calories you eat should be less than what your body needs.

Avoid the following if you're obese or overweight

- Alcohol
- Processed junk food including bacon, canned and, fried food
- Sugary food and drinks
- Oil

Make sure that you eat a lot of fruits and vegetables. Water is your best friend. Drink a lot of water at least four litres a day to keep yourself hydrated and keep your appetite in check. Remember that water is calorie free, which means it has zero calories.

Exercise

Weight lifting and cardio combined with proper diet and physical training program will help you successfully lose weight. There are numerous health benefits to exercising. Although cardio is good, it only helps spike your metabolism for a short time. Weight lifting, however, helps improve

metabolism for a longer period of time. It helps build muscle and burn fat at the same time, and helps you look visibly appealing. For that reason, those who want to lose weight are often recommended to primarily lift weight, and use cardio only as a supplementary exercise.

Other forms of exercise include:

- Dancing
- Playing sports
- Hiking
- Cycling
- Swimming
- Walking

Personal battle with obesity

I battled obesity since I was a child, and it got much worse when I was a teenage. I was 120 plus kilos when I was 18 years old. My blood work was horrendous and the doctor told me I was a borderline diabetic. I turned my life around by cutting out all processed junk food, maintaining a balanced diet, eating at a caloric deficit and exercising. My exercise regime included both cardio and weight training. I lost 51 plus kilos in a period of four years. Currently, I'm 25 years old, weigh 88 kg and I weight train religiously. The best part is that the doctor couldn't even recognize me when I went back for a check up after three years. He told me that I was the worst case of obesity in a 18-year old. Now, my blood work is good. I occasionally enjoy a few treats and junk food because I keep the rest of my diet and exercise in check. I still train hard to keep myself fit, strong and healthy. But remember: Prevention is better than cure!



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BITTER PILLS TO SWALLOW

Dr. Swarup Shrestha debunks some of the myths surrounding.

Laeta Tuladhar

DR. SWARUP SHRESTHA debunks some of the myths surrounding.

When you've believed in certain things for a long time, it isn't always easy to be told that you're wrong. In today's day and age, when spreading (mis)information is easier than ever before, it isn't surprising that we still have many misconceptions flying all over the place. But it is also increasingly easy to access true information and research evidence for backup. Hypertension, or high blood pressure, is a medical condition faced by approximately a quarter of the world's population. There are bound to be speculations and myths, especially regarding its treatment. So when it comes to hypertension, who do we trust the most? Medical doctors with well-researched scientific knowledge, of course! Consultant Physician at Star Hospital Dr. Swarup Shrestha, in a conversation here, debunks some misconceptions about hypertension medication, and explains the corresponding facts.

Starting medication

Myth: You must take medication for hypertension immediately if your blood pressure exceeds 120/80 mmHg, and you should maintain an exact number.

Fact: Blood pressure from 100/60 mmHg up to 140/90 mmHg is considered within acceptable range. If blood pressure exceeds this range, doctors first prescribe dietary and lifestyle changes.

Salt intake needs to be limited to less than 1 teaspoon a day, which is about 2 gms of sodium. Fatty foods and junk food ought to be replaced by fruits and vegetables. Drinking alcohol and smoking are out of question.

Correspondingly, 30-40 minutes of light exercise daily is recommended. If the patient is overweight, weight loss is the best solution. Losing 10 kg weight can bring about up to 20 mmHg reduction in blood pressure.

Doctors prescribe drugs only if blood pressure constantly reaches above 140/90 mmHg.

Dosage

Myth: Some believe everyone takes the same dose of the same group of drugs to keep blood pressure in check. And, some believe that the type of drug they take needs to be changed every few years.

Fact: The type of hypertension medicine and dose prescribed in the beginning vary depending on the patient's age, sex, and other conditions or diseases they might have.

Both the types of drug and their dosage can be adjusted by the physician as per changes in the patient's blood pressure, or if he or she is affected by new conditions or diseases. The key is to go for regular checkups, because every case is different.

Continuity

Myth: Taking medication for blood pressure is a lifelong commitment for every patient.

Fact: 10% of hypertension cases are secondary. What that means is that they are caused as a result of problems in the kidneys, endocrine glands or other organs. If the primary issue is cured, then it is highly likely that blood pressure will return to normal, and drugs taken to maintain blood pressure can be discontinued. Again, periodic consultation with physicians is vital.

However, for the remaining 90% of the cases, it is, in fact, true that patients get stuck with hypertension medicine, albeit with the required changes in the dosage. This is because the precise cause of this type of hypertension isn't yet known and thus cannot be fully treated.

Side effects

Myth: Drugs taken for hypertension can have bad effects on the liver and the kidneys.

Fact: On the contrary, the drugs are prescribed to combat those possible

effects of hypertension. Hypertension could lead to organ failures and/or paralysis, aside from cardiovascular issues. Medication for hypertension is used to prevent, instead of cause, such illnesses.

That being said, drugs put to injurious use, intentionally or not, will definitely have consequences.

In any event, timely regular blood tests, ECGs, and x-rays are required to make sure nothing is going wrong.

Alternate treatments

Myth: Wearing magnetic metals or certain stones on jewelry, and/or rubbing certain powders and oils externally help to maintain blood pressure.

Fact: There is no scientific evidence regarding such notions, and such practices aren't recommended by medical doctors.

Ayurvedic medication is a different story. It is that it doesn't work, it is just not as quickly effective as medical drugs. Ayurvedic medication lacks proper and sufficient research on their effects and side effects. For example, rauwolfia serpentina, commonly known as sarvagandha, has been used for thousands of years for its numerous medicinal properties, and it is also used in the production of some other medicines. But knowledge of correct dosage of such medicines, and a clear understanding of what happens when they are combined with other chemical compounds are of utmost importance. Such information are sometimes lacking in the Ayurvedic medicines. So, wouldn't you rather stay on the safe side by taking prescribed medical drugs, the exact components and effects of which are known?

Self-managing Back and Neck Pain

Siris Maharjan, In Conversation With Acu. Sudarshan Basnet, Sushwastha Hospital



Contrary to what people usually tend to believe, back and neck pain are not recognized as diseases, but as symptoms of other health problems and illnesses. Based on the severity of the problem, people have minor pain ranging into a very severe pain. Experiencing simple back and neck pains are rather very normal and anyone can have these pains. The issue is taken as a major problem if the pain remains or gradually increases in the span of one week. Almost indiscriminately, everyone experiences one or two cases of back and neck pain throughout their lifetime, with only a few cases reaching severe levels.

The causes of this pain lies internally and are generally separated into 3 parts: (i)Bad posture contributes largely to the irritation of our back and neck. (ii)People's sedentary lifestyle contributes largely in developing these pains, either through a general lack of exercise and through improper exercise practices or through improper and lack of enough intake of balanced supplements that aid the growth of the back/neck muscles and nerves. (iii)Lastly, overuse and over-stress aids largely in the development of back/neck pain. These are all internal causes.

Disease or Illness Related Back/ Neck Pain or : The fundamental body parts that form our back/neck are the muscles, the vertebrae, joints and

the nerves. The back/neck pain stems mainly from three factors: problems of the bones, muscular problems, and problems in the nerves. Secondly, referral pain of the back stems from problems in the organs related to or near the back. If a problem arises in a person's kidney or genital organs, it can cause back pains. Women tend to face more of these problems due to problems related to their reproductive organs. Similarly, chronic gastritis and constipation can also stem into back/neck pains.

Moreover, the symptoms that can be seen through the ailments in the bones can be different from the ailments in the muscles and nerves and vice versa. The back/neck pains caused by these different issues can

be seen significantly differently. These days the problems caused due to nerve compression have been increasing comparatively more than the other problems.

With the lifestyle changes these days, the issues of back/neck pain can be found largely among the youths. The back/neck pain faced by the youths are mainly caused due to muscular ailments and it is usually overlooked by people because muscular ailments and issues haven't been recognized as much as other problems. Along with the muscular ailments that lead to back/neck pain, bad postures and overuse also trouble the youths. Whereas the older population

experiences back/neck pain due to bone degeneration and bone decay.

There are a few genetic disorders that can be found, especially bone related genetic disorders, however, genetically transferred back/neck problems have hardly been seen.

As mentioned before, there are various causes of these pains. Any of the causes can result in a person suffering from back/neck pains. The best measure a person can take is to immediately consult a physician once she/he starts to experience

difficulties and irritations. Back pains radiate towards the nerves and the legs while neck pains radiate towards the arms, and both issues are signs of nerve compression. In order to alleviate the pain quickly and reducing the problem, surgery is generally recommended by the doctors.

Self-management and Precautions:

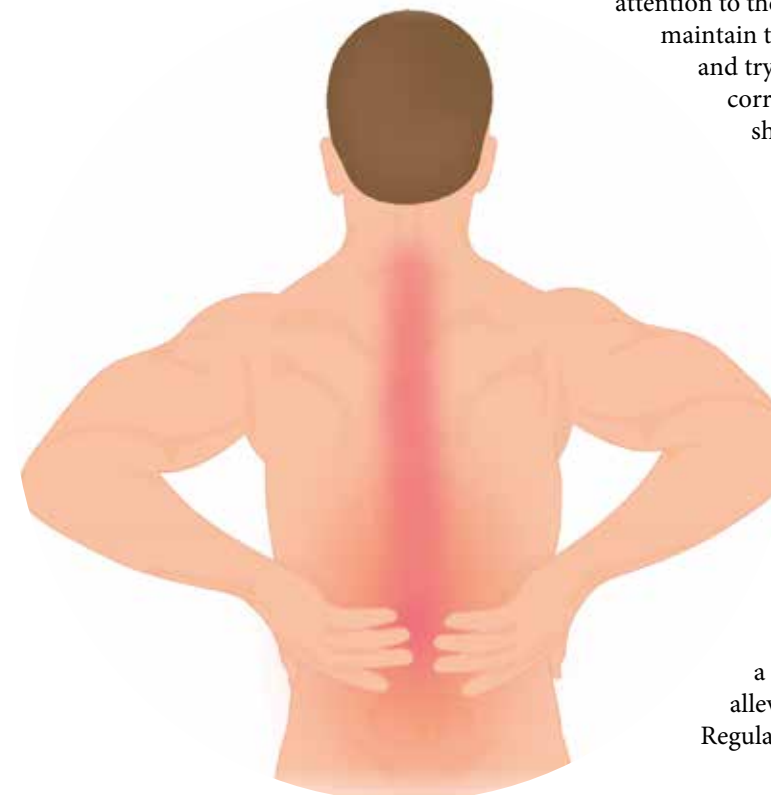
The ideal practice for self-management is to reverse the exact causes of the pain. Bad posture is the main reason that creates back/neck pain, therefore one should pay attention to the postures that we maintain throughout the day, and try to exercise posture correction. For that we should make sure that our spine is straight while we walk, sit, stand, and try not to lean too forward while riding bikes as well as while driving. Maintaining a proper intake of a balanced diet or any other supplements as well as exercising properly can create a healthier way to alleviate such pain. Regular exercise itself can

help correct postures and it aids the muscles and the bones.

One of the major issues that can be seen is the deficiency of Vitamin D, so staying in the sunlight, and partaking on foods that are rich in Vitamin D also helps reduce the issues significantly. Similarly, people tend to overwork and overuse themselves which in turn creates problems, so instead of overworking, one should get proper rest. Taking 2-5 minutes rest breaks are ideal to make sure the body isn't overworked.

Precautions:

- Reducing the rate of traveling on the back seat of vehicles.
- Using support belts to aid the spine and waist while going on long tours and drives.
- For women, reducing the use of high heel shoes.
- Men should avoid putting their wallets in their back pockets which can create an awkward position for the spine while sitting and cause pain.
- If some irritation is felt, going for massages is helpful.
- Acupuncture, Acupressure and Yoga are natural therapies that are highly effective in managing back/neck pain.



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FOOD.

Fries Lover's Dream come true

Shuvekshya Limbu

SNACKS ARE BY far the best meals of the day, if you consider all their pros- they have minimal nutritional value but still manage to taste amazing, also there's nothing more enjoyable than to enjoy good food while munching in front of a TV or amidst conversation with friends. Snack lovers, or foodies might love this particular dish that has been garnering quite an attention on the social media. It's Paalcha's Spiral Potato!

Taking an inspiration from the classic South Korean street food, Tornado Fries except, making it even better by adding a Nepali/Newari twist to it, Spiral Potato is every Fries Lover's dream come true. Dipped in a Batter made from classic Nepali spices, like Chilli, Chat Masala, Jeera, the deep fried spiral cut potato

is than placed in a skewer and fried reddish brown to perfection.

Spiral Potato has become such a favorite that it's almost considered a 'must' among all those who drop by Paalcha. Why wouldn't it? It's a treat to the taste buds, and extremely light on your pocket. If you take a flaming hot delicious bite, you might want to keep coming back for more.

Available at: Paalcha Newari Kitchen, Shanti Kuna, Lalitpur

Price: Rs. 45 per stick



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STARTING A MO:MO RENAISSANCE

A restaurant review of one of the hottest Mo:Mo chains in Kumatipati, Lalitpur.

Biplav Shrestha

“WHAT DO YOU want to eat for lunch today? Do you want to go check out the new Mexican eatery that just opened at Jawalakhel Chowk, or do you want to just go have some Biryani?” a friend once asks me as the clock was steadily approaching 1 pm. Regardless of what and where we eventually decided to go eat, the question itself really got me thinking.

Kathmandu, and especially Lalitpur, has slowly been gathering a reputation as the go-to place for foodies. As someone who has been working in Jawalakhel for the past three years, I can confidently say that exploring these streets on a hungry stomach has always been an experience.

Nestled amidst the numerous restaurants, and clothes & auto

showrooms that plaster the Kumaripari -Mahalaxmasthan Road, Sinka is the collective brainchild of three young individuals Subekshya Hada, Paras Shrestha and Saurav Sah. They were friends from college who decided to venture into an entrepreneurial journey with a vision to make the Nepalese dish of Mo:Mos renowned brand.

The restaurant is located just within the road beside the UFO Clothing Complex at Kumaripati. Although easy to miss at first, once you've managed to find the place, it'll be hard for you to go anywhere else in the future. Sinka is a relatively small but cozy restaurant. The glass entrance ensures that the dining area is illuminated by the natural light throughout the day. If that's not enough, the warm smiles of the ever hospitable staff add to its overall charm. The decor is bright and simple and really brings out the aesthetic beauty of the dishes, though beauty isn't the only aspect bringing hoards of people to this restaurant.

During my visit, Sinka was almost filled to the brim with seemingly happy customers. After a short conversation with one of the owners, I was served two trays with four different dishes in front of me. I started with what looked like a plate of four massive chicken wings. As I started eating it, I realized that the insides of the wings

were actually stuffed with spiced minced meat within the muscles where the bones would have been. I was pleasantly surprised by just how juicy and delicious it was. Although a bit too spicy for my taste, I clearly understood why this “Wings Mo:Mo” was one of Sinka's top attractions. With a glass of chilled mint refresher by my side, I then tried the second dish - the Tikka Mo:Mo. As the name implies, these Mo:Mos were prepared by first dipping them in Tikka gravy and then frying them in a pan. This dish, like the one before it, was also a little too spicy for me but delicious nonetheless. Next up, I tried the Sadheko Mo:Mo Mo:Mos that were marinated in tangy-spicy gravy sauce. It was around this time that my tongue started getting numb from all the spices I had just consumed. I tried a couple and really liked it. It tasted exactly how I thought it would taste. Lastly, I tried the Chaat Mo:Mo. I was both looking and not looking forward to trying it. I had never liked Chaat, but at the same time, I had never thought that I'd actually get to try two different dishes from the two extremes of my food preference spectrum, combined into one dish. Although

↓
I was both looking and not looking forward to trying it. I had never liked Chaat, but at the same time, I had never thought that I'd actually get to try two different dishes from the two extremes of my food preference spectrum, combined into one dish.

hesitant at first, I enjoyed the balance between the sweet and sour of the chaat sauce with the spiciness of the Mo:Mos. All the dishes were prepared perfectly and the bright colors of the unconventional ingredients scattered all throughout the dishes made it a feast for the eyes as well as the stomach. The servings were appropriate for a proper meal and the rates were pretty cheap compared to other restaurants around the area. All the dishes were priced at under Rs. 400, the most expensive being the Wings and Sukuti Mo:Mo at Rs.350.

Although Sinka is doing well all by itself, the 15 varieties of delicious Mo:Mos and various noodles, wraps, snacks, and desserts are just too good to not be publicized to the masses. Since its establishment on the 5th of February, 2017, Sinka has only gotten bigger and better. Plans to establish a new outlet at Kamladi is already in the works. You can even order the dishes from apps like Foodmandu and Bhoj. The restaurant also invents new dishes every three months to keep the menu fresh and exciting. There is no doubt that Sinka is on its way to becoming one of the hottest food chains in town.



Black Water A Cozy Delight

Black Water Restro is a wonderful and cozy eatery that serves mouthwatering selection of dishes. It has opened three branches in the valley. This resto promises their tag "Probably the Best Pizza in Town" to great aplomb.

Siris Maharjan

Knowing that they served "probably the best pizza in town", we opted to try one of their own selection of pizzas. The pizza, which they dubbed "Paesana Pizza", was a sweet yet savory pizza that would warm up to avid pizza lovers and taste-seekers. Topped with bacon, spinach, zucchini and cheese, it was just the right combination of sweet and savory atop a soft pizza dough and warm crust. Priced at Rs. 475 and Rs. 555, it may not be the perfect choice for casual eaters, but it makes you feel

excited and amazed by how good it looks. If you're going with a friend or a partner, the pizza is the perfect two-person delight.

The second dish we tasted was their own Black Water Cheese Burger. The burger itself looked so perfect, you'd actually feel bad about devouring it—maybe not! Well stacked with melted cheese on top a perfectly cooked, succulent patty, there wasn't even the need for an extra layer of sauce on it! Add to that fresh tomatoes, lettuce

and toasted crisp buns, the burger was near perfect. The burger looked and tasted like something straight out of an anime, satisfying with every bite, it is an absolute must-have! Order this wonderful burger off their new refined menu to taste the blissful delight with every bite!

Their special Black Water Fried Chicken was the final dish that we tried, and if we thought the past two dishes would be heavy, this dish changed our minds and we

dove right in! The kind of dish that would be the perfect plate on a relaxing day, the chicken was cooked to perfection and still tender and succulent. The crispy coating on the chicken was just right and not at all overpowering the meat itself. Served still hot with a side of fries and a delightfully tangy tartar sauce, the crispy chicken only left us craving for more! Priced at a justifiable Rs. 425, the fried chicken is a must have at this wonderful eatery for everyone!

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Black Water Fried Chicken: Rs.425
Black Water Cheese Burger: Only available @
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AVOCADO CAFE

With a comfortable and spacious setup and tasty food items on its menu, Avocado Café in Baluwatar is a perfect place for a night out with your friends or by yourself. It is a wonderful place to give your palate a fancy delight.

Siris Maharjan

Despite the spacious and peaceful ambience of the café and great hospitality, the service and delivery took – what appeared at that time to our hungry stomach – a bit longer. The long wait for food does two things: makes you impatient, and gives you high hopes for the food. The food that we were eagerly looking forward to, when brought in, looked fancy and looked properly appetizing.

The true aspect of any food review is obviously the look and taste of the food. The welcoming aura of the place certainly made us hope for just as alluring food to delight our palates. The first dish that we tasted was a wonderful Pasta Bolognese. Unlike the traditional chili taste of a bolognese sauce, the sauce here was rather sweet and paired well with the al-dente pasta. The sauce neatly satisfied our taste-buds. Justifiably priced at Rs. 450, the bolognese was a wonderful stimulus to our impatient palates.

The second dish that we tasted was an Avocado Special Grilled Chicken--a finely sliced chicken breast, marinated in aromatic herbs and grilled. The chicken was resting on a fine helping of creamy mashed potatoes and steamed avocados that almost acted as a sauce itself. Served with some fresh vegetables, the dish definitely delivered in the taste department. Despite being a dish dubbed a “special grilled chicken,” we would’ve loved to have more of the chicken than what was portioned for the dish. With the chicken out of the way, the mashed potatoes and avocados took center stage in the dish, leaving us craving for some more chicken. Overall the dish was a wonderful delight but it felt as if it was targeted specifically to more refined palates and eaters. Priced at Rs. 550, the dish would please anyone looking for a fancy treat, if not for a casual helping.

The final dish we were presented with was an off-the-menu Fruit, Nut and Avocado Salad, with a weirdly sweet balsamic dressing. The cold fruits in the salad, paired with olives and local lettuce, looked like something put together in a hurry, with a few slices of tom-yum chicken. The fruit and nut element were refreshing after the meal that we had had, and the lettuce provided a cleansing taste. The salad formally concluded our meal. Despite the chicken in the salad being a surprising element to the dish, the salad tasted good with all its elements. Order this off-the-menu dish if you want to enjoy it casually after any meal you partake in at this spacious cafe.

Avocado Special Grilled Chicken : Rs.550
Pasta Bolognese: Rs.450
Avocado Fruit & Nut Salad: Only available @
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SHINE

ISSUE 3, RS. 200



STYLE.

Pack for the Holidays

Sirsa Tuladhar

Everybody is free due to holidays this festive and so you are finally able to travel with your friends or family. And isn't that just amazing!

Now we all enjoy taking a trip to the oceans, the hills and the tranquil sceneries for a chilled vacation. But there nothing as scary as planning the trip out, that is planning your wardrobe to fit the destination.

Ease your mind with some of these must haves you luggage should have this vacation.

Rompers

Not only are rompers in trend this year, they are also very

functional. Get yourself a cute romper to match the vacation vibe. Choose bright colors and funky patterns to lift yours and your friends/families spirits.

Jumpsuits

The longer versions of rompers are perfect for your vacations. Light and airy jumpsuits cover up as well as keep you cool. Prefer bright colored Jumpsuits and pair them with flats, a sun hat and shades to complete your look.

Sunglasses

A must have, one can easily overlook. Keep your eyes safe in fashion with

a sunglasses. Choose big sunglasses or small ones, make sure you pack at least one pair to slay it.

Shorts

Another vacation essential is shorts. Buy plain black, ombre or patterned shorts. Pair those with a printed tee or a light airy shirt and a pair of flip flops.

Dresses

Don't we all love dresses and we have a lot of those too. Get the flowy and easy to wear kind for the vacation. You do not want to be weighed down when you are on a cruise or a boat ride. Pair the same with

a flirty sandals and you are beach ready.

Accessories

Okay you cannot only carry clothes, can you? We mean add a few inexpensive jewelry. A feathered earring, a big hoop and a few layered necklaces to spice up all your outfits.

Bag

You need a handy little black bag to carry all of your carry-ons like your lipstick, passport, cash, cards, and a bottle of water and stuff here and there.



Fall Style **NO MUSS, NO FUSS**

From opting for warmer color palettes to accessorizing aptly, fall is all about looking fabulous. If you follow some styling tips, fall style can be tasteful and modestly fashionable.

Upasana Shrestha



Styling during fall can be fun without any muss and fuss. With fall season approaching near, it's time to switch to warmer, cozier wardrobe. Besides, fall is the perfect time to refresh and reinvigorate your attiring style.

Here we present you few easy to execute tips for styling for fall. Adopting any one of the following tips will absolutely boost up your fall style.

Colors

You must have right colors when it comes to styling your clothes for fall season. Fall is all about subtle colors and nothing vibrant. Do not be extreme with colors. A single pop of bright hue in a neutral toned outfit looks ladylike and chic at the same time. Also, autumnal colors such as beige, camel, olive green and russet brown can be incorporated for a neat posh look.

Layered Clothing

Always stick to three visible layers. Do not push too hard while layering your clothes. A basic white top and black leather pants can be layered with a wrap camel coat. For a more feminine look, a floral long dress with a faux fur coat can revamp your look for fall. Faux fur coats, for sure, are trendy and modish. Likewise, an elegant trench coat can be a good piece to layer a simple white blouse and skinny denims.

Denims

Denims are very versatile, and trendy all year round. The plus point is



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Fall is all about subtle colors and nothing vibrant. Autumnal colors such as beige, camel, olive green and russet brown can be incorporated for a neat posh look.

*Wardrobe Courtesy: Tara KTM
Photo Location: Cafe Tara, Maharajgunj*

that both the sexes can easily pull off denims. There are varieties of denim outfits one can go for. Denim jackets for fall are warm enough and not so heavy. Another one is double denim trend which is something not so easy to execute, but when done right it looks unpretentiously stylish. Moreover, they look great with fall colors and can be easily layered with a plain tee underneath.

Boots

Boots are good go-to for fall. Wear it with black skinnies or your favorite flared mini skirt and cool tights for a fall look. There are varieties to choose from: ankle boots, high boots, slouchy boots, and many more. There are knee-high boots that can definitely add luxurious look to your outfit. Then we have combat boots which can be paired with a breezy floral dress that's perfect for autumn. Boots, during fall are easiest means to elevate your apparel.

Accessorize

A floppy hat or a thin belt embracing your waist surely spices up the outfit. Moreover, to add a little elegance and look effortlessly classy, a scarf-tied neck is the liveliest approach. On days when you're not wearing a scarf, accessorizing with a statement necklace is a great way to add some extra spice to your look. Bright colored handbag or clutch when added to a neutral shaded outfit can be flattering as well. Such accessories let you be more relaxed about rest of the outfit.

Smell good

The air is crisper and fresher during fall, and smelling good is a key to polish your entire look. Rock a good scented perfume that is very distinctive so that whenever someone smells it, they associate it with you. Always put on a long-lasting perfume. The best way to make a scent last longer is to basically get yourself a good quality fragrance with greater longevity. Styling during fall, when done right, can look sweeter than sugar. Keep the look simple and more relaxed. Moreover, don't push too hard. So, are you all set for fall?



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FINANCE.

Piggy Banks in the 21st century

Sampanna Shrestha

These days having a savings account in a bank is one of the most common practices. From teenagers to adults, almost everyone seems to have some form of a savings account. With this growing practice, the old school way of saving money, popularly known as "Piggy Bank," has slowly begun to fade out.

Once an extremely common habit, the Piggy Bank is now a thing of the past for many people. Gone are the days where people saved a small amount at the end of a week or month to eventually accumulate into a big savings. This change in habit can be more easily understood if seen from the perspective of the fact that expenses of people have risen by quite a margin in recent years.

Due to the need of people to spend more, their habit of saving small amounts of cash in a Piggy Bank every so often has dwindled, which in turn has shifted their mindset toward saving only significantly larger amounts in more secure locations such as banking institutions when they are able to do that. These days in the 21st century the very idea of Piggy Banks sounds outdated for many people.

Despite the challenges in starting a Piggy Bank for oneself, the whole idea isn't entirely impossible. After all, that is how people saved up in the past. For starters, you can begin by simply putting away Rs. 500 to 1000 or any amount you wish in an extra purse or wallet, and storing it somewhere where you are unlikely to look often, such as hard to reach shelf or cupboard. This way,

the Piggy Bank can be safe from your daily spending, and you can try to make an extra effort toward adding additional small amounts to it.

These days having a readily available source of cash is a common norm in the society. With ATM machines around various spots of the city, getting cash right away is not a problem. But there are those occasions when one cannot access an ATM right away or something urgent comes up at home. It is at those times that the handy old Piggy Bank at the top of the shelf comes to save the day. Savings is invariably a long-term effort, so if one is to approach the practice of "Piggy Bank," then it must be done with that thought in mind. At the end of the day, no one really minds having a small stack of money safely tucked at a corner in the house.



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FIVE TIPS TO TRIUMPH THE

Entrepreneurship Game

Mahim Singh, the Program Manager at Nepal Entrepreneurs' Hub, shares his expertise on entrepreneurship to guide aspiring entrepreneurs in the road to success.

Prajita Shrestha, Illustration by Bishwas Basnet



1. Be self-reliant

The key mantra for a stable business is to hire the best professionals available in the market, but never to ever be totally dependent on these employees. This is one of the major mistakes entrepreneurs make they completely rely on their employees and once these employees leave, the entire business suffers a massive downfall. That is why entrepreneurs need to have something in themselves to keep the business going even after key staff resign.

2. Think big

Most aspiring entrepreneurs, for the fear of taking a huge leap, tend to think small. They don't prepare themselves for the situation whereby the business becomes a huge success or when the influx of clients increases exponentially. As a result, once the business starts taking off, these entrepreneurs get bewildered and are unable to cater to their customers, resulting in a downfall of their business.

3. Get into action

While it is necessary for entrepreneurs to do an extensive research, they

need to make sure that they don't end up just doing research. A better approach is to pull up their socks and gradually take feedbacks from their customers in order to come up with modifications that better suit the market. Entrepreneurs need to go hands-on and only then start reiterating their initial plan.

4. Track everything

Business-related things are certainly difficult to remember. Entrepreneurs meet a lot of people and collect a lot of ideas, but since they don't keep a journal of these activities, they lose track of everything. It is advisable that entrepreneurs maintain a record of everything, and not just financial



Fall is all about subtle colors and nothing vibrant. Autumnal colors such as beige, camel, olive green and russet brown can be incorporated for a neat posh look.

transactions, so that in the future they can come back and find out where exactly they went wrong and how they can rectify their mistakes.

5. Have an exit plan

The bitter truth is that nine out of ten business plans don't succeed. God forbid but if such situation were to arise, entrepreneurs should be mentally and financially prepared, otherwise they might end up losing everything they have. A rational entrepreneur should accept that there's no use trying to save a sinking boat. Entrepreneurs need to decide earlier on what will happen to the liquid assets and partnership, in case the business were to fail.



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HOME.

4 REASONS TO GET A PET

Biplav Shrestha

In this day and age, there is little doubt that people love their pets. You don't need to look much further than your own neighborhood to find people walking and playing with their dogs and cats to even rabbits and birds with wide smiles on their faces. Once established, the bond between a furry companion and their caregiver can never be broken. Nevertheless, there are still a substantial number of people in the world who haven't experienced the joys of having a pet. Sure, in many cases, it can actually be a good thing to not have one; but for people who are in the position to bring a pet in their lives, the benefits are actually quite substantial. Here are 5 good reasons why you should get a pet!

THEY HELP YOU AND YOUR FAMILY KEEP FIT

Fact! Working out and being fit reduces the risk of heart disease, cancer, obesity and extends your life. All pets require regular exercise and playtime. This means that you implement an active lifestyle yourself. It's understandable that you can't always be around to walk

and play with your pet. This is where the rest of your family comes in. Having a pet around gives them an option to take some time off of their daily routine to engage in some physical activities. This is a win - win for everyone.

THEY PROTECT AND SERVE

This is probably the primary reason people get dogs (or cats) in the first place. Pets have proven time and again to be more effective and efficient than even some of the most expensive

security systems available. Their heightened sense of smell and hearing makes them the perfect companion to keep off unwanted intruders.

THEY PROVIDE YOU WITH AN UNPARALLELED EMOTIONAL SUPPORT

Your friends and family will not always be around when you need them. There are times when the world feels so cold and distant that the silence around you feels deafening. However, your pet will always be there for you, regardless of what the circumstance might be. They might not understand what you're saying but they provide you with a sense of empathy which is unmatched by even some human counterparts.

THEY TEACH YOU TO BE RESPONSIBLE

Pets are like children, but with the maintenance level way down. Chances are, if you can't handle a pet, then you aren't ready to handle a baby or an elderly. Having a pet teaches you the ins and outs of being responsible towards not just your fellow humans but also towards the world as a whole.



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DECORATING WITH MASON JARS

When it comes to craftiness, it's hard to beat the versatility and usability of a Mason Jar. These simple little containers can be used for just about anything- from being a flower vase to a great storage solution.

Shuvekshya Limbu



If you're thinking of decorating your room but also have limited time at your disposal, there might be the perfect solution for you; Mason Jars! Excessive ideas spread across Pinterest and Buzzfeed, has Decor Enthusiasts flooding to their local stores, to purchase this affordable yet convenient decor article. Better yet, if you have a lot of old glass bottles, it's a great way to spice up your room, along with being an environmentally sustainable solution.

Now bits and pieces of articles in your room, that you have a hard time storing, for instance bobby pins, hair

ties, paper clips can have a room of their own. This is what makes Mason Jars such a great storage solution.

To take things up a notch, here are some equally innovative and practical ways you can use Mason Jars to add a touch of organization and spunk to your room:

Vase for your flowers

Spring has receded, and winter is here bringing along it's all too familiar gloom. However, that doesn't necessarily mean that you have to wave Spring goodbye. One way to restore brightness, is to place fresh flowers in your room. There are many varieties of flowers that specifically bloom during winter- Pansy and Hydrangea to name a few. Placing that on a table as a centerpiece adds a spunk of color.

Lighting it up

Good smell lifts the mood and creates a peaceful ambience. Smell has a lot of psychological and emotional effects on a person. Research suggests that good odors can reduce stress, boost attraction and help you sleep all the more reasons why it is essential that you keep your environment smelling fresh. One innovative way to do this is to place, small scented candles inside Mason Jars, which not only spreads a sweet odor of positivity but Mason Jar Lanterns look lovely anywhere around your home.

Planting little lives

Gardening is such a therapeutic activity- working with your hands and seeing a living organism grow and become more than what it used to be. If you're new to Gardening Succulents and Cactuses are a great way to start, because they are easy to care for and

need only be watered twice a week to keep them going. Mason Jars provide the perfect home for these little plants, considering they don't grow rapidly, and thus you don't have to constantly move them into into a bigger pot. What's more, placing them on your window sills or porch look so pleasing to an outsider.

Home for your stationery

This is the simplest way to use a Mason Jar, but is still functional. If

you're crafty person, than you can organise your Fine Liners, Hi Lighters and Calligraphy pens into separate Jars. This way they are easy to sort and reach when you have the creative juices flowing.

Storage solution

Have a lot of bits and pieces lying around your house? We all have those frustrating moments when you can't

find what you're looking for amidst all the cluttered mess. Mason Jars are such a great storage solution for people who have a hard time finding things. For ladies, it's a great solution to store all your bobby pins, hair ties and cotton swabs. Better yet, you can also make a great sewing kit, just enclose the opening of the jar with a thick cloth where you can also insert all your sewing needles.



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Smells like Tihar Spirit

Tihar is right around the corner, we have picked a few do-it-yourself room fresheners that will leave you with an air so fantastic, you will be stunned.

Kumudini Pant

THE SENSE OF smell, like a faithful counselor, foretells its character." No truer words have been said on the topic aromas than Jean Anthelme Brillat-Savarin has. We've all been in a place where something that smells good, whether it's a room, a piece of clothing or a person, it sends our mind into an overdrive. It is often believed that if something resonates well with our sense of smell, its attractiveness increases tenfold.

No matter how great your room looks, or hard you have worked on making it spotless, a rusty, smelly scent will make all your effort worthless. So, with Tihar right around the corner, we have picked a few do-it-yourself room fresheners that will leave you with an air so fantastic, you will be stunned.

Essential oil is one of the most significant parts of making a natural DIY room freshener. They

are basically aroma compounds extracted from plants found in the form of liquid. Each scent obtained from different plants has different essence. Interestingly, they're used as a therapy for anxiety, stress and even depression by inducing relaxation.

Spray Bottles Air Fresheners

- Requirements:**
- 10 Drops of Preferred Essential Oil

(For example: Wild Orange)

- 1 tbsp. Baking Soda
- A Clean Spray Bottle
- Distilled Water
- Vodka/ Rubbing Alcohol

Method

- Mix the drops of wild orange essential oil with baking soda.
- Pour the mixture into the spray bottle and fill 1/3 parts of it with distilled water.

- Add vodka/ rubbing alcohol in the remaining 2/3 parts.
- Shake well before each use.
- Spray it in your office, rooms, and kitchen and you will have your favorite scent of wild orange accompanying you throughout the day. It is also applicable in clothes, curtains, carpets and furniture.
- If you don't have rubbing alcohol or vodka, you can make the freshener with just water, but the alcohol does make the scent last longer.

Gelatin Air Fresheners

Requirements

- A glass jar with a frog lid.
- Mixing Bowl
- Spoon
- 1 packet of gelatin powder
- Food coloring (optional and according to preference)
- 6 drops wild orange essential oil
- 5 drops cassia essential oil
- 5 drops clove essential oil

Method

- Mix gelatin powder with ¼ cup of hot water into the mixing bowl and stir until the powder is dissolved.
- Add food coloring if you want to create the shade you like.
- Pour ¼ cup of cold water into the mixture.
- Add all the essential oil for the fragrance.
- Pour the mixture into the jar, close it with the frog lid and put it in a cool place to set.
- After the final product is ready—it will look like a translucent jelly—you can move it to any room of your choice and let the magic happen.

Glass Jar Air Fresheners

Requirements:

- Glass Jar with Lid
- Uncooked Rice
- 20 Drops of Lavender Essential Oil
- 5-10 Drops of Peppermint Essential Oil

Method

- Fill the glass jar with uncooked rice.
- Add the drops of lavender and peppermint essential oil.
- Close the lid and shake the jar so the seeds are well-acquainted with the liquid.
- Poke many small holes in the lid of the jar with something sharp, preferably a compass or a needle.
- Place the glass jar in any room that

you would like to freshen up for Tihar.

- This method lasts for 2-3 weeks in which case you can just add more essential oil into the jar and reuse the rice.

Simmering Technique for Your Kitchen

Requirements:

- 3 springs of rosemary
- 1 lemon
- 2 cups of water
- 2 tablespoons of vanilla extract

Method

- Pour two cups of water in a pot and put sliced lemon in it.
- Put the pot on the stove, the stove on simmer (letting the water stay below the boiling pot, instead just allowing small bubbles to erupt in the liquid) and add the 3 springs of rosemary in it.
- Add vanilla extract into the water.
- As the water starts evaporating slowly, you can smell the amazing scent in your kitchen.
- In order to have the fragrance last, keep adding water to the mixture according to requirement.
- You can simmer these ingredients for two consecutive days.

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CLEANING HACKS FOR Non-Hacky Tihar

Tihar is a festival that comes with its fair share of workload. With cleaning every nook and corner of the house, decorating living spaces with lights and candles, making selroti and having separate pujas each day, the amount of hard work and attention to detail that goes into making the holiday perfect is endless. In order to help you make this Tihar a little easier, we have gathered some cleaning hacks for you

Kumudini Pant

A festival of lights, gifts and joy, Tihar is here once again to reinvigorate our love of holidays. Filled with food, card games and days devoted to varying purposes, the festival is among the most anticipated time of the year for all Nepalese scattered over the world.



QUICK TIPS

Buy vinegar, it works as an excellent cleaning acid.
Don't throw away torn clothes, use them as rags instead.
One object might have multiple use. Don't be afraid of trying them out differently.
It's not a waste, it's multi-purposed.
Sanitation should be paid attention to all year round and never compromised; this habit makes Tihar sanitation easier to handle.

The cleaning hacks listed below are not only practical, convenient and extremely helpful, they will also make your workload less heavy, giving you an opportunity to spend more time with your loved ones during the holiday.

more cleaning. It's a practical, easy and convenient method for cleaning.

Splattered Microwave

Getting rid of stains inside a microwave can be a headache for many people. The insides are constantly filled with food to be heated throughout the day because of which its walls are often splattered with bits and pieces. To get rid of them, you can put water in a bowl without lid, and let it heat inside the microwave for 5-10 minutes, depending on how dirty it is. After taking out the water, wipe the interior with a cloth. The stains will come off easily. You can use lemon water for an added ingredient of refreshing smell inside the equipment.

Fogged up Headlights:

Take a mixture of toothpaste and baking soda, apply it with a cloth and rub onto the headlights of your car or motorcycle, any vehicle. This gives you a clean shine like a newly bought one. The whitening agent of the toothpaste clears up the fog of the lights, making it brighter, visible and more practical when driving.

Removing Pet Hairs:

A squeegee is mostly used in bathroom to control the direction of the water flow, but it can also be used to get rid of pet hairs. Removing them from all the surfaces in the house is atrocious. But it might surprise you how easy it is to use a squeegee to collect all the hair particles from your carpets. Collect them all in a single place and then vacuum it. And there you have a clean, hairless carpet.

Cleaning Idol Statues

Brass and copper statues of religious idols along with other ceremonial appliances made out of the same metal are often stained with *tikas*, smoke and sticky black burn marks. Cleaning out the mess takes a lot of time and effort. Make a solution with flour, salt and vinegar; mix it with an expendable toothbrush. Use the same toothbrush to clean the statues of Gods and Goddesses or the brass *tika* plates, bells and *diyos*.

Removing Hard Water Stains

Hard water stains are especially found in shower fixtures, toilet bowls, tubs and sinks. There are a number of ways to remove them. To remove the stain from shower fixtures and steel sinks, cut a lemon in half and scrub the surface with it. The citric acid will cut through the stain. Similarly, to remove the orange marks that take over your tubs and toilet bowls, use distilled vinegar as a cleaner. It dissolves the hard water stains. Leave it on for twenty minutes, scrub and flush. You will have yourself a stain free bathroom.

Cloth Covered Broomstick

Take your regular broomstick and cover the ends with a long, disposable cloth by tying it with rubber bands. Use it to clean webs and dust settled at high places that are hard to reach easily. This way, even though you use a lot of force on the broomstick, the pointy ends won't chaff the paints on your ceilings since they're covered, preventing fallout; which prevents

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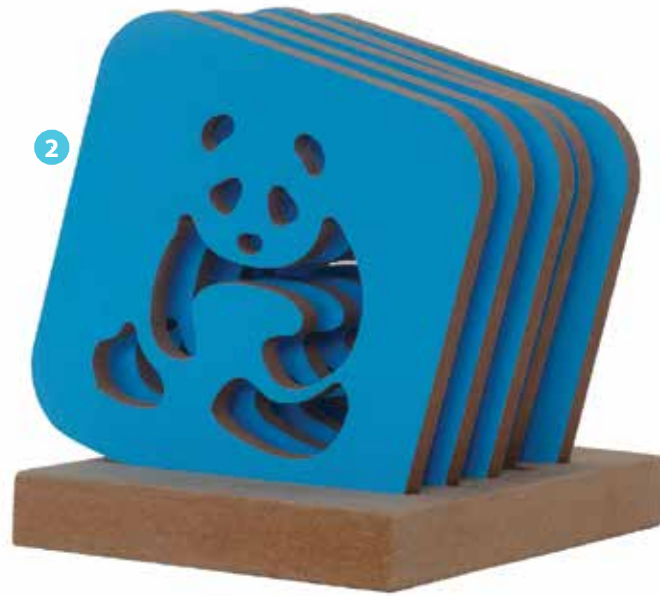
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- 5. Felt Giraffee, Rs. 580 and Rs. 310
- 6. Vase, Rs. 900
- 7. Photo Frame, Rs. 160
- 8. Coasters, Rs. Rs. 75 each



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- 4. Round Mat Cushion: Rs. 855 each
- 5. Tissue Box: Rs. 1275
- 6. Round Soup Bowl: Rs. 180, Coffee Mug: Rs. 160 and 150
- 7. Bed Sheet: Rs. 2390, Pillow Cses: Rs. 450 each



SHINE





AN EXPERT'S GUIDE TO Your First Car

The automobile market is booming internationally. The Nepalese auto-market is also taking strides, especially with the introduction of newer vehicles in the market. With different types of vehicles entering the Nepalese market, first time purchases might put a lot of time and consideration in purchasing their first cars. We met with Mr. Bibek Bijukchhe, CEO, Pooja International to get his expert opinion about the major factors that should be taken in account while purchasing a car.

Siris Maharjan, In Conversation With Bibek Bijukchhe

In Nepal, people tend to purchase cars as status symbols rather than for their utility. Automobiles are already more expensive in the Nepalese market. People in the valley tend to use motorbikes more due to the high utility value it presents, especially on the roads of Kathmandu. However, having car directly signifies a high status quo in the Nepalese society. When a neighbor or a friend from the peer circle purchases a car, it creates a difference in status. Seeing the difference in the status, and resource people tend to be drawn towards the automobile market and look to purchase cars.

One need to keep a lot of factors in mind when

purchasing a car. Given that a status quo in society acts as the first factor in car purchases in Nepal, the cost of it acts as the second factor. The equal installment policies in the market require a minimum of 25-30 thousand rupees as monthly installments, even for the cheapest cars, excluding the fuel and maintenance costs. People also tend to keep in mind the road and traffic conditions in Kathmandu alone as possible factors affecting vehicular purchases.

Ideally there are two aspects of owning a car: necessity and luxury. As a necessity, the car will take you from point A to point B, but with that necessity comes the added ambience, airbags

and other features that provide the luxury aspect. In today's context, safety features in a car should take topmost priority. Keeping the available safety features is a key part in purchasing your first car. Along with safety features come the build quality of the car and its reliability. The reliability of the car refers to the level of performance that the car can offer before any problems are seen. Keeping the safety features and reliability topmost, one can look for extra comfort features later.

Different cars appeal to different age groups, and the social strata of the purchaser also plays a part in automobile deals. The difference in social strata determines the choice of

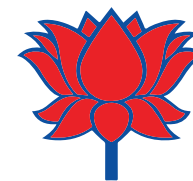
cars one can purchase. Considering the age factor, the younger population has a different taste in cars than adults. While stylish and powerful cars appeal to younger crowds, the adults might prefer comfortable, family vehicles.

Given the developments that have been seen in the automobile sector, a lot of the new cars have been designed to bring more appeal and better performances. Compared to the cars that were in the market during the past decade, a lot of smarter, more efficient vehicles have been developed, making the automobile market more exciting for car enthusiasts than ever before.

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Calendar



5th Jazzmandu 2018

The Cadenza Collective join Nepali classical musicians and a selection of international artists for an evening of fusion in a courtyard venue.

Tickets: Rs 1600 (Gates open at 5.30 pm and close at 7 pm. Please be seated by 5.45 pm. Seating is limited, and a ticket does not guarantee a seat.)

Date: Monday, November 5th 2018 (6:30 PM- 8:30 PM)

Location: Kantipur Temple House, Thamel, Kathmandu

24th Jamarko- Jatra

Project Sarangi brings you "JAMARKO JATRA" - Nepal, creating a unique folk music festival in Nepal, free for all music lovers. The festival will showcase music, instruments and live performances from ethnic groups from all over Nepal. With resonating sounds of traditional handmade instruments, experience the musical stories of indigenous people of the Himalayas.

Come, support, enjoy this unique folk music festival in Nepal.

Date: Saturday, November 24th 2018

Location: Patan Museum, Patan Durbar Square, Lalitpur

3rd Com Cos Con - Comic and Cosplay Convention Nepal 2018

Their is an idea to bring together fans of Anime, Manga, Comics, Cosplay, Games and Pop Culture in Nepal. Otaku Next in collaboration with Arbitrary Events brings you the Fourth Comic and Cosplay Convention

Location: Heritage Garden

Date: 3rd November 2018 (10Am-6PM)

24th Walkathon Volume IV - "Together For Hope"

Walkathon Volume IV - "Together For Hope" is an yearly event organized by Rose Foundation Nepal to spread awareness about breast cancer and promote Breast Self Examination in Nepal.

The registration form for student is Rs. 400 and Rs. 500 for non-student. Every participant who participate for the walk will receive a free t-shirt, pink band and first aid if needed. Hope to gather all to celebrate Walkathon Volume IV - "Together For Hope" (Breast Cancer Awareness).

Date: Saturday, November 24, 2018 (7 AM - 12 PM)

Location: Gusingal, Lalitpur

3rd An Extraordinary Journey Premiere Show & Volunteer's Retreat

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

Date: Saturday, November 3rd 2018 (1 PM- 3PM)

Location: Kaveri Inn, Pasupati Road, Kathmandu

**4th
BFI Flare Short-film
Screenings**

British Council in partnership with BlueDiamondSociety #BDS and the third edition of Photo Kathmandu invite you to a public screening of short films from the British Film Institute's Flare: London LGBT Film Festival (BFI Flare). A collateral of the ongoing Photo Kathmandu Festival, the program celebrates the theme of the diversity, inclusivity and equality.

Date: November 4th 2018 (5 PM - 7 PM)
Location: British Council Nepal, Lainchaur, Kathmandu, Nepal

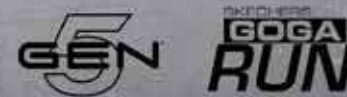
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