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.....
Malvika Biswas

Can Parents be friends with Their Children? 38

In this new era of modern parenting, parents and children can be friends but on the other hand we need to be a parent by bringing structure and discipline in the children lives. The real challenge is trying to bring the balance between being a parent and being a friend to our children.

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Prity Shrestha Rajbhandary

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Mimon Manandhar



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editorial.

Winter has begun and along with it the season of marriage. A lot of our relatives and friends will be tying their knots. If you are planning on binding yourself in the holy matrimony, we bring you the ideal guide on how to select the perfect ring for your significant other.

A cup of tea can be your best friend during this freezing weather. Our food editors have brought you the list of teas that are available in the market for you to grab to warm you up this winter. And what can compliment a cup of tea more than cookies? Bake yourself some homemade sugar cookies with the no-fail recipe.

As parents, we teach many things to our children for their safety and survival. And in this process we too learn a lot from them. We all have been through this teenage period when we were rebellious and trying to create our own image. This is the age where we as parents have to use our experience to be extra careful in tackling the children from making any bad decisions. We here at Smart Family are very much focused on this section as most of our readers are parents.

Finance is the topic which cannot be left out from when we are talking about home making. And our financial editorial team has gathered much needed information on vehicle insurance; why we need it, the cost, and its benefits. Along with insurance, there is basic knowledge about investing in stocks for you so that you don't end up losing money instead of earning.

Family room is a concept that has been practiced in the western lifestyle from a very long time along with kitchen islands which are not very popular in our context. We bring you the full information on these topics to clear out their advantages, use and purpose.

Our Smart Family editorial team has tried to cover every section possible to provide our readers with the best information consulting with the experts of the related field.

Sincerely,

Smart Family Team

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expert panel.

Smart Family, being an absolute utility based magazine, we believe that the information provided via magazine should be substantiated hence, to endow readers with authentic and quality information. We have experts for each section in our magazine. Our expert panel for this issue includes orthopedologist, psychologist, interior designer, chef and finance-expert people, who have verified most of the articles in this magazine.

FINANCE

DEEPESH VAIDYA

Deepesh Vaidya – Founder/ Managing Director of Kriti Capital & Investments Ltd. is the Investment Banking professional with work experience of more than 15 years in Capital Markets of Nepal and US. Mr. Vaidya completed MBA from Kathmandu University School of Management and from Brandeis University, USA under Fulbright Master program. Kriti Capital is a boutique investment banking firm based in Nepal specializing in investment management services to individual/ institutional investors; and in venture deal facilitation services for SMEs.

HEALTH

DR. AJIT KUMAR GURUNG

Dr. Gurung is a Senior Consultant Neuropsychiatrist at Norvic Hospital (Thapathali), Nepal Police Hospital (Panipokhari), and at Medicare National Hospital (Chabahil).



FOOD

KESHAV SHRESTHA

Keshav Shrestha is an executive chef at Shankar Hotel since 2014. He has more than thirty years of experience before joining Shankar hotel. Mr. Shrestha has gain his expertise as chef from Hilton hotel (abu Dhabi), Part Hyatt(Australia) and Hyatt hotel (Nepal) and many other hotels.

MENTAL HEALTH

PAVAN KUMAR YADAV

Pavan Kumar Yadav is a psychosocial counsellor and trainer at Transcultural Psychosocial Organization Nepal, working on the ELRHA project of University of Colorado. He did his MA in Psychology from Tribhuvan University.

NUTRITION

KABITA MAHARJAN

Nutritionist at Nepal Cancer Hospital and Research Center since 2015, and has worked several years in the past at Diabetes Thyroid & Endocrinology Care Centre, Kupondole.



HEALTH

DR. RUPESH VAIDYA

Dr. Rupesh Kumar Vaidhya is the present executive chairman and consultant orthopedic surgeon at Suvachya International Hospital and Research Centre, Sitapaila. He's been practicing surgery for 17 years and has completed M.S. Ortho (Master of surgery, Orthopedics).

FINANCE

SABIN PANTA

Mr. Sabin Bikram Panta is an Assistant Professor at Kathmandu University School of Management (KUSOM). He has expertise in portfolio management, corporate finance and financial institution management. He did his Master Degree in Finance and Banking from Griffith University, Brisbane, Australia and MPhil in Finance from KUSOM. He is also an alumnus of Indian Institute of Management, Ahmadabad, India. He has more than nine year's of corporate experience before joining KUSOM. Prof. Panta has published his articles in various national and international journals.

DECOR

SUBAN RAJBHANDARI

Mr. Suban Raj Bhandari is the Director/ Interior Designer at BLOOM DESIGN STUDIO. He passed his BA honors in Art and Design from Bellerby College, Brighton, England.

HEALTH

SUSHIL THAPA

Mr. Sushil Thapa, owner of Diagonotech support, is a quality management expert in health care service. With twenty five years of experience in the field of Health Care Quality Management, he is an ISO lead auditor and Six Sigma Black Belt holder.

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→ Question Mark

HOW TO CHOOSE THAT PERFECT RING?

Photos taken at Asri Jewelers

SF Editorial



It's never about what you like when it comes to buying that perfect ring. You may love gold, but she prefers platinum. You might like a certain cut, but he prefers a much simpler ring. Remember, it might be your wallet, but it is your better half's ring. You don't have to wear it for the rest of your life, your partner does!

If you thought buying a car is stressful, you haven't seen what it is like to buy a ring. Shopping for a ring is very stressful, but then again, it is also one of the most memorable purchases of your life. There are many types of ring, such as diamond ring, gold rings, or semi precious stone studded ring.

Let us consider diamond rings. When you decide to buy a diamond ring, you should take your time and ask for help from the people from the shop. Remember there are four C's:

cut, carat, clarity and color, when grading a diamond. The best color for a diamond is no color at all. The lower the amount of blemishes and flaws, the better clarity it has. Choose your cut, round brilliant, marquise, pear, princess etc, and simply state the carat you want.

The next thing to consider is the style. There are traditional and elegant style rings, stylish and outgoing style rings, nature style rings, and romantic and timeless rings. Ravi Shrestha, Director at Asri Jewelers says, 'It's always a big deal for couples to buy that one special ring. Personally, I prefer the classic solitaire design, which is a timeless design showcasing a center diamond without any distractions.' Choosing a ring is easy, but choosing the perfect ring takes a special effort.



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Xiaomi Redmi Note 4

Released in August of 2016, this is an improved version of its previous version; Xiaomi Redmi Note 3.

- Display: 5.5 inches
- Resolution: 1080x1920 pixels
- OS: Android v6.0 (Marshmallow)
- CPU: Deca-core 2.1 GHz

- Memory: Internal 16 GB, 2 GB RAM 64 GB, 3 GB RAM

- Card Slot: Upto 256 GB (uses SIM 2 slot)

- Camera: Primary: 13 MP Secondary: 5 MP

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KNIVES FOR YOUR HOME KITCHEN

Don't fritter away your time and money with knives you'll never use. Equip your kitchen with only essential ones.

Rashmita Tuladhar

How many knives do you really need in your kitchen to be a great cook at home? The whole set? Think again. How often are you really going to use each of those knives? Do you know the difference between a chef's knife and a paring knife, or the proper way to use each one? The truth is you really only need four knives to get started.

With these four tools and a lot of practice, you'll take your knife skills (and hopefully your cooking skills) from the novice to the expert level in no time. Whether you're dicing apples, or boning a chicken, equipping yourself with proper knives for the task at hand makes life easier (and safer) in the kitchen.



THE CHEF'S KNIFE

The chef's knife is one of the most used versatile knives in your kitchen, and it can be used for almost any chopping, slicing, trimming or carving. Originally, this type of knife was intended to slice large cuts of beef. However, its multi-purpose nature, from cutting meat to dicing vegetables, makes it an extremely flexible and useful knife in any kitchen.



CLEAVER KNIFE

The knife most likely to be seen in a horror movie is the cleaver, a large, usually rectangular knife. This tool is used to chop, shred, pound, or crush food ingredients. The blade of the cleaver is thick, somewhat heavy and well balanced with a beveled cutting edge. The slanted blade allows you to chop through vegetables or hard materials, such as bones precisely. If the handle is flat on the end it may be used to crush seeds, garlic or other similar ingredients as well. Some of the cleavers have a hole, typically at the top end of the blade to allow for easy hanging during storage.



PARING KNIFE

It is commonly used in the preparation of fruit and vegetable items, since the narrowness of the blade makes it easier to change direction mid-cut. Its simple, straightforward and sharp blade is ideal for tasks as routine as peeling fruit or vegetables to deveining shrimp, or creating delicate garnishes. A good paring knife will probably be your go-to tool for just about anything that you say "I need a knife for this," but for which you don't need a huge, sharp, dangerous knife.



BREAD KNIFE/ SERRATED KNIFE

A bread knife has a serrated blade, which is ideal for slicing bread and pastries. The serrated blade is long and straight to allow for even and precise cuts. They are also great for slicing soft fruits or vegetables where you want to avoid squashing, as in the case with super ripe tomatoes.

INDOOR PLANTS FOR YOUR HOME

Plants always represent calm and freshness. It is always a good idea to have plants indoors, because it changes the entire outlook drastically. It looks great on bookshelves, on your tables, next to your windows and doors, you can even hang them in places. Indoor plants aren't all that demanding as well. As long as you remember watering them on time, they will stay happily green and, grow healthy and well before your eyes.

Visit a local pottery shop, and choose flower pots that you like. Clay pots come in various sizes, shapes and colours. Indoor plants can be bought at various nurseries. They even deliver at your doorstep. Some of the most easily available are

tupidanthus, areca palm, aloe vera plant, cactuses, donkey's tail plant and Dracaena Lemon Lime, however there are many more.

Remember to water the plants once a day in winters, and twice a day during summers. You can also always keep a little saucer at the bottom of the pot with some water if its not always possible to water them frequently. If you haven't watered them for a while and it has started to wilt, give them enough water and place them where there is enough air circulation. They will be back to good a in few days. But overall indoor plants aren't much hassle and are quite easy to maintain.

Photos taken at Bloom & Blossom Bhatbhateni



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Farmers Market at Le Sherpa

Every Saturday, Le Sherpa hosts one of the biggest and most diverse gathering of high quality local products in the valley. In their lovely little garden area of their restaurant in Maharajgunj, they bring together some of the finest and freshest produce from across Nepal. Here you will find organic fruits and vegetables, a variety of European cheeses, fresh fish, artisanal breads and pastries, organic honey, home-made chutneys and jams, artisanal meat, and delicacies from Kathmandu's top restaurants such as Chez caroline and The Old House.

A perfect place to gather with friends and families, and do your weekly grocery shopping. You can also grab a beverage by Le Sherpa to quench your early morning thirst, sit down amidst the market, and try all the other variety of items the market has to offer. It is a perfect place for clients, farmers and artisans to gather and indulge in discovery, debate and tasting. Everyone is welcome to visit and support fresh food producers. Le Sherpa also serves a special brunch menu at the restaurant and a happy hour throughout the day on Prosecco, wine, beer and cocktails.



HERO MOTOCORP INTRODUCES THREE NEW MOTORCYCLES

Reiterating its commitment to introduce youthful, efficient and reliable products for customers across the globe, Hero MotoCorp Ltd. (HMCL), the world's largest two-wheeler manufacturer, launched three new motorcycles in Nepal on November 21, 2016. The new bikes are spread across different segments - Splendor iSmart 110, Super Splendor 125cc and Achiever 150 – that cater to a wide customer base.

The Splendor iSmart 110 is powered by the new 110cc 'Torque on Demand' engine, which also features Hero's patented i3S (idle stop start system) technology. The bike also comes with a new chassis and frame. The high-tech and modern Splendor iSmart 110 is a category-defining motorcycle, offering best-in-class performance and fuel efficiency. The bike is now available at all Hero dealerships across Nepal, at an introductory price of NPR 1,66,000 (Ex-showroom Kathmandu).

The Achiever 150 makes a strong technology statement with the new BS-IV compliant engine that also features the Hero patented i3S technology. In addition to delivering best-in-class performance and fuel-efficiency, the new Achiever 150 comes with bold styling and offers premium riding experience. The new Achiever 150 is available at an introductory price of NPR 2,03,000/- (Ex-showroom Kathmandu) for the Disc variant.

The highly popular 125cc variant of the iconic Splendor, the Super Splendor with i3S technology was also launched today. The Super Splendor now provides the same power and performance with even more convenience, thanks to the i3S technology on board. The Super Splendor is now available at all Hero dealerships across Nepal, at an introductory price of NPR 1,76,000 (Ex-showroom Kathmandu).

14TH HANDICRAFT TRADE FAIR & 12TH CRAFT COMPETITION 2016

Federation of Handicraft Associations of Nepal (FHAN), in cooperation with Ministry of Commerce, Nepal Trade Integration Strategy (NTIS Program) organized the 14th Handicraft Trade Fair & 12th Craft Competition 2016 held from November 25 to 29 2016 at Bhrikutimandap Exhibition Hall. More than 200 exhibitors showcased crafts ranging from home décor to home textile, personal accessories to precious metal crafts and so on.



SOALTEE CROWNE PLAZA GOLDEN JUBILEE GOLF TOURNAMENT 2016

Soaltee Crowne Plaza organized a Golf Tournament on the occasion of 50th Golden Jubilee Anniversary of Soaltee Hotel Limited at Gokarna Forest Golf Resort on Saturday, November 26, 2016. Participated by 100 golfers, the tournament was played over 18 holes on a stableford format with 3/4 handicap allowance. The winners were awarded with trophies along with hotel dining vouchers, followed by a cocktail dinner ceremony at Megha Malhar hall, Soaltee Crowne Plaza Kathmandu. The major sponsors, Nabil Bank, Pooja International Nepal Pvt. Ltd., Civil Group, Colors Mobile and Dragon Air. Soaltee Crowne Plaza were given special thanks by the resort for extending all their support towards making this event a success.



FAIR TRADE CHRISTMAS BAZAAR 2016

Fair-Trade Group Nepal, German Embassy Kathmandu and GIZ Nepal conducted this year's Fair Trade Christmas Bazaar at the premises of German Development Cooperation (GDC) Office and its adjoining streets on 26th November in Sanepa. The stalls showcased Fair Trade Christmas gifts, traditional German mulled wine and good food perfect for the entire family. There were more than 35 stalls that offered the 2000+ visitors a large variety of fair trade products, from Pashmina scarfs and silver jewelry to bags, purses and artwork, as well as Newari, international and organic food.



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Mobile Etiquettes 101

Sanjay Golcha

IN MODERN TIMES, it seems a lot of things has surpassed the state of being 'important' and has shifted to being 'urgent.' Like the person in front of you is not that important anymore, and instead receiving your call or message seems to be at a state of urgency. The family members next to you on the dinner table aren't that important as you give them very little of your attention. Instead swiping your fingers across a social media app on your phone seems urgent-er. In a way, you are communicating that you value very little of the time and presence of the one in front of you.

Here is one basic etiquette you need to remember; while hosting or attending meetings and social gatherings, always keep your mobile phones in silent mode or turn it off. It is very disrespectful to answer calls or reply to messages during these situations. But if the call is really important for you to take, excuse yourself first, answer softly, and try to make it short and quick. Take this situation for instance that I underwent just a few months ago. I went into a hotel and tried to get myself checked-in, but the receptionist was busy on the phone and kept on at it for the next fifteen minutes or so. Since it seemed to be taking forever, what I did instead was call the hotel itself, answered by the same guy, and standing right in front of him, I asked him to check me in on the phone. He was obviously bewildered, and in this state I asked him if I could get a bit of his attention. This is a very basic etiquette that everyone should follow, more so in a hospitality based establishment than others.

I'm sure many of you have also dealt with "Yo kata paryo?" question on your mobile phones. A habit carried down from our yesteryears, when the only

phones were landlines, this phrase is still used today. When not sure if you have the right person on the phone, introduce yourself first and then politely ask the person on the other end. The one you're calling may not have your phone number saved. Send a text message introducing yourself and asking for permission to call. And when it's you getting the message, call or reply the person promptly.

HERE ARE A FEW OTHER DO'S AND DON'TS OF MOBILE ETIQUETTES

- When you are in a restaurant- dining, having lunch with someone, be a good dining companion. Don't text or answer a call unless it is really important. No one wants to be a captive audience to a third-party phone conversation, or to sit in silence while their dining companion texts with someone.
- Never yell. The average person talks three times louder on a mobile phone than they do in a face-to-face conversation. Always be mindful of your volume.
- Don't ignore universal quiet zones such as theatres, temples, libraries, the movies, etc.
- Don't text and drive. There is no message that is so important.
- Do keep arguments under wraps.

Nobody can hear the person on the other end. All they are aware of is a one-sided screaming match a few feet away.

- Don't forget to filter your language. A rule of thumb: If you wouldn't walk through a busy public place with a particular word or comment printed on your T-shirt, don't use it in phone conversations.
- Never go through someone else's phone without their permission.

Never yell. The average person talks three times louder on a mobile phone than they do in a face-to-face conversation.

Mr. Sanjay Golcha is a businessman, an entrepreneur and a family man with two kids. He is also an IT savvy person who enjoys the modern lifestyle.



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DOTING FATHER OF A DYNAMIC DAUGHTER

Miss Nepal World 2015 Evana Manandhar is not a new name to our ears. This multi-talented young woman shares a beautiful rapport with her father Gopal Manandhar. The dynamic duo talks about their interpersonal father–daughter relationship here with us.

Malvika Biswas Shrestha

The father – daughter relationship is one of the most special bonds in the world. Daughters have always been Daddy’s little princesses. No matter how close daughters are with their mothers, fathers have a special place in their hearts that cannot be replaced by any other person. A father is his daughter’s shield, friend and superhero in any situation, especially when mothers get a little too strict.

For almost every daughter, her father is the smartest and strongest person in the entire world. And believe me this perception lasts for quite a long time, if not forever. And daughters, right from their childhood, also do sweet little things within their capacity for their fathers such as wiping their spectacles or polishing their shoes to make their fathers feel special. The father figure is the first person a daughter thinks of whenever she needs any advice because he is a special man in her life with answers to all her questions.

Many daughters also tend to follow the footsteps of their fathers. They are so influenced by their fathers that they even want to find a partner who is just like them. They look for their father’s qualities in the men they meet. The love, care and affection they share are simply incomparable.

Here is a story of a gorgeously talented daughter who shares a similar kind of relation with her doting father.



On location: Soaltee Crowne Plaza

Gopal Manandhar, a prominent businessman, is a proud father of two lovely children – Evana and Gaurav. A graduate in Marketing and Entrepreneurship, Evana Manandhar is a very determined woman. She has her goals all set. Evana being the eldest is very closely attached to her father and says that her father is her best teacher when it comes to life lessons. Gopal Manandhar and his beauty queen daughter Evana are one of the best father–daughter duos that I have witnessed. Both are full of energy. Evana, who was crowned Miss Nepal World 2015 believes that her father is her best friend. This amazing father–daughter duo’s love and affection for each other are visible from the great rapport they share. Read on more to know all about this power packed father–daughter duo.

Interesting Incidents

Evana received the Dean’s Excellence Award on her father’s birthday which was not just a gift for her, but also for her father.

Evana received the International Student of the Year Award just a day before her birthday on 2014, which she thinks is her best gift.

Evana won the title of Miss Nepal World 2015 on the very day of Mother’s Day and she gifted the crown to her mother as a mother’s day present.

Evana’s parents had planned a birthday party for Evana on 25th of April but unfortunately Nepal went through a massive earthquake on the same day.



EVANA, THE PAPA'S PAMPERED PRINCESS

Evana's father: As a kid she was pampered. Her mother wanted her to be dressed up all pretty. Back then it was difficult getting nice dresses and boots for kids so locally we used to get her wardrobe from the States. Now she is capable enough to pamper herself.

On location: Soaltee Crowne Plaza

LIKE FATHER, LIKE DAUGHTER

Evana's father: I was very strong and stubborn during my youth. Whatever I used to say, I would decide on that, and I would do that. And she is just a replica of that. Whatever she wants, end up doing that.

DIFFERENCES IN EVANA BEFORE AND AFTER BEING MISS NEPAL

Evana's father: Before becoming Miss Nepal she was with me and the family most of the time, but after winning the title I almost felt that I would need to request a time if I wanted to meet her. She had the contract with Hidden Treasure so she used to be monitored by them. She had always been living a very independent life whether at home or abroad. But after being Miss Nepal the family time was missing, and that was something I did not like.

ANYTHING YOU DON'T LIKE ABOUT EACH OTHER?

Both: We both are very short tempered and little aggressive sometimes. Also we both are very loud. We can discuss back and forth. That is something we have to change about each other. We do not want those qualities of ours (Evana and her father laugh). Well these are some attributes we both share and also dislike at the same time.

PROUD FATHER OF A WONDERFUL DAUGHTER

Evana's father: It is a proud thing for me to have Evana as my daughter. She has followed in the exact manner that I have taught her. And she can live an independent life in any part of the world. There are many moments where she has proved herself and made us proud. Be they receiving the Dean's Excellence Award in Marketing, receiving the International Student of the Year Award, or winning the Miss Nepal World 2015 title, and there are many additional accolades.

HELPED WITH HOMEWORK

Evana's father: I used to sit with her every day for her homework. I still remember this incidence when Evana was probably in grade one. She was least interested in Nepali subject, and my wife was teaching her क, ख, ग, घ. My wife had difficult time while teaching her as she was so stubborn, Evana did not learn it, and my wife had to shout at her. As a result of her shouting she had a sore throat for six months.

HOW WOULD YOU DEFINE YOUR RELATIONSHIP?

Evana: My dad would always be my first love. Male relationship is very important in my family. I have a really personal relationship with my dad which is highly valued and which my future husband would probably not be able to substitute in the future. My dad is my first teacher, criticizer and a male figure who always led my family with harmony and integrity. He would always be the pillar of success, pillar of strength and also an arm of weakness when I need it.

A PROTECTIVE FATHER

Evana's father: To certain extent I am protective of her because I have to make sure that she leads an exemplary life and be an example to other youths.

EVANA'S BIRTH AND THE DIFFICULTY THEY WENT THROUGH

Evana's father: It was a very tough time during her birth as my wife contracted jaundice just around ten days before Evana's delivery, and she was very serious. The doctor took me to a corner, and quietly told me of the doubt they had in their minds about whether they would be able to save both the mother and the daughter. For me that moment was dreadful. I was blessed in that almost all the doctors from emergency ward were my friends the place felt like a second home to me as everyone was very cooperative. Luckily the delivery turned out to be relatively easy. Evana was born at around 1:30 at night, and the feeling was overwhelming. I was flabbergasted to receive Goddess of wealth Laxmi in my family. Due to my wife jaundice we had to stay in the hospital for an additional month but both my wife and daughter returned home safe and sound.



NO NEED FOR HEART-TO-HEART CONVERSATION

Evana's father: We actually do not feel the need for heart-to-heart conversation, but we do communicate. Compared to her, I am less communicative, but she is more open. Evana is so transparent that she does not keep anything inside her. She has never done that, and that is the best part of her. She always either communicates with her mother or me.

WHAT IS THE BEST THING ABOUT EACH OTHER?

Both: We are very frank and friendly with each other which brings transparency in our relationship. And we think every family needs to have that.

THREE THINGS YOU WANT TO DO FOR YOUR DAD

Evana: There are so many. First, I want to be professionally very successful, a recognized role model as a motivational speaker and be a great International public speaker, or an International spokesperson for my dad's company. Secondly, I want to have a complete family myself because my father always wanted me to find a significant other some one who is like him (which is impossible) and who is more successful than me. I want to fulfill it so that when the time comes he would be proudly letting me go. And finally, I always want to make him able to hold his head high with my values, integrity, and ethics.

BEST GIFT FOR FATHER'S DAY TILL DATE

Evana's father: It was in 2016 when both my kids, Evana and Gaurav celebrated father's day along with the rest of the family in the U.S. Their presence together, rather than any materialistic gift, was the best gift for me.

Evana: My brother and I, we are hardly together. Either he is here or I am not here and its vice-versa because for six-seven years I was abroad and as of now he is abroad. So recently we celebrated father's day together and I think that was the best gift for dad.

WHAT TRAITS OF YOUR DAD DO YOU WISH YOU HAD?

Evana: Being organized, punctual and patient; these are the three traits of my dad's I wish I had. Except these three traits, I have all other traits in me. Especially after being a Miss Nepal I am always late due to the time required for make up and all, but my dad is always right on time, or even before time.

YOUR DAD TO YOU MEANS

Evana: He is the creator of our family empire, the one who holds the family throne. Most importantly, he is my best friend; secondly he is my trainer, a guardian and an inspirational figure.

FONDEST CHILDHOOD MEMORY

Evana's father: Once when Evana was around three years old we, along with my business partners and their family members, went to Nagarkot. There my friend's young son happened to pull Evana's hair, and in return Evana bit his nose. It is the fondest memory for all of us.

We are very frank and friendly with each other which brings transparency in our relationship. And we think every family needs to have that.

parenting.



→ The Other Side

DEAR YOU: 16-YEAR-OLD ME

Swechhya Rajbhandary



I know this is a crucial time in your life when you're trying to see where you fit in. You've already started making big decisions in your life such as what subjects to take, what career to make and so forth. And you're in a great hurry to figure out your life as you feel time ticking away. On top of that, you have expectations to meet from your parents, teachers, family, friends and the entire world, which only seems to be piling on and on and on.

Take a deep breath.

Relax...

Let me tell you something from my personal observation, unless you're a "zen" master, no one has completely "figured" themselves

out. Even the seemingly most sorted person is constantly in this process of figuring out. So don't be stumped by all the external pressure, and more importantly, you don't have to succumb to it. There is no silver bullet that I can offer you, but I can help you ease through this process.

Getting a bad grade is not the end of the world. You'll face your worst fears, live through your nightmares. But you will realize you're way stronger than you think. Bad times will pass. It's the good times, the great times you should be in the lookout for. You'll meet amazing people, people who'll bring out all sorts in you; you'll go to amazing places, places you'll call heaven and places you'll call home. So step

out of your comfort zone, keep your adventurous spirit soaring, and experience the many colors of life. And always remember that through kindness, compassion, love and an open mind, you can conquer the darkest of days.

It's going to be a rollercoaster ride, but you like rollercoasters don't you?

Love from afar,

Me (24-year-old you)

PS: Read more. Sing and dance more. Make art. And do it for yourself.

PPS: Sorry for the lack of spoilers from the future!



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PHILIPS

SAVING TEENS FROM THEMSELVES

**When they become their own worst enemy, what would you do?
In discussion with Dr. Ajit Gurung, Neuropsychiatrist at Norvic Hospital**

Abhinav Das Shrestha

IN 2015, WHO ranked Nepal as the 7th highest in the Global Suicide Rate data and a huge portion contributing to this figure is teenage suicides. During the teenage years, the individual undergoes changes on multiple fronts; physical, emotional and psychological. It is a very crucial and vulnerable phase where confusion and perplexity are plenty. The teenage years are an extremely transitional phase in their life. Amidst all of the different changes they experience, they can easily be overwhelmed with everything. But this is a natural phenomenon and everybody goes through them. As parents and guardians, your guidance and support to them is crucial.

Although from early childhood we separate girls from boys in terms of their behavior and roles, this intensifies more during the teenage years as gender identities are reinforced much strongly. Hormones become extremely active and bring about a lot of changes, from defining their physical outlook to their overall personality. Besides physical, psychological, and emotional factors, another important part is the 'social aspect.' Society has separate expectations

for each gender which also plays a large role in shaping them as separate individuals as they seek to create their own separate social identity -- the reason for all the crazy hairstyles and unusual clothing sense.

But our concerns are much deeper than these. We want you to identify early-on if anything is bothering your teen and if they are troubled. Among all the changes and confusion, they can easily be swayed into various unhealthy habits. It is just not about smoking, drinking or drugs, but the habit of repressing their emotions and isolating from social aspects, which brings more frightening results. Worldwide data suggests that 90% of all suicide cases are due to depressive disorder. The depressive state can range from mild to severe. People feeling suicidal are overwhelmed by painful emotions and see death as the only way out, losing sight of the fact that suicide is a permanent "solution" to a temporary state.

The reasons behind a suicide or attempted suicide can be complex, but often there are warning signs which suggest



Always avoid comments like “everything’s fine” or “Your life is good, there’s no reason to feel this way!” Instead try saying, “let’s go for a walk and talk more”

that they are troubled or depressed. The following are signs indicating depression if it has lasted for some time now and must be of concern.

- Shows irritability more often: Little things easily bother them and/or further, and displays anger a lot.
- Disrupted sleep patterns: S/he can be up all night and seem tired and lethargic throughout the day, or suddenly spends way more time in bed than before.
- Changes in eating patterns: S/he may not feel like eating anything, or s/he might gain weight rapidly.
- Lower attention, concentration & memory: An immediately noticeable result of this can be seen through their academic performance. S/he is suddenly failing exams, and shows no interest in studies.
- Expresses a lot of negative thinking: S/he feels a sense of worthlessness, and self-blame, or exaggerated feelings of guilt.
- Feels low and blue: Never shows any enthusiasm or excitement about anything, and always demonstrates low energy.

- Decreased interest in activities and hobbies: S/he has forsaken everything that s/he liked doing earlier and does not seem to enjoy anything
- Resort to self harm or self mutilation: S/he inflicts cut or scratch on oneself, hits, kicks and punches walls or objects.

Encourage your teen to ventilate their emotions. Listen to them in a way that shows you really care and empathize, because talking is the best remedy. Get them to be comfortable talking to you. Always avoid comments like “everything’s fine” or “Your life is good, there’s no reason to feel this way!” Instead try saying, “let’s go for a walk and talk more” or “I’m here for you for as long as you need, we can make things better again.” It does not have to be you. It can be anyone who is close to them and who they feel comfortable talking with. But if things start to seem beyond your control and understanding, or s/he is not responding to your attempts, consult a specialist such as a psychiatrist or clinical psychologist, and simply make sure you’re there for them.



Can Parents be Friends with Their Children?

In this new era of modern parenting, parents and children can be friends but on the other hand we need to be a parent by bringing structure and discipline in the children lives. The real challenge is trying to bring the balance between being a parent and being a friend to our children.

Prity Shrestha Rajbhandary

IT IS OFTEN believed in Nepal and other parts of the world that when a son outgrows his father's shoulders, the son becomes the father's friend. Similarly, a daughter after a certain age becomes a friend to her mother. So, when we ask the general public, 'Can parents be friends with their children?' the answer is most likely to be an empathetic yes. But the truth of the matter is that a parent-child relationship is, like any other relationship, fraught with many nuances, and unless you tread carefully you can also damage that relationship. And much of our response to the above question depends upon our understanding of the word "friend." As we see below, the relationship can be that of friend in the sense of sharing affection, and

support, but cannot and should not be in the sense of a "let's-go-to-the-bar-and-get-a-glass-of-beer" friend.

This phenomenon of "parents being friends with their children" is relatively recent. According to family historian Stephanie Coontz, the idea that parents and kids would even want to be friends is a relatively new idea, one that emerged along with "more democratic child-rearing practices" in the mid-20th century. I have met older folks who recall being afraid of even talking with their fathers. Back then the fathers – instead of talking directly with their children – would ask their wives how their children are doing in school. And now fast forward to the present. I sometimes see mothers and grown daughters

walking together on Durbar Marg with similar sassy makeup, carrying bags full of recently purchased branded goods. Their acquaintances who bump onto them are bound to say, "Oh, both of you look so much alike. I cannot even differentiate who is mother and who is daughter." This is an example of mothers and daughters who have become friends through similar tastes in physical appearance. These days you also see parents and their young and old children riding bicycles together in a group, who display their friendship through shared pastime. Perhaps an extreme example of informal relationship is the case of one family that I know of in the U.S. where the adult daughter addresses her father by his first name. Imagine that in Nepal, "Ram, how are you?"

There is another social change that is taking place in Nepal that is affecting this relationship: the family dynamics in Nepal is increasingly changing from that of a joint family to a nuclear family. In a joint family, there are other members of the family besides the parents with whom children in the family can establish friendship and share their problems, or talk about things they can not share with their parents. But now that many families are nuclear families, parents are becoming the sole source of psychological support and friendship for their children, especially during the adolescence when children's peers themselves are going their issues, or are unavailable.

Rubin Ken, a professor of human development at the University of Maryland states, "If the children have a patient, caring, supportive parent, and things happen with their best friend, the children can always turn back to their parent for support." In such a scenario when child says, "My mom and dad are my best friends," that would be wholly correct.

We often hear parents say, 'I want to be best friends with my kid,' but what they actually mean is 'I want my children to like me,' according to Phil Cowan, a psychologist at the University of California. It is often seen that when parents are nurturing,

Parenthood is not a competition on likability; it is about doing the right thing. You can only try and hope that they like you in the process.

responsive to their children's emotional needs, listen, and respect their children's space and privacy and at the same time provide structure and consistency in their lives, the children will ultimately be comfortable being friends with their parents at the same time be more respectful towards them as parents.

I personally feel that our job as a parent is more complicated. I wish just being our children's friend were enough to raise them successfully. But children need structure, and boundaries. As parents it is our duty to make sure our children stay safe and out of trouble, and if the only way we can make them happen is by saying or doing things that may not be acceptable to the children (which their peer friends would never do), so be it. Parenthood is not a competition on likability; it is about doing the right thing. You can only try and hope that they like you in the process.

It may seem like a lot of work for parents to be able to bring that fine balance between being friend and being a parent. Love, hugs, laughter and discipline are key ingredients in developing and maintaining a healthy relationship with your child. Here are easy but helpful suggestions to bring that balance.

EAT TOGETHER

Meal times with the family can be a time for reconnection, especially for busy teenagers. Keep conversations light and generally try to avoid conversations that could stir arguments. Contentious issue should be discussed in private. Listen to the children when they talk and ask related questions. This will show to them that you are interested in their lives.

TREAT TEENAGERS AS ADULTS

It is important to give freedom to teenage children, but it is equally necessary to explain them their responsibilities that come along with the freedom. They need someone who will listen, help, and guide them in setting their goals. While younger children may need greater structure and boundaries, teenagers in general may need more of empathy and friendship from their parents than structure and boundaries.

SPEND MORE TIME TOGETHER

There are many activities that can help you bond with your children, such as: going shopping at a nearby mall or going for movies for a fun time; going to a music store to let them show you what kinds of music they like; working on their special homework projects; going to their favorite sporting events or concerts; and taking long drives with your children for an uninterrupted together time.

I believe that if we treat our young and teenage children with lots of love, compassion and respect, and if we are a little more appreciative of their abilities, and a little bit more tolerant of their temporary "inabilities" due to their size and age, we would surely be on the road to a lifelong friendship with our children.

You can certainly be friends with your children, as long as you ensure that they respect you, and you are still able to say things (such as, "Do not smoke"), and do things for them (such as, take away their PS Vita game station until they finish their homework), whether they like them or not, that only parents can do. Just do not go to the bar for a glass of beer with them just yet.

LIFE SKILLS

YOU NEED TO TEACH YOUR CHILDREN

Armor your children with these life skills. Help them lead strong and independent lives.

Sirsa tuladhar

The competition in this modern world is pretty fierce and as a parent you would naturally want your children to grow into all-rounder. Your children get all the theoretical knowledge from their schools but they also require other life lessons to become independent individuals you want them to be. Unlike how we were as children, children these days have taken a speed pill on learning everything early on, mostly technology related things. Besides these skills, there are other life skills your children need to learn. Here is a list of some of the life skills your children may need to learn which might come handy in future.



On location: Grooming Tales, Naxal

COOKING

Food being one of the basic necessities, teaching your children how to cook is an important life skill. Basic cooking skills can be instilled when they are young as five years old. It would be safe to start by teaching simple and basic things such as boiling water and progress later into preparing meals. Maybe teach three to four recipes a month, or whatever is within your children's comfort zone and interest.

DINING ETIQUETTES

Knowing how to cook is great but couple that with good eating etiquettes and it will be akin to putting the icing on the cake. "Dining manners aren't taught anywhere in Nepal, neither at schools nor at home, say Mridula Saria and Ayushi Kedia co-founders of Grooming Tales*. These skills make the children confident while at the dining table. Furthermore, the children can learn to differentiate the use of different types of spoons, knives and forks.

TOOLS

Children should know how to use everyday tools such as needles, hammers etc. Children get curious about these tools at a certain age. Grab on to this opportunity and teach them when they are interested. Imagine that a button on your child's favorite shirt is out, and you aren't around to fix it, or that nail is dangerously poking out and would scratch or bore a hole on their clothes. Teach the children how to fix these simple problems will make them more independent in the future.

FIRST AID

First aid is probably one of the most important skills children need to learn. Without doubt, children are very active and prone to accidents, you must teach them about safety and first aid. Start off with small things like band aids and move up to medicines and other tools in the first aid box.

MONEY MANAGEMENT

The world is becoming increasingly expensive place; and, money is on the forefront of everyone's mind. Children are always demanding this or that, so you need to plant the habit of savings early as when they are of age four. Teach your children about savings in a fun way by introducing piggybanks, or opening up a bank account. You can reward them with small amounts of money when they complete a task, and they can save that reward money. This way you can instill the value of saving money in their mind in a fun way.

GARDENING

This major complaint Saria and Kedia, at Grooming Tales is that the children increasingly spend more time in front of the TV than elsewhere. They say that gardening is one a perfect answer to this problem. Not only are you reducing their time in front of the TV, but also teaching where and how the food they eat come from. Gardening also teaches them of taking care of the plants by themselves which invoke the feeling of responsibility.

RIDE A BICYCLE

Learning to ride a bike is one of those skills better taught and learnt when children are young. Riding bicycle is also a good form of exercise, a chance to get them out of their rooms, and an opportunity to bond with your children. Most parents think this is an opportunity they cannot undertake as they are out working during much of the day, but 2 - 3 hours on the weekends (or the weekdays if possible) isn't asking much if you want to be with your children, and get a few good laughs from the experience.

SWIMMING

Swimming is one of the survival skills that we all need to learn and it is also of the best form of exercise, and that keeps the children outdoors. Here the mantra should be: the earlier the children learn swimming, the better. Familiarize your children with the pool when they are seven or eight months, and teach them to swim at around the age of three or four years old. You can use different varieties of floats with favorite cartoon characters to lure the children who are reluctant to get in the pool. But you should not forget to supervise your children until they are good swimmers.

body.



→ Revive

SPA CALLING: DETOX YOUR BODY

Krisnaa Munankarmi

Photo Courtesy: Tranquility Spa



The times and places where we live sometimes make us wonder how can we escape from here and now without travelling a long distance, even if it's just for a few hours, to switch off from external surroundings and at times internal as well. The urgent need for getaway comes from the everyday pressure at work, college and family. So, what can we do? This is the time when few hours at a spa can be a blessing. Spa includes numbers of services such as Shirodhara, Aurvedic therapy, aroma therapy, deep tissue therapy, spinal therapy, hot stone therapy, sauna, steam, body scrub and many more. Particularly, tranquility special full body massage at tranquility Spa helps to indulge you in much needed 'me' time to relax, detox and recharge your body. A nurturing touch and balanced press of the skilled therapist's hands on your body will give you a perfect break from your demanding boss, family, friends and society. During the massage, the rhythmic pressures applied to muscles, tissues and organs helps to stimulate the reproduction and circulation of body cells, removes toxins from tissues, and reduces stress. As you throw away toxins, peace and tranquility will automatically find their way in.

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Daily Routine Foods

Dietitian Kabita Maharjan, in a discussion, shares the basic knowledge on carbohydrate, protein, fat and energy and their importance in our daily lives.

Pratisara Manandhar



A According to dietitian Kabita Maharjan (involved in Nepal Cancer Hospital, Harisiddhi), our body needs a balanced meal consisting of approximately 1600 calories for a day. She has helped in breaking down the food group, and their nutrient value that need to be included in our meals (breakfast, lunch, snacks, and dinner).

BREAKFAST

1. Milk: starting a day with a glass of milk is giving you Carbohydrate-3, protein-2, fat-2.5, energy-40
2. Biscuit: as per nutritionist, biscuits but with sufficient amount will give you, energy-100

LUNCH

1. Rice (white): Each one bowl of serving contain, carb-36, protein-4, energy-160
2. Pulses (Red-gram dal): Only one serving cup of pulses will provide you, carb-13, protein-6, fat-1, energy-80
3. Green leafy vegetables: Many of the root vegetables contain, carb-13, protein-1, fat-5, energy-80
4. Meat: Chicken precisely has protein-9, fat-5, energy-80

FRUITS AND SALAD

For refreshment an apple will boost you up with carb-18, protein-2, energy-80.

DAY-BREAK

Noodles: Carb- 36, protein-4, energy-160

DINNER

1. Rice (white): Carb-36, protein-4, energy-160
2. Pulses (Red-gram dal): Carb-13, protein-6, fat-1, energy-80
3. Green leafy vegetables: Carb-13, protein-1, fat-5, energy-80
4. Meat: Protein-9, fat-5, energy-80

→ Continued in next page.

Photo taken at 3C Cafeteria, NHRC

The objective of food is not only to provide us energy, but also to provide nutrients which are essential for growth and development, and for maintaining optimal body function.

S.No	Food Items	Nutrients
1	Rice, and wheat Bajra, jowar, maize, ragi	Energy, protein, iron, thiamin, niacin, fiber, energy
2	Pulses(dals), legumes	B complex vitamins, invisible fat, fiber
3	A. Green leafy vegetables Spinach, lettuce, etc B. Vitamin C rich vegetables and fruits Amla, guava, papaya, sweet lemon etc C. Root and tubers Radish, turnip.	Vitamin C, iron, calcium, folic acid, fiber Vitamin C, carotene, fiber minerals, Vitamin ,iron, mineral, fiber
4	Milk and milk products Eggs, meat, fish, poultry	Protein, energy, calcium, Iron
5	Oils, Fats and Sugar Oils, ghee, butter, mayonnaise, sugar	Energy, fat, essential fatty acid

Good food is one of the basic requirements of human life. As Hippocrates rightly said, "Our food should be our medicine and our medicine should be our food." The objective of food is not only to provide us energy, but also to provide nutrients which are essential for growth and development, and for maintaining optimal body function. According to many nutritionists' the most essential macro-nutrients include protein, carbohydrate and fat.

As Goethe said, "Knowing is not enough; we must apply. Willing is not enough; we must do." It is important to have knowledge about what and where we get the nutrients and calories but what is more important is being able to implement in our lives to make our bodies and minds healthy and strong. Calorie can be said as Kilocalories- Kcal and defined as the amount of heat energy

required to raise the temperature of 1kg of water by 1 degree Celsius from 14 degree Celsius to 15 degree Celsius. The standard unit for energy measurement is calorie.

Dietary fiber plays an important role on a balanced diet and the major objectives of it are:

- Meets nutritional requirement
- Prevents degenerative diseases
- Improves longevity
- Improves immunity
- Increases endurance level
- Develops optimum cognitive ability

There are five food groups, as shown in the table below, and each food items in the food groups have different nutrient in them. With the help of this table planning your meals could be easier and healthier.



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Camera: 13MP primary with LED flash, 5MP secondary with LED flash
Feature: Dual SIM
Battery: Removable Li-Ion 3300 mAh
Colors: White, Black, Gold, Rose Gold

HP Notebook 240

Price: Rs. 56,990/-

Processor: i5-6200U
RAM: 4GB
Hard Disk: 500GB
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Take the Test

Your body needs attention. Test yourselves and keep a lookout for anything that prevents you from being fit and functional.

Sushil Thapa

TFrom the very first day to our last, our body, and everything that comprises it, including the internal organs and systems are relentlessly working without rest. They work like an automated machine programmed to function without pause. We are no different than any machinery or robot as our bodies seek constant repairs and maintenance too. The trillions cells in our body, all have different functions inside the body naturally need timely and regular attention for the best performance. Here are ten medical tests you need to keep an eye on:

Physical	Blood Pressure, pulse and BMI
Lipid metabolism	Cholesterol both HDL and LDL/ Triglycerides
Sugar Metabolism	Blood Sugar Fasting and HbA1C
Gout	Uric Acid
Kidney performance	Creatinine / Urea / Sodium/ Potassium
Liver Performance	GOT/ GPT/ Billirubin / Gamma GT / LIPASE
Thyroid Function	Free T3 / Free T4 / TSH (especially for female)
Blood Health	Hemogram
Excretory Health	Stool and Urine analysis
Vitamins availability	Vitamin D Total / Vitamin B12

Based on the stages in life, there are further several health checkups that one must consider, because our bodies grow and change with time.

NEWBORN

Screening newborn babies using laboratory blood tests is important for the early diagnosis and treatment of certain rare genetic and congenital disorders. This is usually done within a few days of birth when the disorders would otherwise not be clinically apparent at this early age.

Although the chances of being diagnosed with such conditions in babies aren't very common however, if diagnosed and treated early it can help improve their health and prevent severe disability or even death.

INFANTS

All newborn babies in the UK are now screened during the first week of life for five inherited disorders: Phenylketonuria, Congenital Hypothyroidism (CHT), Cystic Fibrosis (CF), Sickle Cell Disease (SCD). The targeted screening of older infants may be important for the early detection, diagnosis, and treatment of certain conditions that may not have been discovered in the newborn. There is currently insufficient evidence to support population screening for any of these conditions. However, for those infants with known risk factors, testing may be appropriate and include conditions such as iron deficiency, lead poisoning, tuberculosis (TB) and HIV.

A physical screening program is performed by physical examination, usually prior to 18 months of age, to check for normal growth and development.

Immunizations against variety of diseases are available for infants in both private as well as in public hospitals. These diseases include diphtheria, tetanus, pertussis (whooping cough) – (DTP), haemophilus influenzae type B (HiB), measles, mumps, rubella (German measles) - (MMR), polio and Group C meningococcus. Hepatitis B vaccine is offered to all babies born to hepatitis B positive mothers. Some of the above mentioned injections are started before the age of one year.

CHILDREN

A screening test is a test that is performed when there are no signs or symptoms of any disease in the children. Preventive services for children emphasize immunization and prevention of accidents and injuries as well as counseling on development of healthy eating and exercise habits. In addition to immunization boosters, vaccination for tuberculosis is offered between the ages of ten and fourteen following patch testing. Height, weight, and blood pressure, should be monitored during periodic health examinations. Screening to prevent tooth decay should be carried out through regular dental checks.

YOUNG ADULT

Throughout adolescence, the emphasis is on immunizations and counseling to prevent illness, injury, and early death. Attention is given to accident and injury prevention as well as health risks from sexual activity, and high-risk pursuits such as smoking and substance abuse. From the age of eighteen, cervical screening is carried out to young women.

ADULT

Cancers like cervical, bowel and breast have to be screened along with diabetes, and coronary heart disease which is important for this age group. In addition, screening for ovarian cancer is also important. Periodic health examinations will allow height, weight, and blood pressure to be monitored.

50 PLUS

Cancers like cervical, bowel and breast have to be screened along with diabetes, and coronary heart disease which is important for this age group. In addition, screening for ovarian cancer is also important. Periodic health examinations will allow height, weight, and blood pressure to be monitored.

PREGNANCIES

There is a mandatory rule in Nepal to have certain infectious disease screened during pre-conception and during first, second and third trimester.

GETAWAY IN KALINCHOWK

An ideal destination for adventure seeking families. A brew of medieval culture and natural wonders.

Mimon Manandhar

A delicacy for hungry travelers; Kalinchowk a place where local lore's believe Goddess Kali had taken sanctuary and settled. This is how the name of the place had been coined. Residing at an elevation of nearly 3800ms above sea level Kalinchowk lies in Dolakha district in North Eastern Nepal. Almost 132kms from the capital you can reach here either by a trek from Barbise or a trek from Charikot; most people prefer the latter. For people who have an eye for landscapes this location gives one of the best panoramic views of the Himalayas.

You can get to Charikot from local buses which you can find at Purano Buspark in Kathmandu or you can hire private jeeps from different travels and tours. Also, a road trip on motorbikes is an astounding experience. On the way to Charikot there is a magnificent area called KhariDhunga where you can see tiny hills made of limestone where every picture you take is as good as gold. To hike up Kalinchowk you need to take a 18 km of rugged road from Charikot without any distinct settlement. This hike is a colossal ascent and not for the fainthearted. If you plan to take a walk it takes about 7-8 hours from Charikot. Nevertheless if you are taking a vehicle then you will need at least a 4 wheeler car or a motorbike of 150cc or more. In case you are on a family trip with kids then we suggest you to take a 4 wheeler car.

Even the most experienced hikers will endure distress in the climb but after you reach Kuri village all the distress shall wear out due to the majestic landscape of the area which is certain to take you breath away. Kuri is a small village en route to Kalinchowk from Charikot with about

The weather is cold throughout the year and thick heavy snow falls in the time from early November to late December. So if you are thinking about travelling with kids in the time of freezing winter we suggest you ought not to.





At the peak you will find the shrine of Kalinchowk Bhagwati surrounded by metal tridents (Trishuls) and bells. A stream of serenity you feel in your soul when you are at the top. That feeling of relaxation is as rich as silk.

15-20 houses only, where most of the travelers to Kalinchowk stay overnight. Make sure you have enough packet foods with you as there is only a handful of shops along the way from Charikot to Kuri with very limited supplies. In case you are travelling with your children make sure you carry all the necessary stuffs for their comfort as the weather might go all cats and dogs in a short period of time. Kuri is mostly inhabited by Sherpas and this place resonances

tranquility. Certainly there is lack of places to lodge here; many people prefer home stay at local houses but recommended hotel at Kuri is Kalinchowk Country Villa which has proper provision of accommodation especially if you are on a family trip.

Make sure you get a good night's sleep at Kuri as next morning you will face one of the most daunting climbs. The trail from Kuri to Kalinchowk Bhagwati is a very arduous ascent so this is not the easiest escalation for children and novice hikers. As the altitude increases there might be feeling of tiredness in your knees but the view just gets more amazing. On the way to the top you will find lots of sweaty pilgrims reciting hymns, capturing the memories or just relishing the sight. After reaching the top you can enjoy panoramic views of Annapurna, Manaslu, Ganesh Himal, Jugal Himal, Gauri Shankar etc. If you are lucky and the weather goes fine then there is also a chance to get a glimpse of Mt. Everest. As rare as a four leaf clover this sight is only for the fortunate. At the peak you will find the shrine of Kalinchowk Bhagwati surrounded by metal

tridents (Trishuls) and bells. A stream of serenity you feel in your soul when you are at the top. That feeling of relaxation is as rich as silk. Two natural springs Sundhara and Tama originate from Kalinchowk which are the main sources of the two major rivers Sunkoshi and Tamakoshi.

The weather is cold throughout the year and thick heavy snow falls in the time from early November to late December. So if you are thinking about travelling with kids in the time of freezing winter we suggest you ought not to. The ideal time of the year to travel to Kalinchowk is from early August to mid October as in Nepal this is the season when the skies are normally clear and you will get the finest sights. Kalinchowk; surely a brilliant hike filled with abundant adventures, natural beauties, cultural significance and an experience for a lifetime. You should certainly tick this on your bucket list whether it be an adventurous hike with your friends or a soothing family vacation as this place will surely amaze you in the most beautiful ways.



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food.



→ Cheesy-bits

LA DOLCE VITA

Darshana Shrestha



Italy is famous for its pizzas, and La Dolce Vita is the perfect place to experience and taste it in Nepal. As you enter La Dolce Vita, you can hear mesmerizing Italian songs playing in the background. This pizza place is in the heart of the capital city, yet you feel far removed from the rush and the noise. The décor, with Italian movies posters and famous quotations on the walls, is pleasing. Sitting there makes you feel like you are in the set of a foreign – perhaps, Italian -- movie.

Capricciosa is the most preferred pizza at La Dolce Vita. Its main ingredients are tomato, mozzarella, ham, mushroom, artichokes and black olives. It is rich in cheese, and is certain to

satisfy your taste buds. The ingredients in the pizza are combined in such a way that you are tempted to close your eyes to fully experience and enjoy its taste. This large and delicious pizza has a reasonable price of Rs 650.

You can also make your own pizza with toppings of your choice at Rs 610 for vegetarians and Rs 720 for non-veg pizza.

The service is amazing as well. They serve the pizza in less than 20 minutes! It is the combination of taste, reasonable price, and service that makes La Dolce Vita the best Italian pizza place in town.

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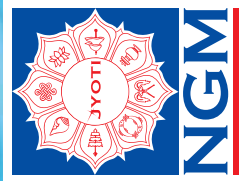
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Sugar Cookies

This holiday season, take all your best moments, put them in a jar, and savor each as a cookie. That's not as difficult as it sounds. Just try this recipe to make cookies with perfect shape, and softness.

Pratisara Manandhar

INGREDIENTS

2 cups flour
1 ¼ tsp baking powder
¼ tsp salt
200 grams unsalted butter
¾ cups sugar
1 egg
½ tsp vanilla extract (optional)
½ cup chocolate chips
¼ cup nuts

INGREDIENTS FOR ICING

4 cups powdered sugar
2 egg whites
2 tbsp lemon juice

Preheat oven to 400 degrees F (200 degrees C). Combine flour, baking powder and salt in a small bowl. Set

them aside, and beat the butter and sugar into another bowl. Make sure your butter is at room temperature to avoid air bubbles. After you reach a fluffy texture, add your dry ingredients gradually mixing it continuously. Knead the dough very lightly when the dough is crumble-like texture wrap the dough in a plastic and chill for two hours or also overnight.

Before rolling out the dough, spread some flour on the counter so that it does not stick while rolling the cookie. Start to roll from the center and carefully spread up to ¼ inch thick making it as even as possible. Cut cookies into shapes using cookie

cutter or free-hand placing them over baking sheet half inch apart. Bake them for 6-8 minutes.

Cool them before the decoration. Mix all ingredients for icing in a bowl. Whisk ingredients until it becomes glossy and has stiff peaks. You can ask your child to help in the decoration of the cookies. You can also use different colored icing to decorate cookies.



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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Organic Tea

In the upcoming winter days, choose from any one of the six popular varieties tea, either grown in Nepal or imported from China and India, for taste, aroma, and health benefits.

Pratisara Manandhar

EVEN THOUGH COFFEE gets a lot of attention in the media these days, tea is still the most preferred beverage in the country. We hear a lot of “I need to drink four cups of tea in a day.” It has become our tradition to welcome guests with a nice cup of tea. Although all kinds of tea are brewed over hot water with cured leaves of *Camellia sinensis* but they differ greatly in color, taste, aroma, and scent. In recent times, Nepal has become a budding business center for importing and exporting tea products from countries like China, and India. The following are some of the more popular tea varieties in Nepal:



→ Jasmine Tea

Jasmine tea cannot be truly considered as a herbal tea because it is normal tea simply flavored with dried jasmines because of their unique scent and taste. It helps eliminate harmful bacteria, promotes stronger immune system, and helps prevent diabetes. Its price can range from Rs.400-600/kilo.

→ Black Tea

Black tea has been a popular beverage for more than 500 years. Its strong flavor comes from leaves that are dried and steamed soon after harvest. Black tea has less antioxidants compared to green tea, but as a good source of caffeine, they will help to boost your mental alertness and concentration. Nepal consumes black tea, which is also known as red tea or normal tea, more than any other kinds of tea. Its price can range from Rs.300-500/kilo.

→ Lemon Tea

It has a citrus flavor of lemon mingled with the crisp, fresh taste of finest certified organic tea. It contains dried lemongrass that has a distinctive scent and aroma that awakens your taste buds. It is beneficial for your health to sip it all day. It is boiled over hot water for 2-3 minutes to release its aroma, and goes very well with honey. The smell of lemon will lift up your mood. It also adds in weight loss, gives you clear skin, and keeps you hydrated. Its price can range from Rs. 500-600 per kilo.

→ White Tea (Silver Tips)

White tea is the most delicate tea among the all as comes from buds and immature leaves that are picked shortly before buds fully opens. White tea found in Nepal can have different qualities and are exported to different countries. One of the type is the silver tips having a very subtle flavor and releases a silver kind color when infused in hot water. They can range from Rs.6000 per kilo.

→ Green Tea

Green teas are un-oxidized as the oxidation process is stopped immediately by letting the leaves wither only slightly after being picked. Its color is maintained when brewed at lower temperature, and for short time. Despite its name, the color of the tea is not a true green but pale-yellow. This healthy beverage is loaded with antioxidants and nutrients. Green tea helps boost metabolism and can be easily taken along with meals. Drinking green tea an hour before bed time will help burn fat even while you're asleep.

→ Golden Tips

Gold tips are the most expensive of all, a magical beverage that turns water into gold. No, not really, they release gold color. Drinking types of white tea, golden tips, improves oral health, reduces chances of cancer and helps maintain a healthy skin. They can range from Rs. 8000 per kilo.

→ Herbal Tea

Herbal tea helps relief nausea, bloating, insomnia and other common ailments. It can be ideal warm, tasty, and caffeine free beverage on any cold winter day. It is also great source of vitamins and minerals. Herbal tea isn't processed or cured from specific type; it is tea an infusion of leaves, roots or barks extracted in hot water. Choose a high-quality herbal tea, and brew it for 10-15 minutes to release all its medicinal properties.

GRAB SOME WRAPS!

A little variety from your standard routines trying these tasty roll-ups. How about a super simple snack or lunch idea? Wouldn't it be nice to have a tortilla with your favorite protein filling? Try some of these places with your friends and families for a quick easy meal.

Pratisara Manandhar

Chicken Caesar Wrap

The best chicken caesar wrap served in town should be voted to Roadhouse café in Thamel. Served as a light meal, this wrap is loaded with chicken, cracked peppers, parmesan cheese, bacon, caesar dressings and all organic salads rolled in a large tortilla. This café stands upon its words of serving multiple cuisines but also blends in the modern and traditional Nepali outlook. Try them for a comfortable yet classy dining experience.

Where: Roadhouse café, Thamel
Price: Rs.395



Chick n Falafel Wraps

At this eatery joint, Chick N Falafel located in Thamel, you will find this beautiful Middle Eastern flavored. You can expect both vegetarian and non-vegetarian option for yourself. A successful business that has attracted foreigners as well as Nepali customers with chicken and falafels infused with Middle Eastern flavor with fries and chips as side dishes. A wrap loaded with chicken can never go wrong, can it?

Where: Chick n falafel
Price: Rs.265 (Chicken) or 225 (Falafel)



Breakfast Burrito Meat

Mike's breakfast is another delightful destination in Kathmandu. Their setting of lush garden and soft music, as you feast on their Mexican cuisines is quite a nice and calm experience. Their breakfast burritos can be voted the best in town. A warm tortilla wrapped with scrambled eggs, potatoes, refined beans, cheese, served with salsa and sour cream and choice of meat (chicken, bacon, ham or pork sausage) cannot be any better. It is surely worth the price.

Where: Mike's Breakfast, Baluwatar
Price: Rs.415 (Includes a complimentary drink)

finance.

हरेक मुद्दती योजनामा
उच्च व्याजदरको
प्रतिफल

→ In your pocket

AUTO INSURANCE FOR A SAFE JOURNEY

Padam Raj Awasthi



As you are driving in a dizzy, chaotic, traffic in the city or through a quiet jungle on a safari, the sudden appearance of another car (or, a wild life as the case may be) right in front of you, and the resultant accident within seconds could literally have life changing consequences. Even if you are a safe and careful driver, you may have to suffer because of someone else's mistake. It is in order to mitigate and protect against the effects of these risks that you would need to have an auto insurance.

For many who own a car is one of the most expensive assets in their lives along with their home and jewelery. The true worth of a car cannot be measured in terms of its price alone; it also carries with it a sentimental (I am sure you and your family have many good memories associated with it), and vitality values that cannot be measured. It is therefore

normal if a person gets upset when his car damaged and is unable to bear the repair cost. But that situation would not arise if he had an auto insurance.

An auto insurance in general covers a legal costs in case of lawsuit, loss caused resulting natural resulting calamities, riot, strike, Nepal Bandha, and collision with another vehicle, animal and any object. More than that, it also covers emergency road services including cost of trailer service, and emergency inpatient and outpatient medical expenses.

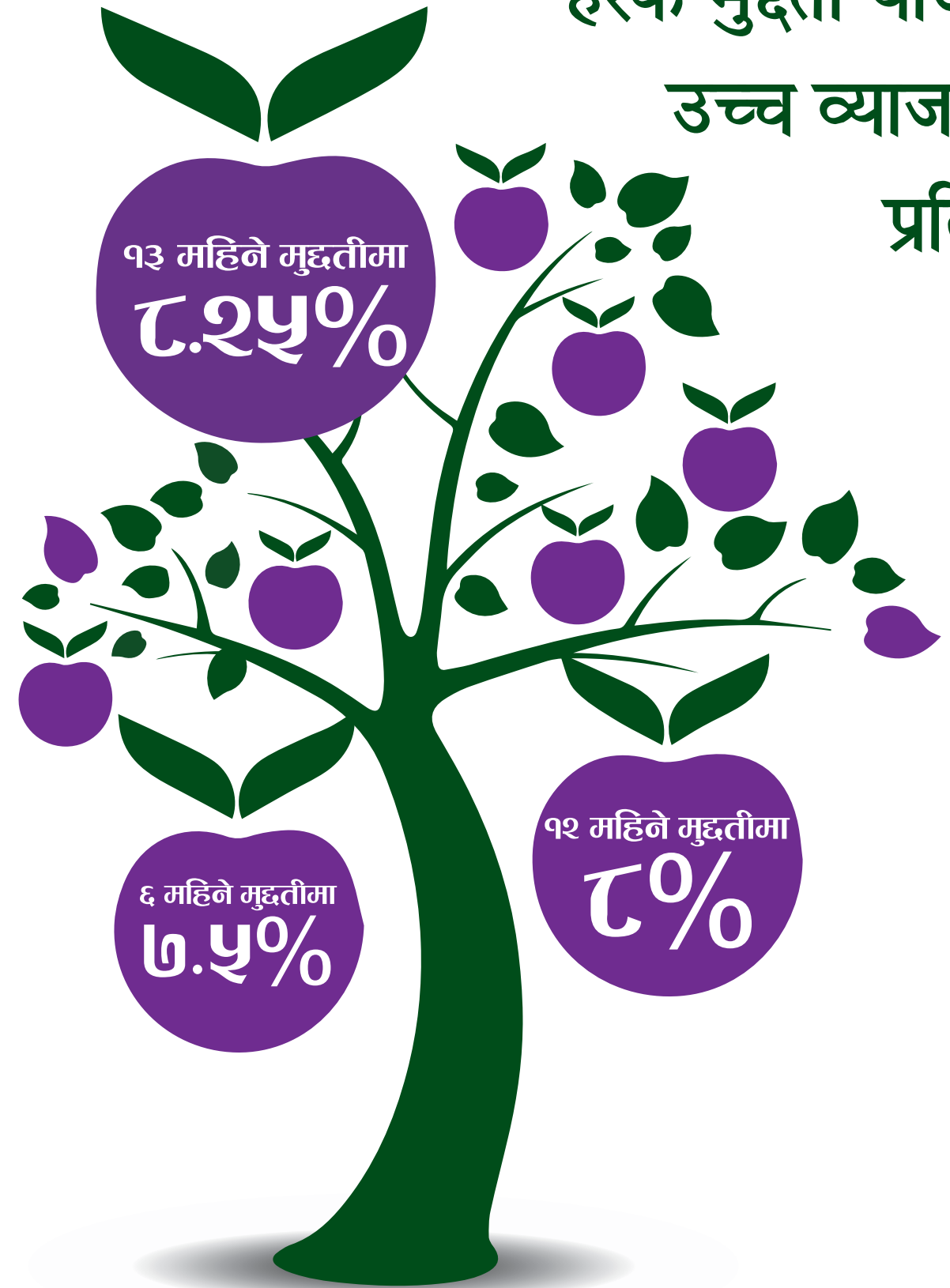
COST OF AUTO INSURANCE

The premium for your auto insurance generally depends on the model of the vehicle, its engine type, your past driving history, and its load/speed capacity. Compared to the cost of the vehicle and the potential loss you need to bear

in case of an accident, the amount you would need to pay as insurance premium is minimal – its per day cost is usually less than the cost of your everyday coffee at a cafe.

GEOGRAPHICAL COVERAGE OF AUTO INSURANCE

The comprehensive auto insurance policy issued by Nepalese insurance companies widely covers accidents that occur on the roads throughout Nepal. The lawful and reasonable trip to China, India, and other nearby countries can also be covered under the same insurance policy. If the proposed green card (an auto insurance ID card that works throughout a specific region) system came into existences within SAARC region, your claim for road accident would be settled on the spot in any SAARC country.



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Lower your Energy Bills

Quick and easy suggestions to avoid those avoidable energy bill numbers.

Text by Sirsa Tuladhar,
Illustration by Sahaj Tamrakar

Now that load shedding has decreased drastically, you might happily be using it to the max. But watch out! Unnecessary consumption of energy could not only mean light cuts in the future but also be the reason you spend extra money on electricity bills. There are small and simple ways that we overlook in our everyday actions that cause a hike on our electricity bills. You can save the planet from the increasing global warming while you help your pocket and bank accounts with these 5 simple tips.

GET THE KIDS INVOLVED

Teach your children about energy saving early on and in a fun way. Play a game of finding and unplugging unused appliances around the house. This way you are involved in some activity with your children and getting them off their screens which in turn saves energy!

REFRIGERATOR MAINTENANCE

Refrigerators use more electricity than other appliances. To keep the energy costs down brush and vacuum the coils at least twice a year, which improves efficiency by 20-30%. Keep your fridge and freezer at their ideal temperature; which is between 2 °C and 4 °C for fridge and -18 °C for freezer.

PS. Make sure you leave a 2 inch gap between your fridge and wall for air circulation.

UPDATE LIGHTING

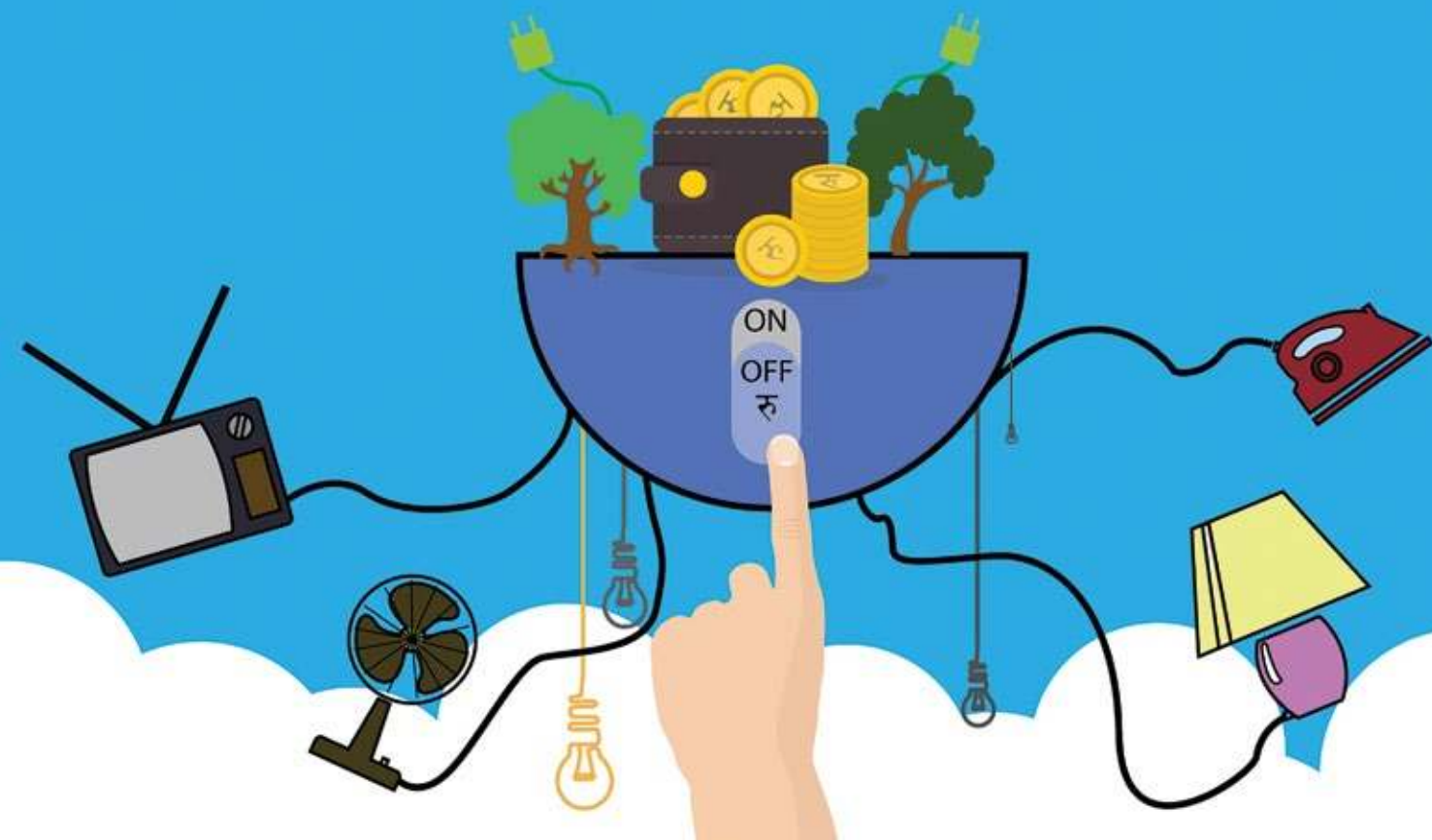
We have all heard and seen the effects that compact fluorescent (CFL) and LED bulbs have on our electricity bills. But now you can also find energy efficient tube lights. True they are costly and you need to replace the holders as well but these lights are last longer and save 60% of the power consumption.

UNPLUG APPLIANCES

Did you know appliances keep on using energy if they are left plugged in, even when they are switched off? I guess not. Do not leave your appliances on standby; it may be easier by it is also a guaranteed way of wasting energy. Now that you know, go ahead unplug the multi plug adapters or any plugs that are still connected to the power source that aren't in use.

SWITCH IT OFF

The simplest yet the most overlooked way to become energy efficient, simply switch off the lights. We often tend to leave the lights in a room on, even though it's empty! We often forget but sometimes we leave it on thinking I will be back in a while. This thought alone drives your electricity bills.



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Investing in Shares

While investing in shares, one is never going to be right or wrong. The object is not to be right all the time but to make money when you are right.

Text by Sabin Pant, Illustration by Sahaj Tamrakar



We often hear that NEPSE has fallen by this point or rose by this point in a particular day. But what is NEPSE? I have often seen people confused with NEPSE and stock market, which is quite natural. NEPSE is simply the secondary market where shares of public listed companies are traded. The primary market is where companies float shares to the general public in an initial public offering (IPO) to raise capital. Therefore, if you want to invest in shares, ideally you have only two options i.e. i) buy shares from IPO, and ii) buy from the secondary market which is NEPSE.

Investing in stocks/ shares of various companies is not only interesting and exciting but also risky as well. People

often forget that investment in shares is considered to be more risky than investing in corporate and treasury bonds. It is natural that no one likes to lose money. Moreover, the pain threshold of some is greater than it is with others. If we are considering an investment in the stock market and the thought of a loss upsets us, we probably shouldn't invest. However, when we invest there are several things we should know to increase our chances of winning. The purpose of this article is not to give insight of fundamental and technical analysis of the stocks or how stock prices are affected due to investors' behavior. It simply attempts to give some basic ideas of stock market behavior and investors, which are important factors that we need to know before we decide to invest in the stock market.

HOW INVESTORS GAIN OR LOSE?

William Feather once said: One of the funny things about the stock market is that every time one person buys, another sells, and both think they are astute (smart).

If we are considering an investment in the stock market and the thought of a loss upsets us, we probably shouldn't invest.

Just like buying and selling any other commodities, there has to be two parties in the stock trading i.e. buyer and sellers. The fundamental questions of investing in the stock market however, is; how some investors gain while some other lose by buying and selling the same stock? For example, let's assume that the stock price of company A is Rs. 1200. Mr. Ram who owns a stock of company may think that this is the right price to sell therefore he asks his broker to sell it. Let's assume that Mr. Shyam thinks that Rs. 1200 is the right price to buy. If we carefully analyze the situation, it is the same stock but one person thinks that it is the right price to sell while another one thinks that it is the right price to buy. Now the question is; who is correct? This is the most interesting issue of stock trading. If we can solve it, we will make millions. But unfortunately, it is not that simple.

It is important to note that stock market is a collection of millions of investors with diametrically opposing views. This is because when one investor sells a particular stock,

someone else must be willing to buy it. Since both investors cannot be correct, it is an adversarial system. In short, one investor will profit and the other will suffer loss. How to ensure that we are correct? There is no definite answer to this question. But there are different ways that may help us to decide which stock we want to buy or sell.

The first and foremost important concept of trading shares is to consider opportunity cost of investment. We should never make investment decision based on yes or no question. It should always be made based on either or questions. Let look at this with previous example. Suppose Mr. Shyam wants to buy share of Company A @ 1200. But what about buying shares of company B or C instead of company A? There may be chances that Mr. Shyam earns more from buying company B or C shares than company A shares. Mr. Shyam must carefully evaluate the option of buying company B and /or company C shares before taking decision to buy shares of company A. Similarly, let's assume that Mr. Ram owns shares of

different companies. He therefore, must evaluate/ consider selling shares of other companies before taking decision to sell shares of company A. This is called opportunity cost in the investment. Therefore, before we buy/ sell any shares, make sure to analyze the best alternatives and become well versed on the investment we are considering.

TYPES OF INVESTORS

In general there are two types of investors i.e. Speculator and General Investors. Speculators frequently buy and sell of stock within a very short period of time in attempts to gain from anticipated change in prices of the share. Speculators aim primarily at quick profit from a short-term acquisition of assets. Let's revisit the previous example. Mr. Shyam buys stocks of company A @ 1200. As per his own calculation and prediction, the stock price of company may rise to Rs. 1400 to 1500 within a month. Let's assume that stock price of company A touched Rs. 1400 within a month as expected by Mr. Shyam. He now sells the stock and makes Rs. 200 capital gain (ignoring capital gain tax and

If there are more sellers than buyers, stock prices will tend to fall. Conversely, when there are more buyers than sellers, stock prices tend to rise.

brokerage commission). Mr. Shyam is a perfect example of speculator whose main objective is to gain from short term price fluctuation. But there is no guarantee that companies price always rise as expected or predicted by speculators. It may fall and they will incur loss. As a result, Speculator takes higher than average risk in return for a higher-than-average profit potential. Nepali stock market is largely dominated by speculators.

On the other hand, general investors do not care about short term price / market fluctuation. They invest for mid to long term; generally five to fifteen years and they generally follow buy and hold strategy. As a result, general investors do not take as high risk as speculators do.

Therefore, we need to decide who are we in terms of stock trading i.e. do we want to buy and sell quickly based on short term / price market fluctuation? Or do we want to invest for mid to long term? This is the first fundamental question we need to answer before we start investing in stock. If we are not aware of stock market movements and its functions, it is always advisable not to trade like speculators. It is a very risky venture.

WHAT DETERMINES STOCK PRICES?

There are many factors that determine whether stock prices rise or fall. These include company's performance like net profit, P/E ratio, and other fundamentals, the media, the opinions of well-known investors, natural disasters, political and social unrest, risk, supply and demand etc. The compilation of these factors, plus all relevant information that has been disseminated, creates a

certain type of sentiment (i.e. bullish and bearish) and a corresponding number of buyers and sellers. If there are more sellers than buyers, stock prices will tend to fall. Conversely, when there are more buyers than sellers, stock prices tend to rise. Stock market is considered as a Bull, when prices of securities are rising, people are optimistic about stock trading and confidence levels of investors are high. As a result, market indices like the NEPSE go up too. During this period, demand of shares traded increases and hence; the prices of the shares also start to rise. A Bear market is the opposite to a Bull. A Bear market is a situation when investors showing a lack of confidence. Prices hover at the same price then go down, indices fall too and volumes are stagnant.

As a rule of thumb, we need to understand the general market conditions before trading shares. There may be some shares which is good buy / sell during the bull market situation and at the same time, there may be some stocks which are good buy/sell during the bear market. Therefore, try to get fair understanding of the general market condition before taking buying and selling decision. This process is also known as Market Timing. Market Timing is extremely difficult process and needs lots of expertise and experience. If necessary, get some advice from professional portfolio managers.

CAN WE PREDICT THE STOCK PRICE?

Unfortunately for all of us, the stock market is unpredictable and uncontrollable. That's exactly why it can be so frustrating for so many people. Please remember that the

stock market just like everything else, runs on cycles. What goes up comes down and what goes down comes up. What goes up the most can come down the most and vice versa. After every bear comes a bull. After every bull comes a bear. This essentially means that if stock price is rising since several years there may be chances it will start falling soon and vice versa.

Let's assume stock prices have been rising for several years. Investors realize that the time has come that the stock prices will tumble. What we don't understand is what will trigger the selloff or exactly when it will occur. Therefore, some investors will sit on the sidelines holding cash, waiting for the opportune time to get in. Those who are willing to assume the risk may jump in because the return on cash is so low and it hurts to earn zero while watching stocks move higher. This begs a couple of key questions. If you're on the sidelines, how will you know when to get in? If you're already in, how will you know when it's time to get out? If the stock market was predictable, these questions could easily be answered. However, it is not. In finance text books, several methods are provided to predict stock price including technical and fundamental analysis. But there is no such thing as perfection when it comes to investing and predicting stock prices.

CONCLUSION

In investing, we are not going to be right every time. We are not going to always be able to buy low and sell high. But remember, the object is not to be right all the time but to make money when we are right. Therefore, the first step of any investment is to make our plan rather than blindly following someone else. To prepare plan, we must have fair understanding of the market, its participations and basic of stock. Therefore, second step is to understand the basics of investment including the market. Third step is to stay in the course and don't panic with the short term market fluctuations. That means sticking to our plan, investing in good-quality, profitable companies and selling losers sooner rather than later.



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Handicraft Items

The whole collection is inspired by Gurung People, their craft and culture. The polka dot texture in the bags and the ceramic mugs are inspired by the dress Gurung women wear. The shoes and carpet is from wool. Traditionally the carpet is made from sheep wool.



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MELODIOUS COOK BOOK

I know that you all are too busy doing the work of the entire world (that is what you might feel). That may be true, but that is no excuse to eat takeouts five nights a week. While takeouts may be an easy option for today's working couple, cooking at home and eating together is an important way of connecting with each other.

Malvika Biswas Shrestha

I KNOW THAT you all are too busy doing the work of the entire world (that is what you might feel). That may be true, but that is no excuse to eat takeouts five nights a week. While takeouts may be an easy option for today's working couple, cooking at home and eating together is an important way of connecting with each other.

In my house, both me and my husband cook food together. No, not of master chef finesse, but rather of "monster chefs." Cooking together is one of our favorite activities at home. Sure, we do our share of restaurant eating, but that is just once or twice a month. Cooking together and eating at home also saves us some money too, but the best part is having a built-in hour long cooking date with each other. We both get to spend some quality time after a whole day's busy schedule, and talk about how our days went.

It is always important to find bonding activities with your specific other, and one such activity definitely has to be preparing and eating food

together. I have found over past few years that this relationship nurtured in the kitchen really has a concrete impact on all areas of our marriage. As a couple we are a team, and cooking together is a nice way to showcase our teamwork, as well as relax, after a long hectic day at work.

My husband and I cook together regularly, and we share an absolute wonderful time doing that. That is why I would like to share with you some of the key ways that will help you know why cooking together signifies a loving relationship, which profoundly impacts our relationship.

LETS YOU BOTH ENJOY QUALITY TIME TOGETHER

When you are cooking together, from deciding a recipe to putting together ingredients to the actual act of cooking, you get to communicate with each other. Unlike the stereotypical couple, which involves a husband watching television while his wife cooks in the kitchen cooking with your spouse lets you catch up on the day and gets you to interact with one another. In our case, even if only one

of us is cooking, the other will just hang out in the kitchen and we will talk about anything that comes our way, laugh together, and pleasantly spend what precious little non-working time we have with each other.

LESSENS KITCHEN CHORES

As they say, two is always better than one, and with two in the kitchen, time does fly by. When you are cooking with your significant other, you naturally decide who does what task. And usually there is a fair amount of work for each. By working together, you not only get your meals faster, but you are also more satisfied with your food as you need not rush in the kitchen.

TRY ON NEW RECIPES

Trying new things with your spouse is a great way to breathe some life into any relationship, and cooking together is a fun way to do that. There is something about learning a new skill with someone that tightens the bond. Chances are you will mess up terribly but the end goal is to make something tenuously edible while having good and private time with each other. Not only will you learn something new about cooking and kitchen chores, but you will also learn more about your significant other.

KEEPS YOU HEALTHY AND WEALTHY

Restaurant meals may taste amazing, but are they as healthy as a homemade meal? We all know that homemade meals in general are far more healthy. By cooking at home you can choose your own ingredients and cut out unhealthy fats. When you and your spouse are the ones putting together a meal, you are much more likely to choose healthier cooking methods, such as baking instead of frying. And to top it all, you need not to fork out money to pay those hefty restaurant bills.

We also asked a few well-known personalities in Nepali music industry if they are into kitchen chores and help their significant others in the kitchen. Let us read what they have to say.

Deepak Bajracharya with wife Amira Bajracharya

Deepak Bajracharya is a household name in Nepal. With one of his greatest hits 'Oh Amira' we can assure that he absolutely loves his wife as this song is titled after his wife. Except than dedicating a song after his wife's name does this avid singer also dedicate his time in the kitchen? Let us find out.

→ ARE YOU INTO COOKING?

Deepak: Till date I have prepared nothing except boiled egg. When I was in the States, my wife taught me through skype as I had no other option. I am not interested in cooking. May be after retirement I will start doing that.

→ HAVE YOU EVER HELPED AMIRA IN THE KITCHEN?

Deepak: Unfortunately no! I have never helped her in the kitchen. At times I help to set the table for meals but other than that I don't help her. Sometimes when my kids see me in the kitchen they start teasing me as they are not used to seeing me in the kitchen.

→ AS A COUPLE WHAT CUISINES DO YOU PREFER?

Amira: As a couple we enjoy Newari cuisine as we both enjoy spicy food.

→ DO YOU EVER DISAGREE ON THE FOOD THAT IS PREPARED AT HOME?

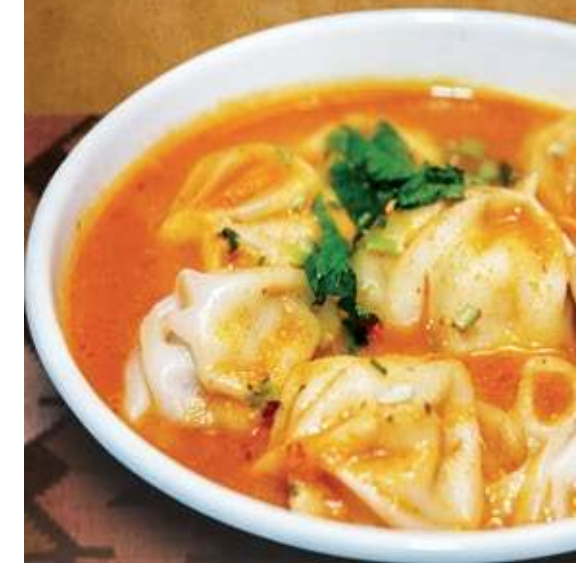
Amira: Our food habits are simple – we enjoy having daal – bhat but there has to be meat in it. Moreover, we like to eat home – cooked food so we do not disagree on that.



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Girish Khatiwada with wife Jyoti Ranabhat Khatiwada

Girish Khatiwada, who is more popular known as Gorkhali G on the stage, is considered as an artist who started a new trend in Nepali music industry. This Nephop Godfather is married to Jyoti Ranabhat Khatiwada and shares a special bond with his wife. Read on to know if this Rap god is as good in cooking as he is with his raps.

→ HOW GOOD ARE YOU WITH COOKING?

Girish: First thing, I do not like to cook. Since I do not need a typical Nepali daal-bhat set as a meal everyday, I am not much interested in cooking. If I have to cook, I would rather prepare some easy fast food which is also healthy, though I can still manage to cook rice. I can prepare good tea, egg, sandwich and chicken curry. If I get to rate myself out of 10 as a cook, I would rate 3.

the very first time. I had invited my friends to come for the tasting. The chicken was cooked in such a way that they ended up laughing, for the chicken I prepared was uncooked and raw from the inside. We had to throw all of it.

→ DOES GIRISH HELP YOU IN THE KITCHEN?

Jyoti: He helps me often in the kitchen, especially in cutting and peeling veggies.

But she does not let me to do that, saying I am slow.)

→ DO YOU EVER DISAGREE ON THE FOOD THAT IS PREPARED AT HOME?

Jyoti: Though he is very easy with food, sometimes we do disagree on the food that is prepared. At times I like eating Pulao or Jaulo whereas he wants to have a proper meal. But he eats what is prepared at home whether he enjoys it or not.

→ WHAT WAS THE FIRST THING THAT YOU COOKED?

Girish: During 2004 when I was in the States, I prepared chicken for

(**Girish adds:** I help her not because I love cutting and peeling veggies but to talk to her and enjoy her company.



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➔ Feature

➔ To give bones to your dog

We assume dogs can easily eat and chew on animal bones and is quite natural to them. But giving dogs raw or cooked bones of chicken, or of any other animal is a bad idea. Veterinary clinician, Dr. Pranav Raj Joshi says, “Every year during the festival season, we have at least one major case in veterinary hospitals and clinics which is caused by bones that were given to dogs. The bones create problems like oral ulceration, anal ulceration, and even serious problems such as intestinal perforation, where the sharp bone creates holes and wounds in the internal digestive organs, and lodging of bones, where the bones get stuck and jam the intestines in dogs.”



⬅ To put food that's still hot in the fridge

It's always best to let really hot food cool down in water before you put them in the fridge, so that the food does not remain at high temperatures for long. Nutritionist Dhiraj Karki from Nepal Technical Assistance Group says, “The only thing to worry about is whether the hot food will cool off quickly enough to reach a safe temperature once it's in the refrigerator.” The main idea is to prevent germs from forming in them. He further says, “It's not bad to keep hot food in the fridge as long as you make sure they cool down soon. So make sure you do not use deep and thick containers for hot food in refrigerators. Instead, place the hot food in shallow containers so that they cool down quickly.”

How bad is it

Straight answers to those scratch-your-head questions

Abhinav Das Shrestha

➔ To keep charging your phone after it hits 100%

You may think that leaving your phone plugged in after it's fully charged will weaken the battery life, but our phone is actually much smarter than we think. The battery stops accepting the charge once it reaches its full capacity, says Bikki Gartaula, founder of Techno Nepal Infosys. What does actually shorten the battery's life span is when we keep on using them at low levels of charge or let the battery deplete completely.



⬅ To use body lotion on your face

It's true that a lot of the body lotions contain certain ingredients not exactly fit for application on our faces, but then it's not the end of the world says Dr. Shraddha Pradhan Gorkhali, Dermatologist at Grande International Hospital. However, she adds “The skin on our face is quite thin compared to other body parts, especially around the eyes. So our face is definitely more sensitive and susceptible to allergies or other problems. It is best to understand our skin type, and identify any ingredients in the lotion that may not be fit for our skin type.”

home.



→ Feature

SIDE-BY-SIDE DOOR REFRIGERATORS

Suhit Manandhar

Photo taken at LG Showroom, Civil Mall



What do we look for when we are buying a refrigerator? Maximum food storage capacity, ability to store foods for a longer period of time without compromising the freshness and of course the stylish look it gives to our kitchen. A side by side door refrigerator fulfills all of the aforementioned reasons. With the sleek looks, bigger compartments and advanced features which no other regular refrigerators have, the side by side door refrigerators are catching the eyes of

people in a very rapid pace. Here are some advantages and disadvantages of buying a side-by-side door refrigerator.

Advantages

- The side-by-side refrigerator usually is larger and provides more total space. The freezer is larger as well.
- The doors are narrower in the side-by-side, which can make it an advantage in a crowded kitchen.
- Since the freezer items can

be distributed vertically, it means no more piling around through a lot of frozen food to get to the back of the freezer.

Disadvantages

- The freezer and refrigerator are narrower, making it more difficult to store wide items.
- Due to its larger size, it may be difficult to fit in a small kitchen.
- The side-by-side refrigerator is more expensive.



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There are many brands of mobile phones today that thrive solely on their attractive price points. Back in the old days, Apple, Nokia, Sony and Samsung reigned supreme as cell phones manufacturers. Now, the saturating trend of smart phone technology means that there isn't much going on with the smart phones today. Many people often complain that the new iPhone has little to show for or that the new Sony flagship isn't worth an upgrade. In the meantime several Chinese manufacturers have caught up to with global leaders in terms of market position and global sales by producing phones that are quite good (if not as good as those global leaders) but really cheap (compared to the what Sony or Samsung ask for). Using the mantra of "get more, pay less," these super phones give a very high value for their price, making them popular among budget buyers and mid-range phone owners. Some might look or feel like knock-offs but they hold their own unique identities and maintain decent standards in terms of quality. Let's look at how these new cheap phones manage to keep their costs down.

LET'S NOT RESEARCH AND DESIGN (R&D): Tech giants have always been known for their ground-breaking technology and the new things they offer to the world. The transition from bar phones to flip, followed by slide, and finally touch screen phones wouldn't have been possible without R&D. Similarly, we've come a long way from VGA cameras to very precise shooters in smart phones with optical stabilization, and many advanced features. The new brands from mainland China, and some from

India, do not invest in R&D. They inherit what already works, or what tech giants made to work by spending billions of dollars on R&D, and use them in their phones.

NO PROMO: Have you seen a ZTE or a Xiaomi billboard on key junctions or have they ever sponsored the UEFA Champions League? Relying on their low prices to sell, these companies don't take the extra step of spending on promotions and marketing which don't add up to the final cost of the phone.

DELAYED LAUNCH: More often, Chinese manufacturers like Oneplus and Xiaomi, aren't in a hurry to roll out their new gadgets. They rely on limited models for a long duration of time. On the contrary, iPhone releases a new gadget every fall and we all might recall the explosive entry and quick exit of Samsung Galaxy Note 7, both of which are expensive phones produced by established brands.

A LITTLE BIT OF COMPROMISE: To keep up with the steep price curve, super phone manufacturers forgo a bit of finesse in terms of aesthetics and quality of materials, thus making it feel somewhat cheaper than their high-priced counterparts. The slightly inferior quality can be easily seen in camera sensors, color saturation of displays etc.

After looking at how these new super phones have managed to cut costs let's also look at some of the phones that have taken the market by storm with the same business model.

XIAOMI

Another popular brand straight from China is Xiaomi. Most of us are familiar with their product lines - Redmi and Mi, the former catering budget and mid-range clients while latter being more premium. Redmi Note devices -- the Note 3 and Note 4 range --- in price between Rs. 20,000 to 30,000, thus making them well priced devices in the market with many features. Similarly, Mi5, its current flagship, ranks very high and is sought by more advanced users.

ONE PLUS

A company only a few years old, One Plus gave top smart phone manufacturers a hard time by calling itself the flagship killer and designing phones equally or as good as the premium handsets at nearly half the price. With its invite system, limited quantity, and much online hype, the company did make a bold name for itself. Today, with only four models out, One Plus ranks amongst the luxury end of the super phone spectrum offering exceptional handsets at a very reduced price. Its latest flagship device, the One Plus 3 priced at the Rs. 50,000 mark competes with flagship devices from Apple, Samsung, Sony, and Google.

GIONEE

Primarily a Chinese manufacturer with an Indian division, which is the source for all Gionee products in Nepal, the uprising company has been growing especially in the budget range of under Rs. 20,000. Although Gionee has a huge range of products, popular models are the Marathon M5, which packs 5000mAh of battery, and the S series that are elegantly crafted devices that cater to high end user base.

MICROMAX

An old dog in the industry, the Indian manufacturer has had steady growth and occupancy in the smart phone market. Plagued by reliability concerns and lack of innovation, Micromax has been under much criticism lately. The company primarily relies on the Canvas series as a cheap alternative to powerful smart phones.

Brew it your way

Tired of visiting coffee shops every time you need a cup of coffee and still having to settle for the taste that does not suit your taste buds? Now brew coffee like you like it at your own home.

Suhit Manandhar

Product from Home Furnishers, Tripureshwor



↑ PHILIPS COFFEE MACHINE HD7448

- Water level indication
- Detachable filter holder
- Dishwasher safe parts
- Drip stop
- Illuminated power switch
- Weight: 1.42 kg
- Power consumption: 1000 W
- Capacity: 10-15 cups (1.2 L)
- Cord length: 0.88 m
- Brewing time: 9 mins
- NRs. 5,695/- available in Philips Showroom, Jyoti Bhawan, Jamal, 014248192, 014225490



↑ PHILIPS GRIND AND BREW COFFEE MACHINE HD7762

- Coffee bean grinder
- Power consumption: 1000 W
- Weight: 4.6 kg
- Voltage: 230 V
- Brewing time: 10 mins
- Capacity: 8-12 cups (1.2L)
- Special functions: Ceramic grinder
- Automatic shut-off, Display, Drip stop, Water level indication
- Compatible coffee serving: Whole coffee beans, ground coffee powder
- NRs. 29,900/- available in Philips showroom, Jyoti Bhawan, Jamal, 014248192, 014225490



↑ DELONGI BEAN TO CUP ESPRESSO AND CAPPUCCINO MACHINE

- Personalising the coffee as often as you want has never been easier. Choose from short, medium or long, try a strong or extra mild aroma, enjoy it piping hot or at medium temperature.
- The machine can be used with either coffee beans or ground coffee
- Active cup warmer, automatic descaling, cleaning and rinsing programmes
- Weight: 10kg, Voltage: 220V, Power: 1450 W, Beans container capacity: 202g
- Capacity: 14 cups, NRs. 1,31,813/- Available at Home Furnishers Pvt. Ltd., Tripureswor, 01-4254601



↑ BRAUN CAFEHOUSE PURE AROMA KF 520

- OptiBrewSystem for optimal relationship of temperature, brewing time and extraction – for perfect coffee flavor
- Exclusive filter release button
- Unique open, non-slip handle
- Auto shut-off
- Capacity: 10 cups, Voltage: 220-240V
- Weight: 1.8kg, Power: 1000W
- Drip stop function, Water level indicator
- Digital Clock, Programmable Timer: 24-hour Timer For Pre-Set Automatic Brewing
- Side Water Level Indicator
- Programmable Automatic Shut-Off Can Be Set From 10 Min To 4 Hrs
- Dishwasher Safe Parts
- Capacity: 10 cups, Power: 1100W
- Voltage: 22-240V
- NRs. 17,109/- Available at Home Furnishers



↑ PHILIPS COFFEE MACHINE HD7450

- Water level indication
- Detachable filter holder
- Dishwasher safe parts
- Drip stop
- Illuminated power switch
- Capacity: 4-6 cups (0.6L)
- Weight: 1.5kg
- Power Consumption: 650 W
- Voltage :220-240 V
- Brewing time: 10 mins
- Cord Length: 0.85 m
- NRs. 4,195/- available at Philips Showroom, Jyoti Bhawan, Jamal, 014248192, 014225490



↑ PHILIPS ESPRESSO MACHINE HD8323

- Cups at the same time: 2
- Compatible coffee serving: Ground coffee powder, Coffee Pods
- Manual milk frother Pannarello, Steam option, Hot water option
- Ease of use and comfort: Cup warmer
- Ease of cleaning & maintenance: Optional Brita water filter
- Coffee drinks: Espresso
- Capacity: 1.25L
- Cord length: 0.8 m
- Power: 950 W
- Voltage: 120V
- Weight: 4 kgs
- NRs. 21,995/- available at Philips showroom, Jyoti Bhawan, Jamal, 014248192, 014225490

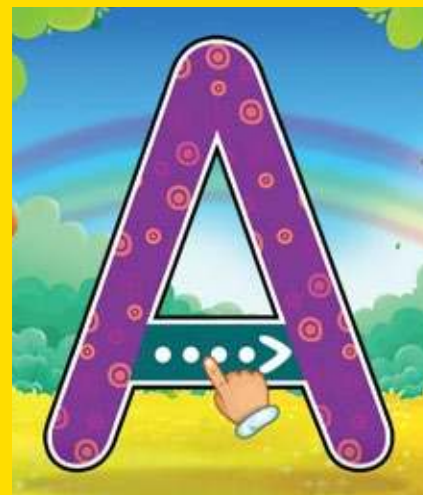
Family friendly Apps

Apps for everyone in the family

Prabal Man Dhaubhadel

ABC KIDS

Starting with the toddlers and preschoolers, this app has been one of the best selling apps for getting your babies going in their academic pursuits early on since kindergarten. Primarily aimed at teaching phonics and alphabets, the colorful and vivid UI is deemed to keep the kids engrossed to the screen. Tracing alphabets, hearing cues and visual instructions make the app extremely kid-friendly. To top it all off, the developers have decided to keep the app ad free to prevent annoying popups or unexpected redirections.



DUOLINGO

Sticking to the learning business, Duolingo is one of the most prolific ways of learning a new language straight through your smartphones. Chopped into bite size lessons for learning various scenarios, Duolingo's courses are interactive and fun learning. Reward systems, points and lives give a game like twist to the learning platform. Rather than devoting an hour or so into it, just pop the app open while waiting in queues or passing time at home. Again, this one doesn't bother you with ads either.



INSHORTS

This one's for the busybees in the house. Very often, we hear people complaining that they have no time to watch the news or read the paper. However, everyone spends some time on their Facebook or Twitter, don't they? In similar fashion like the news feed, Inshorts caters you with news in no more than 60 words. With a flurry of options like news reader, toss to share, save for later or read the full version if something does conjure your mind, keeping upto date with the latest happening just got very convenient.

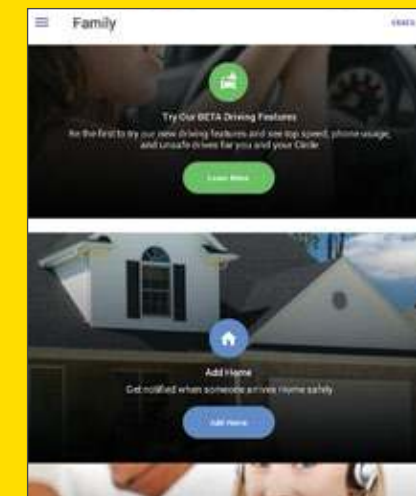


It has become difficult to keep your hands off portable devices. Everybody clings on to their phones at the least and travels with additional devices like laptops, tablets or a second phone even. While we are surrounded by devices constantly, it is very easy to get distracted and end up with nothing productive. Kids pounce on every opportunity to play games. Even though we cannot resist the temptation of peeking into our devices or engaging with electronics, we can try and make the most out of it rather than just pointlessly swiping through social media feeds or goofing around. So we've handpicked apps that help you make the most out of your smartphone.



CHOREMONSTER

We've put this to help parents get their kids to do chores. The concept behind the app totally revolves around the reward system that keeps kids excited to do the things they particularly don't like. By giving kids rewards for the chores they complete, they get virtual rewards in the form of cute interactive monsters. Besides, you can set personal goals with kids to reward them in real life upon reaching a certain milestone. Say, you can agree upon an hour of game time for getting all chores done. Happy kid, happy parent. It's a win win.



FAMILY LOCATOR

Clearly, this is a tracking app. While some will have immediate security concerns when dealing with GPS tracking, for those who are not wary, you can use this awesome app by Life 360 to track not just family members but your teammates by adding them to your circles. Nevertheless, you can stay updated with where your family members are allowing notification services when they reach certain destinations. In case of lost family members or lost cell phones, the app comes in quite handy. Also, its available for both iOS and Android so even if the family is divided in terms of smartphone choices, you'll never miss a family locator alert.



FOREST

Conquer your distraction with the fear of letting your tree die. Forest basically lets you set a timer that aims to keep you focused. Forest - Stay Focused will foreground on your phone and if you turn up your display or try to exit, it will alert you to get back to work or that your tree will die. You motivation is eventually the trees that you've successfully grown. Oh! the longer you set the duration, the bigger a tree you get.

FAMILY ROOM

Family room allows you to segregate your work and makes you maintain privacy. Its influence has reached Nepal, and nowadays many new houses have allocated space for it. Unlike the living room, it is mainly used for recreational purposes.

Manish Manandhar

Photo taken at SB Furniture



The family room is an informal room in the house where family members gather for recreational activities such as reading, watching television, talking and other fun activities. Family rooms are usually placed adjacent to the kitchen, often with no visual breaks and can lead to backyard or garden. In Nepal the trend of adding a family room is catching up but many confuse it with living room. The family room and living room, however, are totally different with regards to function, location, design, and ambience.

Family room was first mentioned in the book “Tomorrow’s House” written by George Nelson and Henry Wright. They wrote that the room would be the door to the social and recreational area for the whole family, a place where that could not be undertaken in the living room would be permitted.

Living room and family room both are integral parts of a house but are totally different in regards in the following criteria.

FUNCTION

Family room is an informal room, and as mentioned earlier, it is a place where family gathers for recreational activities. It usually has entertainment systems such as TV, music system and gaming consoles. It is often furnished with recliners, easy chairs, bean bags, and casual sofas. The living room, on the other hand, is usually more formal as guests are invited and entertained there. It is furnished with portraits, antiques, and other valuables. The furnishings in the living room are more stylish and formal with wingback chairs and sofas.

LOCATION

Family room is usually in the inner part of the house or on the upper floor. It is usually partitioned or can be kept opened. The family room is generally besides the kitchen with no visual obstructions, or it can also be placed besides the bedrooms. Family rooms can also be placed near the garden or the deck area if the space permits. Living rooms are generally on the outer part of the house, and they are generally located besides the main entrance so that the guests can be easily taken into the room while maintaining the privacy of the room.

DESIGN

Family room should have a warm feeling, and be more functional so that the family members can come together to have a relaxing time. The family rooms should be more flexible and versatile whereas living rooms should be more focused on design and style. Family room should be well decorated and should contain display items and less

The family room is generally besides the kitchen with no visual obstructions, or it can also be placed besides the bedrooms. Family rooms can also be placed near the garden or the deck area if the space permits.

personalized items. The family room size should be large enough to hold your family members, whereas living room should be bigger than the family room to host holiday gatherings and dinner parties.

The design in the picture has the family room on the upper floor besides the staircase and is at the center of the two bedrooms. It is not partitioned, that is, there is no visual obstructions, and the upper balcony is linked with it. The main motive of putting the family room on the upper floor is for privacy, so that family members do not need to go downstairs for entertainment activities, and a separate room for the guests that is, the living room is used only when needed.

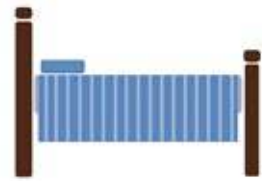


The western influence has made us include a family room in our residence. In the past both the family room and the living room was joined and called “The Great Room.” In that system, the entertainment units, book shelves, display units were all placed in one room and when the guests were invited the space was made accessible to the guests, but was restricted for family members. Having a family room not only segregate the functions, but also allows cleaning easier.

HOW OFTEN SHOULD YOU WASH YOUR STUFF ?

Washing the dishes, your hair and your clothes are things you do on the regular basis. But how often should you be changing your bedroom sheets? Or clean the chandelier in your living room? Only when you're expecting guests! Not really.

Text by Rashmita Tuladhar, Illustration by Sahaj Tamrakar



Bed sheet

ONCE A WEEK
Dust mites may trigger eczema, and hay fever etc. Use warm water to wash the sheets to protect one-self from them.



Pillows

EVERY 3 TO 6 MONTHS
Toss into the laundry seasonally to remove mold, bacteria, and odors. However pillowcases should be washed every week.



Refrigerator

ONCE A WEEK
Get rid of all the things you expired or things that's been there for too long. Do this every week to eliminate bad odor and bacteria.



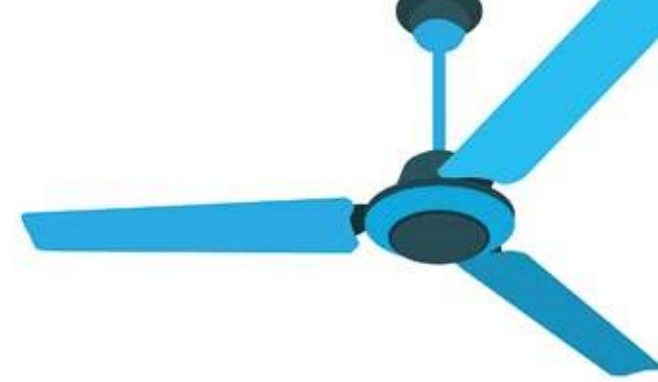
Microwave

ONCE A WEEK
Clean the exterior once every week, and the interior once every month according to manufacturer's instructions.

Car

ONCE EVERY WEEK OR TWO

Wash and clean the car once a week. Vacuum the car regularly to remove food bits and pieces to avoid mouse which may cause serious damage to the car (wire-cuts, cushion-torn, mouse-feces)



Ceiling fans

ONCE A WEEK
Slide any old pillowcase over a blade. Slowly slide the case off by pressing both hands against it. Repeat for each blade.



Bath towels

ONCE A WEEK
Soak in warm water and use mild detergent to avoid losing its fluffiness.



Phone

TWICE A WEEK
Cell phones have tested to contain more germs than a toilet seat. Use alcohol or distilled water spray and cotton pads to clean it every now and then.



Light fixtures

ONCE A WEEK
Simply wipe away dust with an inexpensive paintbrush. Surprisingly the rooms become much brighter.



Carpet

ONCE A YEAR
Vacuum it every day, wash it every year.



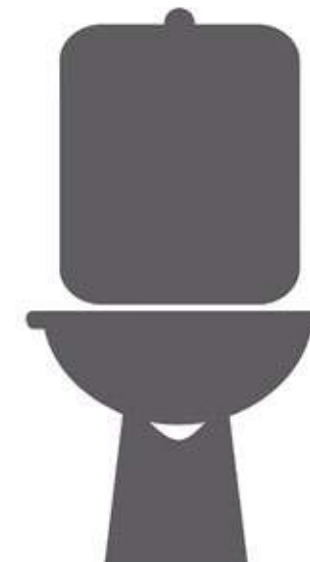
Curtains

ONCE A MONTH
As long as your kids or your guests don't stain them, you can wash it once a month.

Toilet

ONCE A WEEK

Use brush, bleach and other cleaning products to get rid of the bacteria.



Kitchen Island

Turn your kitchen into a culinary hot spot that not only strengthens family relationships, but also serves functionality, efficiency and style at its best.

Rashmita Tuladhar

A kitchen, being the hub of the home is expected to be the most multifunctional room. This space is a versatile room that is not only a place to prepare food, but also a place to entertain guests and share meals. Nepalese kitchens, no matter how much they are clad in latest appliances, often fall short when it comes to functionality and utility, and is still difficult and stressful to work in the kitchen. Typically speaking, the homemaker has to spend enormous time working in the kitchen while other family members indulge in conversations at the dining table or the living room, watching TV. Out of the multiple utility-based ideas that can be used to change the above scenario, the most relevant, functional, space friendly and cost effective is the installation of a kitchen island.

If you need a lot of drawers, you would need a larger Kitchen Island. What if its larger size does not go with the relatively small size of the kitchen?

You may want to ask yourself several questions before installing a kitchen island. What will it be mostly used for? What additional features would you need to ease your work flow? What is your space requirement?

If the room lacks cabinet space, you'll want storage in the kitchen island. If you don't have a dining room table (and even if you do), extra seating that is integrated with the kitchen island might be a priority.

Before you install a kitchen island, you also need to consider the following options;

1. SURFACE

Installing sinks or stoves on the surface of the island is one good way to speed the workflow in the kitchen. But you would need to pay attention to the installation details such as ventilation and plumbing. These features would require downward or overhead venting, and allocating extra space for in-cabinet pipes.

2. EXTRA SEATING

Adding low-profile seating option to the island is a great idea if your kitchen lacks proper dining area or a breakfast table. This will help to make the kitchen environment more social for guest, family members and the cook. A breakfast bar or dining table, with a counter overhang that offers enough space to tuck the chairs or stools underneath it when not in use as part of the kitchen island will definitely give your kitchen a modern touch.

3. STORAGE

Adding more storage option in the kitchen island creates more counter space, and prevents kitchen clutter. Drawers, cupboards and shelves are some of the common storage options. Open shelving or hanging storage options whereby you can display a matching pan collection not only gives a modern touch to the decor, but also puts frequently used items within easy reach.

Photo taken at Imperial Apartments

HANDCRAFTED GIFT IDEAS

It is always so overwhelming when you have to buy a gift for your family members or friends. Whether it is an occasional gift or an emotionally random one, we run out of gift ideas. Handcrafted products are hand-made with love and effort. They hold a special value that no materialistic thing can match up to. Here are a few gift ideas that could help in buying gifts for your loved ones:

Rashmita Tuladhar

WRITER'S KIT

Golden rule: Notebooks and stationary make all writers happy. PRICE: Rs. 75/- to 1200/-, Available at Sana Hastakala



STATUE & DOLLS

Statues aren't always boring and unnecessary. They may not be useful or functional but they're sweet and full of emotions. Handcrafted Nepalese styled statues, black buddha, display dolls with traditional dressing, etc. secure both traditional and emotional values. PRICE: Black Buddha Statue, Rs. 1500/-, Bamboo dolls: Rs. 1680/- Available at Manushi



CERAMICS & FELT FLOWERS

Ceramic coffee mugs can be one of the cutest of gift ideas especially for couples. And what could be more romantic than flowers for couples to exchange as gifts, and handcrafted felt flowers make it more special. PRICE: Ceramics, Rs. 300/-, Felt Flowers: Rs. 60-260, Available at Sana Hastakala and Manushi



PURSES

Women never say no to a new purse and sophisticated black or brown colors lure the men. PRICE: Rs. 315-375, Available at Sana Hastakala



SHAWLS & SCARVES

Keep your loved ones warm with soft shawls, neck warmers etc. or beautifully patterned scarves. PRICE: Pashmina shawls Rs. 4455- 5670/-, Available at Sana Hastakala and Mahaguthi

Mahaguthi, Kupondole, Tel No: 01-5011607
Sana Hastakala, Kupondole, Tel No: 01-5522628
Manushi, Nakhhu, Tel No: 01-5535350

CANDLES

Candles not only brighten up the room, but also the mood. Scented candles have a beautiful aroma that has the power to stir up the environment. They are the safest of ideas. No one will dislike it and they'll use it too. PRICE: Rs. 310-380, Available at Mahaguthi

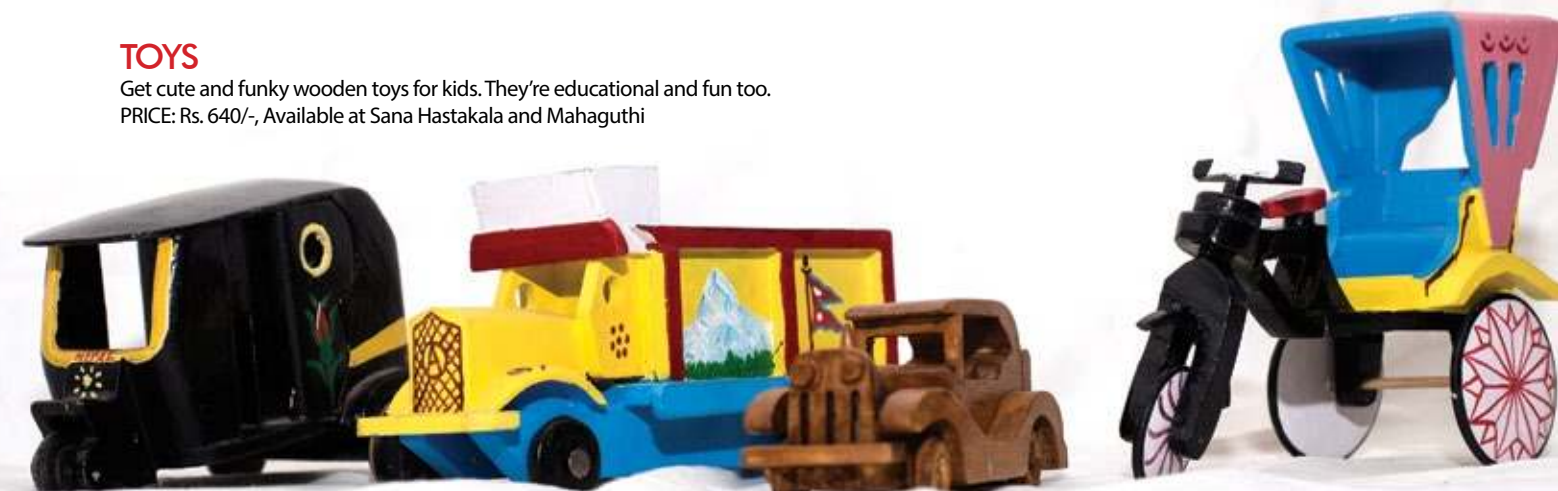


SPAKIT

The spa kit includes all the things that flatter your body. Gift this to your friend, your relative or yourself too! PRICE: Rs. 205-925, Available at Sana Hastakala

TOYS

Get cute and funky wooden toys for kids. They're educational and fun too. PRICE: Rs. 640/-, Available at Sana Hastakala and Mahaguthi



drive.

→ Ride

ELECTRIC SCOOTERS

Sudeep Manandhar



Electric scooters are the Plug-in Electric Vehicle (PEV), using electricity to power the vehicle. It consists of a rechargeable battery, one or more motor and a motorcycle frame. Battery is charged from an external source of electricity, which powers the motor. Motor is the unit which drives the complete assembly.

They look like the conventional type fuelled scooters, but are more attractive and environment friendly. Can they be future of conventional fuelled scooter? They do have lots of benefits over the conventional scooters. Let us see the advantages

and disadvantages of electric scooters.

ADVANTAGES

1. Better 0-60 acceleration as the motor develops full torque immediately.
2. Very low maintenance cost, can be compared to zero maintenance (Except for wear & tear items and accidental damages).
3. Very fewer parts compared to conventional scooters.
4. Depends on renewable source of energy.
5. Recharging is very much economical than refueling. Battery recharging cost is less

6. With no by-product pollutants, it is very much environment Friendly.
7. Quieter than conventional scooters, you would not know whether it is running or not.
8. Government subsidies available for sales and promotion.
9. Best option for city riding as it saves your costs and reduces noise and air pollution.

DISADVANTAGES

1. Charging the vehicle is time consuming (3-10 hours, depending upon battery used).
2. Limited mileage per charge.



MORRIS GARAGES
SINCE 1924

PASSION DRIVES



6 Airbags



1.8 Liter Turbo
Charged engine



Dual-Clutch
Transmission

Authorized Distributor

SLR Techno & Trade Pvt. Ltd

Showroom: Krishna Tower, New Baneshwor

Phone number: +977-01-4783841 | Email: info@slrtechno.com

Web: www.mgmotors.com.np | [f](#) /MGmotorNepal

MORRIS GARAGES
Since 1924



ABS

Anti-Lock Brake System prevents complete wheel lock up when braking, thus averting uncontrolled vehicle skid, and maintaining steering control. It uses speed sensors fitted on the wheels to determine the state of the wheels. When it detects the locking up of any of the wheels, it releases the locking pressure for a moment and provides the optimum brake pressure to the wheels. This process ensures proper traction force on the road surface, decreasing the braking distance on both dry and slippery road surfaces, ensures greater vehicle control and braking performance.

2WD / 4WD / AWD

Two-Wheel Drive (2WD) is a setup which enables power transmission from the engine to only two wheels (either front or rear wheels) of the vehicle, whereas in Four-Wheel drive (4WD), or All-Wheel Drive (AWD), power is transmitted to all four wheels of the vehicle. Under the All-Wheel Drive (AWD) set-up, a vehicle moves on 4WD made on low speeds, and automatically changes to 2WD mode after a certain speed. But in the (4WD) mode, the driver has manually activate the 4WD as per his/her requirement.

AIR BAG

Air bags are safety device, which inflate rapidly during an accident to avoid any injuries to vehicle occupants. Its main objective is to cushion sensitive parts of human body during a major collision or impact. It automatically activates when your vehicle senses signals from crash sensors that are based on wheel deceleration speed, seat belt, brake pressure, occupant's seat condition, etc. In modern cars, air bags are differentiated based on their locations, such as: driver's air bag; passenger air bag; curtain air bag; seat air bag; and knee air bag.

IMMOBILIZER

Immobilizer is an electronic security device, which prevents the running of an engine without factory provided chip embedded key. It is an anti-theft system. When you insert your vehicle key in your ignition switch, the coil reads the key ID, verifies it and only then lets you start the vehicle. It helps in preventing vehicle theft through hot wiring.

Photo Courtesy: SLR Techno & Trade Pvt. Ltd.



9 JARGONS YOU SHOULD KNOW WHILE BUYING A NEW CAR

Often used, but a lot of times under understood. Know what these words really refer to, and help yourself make better informed decisions.

Sudeep Manandhar

POWER

Power is the rate at which work is done. In general term, it is the rate at which energy is produced in the engine while doing the work. It is generally expressed in terms of brake horse power (BHP) or Pferdestärke (PS) or Kilo Watt (KW).

ELECTRONIC BRAKE-FORCE DISTRIBUTION (EBD)

Electronic Brake-Force distribution helps in varying the brake force on to vehicle wheels based on the vehicle's load, speed and, road condition to increase braking performance, and vehicle control. It is usually coupled with Anti-Lock Brake System (ABS).

DISPLACEMENT

Displacement is the volume of air to fuel mixture swept by all pistons in a single movement from the top end to the bottom end inside the respective cylinders of an engine. It is measured in terms of cubic centimeter, commonly known as c.c. For larger capacity engines, it is also specified in terms of liter (i.e. 1000c.c. = 1.0 Liter).

TURNING CIRCLE

Turning circle is the size (diameter) of the smallest circular turn a vehicle is capable of making without reversing. Its measurement is based on the circular path made by the car outside tires while making a full u-turn. It is used to gauge the car's maneuverability.

TORQUE

Torque is a twisting force that causes an object to rotate about its axis. It can also be referred as the pulling force generated by an engine. Torque helps the vehicle to move quickly from a stop, or pull it up in steep roads.



परिवारको सुखद भविष्य तपाईंकै हातमा छ ।



Visit our facebook page www.facebook.com/Niloconwhite

गर्भ निरोधक चक्कीहरुले यौनजन्य रोग एवं HIV/AIDS बाट सुरक्षित राख्दैन । HIV/AIDS बाट सुरक्षित राख्न कण्डम मात्र प्रभावकारी छ ।

next issue.

SMART FAMILY, DECEMBER 2016

➔ 10 THINGS WE MAY BE TEACHING OUR CHILDREN SILENTLY

Since their birth, children see their parents or nanny 24 hours a day so they keep on observing their voice, behavior, habits and the way of doing things. And now-a-days, parents realizing the fact 'children learn a lot from their parents' always try to show good behavior and teach them good things; no matter how many of bad behavior they might have. Parents always want their children to learn only positive and good things from them. However there are certain things which we might be teaching our children silently. Therefore, this article makes you alert about the things which you could be teaching your children unknowingly.

➔ THINGS WE CAN LEARN FROM WESTERN HOMES

The world is getting closer and the culture of living life is merging. Generally it is said that western home culture is more organized and spotless. And by observing advantages, we have adopted numerous 'the way of doing things' from western home culture but, many beautiful things are yet to be learned and adopted especially when it comes to organizing things, managing homes and its interior. This article focuses on the interiors which we can learn from western homes.

➔ RCC CONSTRUCTION

The way of constructing house is becoming safer and easier. After the massive earthquake in Nepal and the news about earthquakes every now and then in different places on earth, the consciousness of people while constructing their homes is increasing. So, RCC (reinforced cement concrete), to create strong beams and pillars is leading on the construction market. RCC is a concrete that contains steel bars called reinforcement bars. It is very strong in compression, easy to produce at site and inexpensive. This article presents all you should know about RCC and its advantages and how it is actually used.

➔ DEBT MANAGEMENT

One of the major issues in every house is debt management. Today, most of us think that the only way to get extra money is to borrow it from banks, leaving ourselves in trap under a mountain of personal debt and mortgages. But if we know the risk behind the unaffordable money borrowing, then the decision taken to borrow will be wiser. How much money to borrow is fine? How much risk and leverage should we take? This article covers all the answer you have been thinking about debt management.

➔ IS SCOOTER A NEW FAMILY VEHICLE?

Ten years back, scooter was considered a lady-ride in Nepal and three- four years back, scooter was a lady ride and old people ride. And now, is scooter becoming a family-ride? Scooter in Nepal is regarded as one of the easiest ride in the busy roads of Kathmandu. Scooter now is a must in each and every home as it can be easily used by you, your children, your wife and your parents as well. This article presents you the changing concept of Scooter from a lady vehicle to a family vehicle.

SMART FAMILY

A monthly unisex magazine focusing on smartly solving the daily life tribulations faced by married couples by featuring articles on parenting, health, fitness, finance, drive, home tech and décor. Focusing both genders, SmartFamily allows you an organized approach to keeping family life on track and up-to-date. Absolutely utility based, we believe the information we bring endows our readers with authentic and quality information.

➔ PARENTING

One of the most difficult jobs in the world, yet one of the most rewarding. The standards of 'good parenting' has changed with the times, and the added challenges brought-in by the electronic age.



➔ FINANCE

Let us guide you through those stressful money decision-making. Through our articles on saving ideas, insurance, investing and money management, we help you make smart and informed money decisions.



➔ HOME

Technology and décor ideas for your home. New gadgets and tech, fused and suited to your style and decor for modern families, for modern living.



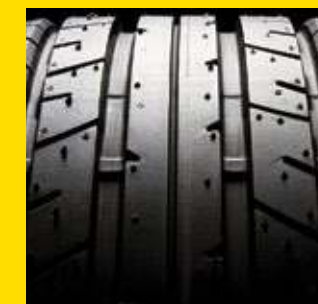
➔ BODY

Showcases how to take care of you, and your family's health, through articles about prevention care, early diagnosis and cure of various ailments and health irregularities.



➔ FOOD

Food for thought and thoughtful foods, we have it all. We bring you recipes and cooking instructions for easy family meals that are healthy and delicious. For quick bites to those fat wholesome dinners, we feature the best places around for some delectable options.



➔ DRIVE

We catch up on the latest and coolest vehicles in the market to give you some early bite on them. Keep your rides shiny and in top shape with our DIY and maintenance guides.



➔ TRAVEL

Follow our travelogue story series and let us take you on journeys to some of the most soughted travel destinations across the globe. We also bring you nice places around Nepal for those quick weekend getaways and mini vacations.



➔ PEOPLE

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What is the ideal age to get married?

As we move past our lives, there is always this question every maturing person needs to face in their family circle or their social circle, "when are you getting married?" or "when is the big day?" or "your friends getting married when are you?". Here are some individuals who are just about getting those question more often these days, and here is what they have to say.

Jai Pradhan



Shanta Nepali
tv producer, photographer and travel writer

As you cross the childhood age, meaning when you are mature enough to make your own decisions, it is totally up to an individual, for what they do and what not. They might be 20 or 60, the day that one feels they are ready to take the step towards married life and the responsibilities; I guess that's the right time. And whatever number is given to the ideal age of marriage I feel that it is all about society that we live in. In some getting married at 40 wouldn't be a big deal but getting married at 20 could be and vice versa. Therefore it is about individual perspective and I feel no one should be forced to take the decision.



Ashish Vaidya
radio jockey, lecturer, entrepreneur

Marriage is a topic that I have always tried to stay away from but it is something that's mostly unavoidable. As far as the ideal age for marriage is concerned I think it would be between 26 to 35 years. I think so because by this time one would have become financially stable, emotionally matured and ready to accept the responsibilities that lie ahead. Also by this time I think that everyone would have learned a lot about love and have had gathered a lot of valuable experiences that would serve immensely in a married life.



Roshan Lama
video jockey, model

Well truly speaking I think there is no ideal age for marriage. People dont grow with age, but it is the level of maturity that comes by with the experiences that they have had through their journey. It's their way of thinking. Also it is not just about an individual but both the person who are getting married to each other. It is not the case when just one agrees, but both should, meaning that for a happy marriage both the partners need to be ready to get on with their married life and the responsibilities that comes with it.

So it's good to get married when you think you and your partner is ready.

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